

# Coronation Quiche

WITH A SECRETTS SPIN

If you suddenly get the urge to make the quiche of the century then why not use our recipe. Very closely based on the one published from the Royal Household but with a couple of twists. First off our gorgeous home grown asparagus has just gone into the farm shop so why not replace the broad beans (English not yet in season) with this seasonal produce that is! Tips on preparation below.



## Ingredients

**1 x 250g block of ready-made shortcrust pastry**

**For filling:**

**125ml milk**

**175ml double cream**

**3 medium eggs**

**1 tbsp chopped fresh tarragon or dried works just as well here**

**salt and freshly ground black pepper**

**100g grated cheddar cheese,**

**100g cooked spinach, lightly chopped & drained on kitchen paper**

**60g cooked broad beans or soya beans or use asparagus instead**

**Method** Pre-heat the oven to Gas 4-5/190°C /Fan 170°C

Line the pastry case with greaseproof paper, add baking beans and bake blind for 15 minutes, before removing the greaseproof paper and baking beans. Reduce the oven temperature to 160°C.

If you use asparagus cut the spears into three sections. Put the spears and the middle section on one side. Take the bottoms section and cut very finely and then pan fry in a little butter for 4-5 minutes to soften. Place this in the bottom of the pastry case. Add the rest of the asparagus to the pan with a little more butter and repeat.

To make the filling, beat together the milk, cream, eggs, herbs and seasoning. Scatter  $\frac{1}{2}$  of the grated cheese in the blind-baked base, top with the chopped spinach and beans and asparagus if using, then pour over the liquid mixture. If required, gently give the mixture a delicate stir to ensure the filling is evenly dispersed but be careful not to damage the pastry case. Sprinkle over the remaining cheese. Place into the oven and bake for 20-25 minutes until set and lightly golden

