

WHAT'S COOKING?

ONION MUSHROOM QUICHE

INGREDIENTS

FOR THE PASTRY:

- 1 cup + 2tbsp flour (200gm)
- 100gm unsalted butter, frozen
- 1/4 tsp baking powder
- 1 beaten egg
- A generous pinch of salt

FOR THE FILLING:

- 2 cups chopped mushrooms
- 1 large onion, chopped
- 1/2 cup milk
- 3/4 cup shredded cheese
- 2 beaten eggs
- Freshly ground pepper
- Salt to taste
- 1 tbsp oil

PREPARE THE PASTRY:

1. Mix flour, salt, baking powder together
2. Cut the butter into cubes & mix well with fingertips until the mixture resembles coarse sand.
3. Add the egg and bring the dough together. You can add a few drops of ice cold water if needed.
4. Transfer the dough to a floured surface. Roll it out about 1/2" thick.
5. Transfer dough to a greased pie dish. Gently lift the rolled out dough and lay it over the dish. Press it down lightly at the bottom and along the sides.
6. Refrigerate this crust while you put together the filling.
7. Pre-heat the oven to 350F / 180C.

TO PREPARE THE FILLING:

1. Heat the oil in a pan and fry the onions until golden brown.
2. Add the mushrooms and saute until soft and all the water has evaporated from the pan.
3. Top off with ground pepper and salt and mix well.
4. Cool completely.
5. Break 2 eggs into a bowl and beat lightly.
6. Add 1/2 a cup milk to the eggs.
7. Top off with about 3/4 cup of shredded cheddar cheese.
8. Mix well.
9. Bring out the prepared crust from the fridge.
9. Lay the onion mushroom mixture evenly on it.
10. Top it off with the milk-egg-cheese mixture until it reaches almost up to the top of the crust.
11. Bake until the top turns golden brown and patchy in parts and the crust turns golden - about 25 to 30 mins.
12. Cut into wedges and serve warm.

