



# Cheese & Sticky Onion Quiche

By Karen Wright

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Prep time

**2 hrs**

Cook time

**20 mins**

Total time

**Approx 2 hrs 20 mins**

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**Chef Skills:** Shortcrust pastry making

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## Ingredients for shortcrust pastry

- 200g plain flour
- 1 tsp smoked paprika (optional)
- 1 tsp salt
- 115g cold butter - cut into small cubes
- 1 medium egg - beaten

## Ingredients for filling

- 400g red onion - peeled and finely sliced
- 1 tbsp butter
- 150g strong cheddar cheese - grated
- Salt and pepper
- 2 beaten eggs
- 150ml double cream
- Smoked paprika for sprinkling

## Equipment

- Food processor
- Loose bottomed fluted 20cm pie tin
- Large mixing bowl
- Sharp knife
- Rolling pin
- Oven tray
- Scissors
- Baking sheet
- Pastry brush

### Before you click play

- Get out all equipment & measure ingredients
- Check out Cheese & Onion Pie tutorial for a more detailed approach for making shortcrust pastry

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*Quiche is a popular item on the buffet table, at a picnic or as a main course or starter. There are lots of options for fillings, but here we are making a straightforward cheese and sticky onion.*

*The most important part of making a successful and delicious quiche is the “blind baking” of the pastry shell. This simply means pre-baking the pastry fully or partially before adding the filling. This is either because the recipe filling does not involve further cooking, for example fresh fruit and cream tarts. The pastry needs to be fully blind baked beforehand, or in the case of quiche the filling would cook before the pastry. If it was all cooked together and this would result in a “soggy bottom”!*

## Step one: shortcrust pastry

1. Preheat the oven to 190 / fan 170°C / gas mark 5.
2. Place the flour, salt, paprika and butter into a food processor and blitz until it resembles breadcrumbs.
3. Add the beaten egg to the food processor and blend until incorporated.
4. Remove the pastry from the food processor and use your hands to form the pastry into a ball. Wrap the ball with cling film and place into the fridge to chill for 30 minutes.
5. Roll the pastry out using a floured work surface and rolling pin until it is about the thickness of a pound coin. Place the pastry into a pre-greased, loose bottomed, fluted 20cm pie tin.
6. Use your fingers to press the pastry down into the bottom and into the flutes of the tin. Trim the excess pastry and coax the pastry up by a few millimeters to sit slightly proud on top of the tin (this allows for shrinkage).
7. Place into the fridge and chill for at least 20 minutes.

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## Step two: baking the pastry and making the filling

1. Cut a circle of greaseproof paper larger than the pie tin. Place the paper into the quiche pastry and fill with baking beans, dried pasta or rice (this will help to prevent a "soggy bottom"). Bake for about 15 minutes in a preheated oven.
2. Place 1 tablespoon of butter into a frying pan on a low heat and cook the onions slowly for about 15 minutes until soft and sticky, but not browned.
3. Beat the eggs and cream together in a measuring jug and add salt and pepper.
4. Remove the pastry from the oven and lift off the greaseproof paper and beans/pasta/rice.

## Step three: filling and baking the quiche

1. Place a layer of the cooked onions on the pastry and add a layer of cheese, then the rest of the onions and cheese. Carefully pour in the eggs and cream mixture. Sprinkle smoked paprika over the top of the quiche.
2. Return the quiche to the oven and bake until the egg mixture is risen, golden and set.
3. Remove from the oven and allow to cool in the tin.
4. Remove from the tin and serve hot or cold.