

Mini Cheese and Onion Quiches

Quiche is a savoury flan which can be eaten hot or cold. Mini quiches are great picnic food or are perfect for a packed lunch.



Egg, milk and wheat (gluten)*

Nutritional information per portion (188g):

Energy 1432kJ 341kcal 17%	Fat 17g 25%	Saturates 5.9g 30%	Sugars 3.2g 4%	Salt 0.72g 12%
------------------------------------	-------------------	--------------------------	----------------------	----------------------

of an adult's reference intake.
Typical values per 100g: energy 762kJ/181kcal.

Equipment

Small quiche tins x 4
OR a 4-hole medium
Yorkshire pudding tin
Rolling pin
Cutter OR saucer (see
Top Tips)
Baking sheet
Sharp knife
Chopping board
Measuring spoons
Saucepan with lid
Wooden spoon
Cheese grater
Measuring jug x 2
Fork
Oven gloves
Pan stand

Ingredients

Serves 4
225g Shortcrust Pastry (see
the recipe on our website)
1 medium onion
½ x 15ml spoon vegetable oil
100g reduced-fat Cheddar
cheese
2 medium eggs
150ml semi-skimmed milk
Pinch dried mixed herbs
Pinch paprika OR cayenne
pepper (optional)
Black pepper (optional)

*Presence of allergens can vary by brand –
always check product labels. If you serve
food outside the home you must make
allergen information available when asked.



Top Tips

- Placing the quiche tins on a baking sheet makes it easier to put them in and remove them from the oven.
- To line individual tins, place a cutter or saucer that is about 3cm larger than the tin on the thinly rolled pastry and press out or carefully cut round with a table knife.
- If you don't have mini quiche tins you can make smaller tarts using bun tins, but cook these for only 15 minutes. Or, you can make one large quiche using a 24cm tin or dish, which will take approximately 40 minutes to cook.

Mini Cheese and Onion Quiches

Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Line the quiche tins with the shortcrust pastry and place on the baking sheet.
3. Peel and finely slice the onion.
4. Turn on the hob to a low heat and add the oil to the saucepan.
5. Add the onions, cover with a lid and cook for about 10 minutes until they are soft, stirring occasionally. Leave to cool.
6. Grate the cheese.
7. Break the eggs into a measuring jug. Beat them with a fork until the yolk and white are mixed together.
8. Add the milk, herbs, paprika or cayenne pepper (if using) and black pepper to taste (if using) to the egg mixture and stir.
9. Divide the cooked onions and cheese between the pastry cases.
10. Pour the egg mixture into the pastry cases.
11. Bake in the oven for 20–25 minutes until set.

Something to try next time

- You can make a wide range of savoury quiches by using less onion and adding a different vegetable such as cooked pepper or broccoli, tomatoes or mushrooms. 100g of cooked meat such as ham or bacon or canned tuna also taste good.
- Use fresh herbs if you have them. Add a few chopped chives, some chopped parsley or oregano to the egg mixture.

Prepare now, eat later

- Prepare the pastry cases, cover with clingfilm and keep in the fridge for up to 2 days.
- Cook the onions and keep covered in the fridge for up to 24 hours.
- The cooked quiche will keep in a fridge for up to 2 days or frozen, wrapped in foil or in a plastic box, for up to one month. Defrost thoroughly before eating. If serving hot, re-heat at 200°C/180°C fan or gas mark 6 for 10–15 minutes until piping hot.
- For picnics, do not wrap the quiches until completely cold. If they are wrapped when still warm it could cause the pastry to become soggy and bacteria to develop in the warm atmosphere.

Skills used include:

Peeling, chopping, grating, whisking, mixing/combining, rolling and baking.