

*Perfect recipe
for collective kitchens*

Basic Quiche



PREPARATION 10 MIN
COOKING 35 MIN
SERVINGS 6

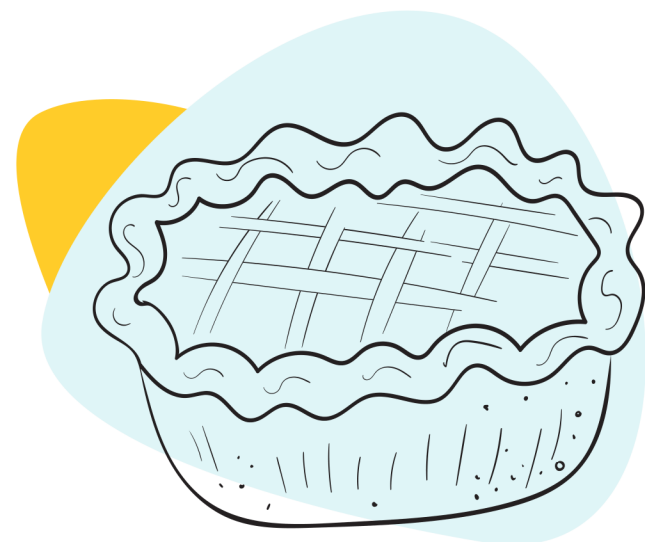
Preparation

- Spread the filling on the prebaked pie crust. Whisk the eggs and cream in a medium bowl. Pour the egg mixture over the pie crust.
- Bake in the oven preheated to 350°F until a knife inserted in the centre comes out clean, for 35 to 40 minutes. Let stand for 5 to 10 minutes before serving.

Variations:

- **Quiche Lorraine:** Combine 6 slices crumbled crisp bacon, 1 cup (250 ml) shredded Swiss cheese, 1/4 cup (60 ml) finely chopped green onion, 1/4 tsp. (1 ml) ground nutmeg, and 1/4 tsp. (1 ml) dry mustard.
- **Mushroom Quiche:** Combine 1 cup (250 ml) sautéed sliced mushrooms, 1/2 cup (125 ml) shredded Cheddar cheese, and 1 tsp. (5 ml) dried thyme.
- **Ham and Cheese Quiche:** Garnish with 3/4 cup (175 ml) Swiss cheese, 3/4 cup (175 ml) diced cooked ham, 1/4 cup (50 ml) chopped red or green bell pepper, and 2 tsp. (10 ml) chopped fresh chives.

Source : Lesoeufs.ca



To calculate the amount needed for each ingredient: Amount of the basic recipe X Number of recipes = Total Amount

Ingredients	Amount	Number of recipes	Total amount
Prebaked deep 9-inch pie crust	1		
Eggs	4		
Light cream (5% or 10%) or evaporated milk	375 ml (1 ½ cups)		
Filling ingredients of your choice (see the variants)			

Tip: To pre-bake the pie shell, line the unbaked shell with a 12-inch (30 cm) square of aluminum foil. Fill with raw rice or dried beans or peas. This will help to prevent shrinkage. Cover rim of the shell with aluminum foil. Bake in the oven preheated to 450 °F (230 °C) for about 10 minutes, or until the edges are lightly browned. Lift out foil and rice. Let cool on a wire rack.