



# IN THE KITCHEN

## Quick quiche

### Ingredients:

- Flour (for dusting)
- 500g block of ready-to-roll shortcrust pastry
- 200g of smoked streaky bacon (chopped)
- 85g of medium cheddar cheese (cut into small cubes)
- 3 eggs (lightly beaten)
- 284ml tub of double cream

### You'll also need:

- A shallow pie/quiche dish
- Clingfilm
- Parchment/baking paper

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- Baking beads/uncooked rice
- A frying pan
- A baking tray

## Method:

- Preheat your oven to 180°C/Fan  
160°C/Gas 4
- Dust a flat surface with a little flour and roll out the pastry so that it's large enough to cover the bottom and sides of the pie/quiche dish
- Cover the pastry with clingfilm and chill in the fridge for 30 minutes
- Place parchment/baking paper into the pastry case and fill with baking beads or uncooked rice (enough so the pastry doesn't rise)
- Bake in the oven for 15-20 minutes
- Remove the beads/rice and parchment/baking paper
- Return to the oven for 5 minutes until the pastry is golden and set

- In a frying pan, cook the bacon until crispy
- Scatter the cooked bacon over the pastry case, followed by the cheese
- Mix the cream and egg together then pour this into the pastry case
- Carefully put this on a baking tray and transfer into the oven
- Cook for 30-35 minutes or until the mixture has set and is no longer liquid in the middle
- Allow to cool slightly before serving or can be served cold



**CAUTION:**  
Take care when removing the beads/  
rice as these will be very hot!