

Manuka-Smoked Trevally Quiche



0 made it | 0 reviews



Nicole Gomes



John Kelleher

- Sub Category Name
Food
Savory
- Recipe Source Name
Real High Tea Australia Volume 2

Ingredients

Manuka-Smoked Trevally Quiche Shortcrust pastry

- 250g flour, soft
- 160g butter
- 1 egg
- 10g sugar
- 5g salt
- 15g milk

Manuka smoked trevally

- 1 side trevally lightly cured with sea salt and a little sugar
- 2 tbsp manuka wood chips



Quiche mixture

- 6 eggs
- 500g cream (UHT)
- Salt and freshly milled white pepper

Methods and Directions

Manuka-Smoked Trevally Quiche

Shortcrust pastry

- Sieve the flour and salt together.
- Rub in the butter until the texture is like crumbs.
- Make a well in the centre.
- Add the rest of the ingredients gently and quickly mix to make a firm dough.
- Rest the pastry before use.
- Place a shallow metal cake ring on a baking tray and roll out the pastry.
- Line the ring.
- Allow the pastry to rest for 20 minutes.
- Bake blind the tart shell in a preheated oven (180°C) 10 minutes.
- Remove the beans and paper and continue baking for a further 5–10 minutes until the tart shell is golden.
- Remove the baking beans and cartouche, brush the case with egg wash and continue baking for 5 minutes.

Manuka smoked trevally

- Hot smoke the trevally for approx. 15 minutes.
- Allow to cool.
- Remove any bones and the cooked fish from the skin and gently flake into small pieces.

Quiche mixture

- Mix the eggs and cream, season.
- Evenly distribute the pieces of smoked trevally in the pastry case.
- Add the strained egg and cream mixture to the rim of the pastry case.
- Bake at 190°C until just set.
- Allow to rest in the refrigerator before slicing.