

## Quiche Lorraine / Cheese and Onion Quiche

### Ingredients:

100g plain flour

50g butter cut small

2/3 tablespoon of water

1 onion (chopped finely)

3 eggs (beaten)

4 floz milk

70g cheddar cheese (grated)

pinch of salt and pepper

2 rashers of bacon cut up small (for Quiche Lorraine)

18" Flan tin

### Method:

#### Pastry

Sieve flour into bowl

Rub the cut up butter into the flour until it resembles bread crumbs

Add the water a little at a time and using a knife bind the mixture together (do not make it too sticky)

Use your hand to bring it all together in a ball shape

Place dough on to a lightly floured surface and roll out to just larger than the size of tin

Lift and fit pastry into the tin

Lightly prick pastry

Bake in the oven ( 230c gas 8) for about 10 minutes.

#### Filling

Chop onions finely and fry in a little butter until soft approx. 5 minutes

Add bacon if using and cook for a further 5 minutes

Put grated cheese in bowl then add beaten egg, salt and pepper and mix well

When the onions (and bacon if using) are cooked add to mixture

Pour mixture into the cooked pastry case and return to the oven and cook at same temperature for 20/30 minutes or until knife inserted into the centre comes out clean.

Enjoy!

