

Thermomix Conversion for Coronation Quiche



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You'll need 1 x 20cm Flan Tin

Ingredients

Pastry
150 g plain flour
75 g butter, unsalted, cut in pieces
½ tsp salt
50 g water

Or

1 x 250g block of ready-made shortcrust pastry

Filling

130 g milk
175 g double cream
2 medium eggs
1 tablespoon fresh tarragon,
Salt and pepper
100 g cheddar cheese,
180 g spinach
60 g broad beans or soya beans

Method

To make the pastry...

- Place flour, butter, salt and water in mixing bowl and mix 20 sec/speed 4.
- Remove pastry from mixing bowl and form into a flattened ball. Wrap in cling film and refrigerate until needed, about 35-40 minutes.
- Lightly flour your work surface or using a Thermomix Baking mat, roll out the pastry to a circle a little larger than the top of the tin and approximately 5mm thick.
- Line the tin with the pastry, with the edges overlapping the top of the tin. Prick the base with a fork. Cover and rest for a further 30 minutes in the fridge.
- Preheat the oven to 190°C.
- Line the pastry case with greaseproof paper, add baking beans and bake blind for 15 minutes, before removing the greaseproof paper and baking beans. Return to the oven for 5 minutes to dry the base.
- Reduce the oven temperature to 160°C. Wash the bowl before the next step.

To prepare the vegetables

- Place 500g water into mixing bowl. Set Varoma dish into position, weigh in spinach in Varoma dish and the beans on the tray, secure Varoma lid and steam 10-12 min/Varoma/speed 1.
- When cooked, drain thoroughly, squeezing all the water out of the spinach. Wash and dry mixing bowl then pop spinach in Thermomix bowl and chop 3 sec/speed 5. Remove from bowl and set aside with beans.
- Chop the tarragon by dropping onto a running blade, speed 5 until finely chopped. Wash and dry the mixing bowl.

To prepare the filling

- Grate the cheese using the cutter/grater set to fine or 15 sec/speed 5 set aside
- Add the milk, cream, eggs, herbs and seasoning to the bowl and mix 30 sec/speed 4

To make up

- Scatter 1/2 of the grated cheese in the blind-baked base, top with the chopped spinach and beans and herbs, then pour over the liquid mixture.
- Make sure the vegetables and cheese filling is even
- Sprinkle over the remaining cheese. Place into the oven and bake for 20-25 minutes until set and lightly golden.

TOP TIPS

Dill or Basil can be used in place of Tarragon as WC 24th April there was none to be found in the shops in Kent, UK. The original recipe uses ~ 50:50 Butter and Lard.