

Cheese and Meat Quiche

Yield ~ 8 servings

BY CYNTIIA PRATT

Ingredients:

~9" unbaked pie shell

1 1/2 cup all-purpose flour

1/2 teaspoon salt

1/2 cup cold shortening (or 1/2 shortening
1/2 butter)

4-5 Tablespoons ice water

- STEPS -



① Combine flour and salt

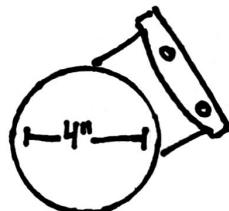
② Add cold shortening - use your fingers or a pastry blender to combine mixture until a medium crumbly texture - THINK COARSE CORNBREAD

③ Mix in the water a 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 ingredients and pour into the prepared pie shell

4 large eggs, slightly beaten

2 cups cream (or half+half)

1/4 cup minced round onion

1 cup shredded cheese - swiss or gouda

3/4 - 1 cup cooked, chopped protein - bacon, ham, turkey, SPAM

1 Tablespoon chopped parsley or chives

1/2 teaspoon nutmeg

small squeeze of mustard (optional)



Variations: Try jack or cheddar cheese with chicken and cumin/cilantro/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.