

WHOLEMEAL QUICHE WITH ASPARAGUS & FETTA

EQUIPMENT

20CM SPRING-FORM CAKE TIN, SCALES, MIXING BOWL, ROLLING PIN, WHISK, BAKING PAPER, FOIL, RICE, MESH STRAINER, POURING JUG

INGREDIENTS

FOR THE PASTRY:

110GM WHOLEMEAL PLAIN FLOUR, 115GM COLD DICED BUTTER, 10-20GM COLD WATER, PINCH OF SALT

FOR THE FILLING:

210GM FULL CREAM MILK, 200GM THICKENED CREAM, 3 WHOLE EGGS, SALT,
1 BUNCH ASPARAGUS, ¼ BUNCH FLAT LEAF PARSLEY, 50GM FETTA CHEESE, GROUND WHITE PEPPER

METHOD

TO MAKE THE PASTRY:

PLACE THE FLOUR AND BUTTER INTO A MIXING BOWL WITH A PINCH OF SALT AND RUB THE BUTTER THROUGH THE FLOUR UNTIL IT RESEMBLES COARSE BREADCRUMBS. ADD COLD WATER AND SQUEEZE THE WATER INTO THE DOUGH TO BRING IT TOGETHER, KNEAD THE DOUGH ON A LIGHTLY FLOURED BENCH UNTIL THE BUTTER IS WELL INCORPORATED. WRAP THE DOUGH IN CLINGFILM AND PLACE IN THE FRIDGE TO REST FOR 30 MINUTES.

FINELY SLICE THE ASPARAGUS AND PLACE IT IN A BOWL AND SET ASIDE. ROUGHLY CHOP THE PARSLEY LEAVES AND SET ASIDE ALSO.

FOR THE FILLING:

CRACK THE EGGS INTO A MEDIUM SIZED MIXING BOWL AND BRIEFLY WHISK, NEXT ADD THE MILK AND CREAM TO THE EGGS AND WHISK AGAIN WITH A LITTLE GROUND WHITE PEPPER UNTIL WELL COMBINED, POUR THE FILLING MIXTURE THROUGH A MESH STRAINER INTO A POURING JUG AND ONCE STRAINED ADD THE PARSLEY AND SET ASIDE.

ONCE THE DOUGH HAS RESTED REMOVE IT FROM THE FRIDGE AND KNEAD THE DOUGH UNTIL IT IS AT A MANAGEABLE TEMPERATURE, LIGHTLY FLOUR THE BENCH AND THE DOUGH AND ROLL THE DOUGH OUT TO .5CM THICKNESS. ONCE EVENLY ROLLED PLACE A DINNER PLATE SLIGHTLY LARGER THAN THE CAKE TIN ON TOP OF THE PASTRY AND CUT THE PASTRY AROUND THE DINNER PLATE.

LINE THE BASE OF THE CAKE TIN WITH BAKING PAPER AND CAREFULLY PLACE THE ROUND SHEET OF DOUGH INTO THE TIN.

PRESS THE DOUGH INTO THE SIDES OF THE TIN AND RETURN THE DOUGH TO THE FRIDGE TO REST FOR A FURTHER 10 MINUTES.

ONCE RESTED REMOVE THE DOUGH FROM THE FRIDGE AND LINE THE INSIDE OF THE DOUGH WITH FOIL AND PASTRY WEIGHTS OR RICE.

PLACE THE TIN INTO A PRE-HEATED OVEN COMBI SETTING 175°C FOR 15-20 MINUTES UNTIL BEGINNING TO COLOUR ON THE SIDES. ONCE BAKED REMOVE THE FOIL AND RICE AND BAKE AGAIN FOR A FURTHER 5 MINUTES TO CRISP THE BASE SLIGHTLY.

REMOVE THE BASE FROM THE OVEN AND SCATTER THE ASPARAGUS AROUND THE BASE, CAREFULLY POUR OVER THE EGG MIXTURE FILLING IT UP AS MUCH AS POSSIBLE. CRUMBLE CHUNKS OF FETTA OVER THE TART AND RETURN TO THE OVEN COMBI SETTING 170°C FOR 15-18 MINUTES UNTIL JUST SET IN THE MIDDLE.

ONCE COOKED REMOVE FROM THE OVEN AND REST FOR 5 MINUTES IN THE TIN, REMOVE THE QUICHE FROM THE TIN AND PLACE ON A SERVING PLATE ALONG SIDE A CRISP GREEN SALAD.

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HINTS & TIPS

- ONCE COOKED YOUR QUICHE SHOULD HAVE A SLIGHT WOBBLE IN THE MIDDLE LIKE A GOOD PANNA COTTA.
- TRY YOUR TART BASES WITH WHOLEMEAL FLOUR FOR A DIFFERENT TEXTURE AND FLAVOUR, THIS PASTRY IF TO WARM CAN BE DIFFICULT TO HANDLE, IF YOUR PASTRY GETS TO WARM AND BREAKS KNEAD IT BACK INTO ONE PIECE AND RETURN TO THE FRIDGE TO COOL COMPLETELY AND START THE PROCESS AGAIN.