

# CORONATION QUICHE

1X 20CM FLAN TIN, SERVES 6

A deep quiche with a crisp, light pastry case and delicate flavours of spinach, broad beans and fresh tarragon. Eat hot or cold with a green salad and boiled new potatoes, perfect for a Coronation Big Lunch!

## Ingredients

### Filling

- 125ml milk
- 175ml double cream
- 2 medium eggs
- 1 tablespoon chopped fresh tarragon
- Salt and pepper
- 100g grated cheddar cheese
- 180g cooked spinach, lightly chopped
- 60g cooked broad beans or soya beans

### Pastry

- 125g plain flour
- Pinch of salt
- 25g cold butter, diced
- 25g lard
- 2 tablespoons milk

Or 1 x 250g block of ready-made shortcrust pastry

## Method

1. To make the pastry...
  - a) Sieve the flour and salt into a bowl; add the fats and rub the mixture together using your finger tips until you get a sandy, breadcrumb like texture.
  - b) Add the milk a little at a time and bring the ingredients together into a dough.
  - c) Cover and allow to rest in the fridge for 30-45 minutes
2. Lightly flour the work surface and roll out the pastry to a circle a little larger than the top of the tin and approximately 5mm thick.
3. Line the tin with the pastry, taking care not to have any holes or the mixture could leak. Cover and rest for a further 30 minutes in the fridge.
4. Preheat the oven to 190°C.
5. Line the pastry case with greaseproof paper, add baking beans and bake blind for 15 minutes before removing the greaseproof paper and baking beans.
6. Reduce the oven temperature to 160°C.
7. Beat together the milk, cream, eggs, herbs and seasoning.
8. Scatter 1/2 of the grated cheese in the blind-baked base, top with the chopped spinach and beans and herbs, then pour over the liquid mixture.
9. If required gently give the mixture a delicate stir to ensure the filling is evenly dispersed but be careful not to damage the pastry case.
10. Sprinkle over the remaining cheese. Place into the oven and bake for 20-25 minutes until set and lightly golden.



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