



TRÄIPEN QUICHE

Prep: 40 mins, 2 hours chilling – Oven: 50 mins – Makes 1 quiche of 30cm or 2 of 20cm – Serves 6 - Easy

For the pastry:

250g spelt flour + extra for dusting
1 tsp salt
125g cold butter + extra for greasing
1 egg
35ml cold water

For the filling:

2 tbsp mustard
2 Träipen sausages or black pudding
350g jar of ready-to-eat braised red cabbage
350g jar of chunky apple compote
2 eggs
100ml cream
salt + pepper

Start by making the pastry: put the flour and salt into a bowl. Cut the butter into cubes and add to the flour. Rub the butter and flour between your fingers until it resembles breadcrumbs. Add the egg and water and knead into a dough.

Shape the pastry into a disc, wrap in cling film and chill in the fridge for at least 2 hours.

Melt a small knob of butter and use it to grease the quiche tin. Put the buttered tin in the fridge until needed so the butter firms up.

After 2 hours, preheat the oven to 180°C fan.

Put the red cabbage into a sieve and leave to drain.

Unwrap the chilled pastry and place it on a work surface dusted with flour. Roll into a very thin disc that's slightly bigger than the quiche tin. Lift the dough into the tin and press it firmly against the rim to make it stick. Cut off any excess pastry.

Brush the pastry base with the mustard.

Slit each Träip or black pudding skin lengthwise, remove the sausage meat and discard the skin. Cut the meat into small chunks, put into a bowl and roughly mash with a fork. Top the mustard-covered pastry with the mashed Träip.

Top the Träip with a layer of apple compote.

Top the apple compote with the red cabbage.

In a bowl, beat the eggs with the cream and season with salt and pepper. Pour over the red cabbage and bake the quiche in the preheated oven for 1 hour.

TIP: If you're feeling lazy or pressed for time you can of course use ready-made shortcrust pastry.

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