

Quiche Lorraine

Ingredients:

100g plain flour	75g cold butter, cut into pieces
1 egg yolk	100g smoked lardons
50g cheddar (3/4 diced;1/4 grated)	100ml crème fraiche
100ml double cream	2 eggs, well beaten
Salt and pepper	

Resources: knives, chopping boards, flan tin, mixing bowl, scales, whisk, grater, baking beans, fork, scissors, jug, rolling pin.

1. Preheat the oven to Fan 180 C. Put a baking sheet to heat in the oven.
2. For the pastry, put the flour into a large bowl, add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs. Add the egg yolk and mix with a fork until it binds together into a ball. Add a tablespoon of water if the mix remains crumbly.
3. Tip the pastry onto a lightly floured surface, gather into a smooth ball, then roll out to the thickness of a pound coin.
4. Cut out a disc of pastry to fit the flan tin.
5. Line the flan tin, easing the pastry into the base. Trim the pastry edges with scissors (save any trimmings) so it sits slightly above the tin (if it shrinks, it shouldn't now go below the level of the tin). Press the pastry into the flutes, lightly prick the base with a fork, then chill for 10 mins.

6. Whilst the pastry is chilling, break eggs into a pouring jug and beat well. Add the crème fraiche and double cream to the eggs and mix everything together. Season with a pinch of salt and pepper.
7. Line pastry case with foil, shiny side down, fill with dry beans and bake on the hot sheet for 10 mins. Remove foil and beans and bake for 3 mins more until the pastry is pale golden. If you notice any small holes or cracks, patch up with pastry trimmings.
8. Add lardons and diced cheese to the bottom of the pastry case.
9. Half-pull the oven shelf out and put the flan tin on the baking sheet. Pour the filling into the pastry case – you get it right to the top this way. Scatter the grated cheese over the top, then carefully push the shelf back into the oven. Bake for about 15 mins, or until golden and softly set (the centre should not feel too firm). Let the quiche settle for 3-4 mins, then remove from the tin.