

TOMATO QUICHE



WHAT YOU NEED

For the Crust:

- 1 $\frac{3}{4}$ cup (200g) whole wheat flour
- 1 cup (115g) all-purpose flour
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{4}$ (60ml) olive oil
- $\frac{3}{4}$ (165ml) water
- 2 tsp. lemon juice

For the quiche:

- 1 tbsp. olive oil
- $\frac{1}{2}$ onion, finely chopped
- 3 cloves garlic, minced
- 14 oz. (400g) can chopped tomatoes
- 2 tbsp. tomato puree/paste
- pinch of sugar
- 1 sprig fresh rosemary
- $\frac{1}{2}$ tsp. dried thyme
- 2 eggs
- 2 egg yolks
- $\frac{3}{4}$ cup (180ml) almond milk, unsweetened
- $\frac{1}{2}$ cup (56g) cheese, grated
- $\frac{1}{4}$ cup (25g) Parmesan cheese, grated
- salt and pepper

WHAT YOU NEED TO DO

For the crust:

In a large bowl, combine the flours and salt. Make a well in the center, add the olive oil and mix with a fork. Next, add the water and lemon juice and mix well until the dough forms a ball.

Place the dough onto a lightly floured work surface, and work the dough until smooth and easy to shape into a ball. Do not overwork or the pastry will become tough. Divide the dough in half, shape each half into a ball, press gently and wrap in clingfilm. Place the pastry in the fridge and allow to rest for 1 hour.

Preheat the oven to 350°F (180°C).

When ready to bake the quiche remove one of the balls of dough from the fridge. Dust the work surface and rolling pin with flour and roll the dough out into a circle wide enough to line an 8-inch/20cm tart tin. Using a fork pierce the base of the pastry case a few times. Place a sheet of baking parchment into the tin and fill with ceramic pastry beans and place in the oven to blind bake for 15 minutes.

After 15 minutes, remove the pastry case from the oven. Carefully remove the ceramic baking beans (they will be hot) and discard the baking parchment.

To fill the quiche:

Heat the olive oil over medium heat in a saucepan and add the onion. Cook gently for 2 to 3 minutes, stirring until softened. Add the garlic and cook for around 30 seconds until fragrant. Add the canned tomatoes, tomato paste, pinch of sugar, rosemary, thyme and season with salt and pepper. Simmer for 15 minutes, stirring often, until the tomatoes have reduced.

Remove the rosemary sprig and allow to cool slightly. There should be approximately 1 cup of the sauce.

Preheat the oven to 350°F (180°C). Beat the eggs and egg yolks in a bowl. Brush the bottom of the pastry crust with a small amount of the beaten egg and pre-bake for 10 minutes. Remove from the oven and allow to cool for 5 minutes.

Beat the milk into the eggs, add $\frac{1}{2}$ teaspoon salt, freshly ground pepper to taste and whisk together. Stir in the grated cheeses and tomato sauce and mix well. Pour the mixture into the crust.

Bake for 30 to 35 minutes, until the quiche has set in the middle. Remove from the heat and allow to rest for 15 minutes before serving.

Tips and storage:

This recipe makes enough dough to make 2 quiches.

Once the pastry dough is formed it can be stored in the refrigerator for up to 3 days or frozen for up to 3 months. If you do not have ceramic baking beans you can use dried beans, dried pasta or rice to hold down the baking parchment while blind baking the pastry case. This quiche can be served warm or cold.



Serves: 6
Prep: 20 mins
Rest: 1 hr
Cook: 40 mins

