COOKING PASSION SINCE 1877

Bacon Spinach & Cheese Quiche

DIFFICULTY: MID

PREPARATION TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

Ingredients

Pastry

1 ½ cups plain flour
125g butter
1 egg, lightly beaten

Filling

1 tbsp olive oil
1 onion, chopped
200g short bacon rashers, chopped
100g baby spinach
Freshly ground black pepper
4 eggs, lightly beaten
300ml pouring cream
1 cup grated tasty cheese

Method

Place the flour and butter for the pastry into a medium size bowl. Rub the butter into the flour until the mixture resembles breadcrumbs. Add the egg and mix to form a dough. Wrap the pastry in plastic wrap and allow to rest while you prepare the filling.
Heat a frying pan over a high heat, Induction level 8. Add the oil to the pan then add onion and bacon and cook, stirring constantly for 4 to 5 minutes or until onion is tender and bacon is golden brown. Reduce the heat to medium, Induction level 5 and add the spinach. Continue cooking, stirring constantly until spinach is wilted & moisture is evaporated. Season well with pepper & allow to cool completely.
Place the pastry between 2 sheets of baking paper and roll out to a circle approximately 2 to 3mm in thickness. Place the pastry into a 22cm x 4.5cm deep flan pan and refrigerate until ready to use.
Preheat the oven on CircoTherm Intensive to 190˚c and place the wire rack on shelf 1. Combine the eggs and the cream and mix well.
Pierce the base of the pastry case with a fork.
Spoon the cooled bacon mixture over the base of the pastry. Sprinkle with the grated cheese and carefully pour the egg mixture over the cheese.
Bake for 15 minutes then reduce the temperature to 160˚c
for 30 minutes or until quiche is set and pastry is golden.

Notes

© NEFF Australia. For more delicious recipes visit theneffkitchen.com.au