

# Quiche Lorraine

*Quiche Lorraine is a specialty of the region Nancy, Lorraine on the French and German Border (North East). Originally a flan filled with a mixture of egg and bacon or ham, cheese was a later addition to quiche recipes. If you add onions you have a Quiche Alsacienne*



## Ingredients (Serves 6)

- 1 and ½ cups of plain flour
- ½ a teaspoon of salt
- 85 grams / 3½ oz of butter
- 1 egg
- 1 tablespoon of white wine vinegar
- 250 grams / 8 oz thick bacon
- 5 eggs
- 1¼ cups of cream
- salt and pepper to taste
- ¼ teaspoon of freshly grated nutmeg
- ½ cup of grated cheese, Gruyere or Pepper Jack (optional)



## Short Pastry

In a large bowl or food processor sift the flour and salt, cut the cold butter into small cubes and add to the flour. Rub the butter into the flour with your hands or using the food processor, until it resembles fine breadcrumbs. Make a well in the centre; add 1 beaten egg and the vinegar mixing to a firm dough. If the dough seems a little dry add a little water. Handle as little as possible as this prevents the pastry from becoming hard when it is baked. Roll into a ball, cover with plastic wrap and refrigerate for 30 minutes.

## Filling

Preheat oven to 190°C / 425°F. Cut the bacon into small strips (lardons), sauté until crisp and put aside to cool. Whisk together the eggs, cream, grated nutmeg and pepper in a large bowl.

## Assembly

On a lightly floured bench or board roll the short pastry out to around 5 mm (1/8 inch) thick. Line a flan or pie dish with dough, flute and crimp the edges decoratively. Scatter half the cheese (optional) over the bottom of the pie crust. Continue by placing the cooled bacon lardons over evenly and pour in the egg and cream filling mixture. Sprinkle with the remaining cheese. Place into the pre-heated oven on a middle rack and bake for 25 to 35 minutes, until the top is browned and an inserted knife-edge comes out cleanly. Finally let the quiche cool for 15 minutes before cutting.

## Side Suggestions

Serve this dish as is hot or cold, or with a mixed greens salad with a vinaigrette.

## Wine Pairing Suggestions

Serve this dish with a chilled glass of Sauvignon Blanc

