

# Quiche Lorraine

Cuisine: French

Food category: Minced meat



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Company: Retigo



## Program steps

Preheating: 150 °C

1 bake blind the pastry

	Hot air		100 %		Termination by time		00:10	hh:mm		160 °C		+ 100 %	
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2

	Hot air		100 %		Termination by time		00:30	hh:mm		150 °C		+ 100 %	
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## Ingredients - number of portions - 8

Name	Value	Unit
butter soft	60	g
pork lard	60	g
selfraising flour	200	g
salt	1	g
water	5	ml
smoked bacon	8	pcs
egg yolk	4	pcs
chicken eggs	3	pcs
whipped cream 33%	400	ml
salt	3	g
freshly ground black pepper, ground	1	g
nutmeg	1	g

## Nutrition and allergens

Allergens: 1, 3, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	235.1 kJ
Carbohydrate	23.4 g
Fat	14 g
Protein	3.1 g
Water	0 g

## Directions

For the pastry, place the butter (cut into small pieces), lard (cut into small pieces), flour and salt into a food processor. Pulse the mixture until it resembles coarse breadcrumbs.

Place the pastry into a mixing bowl and, using a round-bladed knife, stir in enough ice cold water to bind the mixture together. Lightly knead the dough until well amalgamated, dust with flour and slip into a plastic bag. Chill in the fridge for 30 minutes before using.

Preheat the oven to 160C.

Roll out the pastry as thinly as possible. Line a 20cm wide by 4cm deep tart tin and lightly prick the base of the pastry with a fork all over. Place onto a baking tray, line with greased aluminium foil and baking beans and bake blind for 10 minutes.

Remove the baking beans and foil. Place the tart case back into the oven and cook for a further 10 minutes, or until it is pale golden, crisp and cooked through.

Fry the bacon in a aluminium GN container for 2 minutes. Drain onto kitchen paper and spread out evenly over the base of the cooked tart case

Whisk the egg yolks and whole eggs together in a bowl. Stir in the cream and season with salt, pepper and nutmeg. Pour the mixture into the pastry case and cook for 30 minutes on 150°C, or until nicely puffed and the surface of the custard is pale golden and just set.

Eat warm, or at room temperature.