


Brought to you by

The HUNDRED-FOOT JOURNEY

and  LE CORDON BLEU®



Quiche lorraine

 Serves 4 

Ingredients

125 g / 4 oz Butter, cold, diced
250 g / 8 oz Flour
5 g / 1 tsp Salt
2 pcs Egg yolks
10 mL / 2 tsp Waterareil à Quiche
150 g / 5 oz Smoked pork belly, rind removed, cut into lardons, blanched

10 mL / 2 tsp Vegetable oil
3 pcs Eggs
250 mL / 8 oz Crème fraîche
Pinch Nutmeg
100 g / 3½ oz Gruyère cheese, grated
Salt and pepper

Method

1. Preheat the oven to 190°F (370°F)
2. Sift the flour onto a clean work surface and make a large well (*fontaine*) in the center using a plastic scraper (*corne*).
3. Place the cold, diced butter in the center of the well. Work the butter into the flour using your fingertips while simultaneously cutting through the mixture with the *corne*. Rub the mixture between your fingers until it resembles fine sand.
4. Gather the flour-butter mixture into a neat pile and make a well in the center using the *corne*. Dissolve the salt in the cold water and add with the egg yolks to the center of the well. Stir these ingredients together using your fingertips while simultaneously using the *corne* to gradually incorporate the dry ingredients from the sides. Continue this process until the mixture in the center of the well resembles a paste.
5. Gather all the ingredients together and cut through them using the *corne*. Repeat this process until the mixture forms an homogenous dough. Using the heel of your palm, firmly press the dough away from yourself to ensure that no lumps are left.
6. Shape the dough into a ball, wrap it in plastic, and flatten it into a thick disc. Let the dough rest in the refrigerator for at least 30 minutes (preferably overnight).
7. Lightly dust the marble with flour (*fleurer*) and place the dough in the center. Roll out the pastry (*abaïsser*), giving it quarter turns as you roll. Continue rolling and turning until the dough is 1/8" / 3 mm thick and 3 fingers wider than the tart mold. Prick the dough (*piquer*) with the docker (*pique pâte*) or a fork. Roll the dough onto the rolling pin, and gently lay it on the tart mold. Lift the edges and press the dough into the corners of the mold (*foncer*). To form an even border that can extend above the borders of the mold, you need to leave some extra dough before trimming. Lift the edge of the dough and make a small fold inside the rim. Repeat this process all the way around the mold, then pass the rolling pin over the top of the tart to trim the excess dough. Gently pinch all around the top edge of the tart to create a decorative border (*chiqueter*).
8. Place the lined mold in the refrigerator to rest for at least 20 minutes.
9. Place the lardons in a pan of cold water, bring the water to a boil, and blanch them for 1 minute. Drain and refresh the lardons under cold running water. Set aside.
10. Heat the oil in a medium pan over high heat and sauté the lardons until they are a light golden color. Reserve them on a paper towel until needed.
11. Place the eggs in a mixing bowl, whisk them well, and season with salt, pepper, and nutmeg. Mix in the crème fraîche and set aside until needed.
12. Cut a circle of parchment paper that is a few inches larger than the tart shell. Press it into the cavity and fill it with baking beads. Place the tart on a baking sheet in the oven. Once the oven door is closed, reduce the temperature to 175°C (350°F). Cook the tart until the crust is a light golden color (*blanchir*). After 15 minutes, remove the shell from the oven, remove the baking beads, and replace the shell in the oven to continue cooking for another 5 minutes.
13. Once the shell is cooked, take it out of the oven and sprinkle the bottom with grated cheese and lardons. Ladle half of the custard mixture into the shell and carefully place it in the oven. Allow to cook for 5 minutes, then add the remaining custard mixture.
14. Cook the quiche for 20 to 25 minutes, or until a knife inserted into the center comes out clean. Remove from the oven and allow to rest for 5 minutes.
15. To remove the quiche from the mold: Place the mold on top of a small overturned saucepan. Gently push down the outer part of the mold. Slide the quiche off the metal disc onto a serving dish.