

TASTE WITHOUT WASTE

Squirrel's Quiche

Makes one 9 inch/ 23cm quiche. Serves 4 – 6

Takes approximately 2 & 1/4 hours

Ingredients

Pastry:

180g wholemeal flour

90g unsalted butter, chilled & cut into rough 2cm dice

45ml iced water

¼ tsp salt

¼ tsp paprika

Filling:

25g butter

1 leek, white part only

100g broccoli, cut into small florets

150g pumpkin, cut into 1cm cubes

6 eggs

180ml milk (skim is fine) or single cream for extra indulgence

¼ tsp sea salt

Freshly ground black pepper

Small handful of each parsley and thyme, finely chopped

125g grated cheddar cheese, preferably vintage

Method

Pastry: Tip flour, salt and paprika into a bowl. Whisk thoroughly to combine. Use your fingertips to rub the cubes of butter into the flour until the mixture represents fine breadcrumbs. Slowly drizzle in the cold water (you may need a little more or less) and draw the flour into the liquid, until it comes together, forming a rough dough. Knead lightly for a brief period on a floured surface until the dough forms a smooth ball. Cover with cling wrap and refrigerate for at least 30 minutes.

Roll the pastry out to approximately 5mm thick. Slide the pastry over your rolling pin and use the pin to help you lower the pastry into a well-greased 9 inch/23 cm quiche dish. Trim the edges so that they are a little higher than the lip of the dish (the pastry will shrink when cooking). Refrigerate for at least 30 minutes. Preheat oven to 200C.

Use a fork to poke a few holes in the bottom of the pastry. Place a sheet of baking paper over the pastry and fill with baking beans. Bake for 10 minutes. Remove baking paper and beans and bake for another 5 minutes until light golden brown. Let cool slightly.

Filling: Meanwhile, heat butter in a large frying pan. Sweat the leek for 4 minutes or until it begins to soften. Add the pumpkin and broccoli and sauté another 4 minutes. Place a lid on the frying pan and cook a further 3 minutes or until pumpkin is just tender. Remove from heat.

In a large bowl whisk together the eggs, milk, salt and pepper.

Spread the vegetables out evenly in the bottom of the pastry crust, sprinkle with the chopped herbs and top with grated cheese. Carefully pour over the egg mixture. Bake for approximately 25 minutes or until golden brown on top and set. Set the quiche dish on a wire rack and leave to cool for 10 minutes before cutting.

Serve hot, warm or cold.

If kept well covered in the refrigerator, will last for approximately 3 days.

Source: Adapted from Squirrel's Restaurant, Brisbane, Australia circa 1983.

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