

Cheese onion and spinach quiche

Serves 4 180°C / 350°F / gas 4

Pastry 85g, 3oz, cold butter cut into cubes, put back in fridge
175g, 6oz, plain flour
pinch of salt
1 egg
2 tsp cold milk

Filling 2 large eggs
220ml single cream
Sea salt and milled black pepper
225g, 8oz, soft goat's cheese
85g, 3oz, fresh parmesan reggiano is good
½ bunch spring onions
120g, 3-4oz, spinach
Large knob of butter



Method:

Sift flour into a bowl, rub the cubed butter into the flour until it resembles bread crumbs. Mix egg and milk together and add to flour, mix to form a pliable dough.

Roll out on floured surface and use to line a lightly greased 8" quiche tin with a loose bottom. Prick pastry all over with a fork put in fridge for ½ an hour to rest. After ½ hour line with greaseproof paper, fill with baking beans and bake blind for 20 mins.

Meanwhile sweat off spring onions in butter in a fry pan, when soft take out of pan then put in spinach to wilt down, drain off any excess liquid and leave to cool with spring onions.

With pastry case out of oven and baking beans out, arrange spinach and spring onion over base.

Lightly beat eggs, cream and seasoning. Crumble goats cheese and add to grated parmesan, gently mix together with eggs and cream. Pour into pastry case. Lightly tap edge of quiche tin to let out any trapped air between ingredients and for it to level nicely and bake for 30-35 mins until golden. Turn half way through cooking.

Serve with a nice crisp salad or a herb mayo or a crunchy homemade Coleslaw.

Little tips:

- Use 2 teaspoons dried mixed herbs to the pastry mix to give another flavour dimension
- Make pastry in Magimix food processor as it is a much quicker job
- Use a Silverwood quiche tin, pastry is cooked to perfection

To make this delicious dish we used the following items:



Silverwood Quiche Tin

Made in the Birmingham since 1966, Silverwood bakeware is light, but incredibly resilient. Able to withstand high heats, the bakeware conducts the heat quickly to ensure crisp, even baking. As a result we tend to suggest that you reduce cooking time by as much as 10% compared to other brands! The loose bottom makes removing the quiche easy, while the sharp edges help cut the left over pastry cleanly. Although not dishwasher safe, Silverwood products should soak for 2 minutes and clean easily by hand. A little tip for you, let grease and oil season the dish and it will create a natural non-stick coating. Silverwood bakeware quite literally improves with use. For more information click [here](#)



Magimix 3200

There is a good reason why Magimix food processors are the best sellers on the market. Compact and powerful, the Magimix food processor will mix, grate, slice, chop, whisk, knead and - thanks to its BlenderMix attachment - liquidise your ingredients.

The commercial grade induction motor maintains a constant speed at all times, automatically adjusting the power to provide the right speed whatever the job. So whether you are shredding carrots or blending a milkshake, it will operate at the same speed every time. The Compact range comes with 3 bowls made of tough Lexan plastic (we can stand on a bowl without causing

any damage!) that is crystal clear and doesn't leach into food. The bowls fit within each other giving you the option of processing small quantities for one-person cooking as well as the extra large work bowl. Precise enough to chop one clove of garlic or two sprigs of parsley, the Magimix is perfect for vinaigrettes, sauces, appetisers, baby foods or a one egg mayonnaise. Easy to assemble, easy to clean, quiet and sturdy, the Magimix food processor will last well beyond its 12 year motor and 3 year parts guarantees. A true kitchen work-horse that won't disappoint. Click [here](#)



Robert Welch 14" Chef's Knife

Here is what one Cobham customer had to say about them:

"I love my Robert Welch knife! The ergonomic handle is very comfortable, it looks good & cuts like a dream. It has serious 'wow factor'! In terms of value for money, it was phenomenal & it's also really easy to sharpen"

Distinguished British product design house Robert Welch have teamed up with professional chefs to develop a range of knives which give a good cutting action & which are really comfortable to hold. Made in the Far East using German stainless steel hardened to Rockwell 55-56 (that means very hard!), each knife is carefully designed for its purpose, fully forged with full tang for extra strength & hand finished to give a razor sharp cutting edge

at an unbeatable price. Their precisely designed ergonomic handles not only feel great but are angled to provide optimum cutting action whilst minimizing fatigue. As is always the case with knives though, it is important to see how they feel and suit your hand. More info [here](#)

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