

Mini Sticky Onion Quiches

Ingredients

Pastry

200g plain flour

100g Margarine

65ml cold water

Filling

250g onions thinly sliced

70g mature cheddar

25g margarine

2 eggs

65ml milk



Method

1. To make the pastry rub together the flour and margarine until crumbly, add the water gradually, stirring with a palette knife until it forms a ball. Turn out onto a floured surface and roll out to a thickness of 5mm. Using a pastry cutter cut out circles and push gently into the quiche moulds.
2. In a jug, measure out the milk, add the eggs and whisk together with a fork. Add the grated cheese to the egg and milk mixture.
3. Heat the margarine in a pan over a low heat and add the onions stirring gently for about 20 minutes until they are sticky and golden brown. When cooked share them evenly between the pastry cases.
4. Carefully pour the egg and milk mixture into the pastry cases making sure not to overfill them. Place the cases on a baking tray and put in the oven to cook for 15 minutes.