

Fresh From the Kitchen

Recipes excerpted from *Eggs* by Michel Roux. Published by John Wiley & Sons, Inc., Hoboken, NJ. Copyright 2005. Reprinted with permission of the publisher. All rights reserved.

“This recipe is for a large classic quiche, but you can make individual ones if you prefer, adjusting the cooking time accordingly.” – Michel Roux

Quiche Lorraine

Serves 8-10

¾ lb (350 g) tart pie dough (see below)
1½ tbsp (20 g) butter, to grease
flour, to dust

For the filling:

7 oz (200 g) salt pork flank, derinded and cut into small strips
1 tbsp peanut oil
7 oz (200 g) Gruyère or Comté, coarsely grated
3 medium eggs
6 medium egg yolks
2½ cups (600 ml) heavy cream
salt and freshly ground pepper
pinch of freshly grated nutmeg
2 tbsp Kirsch (optional)

To finish:

1½ oz (40 g) Gruyère, cut into thin flakes
Grease an 8½ -inch (22 cm) flan ring (1¼ inches/3 cm deep) and place on a baking sheet in the refrigerator. Roll out the dough into a circle 1/8-inch (3mm) thick and use to line the flan ring. Chill for 20 minutes. Preheat oven to 400°F (200°C).

Prick the bottom of the pastry shell, line with waxed paper and baking beans or dried pulses, and bake blind for 20 minutes. Remove the beans and paper, and let cool in the ring. Increase the oven setting to 425°F (220°C).

For the filling, blanch the bacon in boiling water, refresh in cold water, drain, and dry. Heat the oil in a nonstick skillet and brown the bacon over medium heat for 1 minute; drain. Scatter in the pastry shell, then sprinkle on the grated cheese.

Lightly whisk the whole eggs, yolks, and cream in a bowl. Season with salt, pepper, and nutmeg. Then add the Kirsch if using. Pour into the pastry shell and bake for 20 minutes. Lower the oven setting to 400°F (200°C) and cook for another 15 minutes. Scatter the cheese over the surface and bake for a final 5 minutes.

Quiche Lorraine, (continued)

Immediately slide the quiche onto a wire rack, using a large spatula. Gently lift the flan ring off. Serve the quiche warm or tepid, but not piping hot.

Tart Pie Dough

Makes 1 lb (480 g)

This dough makes the perfect shell for tarts, tartlets, and quiche.

1¾ cups all-purpose flour
9 tbsp soft butter, diced
1 medium egg
1 tsp salt
2 tsp superfine sugar

First, put the four in a mound on a surface (preferably marble) and make a well in the middle. Put the butter, egg, salt, and sugar in to the well. Using your fingertips, mix all the ingredients in the well together, then gradually draw in the flour, little by little.

Then mix until all the ingredients are almost amalgamated and the dough has a slightly sandy texture. Add about 3 tbsp (40 ml) cold water and incorporate, using your fingertips.

Knead the dough 2 or 3 times with the heel of your hand to make it completely smooth. Roll it into a ball, wrap in plastic wrap, and let rest in the refrigerator for 1 to 2 hours before using.