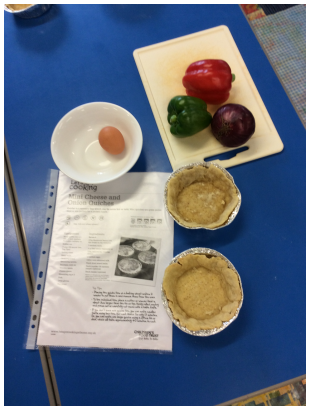
SHQ: How do we make a vegetable quiche?

For your creative activity this week, you have the chance to use your knowledge of 'measures' by weighing out and preparing ingredients to make the famous 'Year 6 vegetable quiches' and then timing them in the oven, firstly to make the pastry cases, and then to cook with the filling added.

Use the resource sheet for Worksheet 8 for the full details of ingredients and the method to follow. The recipe is to make 'mini quiches' but you can use the same ingredients and just make one larger quiche instead if you have no smaller quiche cases available.

To help you, here are some photographs of last year's Year 6 children making these in class:



1) Here are the pastry cases after they have been 'blind baked' (you will need to bake the pastry cases first before adding the filling and baking the pastry case with the filling added

2)You will then prepare the peppers and onions to go inside the pastry cases, add the beaten egg and sprinkle cheese on the top before baking again in the oven.

3)…and this is what your finished quiches will look like (you can make one large quiche instead of smaller ones).

Happy cooking…and enjoy eating your quiches.

Remember to take photos of your activity so we can share our cooking stories together.