

## **Fresh Asparagus Quiche**

### **INGREDIENTS**

SHORT CUT PASTRY  
500 ml SASKO CAKE FLOUR (300 G)  
150 G butter  
5 ml salt  
±80 ml ice water to mix

### **FILLING**

1 bunch of asparagus washed and trimmed or canned asparagus, drained  
250 ml grated cheddar cheese (100 g)  
250 ml fresh cream  
3 extra large eggs  
salt and pepper

### **METHOD**

1. Sift flour into a mixing bowl, add salt and rub in the butter until mixture resembles breadcrumbs.
2. Add enough ice water to mix to a stiff dough.
3. Roll out pastry on a lightly floured surface to 5mm thick and line a 23 cm oven-proof pie plate.
4. Prick the base with a fork and place covered in the fridge for 30 minutes.
5. Bake blind<sup>☞</sup> at 180° C for 10 –15 minutes until light golden brown. Remove the paper and beans and return to oven for a further 5 minutes.
6. Remove and cool. This pastry can also be made in a food processor.

### **FILLING**

1. Place the cheddar cheese on the base of the cooked pastry case and arrange the asparagus spears over the surface.
2. Combine the cream, eggs and seasoning and pour into pastry case on top of cheese and asparagus.
3. Place in the oven and bake at 180° C for 30 – 40 minutes until cooked and puffed on top. Remove and cool slightly before slicing.
4. Serve warm or at room temperature.

☞ Baking Blind: Place a piece of nonstick baking paper on top of pastry and weigh it down with dry beans or rice. Bake at 180° C for 10 – 15 minutes until light golden brown. Do not use wax proof paper as the wax melts in the oven.