

PASTRY

THIS delicious Quiche, with its crisp pastry and creamy salmon filling, makes a perfect, light, full-of-flavour entree; or, served with salad, it is an ideal lunch or supper dish.

PASTRY

1 cup plain flour
pinch salt
90g (3oz) butter
1 egg-yolk
1 tablespoon lemon juice

FILLING

250g (8oz) can red salmon
4 rashers bacon
1½ cups cream
3 eggs
salt, pepper
½ teaspoon paprika
2 tablespoons chopped parsley
1 tablespoon grated parmesan cheese

Pastry:

Sift flour and salt into bowl. Rub in butter until mixture resembles fine breadcrumbs. Mix to firm dough with lightly beaten egg-yolk and lemon juice; add one or two teaspoonfuls water if necessary. Turn pastry on to lightly floured surface, knead lightly.



1. Roll pastry on lightly floured surface to a circle large enough to fit base and sides of 23cm (9in) flan tin. Lift pastry gently over rolling pin, lift into flan tin.



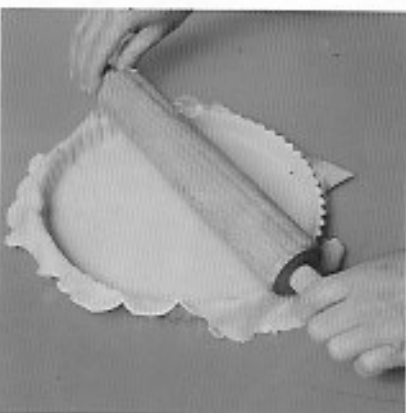
2. Ease pastry into sides of tin and, with fingers, press into grooves of tin. Handle gently so pastry does not break.

Salmon Quiche



5. Bake in moderately hot oven 10 minutes, reduce heat to moderately slow, cook further 30 to 35 minutes, or

until filling has set. Cut into wedges to serve. Serve with salad. It will serve 6 as an entree, 4 as a supper snack.



3. Roll rolling pin over top of tin quickly and firmly; this will cut off excess pastry and leave a neat, clean edge. Refrigerate one hour.



4. Put flan tin on oven tray. Drain salmon, reserving liquid. Flake salmon lightly, remove bones. Dice bacon, fry gently until crisp, remove from pan, drain well. Beat together cream, eggs, salt, pepper, paprika, parsley, parmesan cheese, and reserved salmon liquid. Arrange salmon evenly in base of pastry shell, sprinkle bacon over. Carefully, as shown, pour egg mixture over back of spoon to cover salmon and bacon.