

Silverbeet and Fennel Quiche

Season: Winter

Type: Main

Serves: 36 tastings

From the garden: Silverbeet, kale, fennel & thyme

Class focus: Spoon quiche mixture into muffin pans, finely chopped vegetables



Equipment:

Large mixing bowl x 1
Small mixing bowl x 1
Wooden spoon x 1
Whisk x 1
Small soup ladle x 2
Chopping boards and knives
Measuring cups
Measuring spoons
Spray oil x 1
Aluminium 12-holes muffin pan x 3
Serving plate x 5
Kitchen tong x 5

Ingredients:

4 silverbeet leaves (stem removed, finely chopped)
3 kale leaves (stem removed, finely chopped)
1 fennel bulb (finely chopped)
3 sprigs thyme (leaves only)
1 cup grated cheese

½ cup self-raising flour
6 eggs
1 bottle of cream (300ml)
1 ½ cup milk
½ teaspoon salt
10 grinds of pepper

36 pieces wonton wrappers

What to do:

1. Heat oven to 200C.
2. Wash all the vegetables and herb.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Lightly spray muffin pans with oil.
5. Place one wonton wrapper in each hole, press down firmly to line base and sides.
6. Combine the first 5 ingredients in a small mixing bowl.
7. Combine the next 6 ingredients in a large mixing bowl.
8. Divide vegetable mixture between the wonton cups.
9. Spoon the egg mixture into the wonton cups.
10. Bake in the lower rack of the oven for 18 minutes or until eggs are fully set.
11. Serve into 5 serving plates with a kitchen tong in each.

Interesting terms:

Interesting techniques: Spoon quiche mixture into muffin pans, finely chopped vegetables.