



This is a very light quiche. I use soya milk rather than dairy and I think soya milk with egg makes a really nice light combination. I don't know if you are aware of the [is soya good for you](#) debate that has been going on (mostly in the US I think). I never liked dairy as a child. I only started eating cheese, cream etc as an adult. I now like dairy well enough but I'd never drink a glass of milk. I'd never drink a glass of soya milk either but I have to say I do like it. I think it's very creamy (you have to get a good brand). And I think it goes much better with eggs than dairy milk. Try making scrambled eggs with soya milk you'll never make it dairy again. The reason why I'm saying all this is not in support of soya, I'd actually advise using soya only in moderation. Some people are saying that over consumption of soy products can lead to hypothyroidism. I definitely was guilty of over-consumption of soy products over the last few years and I haven't been well for the last while and maybe (just maybe) the two are linked. So I would definitely say don't go drowning yourself in the stuff but if you don't use it that much anyway and you're looking for a light option for a summer lunch then try this quiche. It's so simple and so light.

By the way never use light soya milk in cooking. Not for any health reasons. It just tastes awful. Terrible chalky aftertaste.

Oh and since I made [my terrible admission](#) that I'm not always sure of quantities when I write the recipes I was extra careful to note what I did this time. I guess if the referendum is successful (which the polls say it will be) then I can at least find something positive in that I've learned to write proper recipes. Or at least more accurate recipes. Not much comfort really.

The way I make Simple Summer Quiche is



Ingredients:

Serves (2 - 4)

For pastry

- 50g salted butter
- 75g plain flour
- 2 dessertspoons of ice cold water

For filling

- 2 large eggs
- 75ml soya milk (unsweetened)
- 6 cherry tomatoes, halved (4 medium-sized tomatoes work just as well)
- salt & pepper
- good pinch nutmeg

Instructions:

1. Put the butter and flour into a food processor and mix until it reaches a crumbly texture.
2. Put the water in a jug, turn back on the processor and slowly pour the water through the opening at the top. The dough should start clumping together until it is just a ball of dough spinning around. Take it out cover in cling film and leave in the fridge for 20 minutes.
3. Pre-heat the oven to 170°C (350°F/Gas Mark 4).
4. When ready take the dough from the fridge and roll out to fit your greased small oven dish.
5. Line the dish with the dough and cook the pastry for 15 minutes in the oven. *Be sure and weigh down the dough with baking beans or clean pebbles.*
6. Whisk the egg and milk together with the salt, pepper & nutmeg.
7. Take the pastry out. Brush with the egg-milk mixture and return to the oven to cook for a further 5 minutes.
8. Take out the pastry again arrange the tomatoes nice in the shell, pour in the egg mix. Grate a little more nutmeg over the top.
9. Return to the oven and bake for 20 minutes.

Serve with crispy fresh salad.