

Rudha Glas

Hebridean Bed & Breakfast

All-season vegan quiche

1. CHOOSE YOUR VEGETABLES

Select around 500g of 4-6 different vegetables (some ideas are below, but feel free to try different vegetables if you like).

For a summer quiche: pepper, courgette, tomatoes, spring onion, carrot, celery...

For a winter quiche: leek, cabbage, turnip, swede, kohlrabi, parsnip, celeriac...

For all seasons: onion, garlic, broccoli, spinach, mushroom, tinned and frozen veg (peas, sweetcorn, etc.)...

- Fry the vegetables in a frying pan until tender. Then keep on a low heat while you prepare the pastry and binding mixture.



2. MAKE OR BUY THE PASTRY

Either buy a ready-made roll of shortcrust pastry or make your own:

250g flour

½ tsp salt

80g vegetable oil

4 tbsp cold water

- Sift the flour and salt, then pour in the oil and mix well.
- Add the water and press together to form a firm dough.
- Roll out the pastry onto a floured surface and place it in a greased flan dish.
- Prick a few times with a fork and bake for 10 mins at 230°C.

3. BLEND THE BINDING MIXTURE

1 packet silken tofu

100g cashew nuts

150g cold water

1 tbsp yeast flakes

juice of ½ lemon

1 tsp salt (use Kala Namak for the eggy taste)

1 tsp black pepper

½ tsp cayenne pepper

- Put all the ingredients into a blender and blend until you have a smooth mixture.
- Add 2 teaspoons of marjoram and blend for two seconds more.
- Stir the binding mixture into the vegetables and cook for a further 2 mins until it thickens.
- Pour the vegetable mixture into the pre-baked flan case and press down firmly.
- Bake for a further 10 mins at 220°C, then 10 mins at 200°C.