



Food For Thought Recipe and Allergen Card

Scouse

100 Portions

Ingredient	Hannah Product Code	Quantity
Free range eggs	C000350	5
Milk		325ml
Mixed herbs	D001161	1 tsp
Salt	D001199	1 pinch
Pepper	D001103	1 pinch
Cheese - Grated	C000485	
Vegetable filling – Onion, tomato, chives		
Shortcrust Pastry		

RECIPE METHOD – ALLERGENS

1. Make **shortcrust** pastry as per the FFT recipe
2. Roll out pastry to line a greased flan dish
3. Trim the edges so it is flush to the edge of the dish
4. Using a fork prick the pastry all over, this allows steam to escape during blind baking, preventing the pastry from cracking or shrinking too much
5. Cook the pastry in a medium oven for 10-15 minutes or until the pastry is firm to the touch
6. Add the vegetable filling and cover with a light sprinkling of **cheese**
7. In a measuring jug, crack in the 5 **eggs** and beat, pour in the **milk** to the **eggs** and measure up to the 1 pint mark
8. Add the dried herbs, salt and pepper and mix well
9. Pour into the pastry case, over the other ingredients and shake to mix
10. Cook in a medium oven for 30 minutes or until the egg is cooked through and golden on the top

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...