



Quiche Lorraine

30'

Hands on

1 hour'

Hands off

100'

Cook Time

12

Portion(s)

2

Difficulty



Method

- Preheat oven to 170* C (338* F).
- Heat a pan over high heat. Chop the bacon into cubes and add it to the hot pan, without adding any oil. As soon as it browns on all sides, put it in a bowl.
- Slice leeks into thin coins.
- In the same pan, add a small amount of oil and sauté the leeks. Add some aroma by sprinkling some finely chopped thyme on top.
- As soon as the leeks soften, add them to the bowl with the bacon. In another bowl, add the yogurt and the 3 eggs. Mix with a hand whisk and season with salt and pepper. Add the milk and 2 tablespoons of olive oil. Add the baking powder, mix and set aside.

For the dough:

- Add the flour, salt and butter in a mixer. Beat with the whisk attachment for about 2-3 minutes, until the butter dissolves completely. The color of the flour has to change and become slightly yellow and the texture should resemble coarse breadcrumbs. Lower the mixers speed and add 1 egg yolk.
- Slowly add the ice water, until the dough comes together and becomes soft enough to work with.
- Wrap the dough in plastic wrap. Refrigerate and allow to rest for at least 1 hour.
- Preheat oven to 160* C (320* F).
- Grease and flower a 28 cm round tart pan and set aside.
- Place the dough between 2 large sheets of parchment paper that have been heavily dusted with flour. Dust the dough with flour also.
- Use a rolling pin to roll out the dough, slowly, between the parchment papers. If you find it difficult to roll out the dough, let it rest at room temperature for 5 minutes so it can soften.
- When the dough has stretched out a bit, lift the pieces of parchment and dust with some more flour to help it roll out easier. Roll out some more and dust again if necessary. The dough needs to be rolled out to become as thin as a stack of 10 playing cards.
- Use the rolling pin to help you transfer the dough to the tart pan.

Ingredients

- 400 g bacon
- 400 g gruyere cheese, your choice of yellow cheese that melts
- 1 [savory tart dough](#)
- 2 leeks
- olive oil
- thyme

For the filling

- 200 g strained yogurt
- 330 g milk
- 3 eggs
- salt
- pepper
- olive oil
- 1 teaspoon(s) baking powder

Διατροφικός πίνακας

Nutrition information per portion

362 Calories (kcal)	25.5 Total Fat (g)	13.8 Saturated Fat (g)	11.8 Total Carbs (g)
18%	36%	69%	5%
2.9 Sugars (g)	20.8 Protein (g)	0.8 Fibre (g)	1.2 Sodium (g)
3%	42%	3%	20%

- Press on the dough, lightly with your hands, to help it stick to the sides of the pan.
- Pierce small holes onto the bottom of the tart dough. Spread 2 large sheets of plastic wrap over the dough, crisscrossed. Add cooking weights (or beans). Cover the weights also, by turning over the top sheet of plastic wrap.
- Bake the tart shell along with the weights for ½ an hour.
- Remove from oven and lower the oven temperature to 180* C (356* F). Remove weights and brush tart shell with some egg wash (egg yolk diluted with a small amount of water). Bake for another 5 minutes, until it turns golden brown.
- When the tart shell is ready, add the bacon with the leeks and the cheese that melts to the milk mixture. Pour into tart shell.
- Bake for 50 minutes until the filling turns a beautiful golden brown.

Tip

Don't buy bacon slices... get a whole piece of bacon!