

Welsh Laverbread (PDO) & Cockle Quiche

SERVES 4



225g plain flour
100g butter diced
50g Welsh Laverbread (PDO)

150g cheddar, grated
5 free-range eggs, beaten

100ml/3½fl oz milk
200ml/7fl oz double cream
2 sprigs fresh thyme
freshly ground black pepper
150g Welsh laverbread
200g Welsh Cockles

- 1 To make the pastry, sift the flour together with a pinch of salt in a large bowl. Rub in the butter and laverbread until you have a soft breadcrumb texture. Add enough cold water to make the crumb mixture come together to form a firm dough, and then rest it in the fridge for 30 minutes.
- 2 Roll out the pastry on a light floured surface and line a 22cm/8½in well-buttered flan dish. Don't cut off the edges of the pastry yet. Chill again.
- 3 Preheat the oven to 190C/170C Fan/Gas 5. Remove the pastry case from the fridge and line the base of the pastry with baking parchment and then fill it with baking beans. Place on a baking tray and bake blind for 20 minutes. Remove the beans and parchment and return to the oven for another five minutes to cook the base.
- 4 Reduce the temperature of the oven to 160C/140C Fan/Gas 3
- 5 Sprinkle the cheese into the pastry base and add the cockles
- 6 Combine the eggs with the milk and cream in a bowl and season well. Pour over the bacon and cheese. Add dollops of laverbread to the top and swirl through the egg mixture with the tip of a knife, and trim the edges of the pastry.
- 7 Bake for 30–40 minutes, or until set. Allow to cool and set further.
- 8 Trim the pastry edges to get a perfect edge and then serve in wedges.



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