

Becky's Seasonal Mini Quiches @ 7pm Saturday 14th November

Ingredients:

(For the Pastry)

- 240g Plain flour
- 60g vegetable shortening
- 60g cold butter, cut into small cubes
- 1 orange (juice only)
- Pinch of salt

(For the Custard Filling)

- 3 large eggs
- 250 ml milk
- 125 ml cream
- Salt and pepper
- Pinch of Fresh ground nutmeg

Utensils:

- Food processor (if making own pastry)
- 12 hole muffin, pie or bun tins
- Rolling Pin
- 8cm round pastry cutter (or use a glass)
- Frying pan)
- Sharp Knife
- Chopping Board

Preparing the fillings

- Cut the Kale leaves off the stalks and chop finely.
- Peel and chop the garlic.
- Slice the mushrooms.
- Gently fry the onion in a tbsp. of oil till slightly softened. Add garlic and kale & fry gently until soft. Add some of the chopped herbs (sage, parsley & thyme are good this time of year).
- Set aside whilst you make the custard.

Making the Custard

- Beat the eggs in a large jug
- Add the milk & cream
- Grate in a little fresh nutmeg
- Add salt & pepper
- Add remaining chopped herbs

Making the quiches

Remove tins with pastry from the fridge. Place a tsp. of chosen filling in each case (do a mix and match to personalise the fillings for your family members.

Pour over custard until the cases are filled to nearly the top. Bake in the oven for 15-20 mins until golden brown. When done carefully remove the quiches from the bun tins and allow cooling on a wire rack.

Method:

Put the oven on to 180* or Gas Mark 5

Pastry

You can buy ready-made short crust pastry or make your own. You will need to make it in advance of the Zoom session.

Squeeze the orange juice and add a pinch of salt then chill in the fridge (you can miss this out and just use 60 ml iced water to bind)

To make the pastry, cut the cold butter & shortening in to small pieces and add to the flour.

Chill in the fridge for 20 mins before pulsing in the food processor.

Slowly add the chilled orange juice and salt to the food processor whilst continuing to pulse until the dough comes together. Use your hands to form into a ball. Cover in cling film and chill in the fridge for 30 mins before rolling out.

Grease your pie tins really well with margarine. Roll out your pastry on a lightly floured surface and also dust your rolling pin with flour to stop it sticking to the pastry. Press these into the hollows in the pie tin tray. When tray is full, cover with cling film and chill in the fridge whilst you make the fillings.

Fillings

You can fill the mini quiches with whatever you want. We are using a combination of: Roasted Pumpkin, Stilton Cheese (or any other blue cheese), Kale, onion & garlic fried with chestnut mushrooms, Dried Cranberries and Fresh herbs.