

A Recipe for Quiche Lorraine using Poplars Farm Free Range Eggs

Preparation time 30 - 60 minutes

Cooking time 30 - 60 minutes

Makes one Quiche that could serve 4 people

Ingredients

For the pastry (ready-made pastry is perfectly acceptable)

- 175g/6oz plain flour, plus extra for dusting*
- Pinch of salt*
- 75g/2¾oz butter, plus extra for greasing*

For the filling

- 5 Poplars Farm Free Range Eggs, beaten*
- 250g/9oz grated cheddar cheese*
- 5 - 6 rashers of bacon, chopped*
- 1 Onion sliced*
- 100ml/3½fl oz milk*
- Pinch of Salt*
- 200ml/7fl oz double cream*
- freshly ground black pepper*

To Prepare

- For the pastry, sift the flour and salt together. Rub in the butter - your aim is to have a bread crumbed texture finish. Add enough cold water to form a firm dough and leave in the fridge for around 30 minutes*
- Roll out the pastry on a light floured surface and line a 22cm/8½inch greased flan dish*
- Preheat the oven to 190C/375F/Gas 5*
- Line the base of the pastry with baking parchment and then fill it with baking beans. Place on a baking tray and bake blind for 20 minutes. Remove the beans and parchment and return to the oven for another five minutes to cook the base*
- Reduce the temperature of the oven to 160C/325F/Gas 3*

- Fry the bacon pieces until crisp and the onion slices to taste and sprinkle over them over the pastry dish
- Sprinkle the cheese over the bacon
- In a large bowl, mix together the milk, pinch of salt and 5 Poplars Farm free Range Eggs, ensure this is thoroughly mixed and then pour over the bacon and cheese
- Bake for 30-40 minutes or until knife inserted into the centre comes out clean
- Remove from the oven and allow to cool for around 10 minutes as the mixture sets further
- Serve with a crisp salad