

## **Kath's Recipe for Quiche**

### Ingredients:

Shortcrust pastry – enough to line the quiche dish  
Small tub of half fat Crème Fraiche  
2 Eggs  
Milk  
3 or 4 rashers of cooked bacon chopped  
Little bit of finely chopped onion  
Good pinch of mixed herbs  
2/3 ozs Grated cheese

### Method:

Preheat oven to Gas Mark 7 or equivalent (210)  
Break eggs into a measuring jug and mix thoroughly with a fork  
Add Crème Fraiche to the eggs and mix well  
Add enough milk to take mixture to about  $\frac{3}{4}$  pint mark  
Add pinch of mixed herbs and mix well  
Spread chopped bacon in pastry case and sprinkle over chopped onion  
Pour over mixture from Jug and evenly sprinkle grated cheese on top  
Cook at 210 for 10 minutes and then reduce heat to 180 for 30 minutes

If you don't want to use bacon you can use chopped ham or for a vegetarian option you could use courgettes or asparagus or anything like that. I've also used blue cheese mixed in with the cheddar for a change.