

## *Gluten Free Quiche Lorraine.*

Serves 2

### **Description**

This recipe is also known as 'Quiche Lorraine' named after the Lorraine region of north-east France. This delicious combination of bacon, eggs, cheese and onions is ideal for picnics and light lunches and has been a firm favourite in the UK for many years!

### **Ingredients**

200g (8oz) Juvela Gluten-Free Mix

50g (2oz) hard margarine

50g (2oz) lard

1 egg (beaten)

cold water to mix

Filling:

100g (4oz) chopped bacon, pancetta or lardons

1 small onion (finely chopped)

25g (1oz) cheese (finely grated)

2 eggs

2tbsp crème fraîche

50ml (2fl oz) milk

salt and pepper to taste



### **Instructions**

Oven temperature: 180°C/Gas Mark 4

1. To make the pastry, place the Mix in a bowl and rub in the fats until the mixture resembles coarse breadcrumbs.
2. Stir in the beaten egg and sufficient water to form a soft but not sticky dough.
3. Knead well on a surface lightly dusted with Mix. Roll out half the pastry\* and use to line two 10cm (4") tartlet tins.
4. Gently sauté the bacon, pancetta or lardons in their own fat along with the chopped onion and cook until lightly brown. Set aside to cool.
5. Meanwhile beat together the eggs, crème fraîche, milk and seasoning.
6. Spoon the cooled bacon and onion mixture into the base of the tartlet tins, sprinkle over the grated cheese and carefully pour in the egg mixture.
7. Bake for 20 - 25 minutes until the filling is set and the pastry golden.
8. Serve warm or cold with salad

With thanks to Juvela for this recipe.

*NB. Only some people with IBS are sensitive to gluten or wheat. Others may be more sensitive to lard or milk. Vegetable oil spreads and semi-skimmed milk are alternatives.*