



Miele

QUICHE (1 PC OF 18-20CM DIAMETER)

PIE DOUGH

Plain Flour 150 g, Salt 1/2 tsp, Vegetable shortening 23 g, Unsalted butter cubes, frozen 70 g, Ice water 4 tbsps

FILLING

Cheddar cheese, grated 150 g, Tomatoes, sliced (optional) Little, Broccoli (optional) Little, Spinach (optional) Little, Bacon (optional) Little, Eggs 3 pcs, Milk 60 ml, Heavy cream 120 ml, Salt (Seasoning) Little, Pepper (Seasoning) Little

Method:

Pie dough

1. Measure plain flour and salt into a mixing bowl. Add in vegetable shortening. Use a fork to mash the butter and mix well into the flour. Use your fingertips to rub the butter in until the mixture looks like fine crumbs.
 2. Add the ice water and knead the mixture slightly to form a dough ball that is firm but not hard. Wrap the dough ball with a cling film and refrigerate it for at least 15 minutes.
 3. Preheat a Miele oven to 200°C using “Fan Plus” function.
 4. Remove the dough ball from the fridge. Put the dough piece between two sheets of parchment paper and use a rolling pin to roll out the dough into the thickness of a HK\$ 5 coin (around 3mm).
 5. Peel off the parchment papers and carefully place the dough on top of the pie tin. Press gently with your fingertips to line the pie tin evenly. Dock the base of the pie with a fork. Scrub a parchment paper to make it soft and place it on top of the pie base. Place dry rice/ baking beans on top of the parchment paper to prevent the pie base from rising.
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Method:

Pie dough

6. After lining the pie tin, refrigerate the pie dough for 15 minutes to firm up.
7. Remove the pie base from fridge and place them onto a baking tray. Place the tray into the preheated oven. Bake the pie base at 200°C using “Fan Plus” function for 15 minutes.
8. Take out the pie base and remove the parchment paper of dry rice/ baking beans. Place the pie base back into oven and continue baking at 200°C using “Fan Plus” function for another 10 minutes until golden brown.
9. Remove the pie base from the oven. Keep the temperature of the oven at 200°C.

Filling and finishing

1. Sprinkle the cheese and your choice of fillings onto the baked pie base.
2. Measure the eggs, milk and cream into a measuring cup. Season with salt and pepper and stir well with a spoon. Pour the egg mixture into the pie base.
3. Place the pie with filling onto a baking tray. Place the tray into the preheated oven. Bake the pie at 200°C using “Fan Plus” function for 13 minutes until set and the surface turns golden brown.
4. Remove the quiche from the oven and leave to cool on a wire rack. Serve warm.



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雜菜蛋批 (1個，直徑18至20厘米)

批皮

餡料

中筋麵粉 150 克, 鹽 1/2 茶匙, 植物起酥油 23 克, 無鹽牛油粒 (冷藏) 70 克, 冰水 4 湯匙

車打芝士, 已磨碎 150 克, 蕃茄, 切片 (可按喜好加入) 少許, 西蘭花 (可按喜好加入) 少許, 菠菜 (可按喜好加入) 少許, 煙肉 (可按喜好加入) 少許, 雞蛋 3 隻, 鮮奶 60 毫升, 鮮奶油 120 毫升, 鹽 (調味) 少許, 胡椒 (調味) 少許

做法:

批皮

1. 將中筋麵粉及鹽量好置大碗內, 加入植物起酥油。用叉將牛油打散並加入麵粉, 拌勻。用手指尖揉搓牛油至混合物直至形成餅屑狀態。
2. 加入冰水, 輕輕揉搓混合物以形成挺身但不硬的麵糰球。用保鮮紙包住麵糰球並置冰箱冷藏最少15分鐘。
3. 用「風扇加強」模式預熱Miele焗爐至攝氏200度。
4. 從冰箱取出批皮麵糰, 將麵糰轉移到牛油紙上, 用另一張牛油紙覆蓋著。用麵糰棍將麵糰推平至港幣5元的厚度 (約3毫米厚)。
5. 撕開牛油紙, 小心地將麵糰放入批模, 用手指平均地入模。用叉在批皮的底部刺上小孔。搓揉牛油紙至軟身, 放在批底上, 並放置乾米或烘焙豆於牛油紙上, 以防止批皮膨脹。





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雜菜蛋批 (1個，直徑18至20厘米)



做法:

批皮

6. 當已經完成入模，將批模放進冰箱內冷藏15分鐘以定型。
7. 從冰箱取出批模，並置焗盤內。將焗盤放入已預熱的焗爐，用「風扇加強」模式以攝氏200度焗15分鐘。
8. 取出批底，並移除牛油紙及乾米或烘焙豆。將批底放回焗爐，繼續用「風扇加強」模式以攝氏200度再焗10分鐘至表面呈金黃色。
9. 從焗爐取出批皮。將焗爐溫度維持於攝氏200度。

餡料及完成

1. 在已焗好的批底上灑上芝士及你喜好的餡料。
2. 將雞蛋、鮮奶及鮮奶油量好置量杯內，加入鹽及胡椒並以湯匙拌好作調味。將蛋漿倒入批底。
3. 將已放好餡料的蛋批置焗盤內，將焗盤放入焗爐內，用「風扇加強」模式攝氏200度焗13分鐘至表面呈金黃色。
4. 焗爐取出蛋批，待暖享用。