

Quiche

Ingredients

Shell

2 9" Pie shells

Binder

2 eggs
1 C milk or cream
1/4 tsp salt
1/8 tsp pepper
1/4 C MSG (optional, dissolve in milk before adding eggs)
 nutmeg, ground

Filler

1/4 lb. bacon, sliced (optional)
1/2 C cheese (swiss for Quiche Lorraine)
1/2 C onion, diced and sautéed (for Quiche Alsacienne)

Almost any filler can be used for quiche, various meats, various vegetables)

Filler suggestions:

Broccoli
Spinach
Sautéed mushrooms
Ham
Sliced cherry tomatoes
Braised endives
You are only limited by your imagination

Directions

Preheat oven to 375° F (190° C).

Dock and blind bake pie shells.

Sauté and cool the diced onions. Dissolve MSG in milk, if using MSG. Add onions, pepper, salt, eggs, whisk until mixed well.

Precook any vegetables or meats.

Load pie shells with filler. Add milk/egg mixture until it almost covers filler (more for non-bulky filler).

Sprinkle or grate nutmeg over top of quiche and place in the oven.

Cook until the quiche is firm and an inserted fork comes out clean, about 35 to 40 minutes.

Basic recipe modified from The Joy of Cooking by Irma Baumbauer and Marion Baumbauer Becker