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by Liz Robb

Crustless Smoked Cheese, Red Onion And Roasted Red Pepper Quiche



Ingredients

2 large red peppers
Olive oil
2 large red onions
30g butter
2 teaspoons of balsamic vinegar
A pinch of brown sugar
5 eggs
200ml double cream
200ml milk
1 tablespoon of self raising flour
Nutmeg
Salt
Black pepper
250g applewood smoked cheese
Paprika
Servings
6
Person

Preparation

1. Preheat the oven to 200 degrees, 180 degrees fan oven. Lightly oil a small oven tray and the peppers then roast them for about 30 minutes. Once cool, peel off the skin, remove the seeds and cut into small, thin slices.
2. Meanwhile, peel and chop the onions and sauté very gently for 15 minutes in 2 teaspoons of olive oil and 15g of butter, stirring occasionally. Stir in the balsamic vinegar and the sugar then cook on a low heat, stirring, for a further 15 minutes.
3. Reduce the oven heat to 190 degrees, 170 degrees fan oven.
4. Coarsely grate the cheese. Grease a deep oven dish, about 22cm x 14cm, with the remaining 15g of butter.
5. Beat the eggs in a large bowl. Whisk in the cream, milk and flour then season with a little salt, a grating of nutmeg and a grinding of black pepper. Stir in the roasted red pepper

strips.

6 Line the bottom of the dish with 175g of grated cheese then cover with the caramelised onion. Spoon on the egg mixture then scatter on the remaining 75g of cheese and sprinkle with paprika. Bake for 40-45 minutes, until the centre has set, then cool.

Cooks Note

This light summery quiche is full of flavour, with applewood smoked cheese, caramelised red onion and roasted red peppers. Wonderful with a simple salad.

This quiche is delicious served cold but you can reheat it if you'd like it hot.