Open cheese and onion pie

9

Ingredients

Serves 8

- 150g plain flour
- 50g margarine
- 2–3 x 15ml spoons cold water
- 1 onion
- 100g Cheddar cheese
- 2 eggs
- 150ml semi-skimmed milk
- Pinch of black pepper

Equipment

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Make up the shortcrust pastry:
   - rub the margarine into the flour, using your fingertips, until it resembles breadcrumbs;
   - add the cold water a little at a time and start to mix together;
   - mix to form a firm, smooth dough.
3. Roll out the pastry on a floured work surface.
4. Grease the baking tin, and then line it with the shortcrust pastry (trim off the excess pastry).
5. Peel and slice the onion.
6. Grate the cheese.
7. Sprinkle the onion and cheese over the pastry base.
8. Whisk the eggs and milk together in the measuring jug using a fork. Add a pinch of black pepper.
9. Pour the egg mixture into the pastry shell.
10. Place on a baking tray and bake for 20-25 minutes, until golden and firm.

Something to try next time

* Use half wholemeal and half plain flour.
* Add tomatoes, fresh herbs or sliced mushrooms for a change.
* Use ready made shortcrust pastry if you're in a rush

Skills

Weighing and measuring	✓
Rubbing-in	✓
Rolling out	✓
Using the oven	✓

EAT FOR HEALTH

* Using black pepper to flavour can help you eat less salt.
* Why not use reduced or low fat cheese to keep the fat content down?

TAKE CARE!

Make sure you've got an adult to help you use the oven safely.