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Erasmus+ Programme
of the European Union



Quiche from leftovers



Number of people: 4

Keywords: Carnivore Vegetarian Veggies Cheese

Season: Select a season

Ingredients and quantity:

leftover veggies (cooked or raw)

scraps of meat, ham

onion (if you have it), salt or another of your favourite spices

2 eggs

cream, sour cream, cooking cream

maybe a piece of cheese

220 g flour and 120 g butter

Preparation: 30 mins

Difficulty: Easy

Pastry:

- * Place the flour and salt in a large bowl. Cut the butter into small cubes then add to the flour. Rub the flour and butter between your fingers till the mixture resembles large breadcrumbs.
- * Add the water a little at a time, continue mixing, then knead gently into a ball.
- * Grease a quiche/flan dish (approx 24 cm) and heat oven to 200 °C.
- * Roll out the pastry and line the quiche dish; prick the bottom, and put a handful of raw rice or dry beans on it to stop it from rising while cooking.
- * Bake for 10-12 mins at 250 °C.

Filling

- * Mix all ingredients except the cheese.
- * Add spices or herbs if you like.
- * Discard the rice/beans from the baked quiche 'shell' and pour the mixture into it; sprinkle the cheese on top.
- * Bake on 200°C for 10-15 min until the filling 'sets'.