

Biltong and Cheese Quiche

Pastry:

- 150g cake flour
- 2 ml salt
- 5 ml mustard powder
- 120 g butter (don't use margarine or any substitute)
- 50 ml ice (very cold) water

Filling:

- 120 g grated or slightly moist slices of biltong
- 2 leeks, sliced
- 15 ml butter (don't use margarine or any substitute)
- 15 ml cooking oil
- 30 ml chopped flat leaf parley or fennel leaves
- 4 eggs, beaten
- 250 ml cream (use full cow, not low cow or skimmed cow)
- 125 ml sour cream (same as above)
- 100g grated Cheddar cheese
- 5 ml mustard powder
- 15 ml lemon juice
- 5 ml grated lemon rind
- freshly ground black pepper to add flavour

To make the pastry:

Sift the flour, mustard and salt together...cut the butter into small cubes, add to the flour mix and rub in lightly with your fingers (wash your hands first)...gradually add the ice water and mix it all into a soft dough...

Turn out onto a pastry board (or similar) and shape into a ball...place the dough ball into a plastic bag (seal it), or cling film and place it in the bottom of a refrigerator for 30 minutes or so (the fridge should be below 4 ° Celsius)... After 30 minutes, take the ball out of the fridge and remove the plastic...place the ball on a floured pastry board (or similar) and roll it out with a rolling pin, to fit a large quiche dish (this recipe serves up to 8 people - 230mm diameter should be fine)...line the quiche dish with the pastry and refrigerate for a further 30 minutes, at the bottom of the fridge...

After 30 minutes, take the quiche dish out of the fridge and bake it blind in an oven, preheated 200 ° Celsius for 8 - 9 minutes...

(To bake pastry blind, you have to line the pastry with greaseproof paper and fill with “blind baking beans”, or you can just use rice, if you don't have any beans)

When the 8 - 9 minutes is done (for the 1st bake), take your quiche dish out of the oven and remove the greaseproof paper and the weight you used...you should by now have a perfect shape to put your filling in...put it back into the oven for a further 5 minutes...

To make the filling:

Sauté the leeks in butter and cooking oil until they are translucent (transparent/ see through)...scatter and baste this lot on the base of the pastry...mix the remainder of the ingredients and pour this into the pastry case...

Bake for 35 - 45 minutes at 160 ° Celsius until the quiche is set...

THIS IS WHAT IT SHOULD LOOK LIKE



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If you'd like to experiment; then instead of using Cheddar you can use a Blue cheese...

You can change and add some of these ideas to make you Quiche even tastier (add or substitute to the Filling Ingredients):

- 250g creamed cottage cheese
- 150g feta cheese, crumbled
- 40g finely grated parmesan cheese

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