

Around Europe in 6 weeks: French Class

MENU

Quiche Lorraine or vegetarian quiche with green salad

Profiteroles

Ingredients - Profiteroles

- 50g butter (preferably unsalted), cut into cubes
- 2 tbsp caster sugar
- 75g strong white flour, sifted with a pinch of fine sea salt
- 2 eggs, lightly beaten

For the filling

- 300ml double cream
- few drops vanilla extract

For the icing

- 50g cocoa powder or drinking chocolate powder
- 175g icing sugar

METHOD

STEP 1

Heat the oven to 220C/200C fan/gas 7.

Make profiteroles:

1. Put 50g butter (cut into cubes) and 2 tsp of the caster sugar in a saucepan with 150ml water.
2. Place the pan over a low heat until the butter and sugar have melted.
3. Bring to the boil.
4. Take off the heat
5. ADD the flour all at once
6. BEAT FAST / energetically with a wooden spoon until the dough comes away from the sides of the pan. If it is too liquid, you know you have added too much water at this stage!
7. PUT to the side to COOL for 5 mins

ADD EGGS

8. Crack two eggs into a bowl and lightly beat with a fork or whisk.
9. ADD to your dough slowly - bit by bit. You are looking for a stiff, glossy mixture.
10. GREASE PAPER WITH BUTTER THEN LIGHTLY RINSE with cold water, shaking off any excess so they are slightly damp (this helps the pastry to rise).
11. Spoon with a teaspoon small blobs of the mixture onto the baking trays.
12. Cook for about 18 mins until well risen and brown.

PROFITEROLE FILLING

13. ADD 2 tsp sugar, 1 tsp vanilla extract & WHIP cream lightly until just holding its shape.
14. Make your chocolate sauce
Mix 150g icing sugar and 50g cocoa powder/drinking chocolate and gradually add water to form a thick paste (slightly runny)
15. Remove the profiteroles from the oven and cut a small slit in the base of each one so they don't collapse. Cool on a wire rack or plate.
16. When cooled, cut the profiteroles in half, fill them with the sweetened cream and drizzle with chocolate sauce.

QUICHE

Ingredients

- 375g pack ready rolled shortcrust pastry sheet
- 200g smoked streaky bacon, chopped into small cubes
- 1 medium onion - finely chopped
- 85g medium cheddar, grated
- 3 eggs, lightly beaten
- 300ml tub double cream
- Flour for dusting
- Bag green salad to serve

VEGETARIAN OPTION

200g of thinly sliced courgette, or broccoli & mushroom, or asparagus, or 2 leeks cut (whatever veg you like), or even spinach

Method

STEP 1.

1. Lightly grease your tin with soft butter
2. Unroll the pastry and use it to line a 20cm flan tin. Gently push the pastry right into the sides, leaving a 1cm overhang all the way round to allow for any shrinkage.
- 3.
4. Unfold the pastry and ease it into the tin without stretching or pulling. Do not worry about the pastry hanging over the edge, because this will be trimmed later.
5. Use a cut off to gently work the pastry into the tin
6. Use a fork and gently fork the bottom.
7. DO NOT OVERTRIM PASTRY AS IT WILL SHRINK WHEN BLIND BAKED - need it to go above the flan tin.
8. CHILL pastry case in the freezer for 15 mins.
9. Preheat the oven to gas 6, 200°C, fan 180°C.

BLIND BAKE YOUR PASTRY

1. Scrunch up a piece of nonstick baking paper, then open out and put on top of the pastry in the flan tin.
2. Top with baking beans then
3. blind bake for 15 mins.
4. Remove the paper and beans and bake for a further 5 minutes until golden.
5. Allow to cool for 5 mins before carefully trimming off the excess pastry to give a neat finish.

WHILE YOUR PASTRY IS BAKING COOK YOUR FILLING

1. Put the bacon into a frying pan and fry over a medium heat for 3-4 mins, or until the bacon is crisp. Add the onion and continue to cook for 2-3 mins. Take off the heat and add to the base of the pastry case.

IF VEGETARIAN - COOK FOR 2 MINS IN BOILING WATER (DON'T OVERCOOK) - DRAIN THEN STEAM DRY

2. Beat the eggs and cream together
3. ADD cheese and season
4. Pour carefully pouring into the pastry case.
5. Bake in the oven for 30/35 mins, or until the filling has set and is lightly golden.
6. Serve with a green salad.

