



Recipes

Pea & Pumpkin Mini Quiches (makes 12 or more)



You will need:

- ½ small Butternut Pumpkin
- 1 onion chopped
- ½ to 1 cup baby garden peas (frozen)
- Extra virgin olive oil
- Two sheets shortcrust pastry
- ½ - 1 cup cream
- 2-3 large eggs
- Honey
- Cajun spice
- Cracked pepper

Method:

Remove the pumpkin skin and chop the pumpkin flesh up into approx. ½ inch cubes, toss in a glug or two of the EVOO then place evenly on a baking tray into a preheated 200c oven, bake for about 35-45 minutes until the pumpkin is slightly crusted (halfway through cooking add a big drizzle of good quality honey).

Meanwhile chop and fry off the onion till soft, then using a 3-inch pastry cutting ring cut 12 rounds and place into a greased nonstick muffin tray (I cut rounds of baking paper at the bottom of each one as they always stick a bit) they won't cover the sides completely, about half way up. Prick them all over and par bake in a 200c oven for about 5 minutes, then take them out to rest.

Then mix the eggs with the cream in a small bowl, don't over mix, use a whisk then add 1-2 tsp of the Cajun spice, add some cracked pepper and mix. Brush a little of the mix over the bottom of each case to seal.

Add the cooked onions evenly to each of the muffin cases, place the pumpkin into a bowl and add ½ to 1 cup of garden peas, depending on how much room you have, mix gently not to break up the pumpkin and place again evenly into each case, try to get the pumpkin on top.

Next pour the cream into each case using a teaspoon so that the cream mix doesn't go over the sides (if the cream mix isn't enough or you want more than 12 cases you can make some more up, that's why I have added another egg and more cream), add a little more cracked pepper to each and then bake in a pre-heated 200c oven for 20-25 minutes until the egg mix rises and sets, just push the top on one to check. Serve hot or cold or if cold and you want them warmed place in a pre-heated oven for 5-7 minutes. Don't microwave them as the pastry can go a bit soggy.

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