

Spinach Quiche

Season: Winter

Type: Main

Serves: 28 tastings

From the garden: Egg

Class focus: Pressing pastry into a baking tray
& chopping spinach



Equipment:

Large mixing bowl x 1
Medium mixing bowl x 1
Wooden spoon x 2
Serving bowl x 1 (for melting butter)
Chopping boards and knives
Measuring cups
Measuring spoons
Fork x 1
Kitchen scale
Baking paper
Deep baking tray x 1
Salad spinner x 1
Serving plate x 5
Kitchen tong x 5

Ingredients:

Pastry:

200g butter (melted using microwave)
3 cups plain flour
½ cup water
¼ teaspoon salt

Quiche filling:

3 handfuls of spinach (roughly chopped)
½ cup self-raising flour
6 eggs
1 bottle of cream (300ml)
1 ½ cup milk
1 teaspoon salt
10 grinds of pepper

What to do:

1. Heat oven to 180C.
2. Wash the spinach then dry it using a salad spinner.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Put all the ingredients for the pastry in a large mixing bowl, stir gently then lightly knead until mixture comes together to form a dough.
5. Put the pastry in a lined baking tray and use your fingers to press the pastry out to cover the base **and side** of the baking tray. You can use a rolling pin to help if you like.
6. Prick the base of the pastry all over with a fork.
7. Put all the ingredients for the quiche filling in a medium mixing bowl and mix well.
8. Pour the mixture over the pastry and spread evenly.
9. Bake in the **lower shelf** of the oven for 25 minutes or until lightly browned.
10. Let cool slightly and cut into 28 pieces (for Year 3 class) or 36 (for Year 5 class).
11. Serve into 5 large serving plates with a kitchen tong in each.

Interesting terms:

Interesting techniques: Pressing pastry into a baking tray & chopping spinach