



Beetroot & goat's cheese quiche

SERVES 8 **PREP 25 mins plus chilling** **COOK 1 hr** **EASY**

'The combination of beetroot and goat's cheese has always been a favourite of mine, as has quiche, so pairing them both together is absolute perfection for me. It makes a lovely lunch served warm, with a pile of rocket or well-dressed green salad. Delicious cold the next day, too.' **Liberty Mendez**

For the pastry

250g plain flour, plus extra for dusting
125g cold unsalted butter, cubed
100g cheddar, grated

For the filling

150g cooked beetroot, roughly chopped

3 large eggs

100g crème fraîche
150g double cream
50g cheddar, grated
200g goat's cheese, thinly sliced
rocket or green salad, to serve

1 For the pastry, put the flour, butter and $\frac{1}{2}$ tsp fine salt in a large food processor, then pulse until the butter is incorporated and you have a breadcrumb-like texture. Add the cheese, pulse two-three more times, then gradually drop in 4 tbsp cold water, pulsing between each addition, until the mixture comes together. Tip the dough onto a lightly floured work surface and knead gently until smooth. Heat the oven to 200C/180C fan/gas 6.

2 Roll the pastry out on a floured surface until large enough to line a 23cm loose-bottomed tart tin, the thickness of a 50p piece. Line the tin with the pastry, leaving any excess overhanging, then prick the base several times with a fork. Chill for 30 mins. Line with baking parchment, then

fill with baking beans. Transfer to a baking sheet and bake for 15 mins. Take out the parchment and beans, then bake for 10-15 mins more until cooked and pale golden. Use a serrated knife to trim the pastry level with the tin.

3 Meanwhile, blitz the beetroot in a small food processor until smooth. Whisk together the eggs, crème fraîche, cream and blitzed beetroot in a bowl, then mix in half of the goat's cheese and lightly season. Pour into the tart tin and dot over the remaining goat's cheese. Bake for 25-30 mins until just set. Leave to cool in the tin, remove, then pile some rocket on top, if you like. Slice and serve.

GOOD TO KNOW calcium

PER SERVING 570 kcals • fat 43g • saturates 27g • carbs 27g • sugars 3g • fibre 2g • protein 17g • salt 1.1g



LIBERTY MENDEZ

Liberty is Good Food's recipe developer. She was a pastry chef at the House of Commons before joining the team. She has a keen interest in baking and plant-based cookery.
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Samuel Groves
Made in England 1847

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