**Cheese and Ham Quiche**

**Ingredients**

**Pastry:**

Plain flour 100 g

Margarine 50 g

Water to mix

**Filling:**

Onion ½

Ham 2 slices — finely chopped

Oil 5 ml

Eggs 1

Milk 100 ml

Cheddar cheese 50 g — grated

Salt and pepper

Method

1. Set oven to gas mark 6/200°C. Adjust fan ovens accordingly.
2. Sieve flour. Rub in margarine and lard. Add enough water to make a stiff dough.
3. Roll out and line a 15 cm flan ring. Bake till just cooked.
4. Reduce oven temperature to gas mark 4/180°C. Adjust fan ovens accordingly.
5. Fry the onion in oil for three minutes.
6. Place the onion and chopped ham in the flan case.
7. Beat the egg and milk together. Add half of the cheese and seasoning.
8. Pour the egg mixture over onion and ham. Sprinkle on the rest of the cheese.
9. Bake till golden brown and lightly set.