

**DSAT Virtual Dinner,
Monday, June 22
Basic Quiche Recipe**

Tools:

9 inch pie plate
Grater
Whisk
Mixing bowls
Measuring cups and spoons

Ingredients:

9" inch pastry crust
1 1/2 cups of cheese
2 tablespoons all-purpose flour, divided
1 1/4 cups half-and-half
5 eggs, beaten
1/4 teaspoon salt

Options:

1/2 cup diced cooked ham
1/2 cup of cooked chicken
honey or dijon mustard
1/4 cup green onions
sundried tomatoes
mushrooms
tomatoes
spinach
onions
caramelized onions
Cheese: cheddar, swiss, havarti, etc
Herbs:
fresh dill
fresh basil

Directions:

Preheat oven to 400 degrees.

Cook dough for five minutes, remove and prick the bottom with a fork. Cook for another 5 minutes and remove from the oven.

Reduce the heat to 350 degrees.

Layer 1:

Mix 1 cup shredded cheese with tablespoon of flour and sprinkle onto the bottom of the warm pie crust.

Layer 2:

This is your flavour layer. If you are using chicken or ham (or ny other coked meat, you can season it with herbs or mustard. If you are using mushrooms and vegetables you can season them or you can sautee them in a bit of butter and spon that on top of your cheese.

Layer 3:

Mix half-and-half, eggs, 1 tablespoon flour, and salt together in bowl. Pour mixture carefully over layer 2.

Layer 4: Top with remaining 1/2 cup of cheese. Season with herbs if you want.

Bake in preheated oven until set in the center, 40 to 50 minutes. Cool for 10 minutes before cutting.