



# French onion quiche with gruyere



DIFFICULTY: MID



PREPARATION TIME: 30  
MINUTES



COOKING TIME: 45 MINUTES



SERVES: 4 /MAKES 1

## Ingredients

150g plain flour  
75g butter, chilled  
pinch salt  
60 ml sparkling mineral water  
4 brown onion, peeled and finely sliced  
2 tbsp butter  
4 eggs  
200ml thickened cream  
100ml milk  
100g gruyere cheese, grated  
4 slices prosciutto  
2 tbsp chopped parsley

## Method

Place flour, butter and salt in a food processor and process for 10 seconds until it looks like coarse crumbs. Slowly add mineral water and pulse until it just comes together as a ball of dough. Wrap in cling film and refrigerate for 1 hour.

Heat oven to 160°C CircoTherm®. Grate the pastry with a large box grater to distribute it evenly over the base and sides of a 20cm x 4 cm fluted tart tin. Press in well with your fingers. Use a fork to prick the bottom of the pastry all over. Line with foil and fill with pastry weights, dried beans or rice. Place in oven and bake for 10 minutes, then remove weights and foil and bake for a further 5 minutes. Remove from oven.

In a frypan over a low heat, melt butter, add onions and cook until caramelised. Spread over the bottom of the cooked pastry shell. Beat eggs, cream and milk together, then stir in cheese. Season the mixture with salt and pepper. Pour in the filling, lay strips of prosciutto over the top and scatter with parsley.

Preheat the oven to 160°C CircoTherm® and bake quiche for 40 – 45 minute, until set and lightly browned on top.  
Serve warm.

## Notes

We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55–60 g, unless specified.

Photography by Steen Vestergaard. Styling by Caroline Velik. Food preparation by Caroline Velik.