BUSY BAKERS

TUESDAY FEBRUARY 15th 2022

PASTRY FOR QUICHE

6oz/150g Plain Flour mixing bowl

½tsp salt sieve

2oz/50g butter jug

1oz/25g lard/white trex rolling pin

8inch flan dish/tin foil & baking beans

Preheat oven Gas 6, Electric 200C/Fan 180C

Method

1. Sieve flour and salt into a mixing bowl and add fats
2. Rub in fat until mixture resembles fine breadcrumbs
3. Stir in water with round bladed knife
4. Knead very lightly
5. Wrap pastry in cling film and chill for 20 mins.
6. Roll pastry on lightly floured board, about the thickness of £1 coin and slightly larger than your flan tin.
7. Carefully transfer the pastry into the tin. Gently press into base and sides, taking care not to stretch the pastry.
8. Chill.
9. Trim off excess, gently prick the base and bake blind for 15mins
10. Remove beans and bake for further 5-10mins
11. Flan is now ready for filling of your choice.

**PÂTE SUCRÉE**

This pastry must rest for at least an hour after making

150g/6oz Plain Flour Sieve

Pinch of salt Mixing bowl

75g/3oz Caster sugar small bowl

75g/3oz Margarine rolling pin

1. egg foil & baking beans

METHOD

1. Sieve flour and salt into bowl
2. Stir in sugar
3. Make a well in the centre
4. Weigh marg and put into well
5. Beat egg
6. Add egg
7. Using one hand work the marg and egg into the flour
8. Gradually work in all flour until a smooth dough is formed (you may need a little water)
9. Knead pastry lightly
10. Wrap in cling film and place in fridge (about 1 hour)
11. Knead lightly and roll to fit flan dish

**CHEESY LEEK FLAN**

6oz/150g Shortcrust pastry chopping board & sharp knife

1lb leeks colander

1½oz/37g butter Frying pan

1oz/25g plain flour balloon whisk

½pt milk grater

Salt & pepper pan

½tsp made mustard

4oz/100g strong cheese

Preheat oven Electric 190c/Fan 170C, Gas 5

Method

1. Make shortcrust pastry and leave to rest
2. Roll out to slightly bigger than flan dish
3. Ease into flan dish, taking great care not to stretch the pastry
4. Leave to rest before trimming
5. Gently prick the base, line with foil and baking beans
6. Bake for 15 mins, pastry should be almost dry, remove foil and cook until totally dry
7. To make filling:- slice and wash leek. Melt ½oz butter in frying pan and gently cook the leek
8. Grate cheese
9. Make sauce:- place remaining butter, flour and milk in saucepan and heat gently whisking to ensure all ingredients are incorporated and smooth.
10. Change to wooden spoon and allow sauce to bubble gently for a few minutes, to cook the starch.
11. Season and add mustard.
12. Stir in cheese, continue stirring until melted
13. Stir in leeks
14. Pour into flan case. Ready to serve.

To reheat, cover with foil and heat in moderate oven for about 20 mins

**BRETON QUICHE**

150g/6oz Shortcrust pastry grater

40z/100g Emmental or Gruyére cheese frying pan

4 rashers of smoked bacon mixing bowl

½pt single cream whisk

2 large eggs chopping board & sharp knife

1tbsp fresh, chopped parsley

2 tsp fresh chives

Seasoning

Preheat oven Electric 190C/Fan 170C, Gas 5 – Electric 180C/Fan 160C, Gas 4

Method

1. Make pastry, leave to rest and then roll to fit flan dish taking great care not to stretch the pastry
2. Leave to rest then trim
3. Gently prick the base and line with foil and baking beans.
4. Bake for 20 mins, until pastry is dry. Remove beans and cook for 5mins
5. Cut bacon into small pieces and fry lightly, max 5 mins
6. Grate cheese
7. Place bacon and cheese in base of flan
8. Mix together eggs, cream, parsley, chives and seasoning
9. Pour over bacon and cheese
10. Bake for about 30mins until just set

**CHEDDAR PLOUGHMAN TART** (I usually make this as 6 individual tarts)

1 quantity shortcrust pastry

1tbsp olive oil chopping board & sharp knife

1 onion frying pan

2 large eggs mouli grater

200ml double cream mixing bowl & smaller bowl

100g/4oz Mature Cheddar balloon whisk/hand whisk

50g/2oz dried breadcrumbs\*

2tsp sun dried tomato paste

6tbsp tomato chutney

6 cherry tomatoes

Salt and pepper

Preheat oven Electric 200C/Fan 180C, Gas 6- Electric 190/Fan 170C, Gas 5

Method

1. Make shortcrust pastry and leave to rest
2. Roll pastry to fit either 6 individual tart cases or 8 inch flan tin
3. Take care not to stretch pastry and leave to rest
4. Gently prick base, line with foil and baking beans.
5. Bake 15 mins, check pastry is dry, may need a few mins without foil
6. Filling:- peel and finely chop onion.
7. Finely grate cheese
8. \*toast 1 slice of bread and whizz to crumbs
9. Heat oil and fry onion about 8 mins, leave to cool
10. Whisk whole egg and yolk with cream and two-thirds of the cheese. Season
11. Mix breadcrumbs with tomato paste and remaining cheese
12. Place chutney in the base of the flan
13. Spoon onions over
14. Pour over egg mixture
15. Sprinkle over bread crumb mixture
16. Top with tomatoes
17. Bake for 30-40mins

**LEMON MERINGUE PIE**

150g/6oz Pâte Sucrée or 6oz short crust

2 large lemons grater

1½oz/37g cornflour lemon squeezer

½pt water jug

2 egg yolks pan

3oz/75g caster sugar whisk & electric mixer

Meringue wooden spoon

3 egg whites piping bag & knozzle

5oz/125g Caster sugar

Preheat oven Electric 200C/Fan 180C,Gas 6 Meringue Electric 180C/Fan 160C, Gas 4

Method

1. Make pastry as described and roll to fit flan dish taking great care not to stretch the pastry
2. Leave to rest before trimming and gently pricking the base
3. Line with foil and baking beans
4. Bake for 15-20mins, remove foil and ensure pastry is ‘dry’
5. Make filling:- take rind and juice from lemons
6. Mix cornflour, lemon juice and 2 tablespoons of water to a paste
7. Whisk into remaining water and heat, gently whisking to ensure no lumps
8. Simmer for 3 mins
9. Remove from heat, stir in lemon rind
10. Cool slightly, stir in yolks and sugar. Cool slightly
11. Pour into flan case
12. Whisk egg whites in a clean bowl until stiff (tip bowl upside down and the white shouldn’t move)
13. Gradually whisk in sugar
14. Pipe or spoon over the lemon filling
15. Bake for 15mins

**MANCHESTER TART**

Serves 6-8

6oz/150g Plain flour mixing bowl

2oz/50g butter small bowl

1oz/25g lard sieve

2tbsp icing sugar rolling pin

1 egg yolk jug

575ml whole milk baking beans

3tbsp custard powder pan

3tbsp caster sugar balloon whisk

1tsp vanilla essence

3tbsp raspberry jam

5tbsp desiccated coconut

Few fresh raspberries to decorate

22cm flan tin, greased

Pre heat oven Electric 200C/Fan 180C, Gas 6

Method

1. Sieve flour and icing sugar into mixing bowl
2. Add lard and butter
3. Rub in until it resembles breadcrumbs
4. Bind with egg yolk and cold water
5. Gently knead, wrap in clingfilm and chill for about 30 mins
6. Roll pastry and line flan tin, taking care not to stretch the pastry
7. Chill for 15mins
8. Prick the base, gently, with a fork. Line with foil and baking beans
9. Bake for 20mins. Remove the foil and beans and cook for further 5 mins
10. Leave pastry case to cool
11. Put custard powder, sugar, vanilla essence and milk into a pan
12. Heat gently whisking all the time until the custard is smooth and thick.
13. Leave to cool, covered with cling film to prevent a skin forming
14. Spread jam over the base of the flan case
15. Sprinkle over half the coconut
16. Pour over the custard and sprinkle over remaining coconut
17. Chill and serve decorated with fresh raspberries

**The above recipes are just suggestions if you have a quiche/tart/pie recipe you would rather make, please do.**