

create-a-QUICHE

Makes one 9" Quiche

CRUST

1 cup flour
½ teaspoon salt
⅓ cup Crisco
5 Tablespoons freezing cold water

Mix flour and salt. Cut in Crisco with a pastry blender or fork until it resembles coarse sand. Add the freezing cold water one tablespoon at a time until your dough forms a ball. DON'T overwork the dough! Roll out dough between 2 pieces of floured wax paper OR just press into pie pan.

QUICHE

4 eggs
2 cups light cream
¾ teaspoon salt
¼ teaspoon sugar

Fillings of choice such as; 1 cup of shredded cheese (Swiss, cheddar, gruyere), ½ cup of meat of choice (chopped ham, bacon or crumbled cooked sausage), ⅓ cup of vegetable of choice (onions, asparagus tips, red or green peppers, scallions)

Preheat oven to 450 degrees. Sprinkle cheese, meat and vegetables in the prepared pie crust. Beat eggs with cream, salt and sugar. Pour into pie crust. Bake 15 minutes. Reduce oven temperature to 350 degrees and bake another 30 minutes. Serve warm.

