

Quiche

Requisition of Equipment

2 blue trays, vegetable knife, safety mat, digital scale (optional), digital timer, brown chopping board, yellow chopping board (optional), white chopping board, small mixing bowl for peelings, sieve, mixing bowl, measuring jug, flour dredger, rolling pin, 15cm flan ring, baking tray, grater, kitchen scissors, fork, saucepan, wooden spoon, round bladed knife



Method

Time	Steps
Step 1 15 min	Set oven to 220°C. Personal and kitchen hygiene. Collect equipment. Weigh/measure ingredients. RE SET TIMER.
Step 2 15 min	Chop onion on brown chopping board with a safety mat beneath. Put peelings into small mixing bowl. Sieve flour and salt into a large mixing bowl. Rub in margarine until the mixture resembles fine breadcrumbs. Add enough water and lemon juice to make a stiff dough. RE SET TIMER.
Step 3 15 min	Knead lightly on a floured surface. Place flan ring onto a baking tray. Roll out pastry and line flan ring. Trim away excess pastry. Bake blind for 10 minutes. While pastry is baking, grate the cheese on a white chopping board and snip the ham into 1cm pieces on a yellow chopping board. After pastry is out of the oven, reduce the oven temperature to 180°C. RE SET TIMER.
Step 4 5 min	Beat egg with a fork in a measuring jug, stir in the milk and cream. Season with salt and pepper. Your teacher will pour oil into your saucepan. Heat oil, test for correct frying temperature. Gently fry the chopped onion until soft but not browned. RE SET TIMER.
Step 5 25 min	Sprinkle cheese over the base of the pastry case, place ham and cooked onion on top and pour egg mixture into the pastry case. Bake in the oven for 20 minutes until the mixture has set and is golden brown. While the quiche is baking, wash up using hot soapy water. Pack away equipment. RE SET TIMER.
Step 6 10 min	Place cooked quiche onto a cooling rack and remove flan ring. Place quiche into blast chiller. Do a final clean up. Spray down counter. Set out washing and drying cloths for the next class. RE SET TIMER.

Ingredients

Pastry

100g plain flour
Pinch of salt
(school)
50g margarine
10ml cold water
(school)
2 drops lemon juice (school)

Filling

1 egg
75ml milk
25ml cream
(school)
25g cheddar cheese
1 slice cooked ham
½ onion
1 tablespoon oil
(school)
Salt and pepper
(school)



CONTAINER