



QUICHE

Skills

Rubbing in

Rolling

Forming

Safe use of oven

Chopping

EQUIPMENT & INGREDIENTS

❖ Rolling Pin

❖ Mixing bowl;

❖ sharp knife

❖ Chopping board

❖ Baking Tray

❖ 75g plain flour

❖ 18g butter

❖ 15g lard/Trex

❖ 1 egg

❖ 60ml milk

❖ 25g grated cheese

❖ 1/2 onion

❖ 1 tomato or 3 cherry tomatoes

❖ Salt and pepper

❖ Small flan dish

STEP 1



Preheat oven gas 5 190C. Put flour butter, and lard r into a bowl. Rub in.

STEP 2



Slowly add about 3 teaspoons of water to form a dough, wrap in cling film and chill

STEP 3



Grate cheese, onion and tomatoes. Crack egg into jug with milk and season with salt and pepper. Beat with a fork.

STEP 4



Flour surface and rolling pin. Roll out to about 1/2 cm deep and line flan dish

STEP 5



Line foil dish with pastry and pour in egg/milk. Sprinkle with

STEP 6



Cook for 20 minutes or until golden brown.



Wash dishes

Wipe dishes

Clean surfaces

Put dishes away

Put dirty clothes in washing
basket

WASHING UP!!!!

PLENARY



Roll the dice!

Come up with a word that begins with the letter
– it must relate to the lesson!



<http://letterdice.iphonemarks.com/>