



# CHARDONS

## FRIDAY - STARTER

**Smoked Salmon, Spinach & Blue Cheese Quiche**

**Salad with Lemon & Caper Dressing** VG/V/GF/LF/P

**Serves: 12 Persons/1 Person**



**Regular**



**Vegan**



**Gluten Free/Lactose**

### Recipe Ingredients

|               |                                                   |
|---------------|---------------------------------------------------|
| <b>Quiche</b> | <b>Not suitable for VG/V/GF/LF/P (see page 3)</b> |
| 1             | Shortcut pastry circle, bought                    |
| 8             | Eggs                                              |
| 250ml         | Cream                                             |
| 100g          | Frozen onions                                     |
| 1tsp          | Frozen garlic                                     |
| 2 bulbs       | Frozen spinach                                    |
| 1             | Red pepper, diced                                 |
| 250g          | Smoked salmon                                     |
| 200g          | Blue cheese, crumbled                             |
|               | Salt and pepper, dry herbs and paprika            |

### Evening Preparation

#### 4.45pm

634. Line a flan tin with pre-bought pastry. Keep the pastry on the greaseproof paper to line the tin and press the edges of the pastry into the pan to ensure it bakes evenly and retains its shape.
635. Using a fork, prick the bottom and the sides of the pastry to prevent the air bubbles coming up.
636. Make vegetarian main course option before the duck tin comes out of the oven.
637. Prebake at 190°C for 5-6 minutes until golden brown.
638. Set aside to cool and wrap up ready for later.

#### 5.15pm

639. Add the onion, garlic, spinach and diced pepper into a small frying pan with a splash of oil and cook on a medium heat for about 10 minutes until they are soft and cooked through.
640. In the meantime, crack the eggs into a mixing bowl. Add the cream, season and whisk well.



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641. Once the vegetables are cooked, add them to the prebaked pastry case, spreading them out evenly.
642. Crumble the blue cheese over the top of the vegetables and add pieces of smoked salmon.
643. Pour the egg and cream mixture into the case.
644. To finish, sprinkle dry herbs and paprika over the top and season well with salt (if the salmon isn't too salty) and pepper.

## 6:00pm

645. Bake the quiche in the oven on 150°C for about 60 minutes until lightly browned on the top.
646. Continue preparing carrots for the main course
647. Put the potatoes on to boil

## 6:55pm

648. Remove the quiche from the oven and cover with tin foil to keep warm until service.

### To Serve

649. Carefully lift the quiche out of the tin and place onto a chopping board. Cut into 12 equal pieces and serve on the plate decorated with chopped lettuce and balsamic reduction. Other dietary requirements salads, served with Lemon and caper dressing, please see below.
650. Remove cheese for canapé and put main course into oven.