

# Hot Salmon Quiche

After all the Christmas festivities, this Quiche makes a delightful light summer meal. Serve hot or cold with a fresh green garden salad and crusty French bread.

## Ingredients - Pastry

400g plain flour  
200g cold butter – cubed  
130g ice cold water

## Method - Pastry

- Place flour and butter into TM bowl and chop for 5 secs/speed 6 until resembles large bread crumbs.
- Add water through hole in lid a little at a time with dial set to closed lid position and knead for 30 secs/interval speed.
- Press into flan or quiche dish and place in freezer for at least 30 minutes. See tip below.

## Ingredients - Filling

500g salmon fillet  
160g tasty cheddar, cubed  
1 onion peeled and quartered  
15ml extra virgin olive oil  
4 XLarge eggs  
70g cream  
70g cream cheese  
A few snippets chives  
Salt and pepper to taste

## Method - Filling

- Preheat Oven to 180°C
- Remove bones and slice salmon thinly. Lay onto pastry base. Set aside.
- Place cheese into TM bowl and grate for **7 secs/speed 6**. Set aside.
- Place onion and oil into TM bowl and chop for 2 secs/speed 5. Sauté for **3 mins/Varoma/speed 1**. Spread over salmon.
- Place eggs, cream, cream cheese and chives into TM bowl and mix for **5 secs/speed 7**. Season to taste. Pour cream mix over salmon and onion.
- Sprinkle with grated cheese and bake for 25 minutes or until just set in centre, (time will vary based on deepness of dish).
- Serve with fresh green garden salad and crusty bread.

## Chef's Tips

- To prepare ahead, pre-make the pastry, Place in quiche dish, cover well and freeze up to 3 weeks. Proceed with the rest of the recipe as instructed.
- Make individual tartlets to make a stunning entrée.
- For a more economical dish, use 2 tins of dolphin-friendly tuna instead of the salmon.



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