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Recipes

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N°39



DIJON & HERB COURGETTE QUICHE

CONTRIBUTOR | TWO LOVES STUDIO

INGREDIENTS

PASTRY:

250 g plain/all purpose flour

150 g cold butter, cubed

1 teaspoon fine salt

1 egg

1 tablespoon cold milk

FILLING:

1 small Leek, thinly sliced

2 garlic cloves, minced

½ yellow zucchini, thinly sliced

½ green zucchini, thinly sliced

2 teaspoons thyme

1 tablespoon fresh basil,
roughly chopped plus extra to serve

2 eggs

1 cups cream

½ teaspoon salt

2 tablespoons Dijon mustard

¾ cup white cheese, grated

PREPARATION

1. Preheat the oven to 180 C. Lightly grease a 21cm quiche pan, (roughly 4cm deep).
2. To make the pastry: heap the flour onto a clean surface and make a well in the center. Place the butter, salt and egg into the well.
3. Using your fingertips, mix and cream these ingredients together. Then, little by little, draw in the flour to work the dough until it has a grainy texture.
4. Add the milk and incorporate gently with your fingertips until the dough begins to hold together. Knead the dough about 5 times by pushing the dough away from you until it is smooth.
5. Refrigerate until ready to use.
6. On a lightly floured surface, roll out the pastry until it's larger than the quiche pan. It should roughly be about 1cm thick.
7. Lift the pastry into your pan and press firmly into the sides of the quiche pan.
8. Trim the excess dough to the edge of the pan. Prick the bottom with a fork and rest in the freezer for 10 minutes. (This will help prevent the pastry from shrinking).
9. Meanwhile add the leek and garlic to a pan over medium heat and cook for about 3-5 mins until leek is soft. Remove from heat.
10. Place a sheet of baking paper with baking beads or dry beans on top and blind bake for 10 mins. Remove the baking beads or dry beans and bake for another 5 mins.



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PREPARATION

11. Remove from the oven and turn the temperature down to 160 C.
12. To a large bowl, add the eggs and whisk. Add cream and salt and stir until incorporated. Add Dijon and mix. Add basil and thyme and stir until combined.
13. Layer the garlic and leek mixture with half of the yellow, green zucchini and cheese into the quiche shell.
14. Pour over the egg and cream mixture until the quiche shell is nearly full. Place the rest of the yellow and green zucchini on top of the filling.
15. Bake for 30-40 mins, until mixture is cooked and pastry is lightly brown.

**If the filling needs a little longer to cook than the pastry, place a layer of foil over the quiche and reduce heat till 150 C.

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CLASSIC DEEP DISH QUICHE LORRAINE

CONTRIBUTOR | TWO LOVES STUDIO

INGREDIENTS

PASTRY:

250 g plain/all purpose flour

150 g cold butter, cubed

1 teaspoon fine salt

1 egg

1 tablespoon cold milk

FILLING:

200 g bacon, diced

2 garlic cloves

1 large red onion, chopped

5 eggs

2 1/1 cups cream

½ - 1 teaspoon salt

freshly cracked pepper

1 cup cheddar cheese, grated

PREPARATION

1. Preheat the oven to 180 C. Lightly grease a 24cm quiche pan, (roughly 5.5cm deep), with a removal bottom.
2. To make the pastry: heap the flour onto a clean surface and make a well in the center. Place the butter, salt and egg into the well.
3. Using your fingertips, mix and cream these ingredients together. Then, little by little, draw in the flour to work the dough until it has a grainy texture.
4. Add the milk and incorporate gently with your fingertips until the dough begins to hold together. Knead the dough about 5 times by pushing the dough away from you until it is smooth.
5. Refrigerate until ready to use.
6. On a lightly floured surface, roll out the pastry until it's larger than the quiche pan. It should roughly be about 1cm thick.
7. Lift the pastry into your pan and press firmly into the sides of the quiche pan.
8. Trim the excess dough to the edge of the quiche pan. Prick the bottom with a fork and rest in the freezer for 10 minutes. (This will help prevent the pastry from shrinking).
9. Meanwhile add the bacon to a pan over medium heat and cook for about 5-7 mins until the bacon starts to go crispy. Add the garlic and stir for another minute. Remove from the heat.
10. Place a sheet of baking paper with baking beads or dry beans on top and blind bake for 10 mins. Remove the baking beads or dry beans and bake for another 5 mins.



CLASSIC DEEP DISH QUICHE LORRAINE

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TIPS

The perfect ratio of egg to cream/milk for a quiche is $\frac{1}{2}$ cup for every egg used. If you don't have the exact sized quiche pan, then you can adjust the egg and cream mixture to this ratio.

It is better to whisk another 1 egg with $\frac{1}{2}$ cup cream to fill to the top of the quiche pan, than to just top up with cream. Even if you have a little mixture left over. This will ensure that the quiche stays firm but a little jiggly.

You can also double the pastry recipe and keep half aside in the fridge or freezer for up to 7 days.

PREPARATION

11. Remove from the oven and turn the temperature down to 160 C.
12. In a large bowl, add the eggs and whisk. Add cream, salt and a good twist of fresh pepper.
13. Add the onion, bacon and cheese to the quiche pan, then fill with the egg and cream mixture.
14. Bake for 45-60 mins, until filling is completely cooked and pastry is lightly brown.

**If the filling needs a little longer to cook than the pastry, place a layer of foil over the quiche and reduce heat till 150 C.

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CHERRY TOMATO + GOAT CHEESE MINI QUICHES

CONTRIBUTOR | TWO LOVES STUDIO

INGREDIENTS

QUICHE CASE:

3 cups almond meal

1/4 cup tapioca flour

Pinch of salt

50 g butter, softened

1 egg white

FILLING:

2 eggs

1 cup cream

1 tablespoon fresh thyme

100g fresh goats cheese

1 punnet cherry tomatoes

Balsamic vinegar to serve

PREPARATION

1. Preheat the oven to 180C. Grease 4, 12cm mini quiche cases.
2. In a bowl, combine the almond meal, tapioca flour and salt until thoroughly mixed.
3. Once mixed, add the butter and mix with your hands by squishing the butter between your fingers and combining with the almond meal until the mixture resembles fine breadcrumbs. Add the egg white and mix with your hands until the mixture starts to stick and feel more dough like.
4. Press the mixture into 4 mini quiche cases and create a boarder around case. Prick the base with a folk all over and freeze for 10 minutes.
5. Remove and bake in the oven for 15. (The base should still be light coloured and not browned). Remove and allow to slightly cool. Reduce oven to 160 C.
6. In a large bowl, beat the eggs and cream until fully combined. Add the fresh thyme and a generous pinch of salt and pepper. Mix until combined. Crumble up the desired amount of cheese and mix. Pour into the tart case. Place the cherry tomatoes whole on top of the mixture.
7. Bake in the oven at 160C for 30 mins. The filling should have hardened and browned slightly.
8. Allow to cool slightly, then serving with fresh greens and a drizzle of balsamic vinegar if desired.