

## Delia's Quiche

### Ingredients

#### Pastry:

10 oz wholemeal flour (For a less crumbly pastry, use half wholemeal flour and half all purpose flour)  
1 Tbsp baking powder  
5 oz butter  
3-4 Tbsp water

#### Filling

10z butter  
4 oz spring onions, chopped  
4 oz lettuce, shredded  
4 oz peas  
Salt and pepper  
1 ½ tsp chopped mint  
4 oz Cheddar cheese, grated  
1 egg and one egg yolk  
¼ pint table or coffee cream  
¼ pint milk

Sift the flour with the baking powder and salt into a bowl. Tip in the bran left in the sieve and mix well. Rub in the butter until mixture resembles breadcrumbs. Gradually add the cold water and mix lightly until the dough forms a ball. Knead lightly, form into a round and cover with plastic wrap. Rest in the refrigerator for 1 hour before rolling.

Roll out the pastry on a lightly floured surface and use to line a 10 inch fluted flan tin with a removable base. (A metal flan tin is preferable to a white ceramic one as metal conducts more heat and produces a better pastry base.)

Melt the butter in a pan and fry the spring onions, lettuce and peas over gentle heat for 5 minutes. Season, remove from heat and stir in the mint.

Sprinkle the cheese evenly over the base of the flan then spread the vegetables over the cheese. Beat the egg with the egg yolk, cream and milk. Pour carefully over the vegetables. Bake at 375F for 40 minutes or until the quiche is set and golden brown.