

Basic Quiche

1 9-inch (23 cm) prebaked pie shell

Filling:

1 ½ to 2 cups (375 to 500 mL) filling ingredients

4 eggs

1 ½ cups (375 mL) light cream or undiluted evaporated milk

½ teaspoon (2 mL) salt (optional)

¼ teaspoon (1 mL) pepper (optional)

¼ to ½ teaspoon (1 to 2 mL) seasoning

Spread filling ingredients in pie shell.

Beat together eggs and combine with cream and desired seasonings.

Carefully pour egg mixture (custard) over the filling ingredients.

Bake in a preheated 350F (180C) for 35 to 40 minutes or until a knife inserted near the centre comes out clean. Let stand for 5 to 10 minutes before cutting into wedges to serve.

Filling and Seasoning Suggestions:

* **Quiche Lorraine:** 6 slices cooked and crumbled bacon, ¼ cup (50 mL) minced green onion, 1 cup (250 mL) shredded Swiss cheese, ¼ teaspoon (1 mL) ground nutmeg, ¼ teaspoon (1 mL) dry mustard

* **Seafood Quiche:** 1 cup (250 mL) cooked shrimp or crabmeat, ¼ cup (50 mL) chopped onion, ¼ cup (50 mL) chopped red pepper, ¾ cup (175 mL) shredded Gruyere cheese, 1 teaspoon (5 mL) dried tarragon

* **Spinach Quiche:** 1 package (300 g/10 oz) frozen chopped spinach (defrosted and well drained), ½ cup (125 mL) crumbled feta cheese, ¼ teaspoon (1 mL) dry mustard, ¼ teaspoon (1 mL) dried tarragon

* **Mushroom Quiche:** 1 cup (250 mL) sliced and sautéed mushrooms, ½ cup (125 mL) shredded Cheddar cheese and ½ teaspoon (2 mL) dried basil