Fate Tomato & Onion Quiche

Ingredients

Filling

2 tablespoons oil

20g butter

150g onion, sliced

400g tin chopped tomatoes, drained (substitute mushrooms to make a mushroom & onion quiche)

1 tablespoon fresh parsley, chopped (or chives or other herbs)

Salt & pepper to season

Pastry

250g Fate All-Purpose Mix, extra for dusting

½ teaspoon salt

125g butter/margarine

50ml water

Omelette Mixture

75g Fate All-Purpose Mix

1 teaspoon baking powder

Salt & pepper to season

30ml oil

100ml water

Little yellow colouring (optional)

Oven temperature: 200°C/400°F/Gas Mark 6

Method

1. To prepare the filling, heat a frying pan and add the oil and butter.
2. Put in the sliced onions and quickly fry over a high heat for 3-5 minutes until just softened and browned. Add the parsley or other herbs, and leave to cool.
3. Pour the tin of tomatoes into a sieve and leave until all of the liquid has drained away.
4. To prepare the pastry, put the All-Purpose Mix into a mixing bowl and stir in the salt. Rub in the butter until the mixture resembles fine breadcrumbs, then continue until it resembles coarse breadcrumbs.
5. Add the water and mix quickly with a metal spoon until smooth. If it's very soft, leave it to sit for a couple of minutes.
6. Lightly dust the work surface with a little extra All-Purpose Mix and knead the pastry a few times until smooth.
7. Roll it out and line a 20cm/8.5" flan tin.
8. To prepare the omelette mixture, put the All-Purpose Mix into a mixing bowl, add the baking powder and season with salt and pepper.
9. Measure the oil and water into a separate jug, and add just a couple of drops of yellow food colouring to make a light golden colour (optional).
10. Pour the mixture onto the dry ingredients and using an electric hand mixer, mix on high speed for about 1-2 minutes. It will then be a smooth light mixture which looks like a light and creamy mayonnaise.
11. To put the quiche together, add the cooled fried onion and herb mixture and the well-drained tin of chopped tomatoes to the omelette mixture.
12. Using a large metal spoon, very gently and lightly stir everything together. Spoon it onto the pastry case and spread it to the edges.
13. Place into a preheated oven for approx. 30 minutes, until golden brown, firm and cooked through.