

# Coronation Quiche

Chosen by King Charles III &  
Queen Camilla 2023



The recipe was chosen by the King and Queen Consort in conjunction with the royal chef, Mark Flanagan whose recipe it is. Because it is a good sharing dish it can be served hot or cold, suits a variety of dietary requirements and preferences, can be adapted, and is not too complicated or costly to make.

The royal family's website described it as "a deep quiche with a crisp, light pastry case and delicate flavours of spinach, broad beans and fresh tarragon. Eat hot or cold with a green salad and boiled new potatoes – perfect for a Coronation Big Lunch!"

## Pastry Ingredients

- 1C. Flour
- Pinch of Salt
- ⅓ C. Cold Butter, Diced
- ⅓ C. Lard
- 2 Tbsp. Milk
- OR 1 x 250 g Block of Ready Made Shortcrust Pastry

## Filling Ingredients

- ½ C. Milk
- ¾ C. Double Cream
- 2 Med Eggs
- 1 Tbsp. Fresh Tarragon, Chopped
- Salt & Pepper
- ¼ C. + 3 Tbsp. Cheddar Cheese, Grated
- ¾ C. Spinach, Cooked & Lightly Chopped
- ½ C. Broad Beans or Soya Beans, Cooked

## Method

1. To make the pastry: sieve the flour and salt into a bowl; add the fats and rub the mixture together using your fingertips until you get a sandy, breadcrumb-like texture. Add the milk a little at a time and bring the ingredients together into a dough. Cover and allow to rest in the fridge for 30-45 minutes.

2. Lightly flour the work surface and roll out the pastry to a circle a little larger than the top of the tin and approximately 5 mm thick.
3. Line the tin with the pastry, taking care not to have any holes or the mixture could leak. Cover and rest for a further 30 minutes in the fridge.
4. Preheat the oven to 375° F
5. Line the pastry case with greaseproof paper, add baking beans and bake blind for 15 minutes, before removing the greaseproof paper and baking beans.
6. Reduce the oven temperature to 325° F
7. Beat together the milk, cream, eggs, herbs and seasoning.
8. Scatter half of the grated cheese in the blind-baked base, top with the chopped spinach, beans and herbs, then pour over the liquid mixture.
9. If required gently give the mixture a delicate stir to ensure the filling is evenly dispersed but be careful not to damage the pastry case.
10. Sprinkle over the remaining cheese. Place into the oven and bake for 20-25 minutes until set and lightly golden.