



Sophie Gray's Quick Quiches

Quiche is terrific picnic food because it's as good eaten cold as it is hot.

Using frozen pastry sheets makes these super quick and easy to prepare. The classic quiche Lorraine combination of bacon, eggs and cheese is always popular but you can add all sorts of extras such as roasted vegetables, smoked fish, nuts or blue cheese to create your own family classics.



2 sheets frozen puff or flaky pastry
1 cup grated cheese (approximately)
2 rashers bacon, chopped
½ onion, chopped
1 tbsp butter
1½ cups milk
3 eggs
salt and pepper

Preheat the oven to 210°C.

Lightly spray a flan dish or muffin pans with cooking spray. Line the pans with pastry and sprinkle a little of the grated cheese in the bottom. This will seal the pastry slightly as it cooks.

In a small frying pan cook the bacon and onion in the butter until soft and allow to cool. Beat the milk, eggs, salt and pepper. Add the bacon and onion and most of the cheese. Pour into the prepared pans and sprinkle a little more cheese on top.

Bake for 20 minutes (less for mini quiches) or until the pastry is golden and the filling set.



Variations

Fillings can vary according to what you have available.

If you are adding vegetables to the egg mixture and no meat, pop in a few chopped nuts to give a satisfying crunch.

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Recommended wine match

Morton Estate White Label Chardonnay