

GF Friendly

Bacon and Cheese Quiche
 an egg and bacon flan that can be served hot or cold

I couldn't call this Quiche Lorraine because that recipe requires Gruyère cheese which I didn't have. The rest is pretty much the same, and it's great for a main course or anytime munch. Weight-watchers, forget it!

Cheese Pastry:

- 5 rounded Tbsps plain flour
- 90g butter + 25g extra for baking
- 1/3 cup grated mild Cheddar cheese
- 1 egg yolk (add white to other eggs)
- 1 Tbsp milk (approximate – see method)

Filling:

- 3 small rashers of **lean** bacon
- 3 eggs
- PLUS** the white separated from the pastry yolk
- 4 thin slices cheese cut in 2.5cm (1 inch) squares
- 100g cream,
- 1 Tbsp milk



Grease a 24cm (9½ inch) quiche dish with a little butter. Trim the rind and extra fat from the bacon and cut into 2.5cm (1 inch) squares. Boil these in water for 5 minutes to extract the fat and salt. Drain the bacon and set aside to cool. Carefully separate the white from one egg into a bowl, and put the **yolk** into a separate dish with a tablespoon of milk. Beat lightly with a fork and set aside. Add the other three eggs to the **reserved white**, pour in the cream and whisk.

Pastry: **For GF pastry method see Recipe R56.** Mix the flour and grated cheese in a bowl, then cube the butter, add to the mixture and rub in to a fine breadcrumb consistency. **TIP: if the ambient temperature is warm and the mix starts to become sticky, rest in the fridge for a few minutes before continuing.** Make a well in the centre of this and stir in the, blended milk and egg **yolk** carefully with a fork. A little more milk may need to be added. What you are after is a dough that stays together but is not sticky. Handle this gently from now on. Form into a ball, press lightly on a floured board, turn over and press again – remember, **gentle!** Now roll out to a size that will fit the dish and come up the sides, transfer to the dish and trim off excess with a knife. Line this with baking paper (overlapping the edge), pour on ½ cup of uncooked rice or dry beans and blind bake for 10 minutes on 175°C fan-forced (190°C conventional); remove the baking paper and rice, cover **edges** with strips of foil, **then bake a further 5 minutes.** Allow to cool.

Prick the pastry base all over with a fork, dot with small bits of the extra butter, spread the bacon evenly, top this with the cheese squares; after a final stir, pour on the egg and cream mix. Bake on 160°C fan-forced (175°C conventional) for 20-25 minutes, or until golden.

Serves 4 with French fries and salad

NOT recommended for freezing!

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