GENERAL

# quiche lorraine recipe jamie oliver

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## Introduction

There's something undeniably comforting about a golden, flaky crust filled with a silky custard that's lightly seasoned and studded with savory bacon or ham. The classic **quiche lorraine recipe Jamie Oliver**brings that comforting, home cooked feel into a modern kitchen with a few simple tweaks and a lot of personality. Whether you're planning a brunch, a dinner party, or just a quiet night in, this recipe will become a staple in your culinary repertoire. In this guide, we'll walk you through the history of quiche, the ingredients that make Jamie Oliver's version stand out, the step by step method, and a handful of creative variations to keep things exciting.

## What Is Quiche, and Why Is It So Popular?

Originating in the French region of Lorraine, quiche is a savory pie that traditionally features a buttery crust and a custard filling made from eggs, milk, or cream. The name "quiche" comes from the German word "kuchen," meaning cake. Over time, the dish has evolved from a simple, rustic meal to a versatile canvas for chefs around the world. Its popularity lies in its adaptability: you can use whatever vegetables, meats, or cheeses you have on hand, and it can be served hot, warm, or at room temperature.

## Why Jamie Oliver's Quiche Lorraine Recipe Stands Out

Jamie Oliver, known for his approachable cooking style, has a knack for turning classic dishes into crowd pleasers. His quiche lorraine recipe is no exception. Here are a few reasons why:

- Fresh Ingredients: Jamie emphasizes using high quality bacon, free range eggs, and fresh herbs.
- Balanced Flavors: The combination of creamy custard, salty bacon, and sharp cheese creates a harmonious taste profile.
- Simple Techniques: The recipe requires minimal prep time and no fancy equipment.
- Versatility: The base can be transformed into a vegetable quiche or a savory tart.

## Ingredients for Jamie Oliver's Quiche Lorraine

Below is a list of the ingredients you'll need. The quantities are for a 9 inch (23 /cm) single crust quiche.

1. Crust: 1 ½ cups all purpose flour, ½ tsp salt, ¼ cup cold butter, 4 tbsp cold water.
2. Filling: 6 slices thick cut bacon (or ham), 1 cup grated Gruyère or cheddar, 4 large eggs, 1 cup heavy cream or whole milk, ½ tsp freshly ground black pepper, ½ tsp salt (adjust to taste).
3. Optional Add Ons: ½ cup diced onions, ¼ cup chopped parsley, ½ cup sautéed mushrooms, or any other veggies you love.

## Equipment You'll Need

- 9 inch pie or tart pan
- Mixing bowls
- Whisk or fork
- Rolling pin

- Aluminum foil
- Oven

## Step by Step Instructions

### 1. Prepare the Crust

Start by making the pastry. In a bowl, whisk together the flour and salt. Add the cold butter, cutting it into small cubes with a pastry blender or your fingertips until the mixture resembles coarse crumbs. Slowly add the cold water, a tablespoon at a time, mixing just until the dough comes together. Be careful not to overwork it.

Shape the dough into a disk, wrap it in plastic wrap, and chill it in the fridge for at least 30 minutes. While the dough rests, preheat your oven to 200 /°C (400 /°F).

### 2. Blind Bake the Crust

After the dough has rested, roll it out on a lightly floured surface to fit your pie pan. Transfer the dough to the pan, trimming the edges and pressing it into the bottom. Prick the base with a fork to prevent bubbling.

Cover the crust with parchment paper and fill it with pie weights or dried beans. Bake for 12 minutes, then remove the weights and parchment. Bake for an additional 5 minutes, or until the crust is lightly golden. Set aside to cool slightly.

### 3. Cook the Bacon (or Ham)

While the crust is baking, cook the bacon in a skillet over medium heat until it's crisp. Drain on paper towels and let it cool. Once cooled, crumble or slice into bite size pieces. If you're using ham, dice it similarly.

### 4. Make the Custard

In a large bowl, whisk together the eggs, heavy cream, salt, and pepper until the mixture is smooth. Stir in the grated cheese and the cooked bacon. If you're adding onions, mushrooms, or other veggies, fold them into the custard now.

### 5. Assemble the Quiche

Pour the custard mixture into the pre baked crust. Tap the pan gently to release any air bubbles. The custard should settle evenly across the crust.

### 6. Bake the Quiche

Place the quiche in the preheated oven and bake for 25–30 minutes, or until the custard is set and the top is a light golden brown. To ensure even cooking, you can rotate the pan halfway through baking.

### 7. Cool and Serve

Once baked, let the quiche rest for 5 minutes before slicing. Serve warm or at room temperature. It pairs wonderfully with a crisp green salad or a light soup.

## Tips for the Perfect Quiche Lorraine

- Use Fresh, Free Range Eggs: They give a richer flavor and smoother custard.
- Don't Over Fill: A thin, even layer of custard ensures it cooks evenly.
- Pre Cook Vegetables: If you add veggies, sauté them first to remove excess moisture.
- Keep the Crust Cool: A chilled crust stays flaky and doesn't become soggy.
- Check the Center: Insert a knife; if it comes out clean, the quiche is done.

## Creative Variations on Jamie Oliver’s Quiche Lorraine

While the classic recipe is a winner, you can tweak it to suit your taste or dietary preferences.

### 1. Vegetarian Quiche

Replace bacon with sautéed spinach, caramelized onions, or roasted bell peppers. Add a sprinkle of feta or goat cheese for extra tang.

### 2. Low Carb Quiche

Use a cauliflower crust or a mixture of almond flour and coconut flour for the base. Keep the filling low fat by using a reduced fat cheese and skim milk.

### 3. Mediterranean Quiche

Incorporate olives, sun dried tomatoes, and a dash of oregano. Swap Gruyère for a creamy halloumi or feta.

### 4. Breakfast Quiche

Add diced ham, diced potatoes, and a sprinkle of chives. Serve with a side of fresh fruit for a balanced breakfast.

## Storage and Reheating

Quiche can be stored in the refrigerator for up to three days. Wrap it tightly in plastic wrap or foil to keep it fresh. To reheat, place a slice in a preheated oven at 180 °C (350 °F) for 10 minutes, or microwave on medium power for 1–2 minutes. For a crisp crust, reheat in a skillet over medium heat for a couple of minutes on each side.

## Frequently Asked Questions

### Can I use a store bought crust?

Yes, a pre made pie crust works fine. Just pre bake it for 10 minutes before adding the custard.

### What’s the best cheese for a quiche?

Gruyère, cheddar, and Swiss are classic choices. For a richer flavor, try a combination of Gruyère and sharp cheddar.

### How do I prevent the crust from becoming soggy?

Blind bake the crust before adding the custard. This creates a barrier against moisture.

### Can I make this recipe ahead of time?

Yes, assemble the quiche, bake, cool, and then refrigerate. Reheat as described above.

## Conclusion

Jamie Oliver’s quiche lorraine recipe is a testament to how a few simple ingredients and clear instructions can produce a dish that’s both comforting and impressive. Whether you stick to the classic bacon and cheese version or explore one of the many variations, this quiche is sure to become a favorite at your table. With its flaky crust, creamy filling, and balanced flavors, it’s a versatile dish that can be enjoyed any time of day. So gather your ingredients, follow the steps, and treat yourself and your guests to a slice of culinary delight that’s as easy to make as it is delicious.

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