

Pastry (makes 2 quiches):

500gr plain flour

500gr butter

Pinch of salt

250ml chilled water

Greased and floured flan tin preferably with removable centre

Place the flour and salt into a fairly large mixing bowl. Cut the butter into cubes and roughly rub into the flour. Add the water and knead into a ball of dough. This whole process should take no more than a couple of minutes and you should still see streaks of butter. On a floured surface roll out dough into a rectangular shape and then fold into the centre first one side then the other to form three layers. Turn the dough 90° and repeat the process. The dough should then be chilled for 30 mins and then rolled out as before. This process should be repeated a further 2 or 3 times.

Divide the pastry into two pieces (you only require half of the mixture for one flan) Roll out pastry until it is about 3 millimeters thick, making sure that there are no holes. Place pastry so that it hangs over the edge of a greased and floured flan tin and trim edges leaving a little over hang as it will shrink during baking. Prick the base a number of times with a fork and cover well with baking foil. The base should now be blind baked using baking beans or rice for 20 mins in a hot oven. The foil and beans should then be removed and the base cooked for a further 5 mins or so until it looks 'dry'. The base is now ready to be filled.

Bell-pepper Filling

10 red bell-pepper

1 onion

Fresh ricotta cheese

Grated parmesan

1 egg

Cut the bell-peppers to pieces and fry with the onion until soft. While cooking add salt, pepper and a little nutmeg. Take off stove and let cool down. After approx. half an hour, add 4 spoons full of ricotta cheese, one egg and min. 200 gr. of freshly grated parmesan cheese. Blend together and pour into the base of the quiche pastry. Decorate with fresh slices of bell-peppers. Bake in oven at 200 degrees for about 20-30 minutes and cool down before serving.

Serve with green side salad.

N.B. The filling can be made with other vegetables, such as asparagus, zucchini, broccoli, etc.