

Leek and Mushroom Quiche *and Seasonal Leaves with Brig Dressing*



Feeding a growing family can often be really tricky; with likes and dislikes, different timetables and the demon credit crunch providing a meal that provides nutrition, tastiness and convenience is a real challenge!

Quiche is a great option. It can be eaten hot or cold and is just as good in a lunch box as it is with seasonal vegetables. This delicious quiche picks up the distinctive flavour of the leeks and earthy texture of the mushrooms perfectly; served with seasonal leaves and the tangy lemon dressing it makes an ideal lunch or supper dish. We've gone veggie but add Puddledub bacon bits for a carnivore's alternative!

Eggs are an excellent source of protein and iron and contain almost all of the B vitamins plus useful amounts of vitamin D, as well as some vitamin E. Choose Local and Free Range to ensure freshness and quality; Brig stocks organic and non organic varieties.

We've gone with leeks as a hardy Scottish vegetable which are available all winter round. Part of the same family of veg that produce onions and garlic this distinctive tasting vegetable is sweeter than the onion making it a first choice vegetable for adding flavour to a meal without overpowering it. The leek, in many cultures is widely considered to have diuretic healing properties and it is also a well-known antiseptic. Leeks are rich in minerals and vitamins so are a wonderful source of nutrition in the winter months: iron, potassium, magnesium, copper and calcium and vitamins A, B1, B2, B3, B9 (folic acid) and C will certainly help ward off flus and colds! Delicious when sautéed in butter or oil, this versatile vegetable can also be baked with cheese or added to soups and stews.

Leek and Mushroom Quiche

and Seasonal Leaves with Brig Dressing

Ingredients

Serves 4 - 6

175 g (6 oz) shortcrust pastry
220gms mushrooms, wiped and sliced
½ medium leek, diced
2 tbsp (25 g) 1 oz fresh farm butter
1 free range egg, plus 1 additional free range egg yolk
150 ml (1/4 pt) fresh single cream
1 tsp (5 ml) chopped fresh basil
salt and freshly ground pepper
Seasonal leaves

Dressing

20mls rapeseed oil
5mls Lemon Vinegar
Salt and Pepper
Tsp freshly chopped parsley

Method

1. Roll out the pastry and use to line a 21.5 cm (8 1/2 inch) flan dish.
Bake blind in the oven at 200°C (400°F) gas mark 6 for 20 minutes until set.
2. Sauté the mushrooms and leeks gently in the butter for 4 minutes. Drain and place in the flan case.
3. Beat together the egg and yolk, add the fresh cream, basil and seasoning and pour over the mushrooms.
4. Bake at 190°C (375°F) gas mark 5 for about 35 minutes, until just set.
5. Mix all ingredients for dressing together.
This can be stored in an airtight container or bottle in the fridge for up to one week.
6. Serve the quiche hot or cold with seasonal salad leaves and Brig Dressing

Shortcrust Pastry

100gms plain flour
50gms butter
Water to bind
Salt and Pepper

1. Rub the butter into the flour until a breadcrumb consistency is achieved.
2. Add the water a small bit at a time until it binds together.
3. Wrap in cling-film and keep in the fridge or freezer.