

Mt Eliza Primary School Kitchen Garden Program



Mini Leek Quiches

Equipment:

Chopping board
Knife
Large bow
Frypan
Mini muffin tins
Measuring cups and spoons
Wire rack

Ingredients:

2 large or 4 small leeks, white and light green parts only, finely chopped
2 tablespoons unsalted butter
Salt and freshly ground black pepper
4 sprigs fresh thyme, leaves only
Pie dough, approximately 1 kg
1 and 1/2 cups of heavy cream
4 large eggs
1/4 teaspoon pumpkin pie spice
1 cup finely grated Gruyere cheese

What to do:

- 1. Preheat the oven to 180°C.
- 2. Rinse the leeks in a bowl of water and strain. Set aside.
- 3. In a frypan over medium heat, add the butter. When it is melted, add the leeks and season with salt and pepper. Cook until they are soft and tender, 6 to 8 minutes. Remove from the heat, stir in the thyme, and let cool to room temperature.
- 4. Gently press the pie dough into each of the muffin tins to form mini quiche crusts.
- 5. In a large measuring cup, whisk the cream and eggs with the pumpkin pie spice and a generous pinch of salt and pepper.
- 6. Half fill each muffin cup with the cooled leeks and top with 1 teaspoon of the cheese. Cover the filling with the egg and cream mixture. Bake until the egg mixture has set and the quiches are lightly browned, 10 to 15 minutes. Let cool for 10 minutes before turning them out onto a wire rack. Serve warm.