

Algerian-French Fusion

CHICKEN QUICHE

Ingredients

- 1 ground Chicken breast
- 1 medium – Capsicum (Chopped into small cubes)
- 1 large – Onion (Chopped finely)
- 1 tbsp – Garlic (Chopped finely)
- 1 tsp – Green chillies (Chopped finely) optional
- 1 tbsp – Oil
- 150 grams of mushrooms
- ½ cup green olives
- Salt and pepper
- ½ tsp Ras lhanout « all spices »
- ¼ tsp cinnamon
- Laughing cow cheese
- 1 Stock cube

Ingredients for bechamel:

- 2 tbsp – Unsalted butter
- 2 tbsp –flour
- 1 cup – Milk warm
- 100 gms – Grated cheddar cheese or any other cheese you like except mozzarella cheese

Ingredients for the pastry:

- 250 grams flour
- 125 grams butter
- 1 egg
- 3 tbsp water
- Salt to taste

Ingredient for topping:

- 6 tbsp – Grated cheddar cheese or any cheese you like which will melt

Instructions

Method for the filling:

1. Heat oil in a pan and sweat the onions and garlic then add the green chillies, mushroom and capsicum along with salt and pepper. Cook for a few minutes.
2. Add the ground chicken and spices and mix everything (keep the ground meat “grainy” and separate), stir for 5-7 minutes.
3. Add the olives.
4. Let it cool aside

Method for bechamel:

1. Heat butter in a pan add the flour and fry till a nice aroma comes but don't overcook as the flour should not gain color.
2. Move the pan off the heat and add the warm milk to it whisking continuously otherwise the sauce will form lumps when it starts to thicken.
Now mix the above cooked chicken and veggies in the prepared white sauce and let it cool down. Your filling is ready.

Method for the Pastry:

1. Combine flour, salt and butter in a bowl, add the egg and form a soft dough with some sprinkling of water.
2. Don't over knead the dough otherwise the pastry won't be flaky but hard. Rest the dough for half an hour.
3. Now, on a well-floured surface, roll the dough into a flat round disk and prick all over with a fork.
4. Line the quiche tray with this rolled out dough, cut off the extra dough if any.

5. Preheat the oven at 200-degree Celsius for 10 minutes and blind bake the empty quiche shells for 10 to 12 minutes till the surface of the shell is dry to feel.
6. Take out the half-baked shell and keep out for 5 to 7 minutes before filling.

Method for assembling and baking the final quiche:

1. Fill the half baked quiche shell with the above made filling up to the top and top it with grated cheese.
2. Bake it for 20 to 25 minutes till the pastry looks red golden in color and the cheese has melted and also gained some color.
3. Take it out and let it cool a bit before taking it off the mould.
4. Enjoy your hot chicken quiche anytime.



FRUIT TART

Ingredients:

Pastry Cream

- 2 cups whole milk
- 1 package instant vanilla pudding and pie filling

Pastry Crust

- 1 egg yolk
- 1 tablespoon heavy cream
- 1/2 teaspoon vanilla
- 250 grams all-purpose flour
- 30 grams powdered sugar
- 1/4 teaspoon salt
- 125 grams cold, unsalted butter, cut into chunks

Fruit Topping

- 3 kiwis, peeled, halved lengthwise, and sliced 3/8-inch thick
- 10-12 strawberries, hulled and sliced in half
- 1/2 cup sliced peaches
- 1/2 cup blueberries
- 1/4 cup raspberries
- 1/2 cup apple jelly or apricot preserves, warmed

Instructions

Pastry Cream

1. Combine the cold milk and instant pudding and pie filling mix, whisk together until thickened

Tart Shell

1. Whisk together the egg yolk, cream, and vanilla in a small bowl.
2. Combine the flour, powdered sugar, and salt in a food processor and briefly process to combine. Add the cold butter pieces to the flour mixture and pulse to cut into the flour until the mixture resembles coarse meal, about 15 pulses.
3. While the food processor is running, add the liquid through the feed tube and continue to process just until the dough comes together around the blade.
4. Roll out the pastry crust on a lightly floured surface until it is slightly larger than your tart pan. Carefully transfer the dough to the pan by rolling it onto the rolling pin, then gently easing the dough into the pan, pressing into the corners and fluted sides of the pan.
5. Run the rolling pin over the top of the pan so that the excess dough gets cut off on the edge of the pin, making a clean edge. Patch any edges that are too thin with excess dough, trimming away the edge again as necessary. Freeze the tart shell for 10 minutes.
6. When ready to bake the tart shell, heat oven to 375 degrees F. Press a double layer of foil into the frozen tart shell, covering the edges of the pan and filling the tart shell with pie weights. Bake for 30 minutes, rotating halfway through, then carefully remove the pie weights and foil and bake another 5 to 10 minutes, until the tart shell is fully baked and golden. Cool completely before filling.



Tart Assembly

1. When the tart shell is completely cooled, spread the pastry cream over the bottom of the shell. Arrange the fruit in a decorative fashion over the cream, overlapping the sliced kiwi or peaches, and mounding raspberries or blueberries in the center of the tart.
2. Melt the jelly or preserves in a small saucepan or the microwave, stirring until smooth. Use a pastry brush to gently dab the melted jelly over the fruit. You may not use all of the jelly. Slice and serve.



Recipe adapted from: <https://houseofnasheats.com/french-fruit-tart/>