

Basic Quiche with Cheddar Pastry

- makes 2 individual quiche

Cheddar Pastry

310 mL flour

2 mL salt

125 mL frozen grated margarine

60 mL grated cheese

45-50 mL COLD WATER

1. Mix dry ingredients and cheese in medium bowl
2. Grate in margarine
3. Using a fork stir in cold water
4. Lightly knead until pastry comes together
5. Chill for 30 minutes to let gluten rest (if time)

Basic Quiche

2 eggs

225 mL of milk (250 if using cream)

Salt and pepper to taste.

125mL of assorted vegetables or add ins (spinach, onions, ham, bacon, mushrooms, etc)

1. Pre-heat oven to 400 F
2. Roll out dough and line 2- 5 inch pie plates.
3. Dice and sauté raw ingredients to pre-cook
4. In a small bowl whisk together eggs, milk and seasoning.
5. Divide cooked ingredients between the 2 pie crusts
6. Pour ½ the egg mixture in each pan
7. Top with grated cheddar
8. Bake for 10 minutes at 400F then reduce to 350 for 20 minutes (until the center of quiche no longer jiggles)