

Cheese & Onion Quiche

This makes 1 x 20cm/8inch round or square quiche, to serve 6

Ingredients

Pastry

225g/8oz Glutafin Gluten Free Multipurpose White Mix
110g/4oz butter at room temperature
1 medium egg
1 x 15ml tbsp cold water

Filling

1 medium onion, finely sliced
2 rashers of smoked back bacon, rind removed and diced.
1 x 15ml tbsp light and mild olive oil
1 x 5ml/¼ pint single cream
2 medium eggs
A generous grind of black pepper
75g/3oz mature cheddar, grated.

Method

1. Prepare the pastry. Place half the measured White Mix in a medium size mixing bowl, with the remaining pastry ingredients. Combine to a smooth paste using a fork. Add the remaining weighed White Mix and work together, first using the fork and then by hand, to bring together into a ball.
2. Place onto a work surface, lightly dusted with White Mix and knead for a full 2 minutes, until completely smooth. Roll the pastry out to the thickness of a £1 coin, adding more White Mix if necessary, to prevent it from sticking. Roll over the rolling pin and transfer to a 20cm/8inch loose base flan tin. Gently push the pastry into place and then roll the pin across the top, to remove excess pastry. Set aside whilst preparing the filling.
3. Gently fry the prepared onion and bacon together, with the oil for 5 minutes, to soften without browning. Add the mixed herbs and spoon into the pastry case. Whisk the cream with the eggs and pepper and pour over the filling. Sprinkle with cheese.
4. Place the quiche onto a preheated baking sheet and cook (200oC/190oC Fan/400oF/Gas Mark 6) until the pastry is golden and the filling is set.
5. Serve warm or cold.