



# SEASONS AT HIGHCLERE



GARDENING, GROWING, AND COOKING THROUGH THE YEAR  
AT THE REAL DOWNTON ABBEY

THE COUNTESS OF CARNARVON

RIZZOLI  
BY YORK



# Field Mushroom, Roast Vegetable and Gruyère Quiche

*Geordie enjoys going for a morning run and during early autumn often reappears with his breakfast – field mushrooms collected en route. They seem to literally emerge overnight and are a perfect breakfast ingredient, or of course work beautifully in a quiche partnered with cheese.*

## INGREDIENTS

### *For the pastry*

175g (6oz) cold butter, cubed  
225g (8oz) plain flour,  
plus extra for dusting  
1 egg, beaten

### *For the filling*

2 onions, quartered, then each  
quarter halved lengthways  
200g (7oz) baby courgettes  
(zucchini), halved lengthways  
1 small aubergine (eggplant),  
cut into small chunks  
1–2 tbsp olive oil  
125g (4½oz) field mushrooms, sliced  
300ml (10fl oz) double cream  
4 eggs  
180g (6oz) Gruyère cheese, grated  
Salt and freshly ground  
black pepper

**PREPARATION TIME** 30 mins, plus 20 mins chilling

**COOKING TIME** 1½ hours **SERVES** 8 generously

## **First make the pastry ...**

Rub the butter and the flour together to form breadcrumbs. Add the egg and 1 tablespoon of cold water and mix.

On a lightly floured surface roll the pastry out into a big enough circle to line a 27cm (10 inch) diameter quiche tin, leaving a generous edge to allow for shrinkage during baking. Prick the base and chill in the fridge for 20 minutes.

Preheat the oven to 180°C/160°F/Gas mark 4.

Line the pastry case with baking paper and fill with baking beans. Bake for 10 minutes. Remove the beans and paper and bake for another 10–15 minutes. Set aside to cool.

## **Meanwhile roast the vegetables ...**

Raise the oven temperature to 200°C/400°C fan/Gas mark 6.

Put the onions, courgettes and aubergine (zucchini and eggplant) on a baking tray, drizzle with olive oil, season and roast in the oven, turning occasionally, for 30–40 minutes, or until tender and golden brown.

Remove from the oven and reduce the temperature to 180°C/350°C fan/Gas mark 4.

Place the mushrooms in a heavy bottomed frying pan, add a flash of oil and some seasoning and gently cook for 3–4 minutes. Remove and place on some kitchen paper to soak up the excess oil.

Whisk together the cream, eggs and half the cheese and season well.

Now assemble the quiche. Sprinkle the remaining cheese onto the base of the pastry case, spoon in the roast vegetables and the mushrooms so that they are evenly distributed then pour over the cream mixture.

Bake for 25–35 minutes or until the filling is set and golden-brown on top. Leave to cool slightly before removing from the tin. Serve warm.