



Leek and onion quiche

NIBBLEDISH CONTRIBUTOR

Ingredients

- 12oz (340g) short crust pastry, homemade or frozen - 4 -5 leeks - 1 onion, finely chopped - 4 large eggs - 5 tablespoons of cream - 5 tablespoons of milk - 1 cup of freshly grated hard cheese, parmesan or cheddar - 1 tblsp olive oil - salt and freshly ground pepper

Instructions

1. preheat oven a : 200 c (400 f - gas 6) 2. grease a flan dish 10 in (26 cm) and dust with flour 3. roll out the pastry and line the flan dish 4. place in refrigerator and chill for 1/2 hour 5. Wash the leeks and cut into thin slices 6. fry the onion in a little oil, then add the leeks until they start to go soft and put aside 7. bake pastry blind (line raw pastry with foil or greaseproof paper and fill with dried beans or cooking beads to prevent the pastry from rising) for 7 minutes 8. bake for an other 7 minutes empty 9. mix eggs, cream, milk, some of the grated cheese and salt and pepper together 10. turn oven temperature to 150c (300F - gas 2 11. place asparagus into pastry and pour the mixture over, adding the rest of cheese on top 12. bake in the middle of the oven for 40 minutes, until well risen and golden brown. 13. serve with side salad, delicious