

Cheese & Onion Flan

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Ingredients & Quantities

Pastry

- 90g of Wholemeal Flour
- 90g of Self Raising Flour
- 90g of Margarine and Lard mixture (50-50)
- Pinch of Salt
- 20ml of Water to mix

Filling

- 280g of Grated Cheese
- 20g of Margarine
- 60g of Finely Chopped Onion
- 2 Eggs
- 300ml of Water
- 30g of Dried Milk
- 1tsp of Mustard Powder

Method

1. Line a flan tin with the pastry and crimp the edges.
2. Cook the grated onion lightly in margarine but do not brown.
3. Spread the onions over the pastry and sprinkle the cheese on top.
4. Mix the dried milk powder with the water, beat in the eggs and pour over the cheese and onions, just before cooking.
5. Bake in a fairly hot oven until golden brown in colour and the pastry is cooked.
6. Garnish with fresh parsley.