

# Tomato and Basil Quiche

**Season:** Autumn

**Type:** Main

**Serves:** 32 tastings

**From the garden:** Tomato & basil

**Class focus:** Pressing pastry into a baking tray  
& chopping herb



## Equipment:

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

## Ingredients:

### *Pastry:*

200g olive oil  
3 cups plain flour  
½ cup water  
¼ teaspoon salt

### *Quiche filling:*

1 bag of green tomatoes  
5 sprigs basil (leaves only, finely chopped)  
¼ cup self-raising flour  
1 cup grated cheese  
6 eggs  
1 bottle of cream (300ml)  
½ cup milk  
1 teaspoons salt  
10 grinds of pepper

## What to do:

1. Heat oven to 180C.
2. Wash all the vegetables and herb.
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, 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 32 pieces.
11. Serve into 5 large serving plates with a kitchen tong in each.

Interesting terms:

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



**For vegan / dairy intolerance option:**

Angela will get a portion of the tomatoes, basil and pastry from you to make a tart for the vegan or dairy intolerance students.

**For gluten free option:**

Use gluten free plain flour and gluten free self-raising flour.

Interesting terms:

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