



Quiche Lorraine

Cooking Time: 45 minutes

Serves: 6 people

INGREDIENTS:

Pastry:

- 400 grams Careme spelt puff pastry OR shortcrust pastry

For the filling:

- 50 grams salted butter
- 1 tablespoon light olive oil
- 1 leek, white part only sliced
- 250 grams bacon, cut into cubes
- 3-4 cloves of garlic, crushed
- 3 tablespoons fresh thyme leaves
- 150 grams gruyere cheese, shredded
- 3 whole eggs
- 200ml thickened cream
- Salt & pepper to taste

METHOD:

1. Pre heat oven at 180C fan forced. Spray a 23cm quiche tin and place on a baking tray.
2. Place a pan on medium low heat with butter, olive oil and leek. Cook until leek has softened. Stir through garlic for a minute until fragrant.
3. Turn heat to medium high and cook bacon for 3-4 minutes, do not over stir as it will stew. Set pan aside to cool slightly.
4. Line pastry in quiche tin by gently pressing into the edges. Roll a rolling tin across the top to cut off excess pastry. Place baking paper over the pastry and add some beans, rice, or weighted beads and bake for 15 minutes.
5. While pastry is blind baking, whisk eggs, cream, thyme, salt and pepper in a small bowl and set aside. Be mindful not to add too much salt as the bacon will add a good amount to the quiche.
6. Remove the baking paper and weights from the pastry and return back to the oven baking for a further 10 minutes uncovered.
7. Once pastry is baked, gently scatter the leek and bacon mixture on the base of the pastry and smooth out. Follow with shredded gruyere, and gently pour the egg and cream mixture over the top trying to avoid it pouring over the edge.
8. Bake for 35-40 minutes on the middle rack of the oven or until golden.
9. Allow to stand for 15 minutes before taking quiche out of tin and slicing.



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TIPS/SUBSTITUTIONS:

- *Choose any filling if this is not your flavour combo.*
- *Other cheeses include cheddar, feta, goats cheese, tasty*
- *To make ahead, cook quiche as recipe calls. Keep in the fridge for 3-4 days and to re heat, place into the oven for 15 minutes at 180C.*
- *I would avoid using light cream in the recipe as it can affect the consistency of the quiche.*
- *Serve with a fresh salad.*