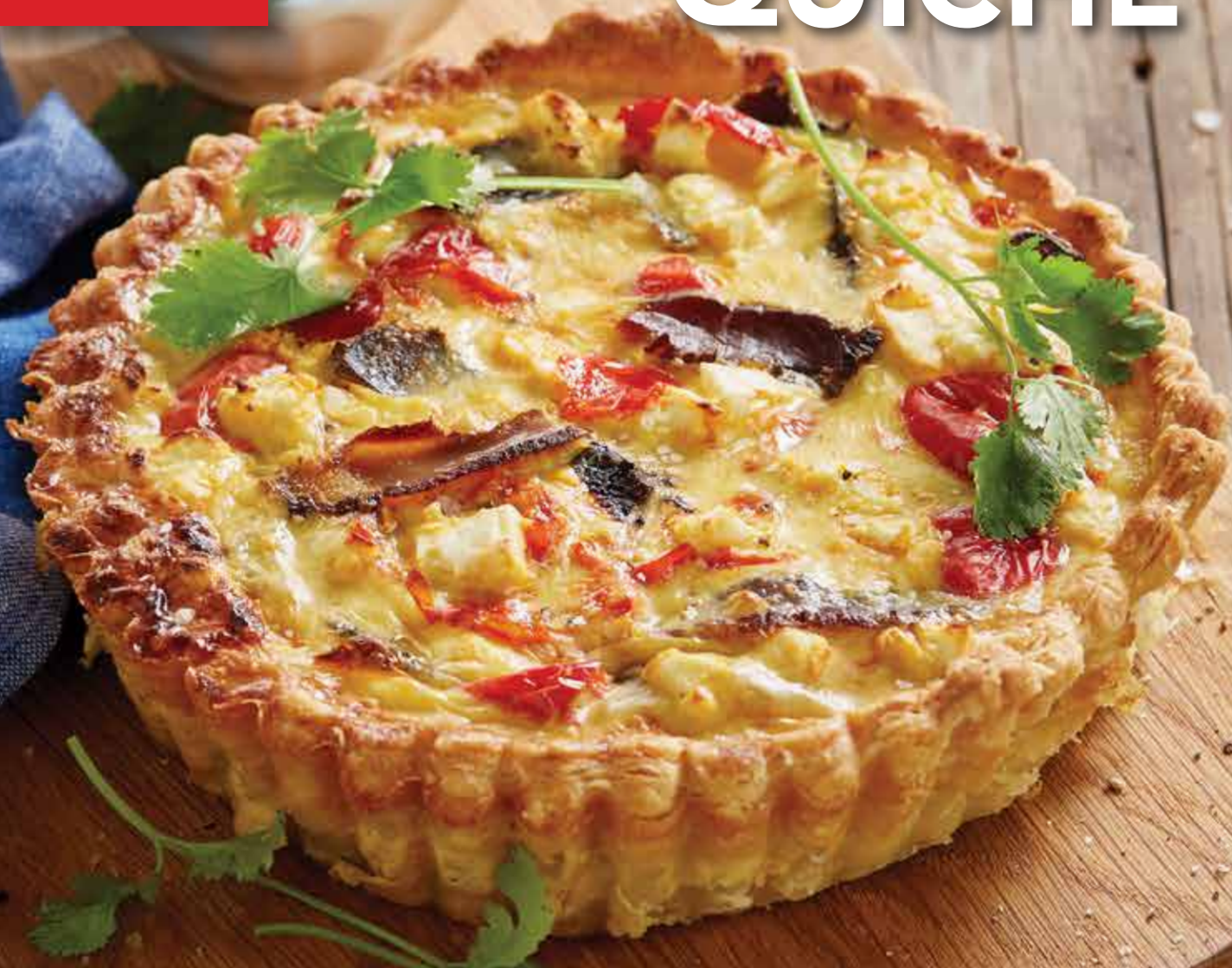


BILTONG QUICHE



INGREDIENTS

2 cups	Milk
85 g (½ sachet)	White Sauce R/P (08432025)
5 large	Eggs, beaten
2 Tbsp	Oil, for frying
2 medium	Onions, chopped
15 g	Fiesta BBQ Spice (04175010)
2 large	Shortcrust pastry shells (optional)

Makes 2 large quiches

2 rounds	Feta cheese, crumbled
150 g	Biltong (made using Rangers Biltong Spice - 01018010), sliced
12	Peppadews, halved
1 cup	Cheddar cheese, grated

METHOD: Preheat an oven to 180°C. Mix together the milk and White Sauce until lump free and mix in the eggs. Do not cook. Heat the oil in a pot and fry the onions until soft and transparent. Season with the Fiesta BBQ Spice while cooking. Remove the mixture from the pot and leave to cool. Layer the onion mixture onto the prepared pastry shells (if using) or spoon into a baking dish to make a crustless quiche. Pour the egg mixture evenly over the onion filling and mix slightly with a fork to combine. Top with feta, biltong and peppadews. Sprinkle the cheese over the top. Bake for ± 40 - 50 minutes or until lightly browned and set. Remove from the oven and leave to stand for ± 30 minutes before slicing.