Cheese and Meat Quiche
Yield ~ 8 servings

BY CYNTHIA PRATT

Ingredients:
- 1 "unbaked pie shell"
- 1 1/2 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup cold shortening (or 1/2 shortening and 1/4 butter)
- 4-5 Tablespoons ICE water

Helpful Tools:
- 9" pie pan
- Bench scraper
- Pastry blender
- Rolling pin

Steps:
1. Combine flour and salt
2. Add cold shortening - use your fingers or a pastry blender to combine mixture until a medium crumbly texture - THINK COARSE CORNMEAL
3. Mix in the water tablespoon at a time until the dough holds together
   * HINT: Less water the better.
4. Gather into a ball and flatten to a 4" disc
5. Wrap and seal - refrigerate (or freeze) for later use

To USE:
1. On a lightly floured counter, roll the disc into a circle ~ 1/8" thick and 1" larger than your pie pan
2. Use a bench scraper and roll the dough back onto the rolling pin
3. Unroll the dough over the 9" pie pan. Trim to 1"
4. Tuck the overhang and crimp ("flute") the edges

Quiche Filling:

Combine and pour into the prepared pie shell:
- 4 large eggs, slightly beaten
- 2 cups cream (or half and half)
- 1/4 cup minced, raw onion
- 1 cup shredded cheese - swiss or gouda
- 1/4 cup cooked, chopped protein - bacon, ham, turkey, SPAM
- 1 tablespoon chopped parsley, oregano
- 1/2 teaspoon nutmeg
- small squeeze of mustard (optional)

Variations: Try jack or cheddar cheese with chicken and oregano / oregano or mozzarella cheese with sausage and basil / oregano

Bake for 15 minutes at 425°F. Lower the heat to 350°F for 35-40 minutes or until the center of filling is softly firm. Cool 15 minutes before serving.