

Cheese and Asparagus Quiche

(Serves 6)



Pastry Ingredients:

225g plain flour, sifted
½ level tsp salt
125g salted butter, diced
50g mature cheddar cheese, finely grated
1 medium egg
1 tbsp vegetable oil

Filling Ingredients:

150g mature cheddar cheese
1 x 425g can asparagus tips, drained
250ml double cream
2 tsp Dijon mustard
3 medium eggs
A little salt
Freshly ground black pepper

- Put the flour, salt and butter into a mixing bowl. Rub the butter lightly into the flour until it resembles fine breadcrumbs. Stir in the cheese and finally the beaten egg and oil.
- Mix into a firm dough then knead for a few minutes on a lightly floured surface. Wrap in cling film and leave to rest for about one hour.
- On a floured surface, roll the pastry so that it's large enough to easily fit into your dish (a Le Creuset Tarte Tatin dish is perfect). Press lightly into the base and sides trimming the top level with the top edge. If possible chill for one hour in your fridge.
- Pre heat your oven to 190°C / 375°F / Gas mark 5. Prick the base of the pastry to prevent it rising then line with a piece of foil and some baking beans. Bake for 12 minutes. Carefully remove the beans and foil and continue baking for a further 3-5 minutes until the pastry is pale and golden.
- Reduce the oven temperature to 160°C / 325°F / Gas mark 3. Put half the cheese into the base of the pastry case. Add a layer of the asparagus tips, keeping a few back for the top. Add the remainder of the cheese.
- Beat together the cream, mustard, eggs and some seasoning. Pour this evenly over the filling. Decorate the centre with the remaining asparagus tips.
- Bake for 25-30 minutes until the filling is gently puffed up and golden brown.
- Best Served Warm!