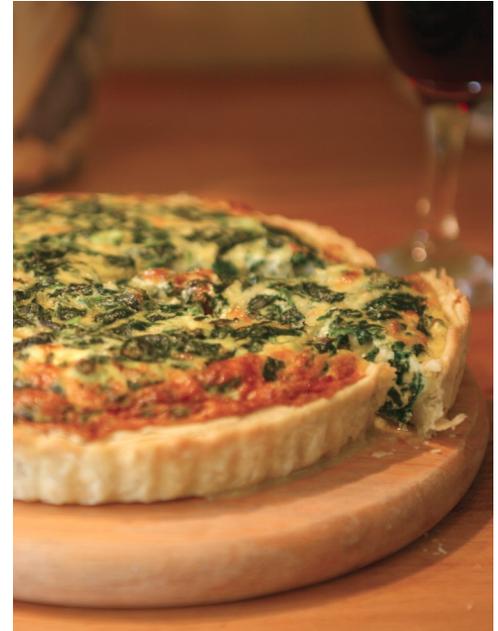


Spinach Quiche

Preparation: 40 minutes **Cooking time:** 25 – 30 minutes **Serves:** 5 – 6

Ingredients:

6oz (150g) plain flour
3oz (75g) butter
A small amount of cold water
10 oz (280g) coarsely chopped spinach
5 medium spring onions
4 eggs
2 floz (50ml) cream or crème fresh
1 tsp nutmeg
2 tsp chopped parsley
4oz (100g) cream cheese
4oz (100g) cheddar cheese
Salt and pepper



Directions:

1. Put the flour and butter in a large mixing bowl. Rub the butter into the flour to make a fine breadcrumb texture. Add enough cold water very carefully to make a firm dough. If you put too much water in add a little more flour.
2. Roll it out and place in a cold flan tin. Put in freezer.
3. Turn the oven on to 180°/ 350°/ Gas mark 4.
4. Put all the spinach into a pan with 1/2 cm (1/4") of water. Cook fast for 1 minute, this will shrink it so that it can fit into your flan tin. Let it cool. Chop the spring onions fairly thinly.
5. Put the eggs into a large mixing bowl with the salt pepper and nutmeg. Mix well.
6. Add the spinach, spring onions, cream, cream cheese, cheddar and chopped parsley into the bowl. Mix well.
7. Take the tin out of the freezer and fork lots of little holes into the bottom of the pastry.
8. Place the flan tin in the oven for 10 minutes, until light brown. This is called 'baking blind'. The reason for baking blind is so that you get a good firm base to the quiche.
9. Take the tin out of the oven and pour in all of the filling mixture.
10. Put it back into the oven for another 15 minutes.
11. You can eat this cold or hot, for lunch or supper it is delicious.