

Recipe of the Month – June

Red Onion and Cheddar Flan

Serves 6

Ingredients for Pastry

200g	Plain Flour
50g	Butter
50g	Lard
300ml	Cold Water
Pinch	Salt

Ingredients for Filling

1 x	Red Onion – sliced
4 x	Eggs
150g	Mature Cheddar – grated
300ml	Milk
Pinch	Salt and Pepper

Method for Pastry

1. Preheat the oven to Gas 6, 400°F, 200°C. Grease and line a 9” flan dish.
2. Sift the flour in a bowl.
3. Rub in the butter and lard with the flour until the mixture resembles breadcrumbs.
4. Add enough cold water, a few drops at a time, until the mixture starts to come together to form a dough.
5. Roll out the dough and shape it in to the flan dish and prick with a fork. Set the dish to one side whilst preparing the filling.

Method for Filling

1. Gently fry the sliced onions for 2-3 minutes.
2. Arrange the fried onion and grated cheese in to the pastry case and lightly season.
3. In another bowl, whisk the egg, milk, salt and pepper together and then pour in to the flan dish.
4. Bake for 10 minutes at 200°C and then reduce the oven to 180°C and bake for a further 30 minutes.

Serving suggestion – garnish with fresh herbs and serve with a lovely mixed salad and buttered new potatoes.