

# Quiche Lorraine

## Ingredients

### For the Pastry:

Use the Paleo Pastry Recipe

### For the Filling:

110-175g rindless streaky bacon  
butter

110g chopped onion

2 large organic eggs and 1 egg yolk

300ml of double cream

Chopped herbs (parsley & chives)

110g mushrooms

75g of freshly grated Cheddar or 50g of  
freshly grated Gruyere

Salt and Pepper



## Method

Pastry has been blind baked for approximately 15 mins at 180 degrees at this stage.

Cut the bacon into 1cm (1/2in) lardons, crisp the bacon in the butter in a pan, add the mushrooms and cook until golden, reduce heat and add onions, allow to sweat gently. Remove and cool.

Meanwhile, whisk the eggs and yolk, add the cream, herbs, cheese and cooled bacon, onions and mushrooms. Season and taste.

Pour the filling into the tart shell and return to the oven for 30-40 mins, or until the centre is just set and the top golden (don't overcook or the filling will be slightly scrambled)

Serve warm with a nice green salad.