



QUICHE

INGREDIENTS

1 (9 inch) deep dish frozen pie crust

4 eggs

1 ½ cups heavy cream (or half and half)

Salt and ground black pepper to taste

1 pinch ground cayenne pepper

¼ pound Pamesan/Romano shredded cheese

½ pound bacon, cooked and crumbled

These are the base ingredients for making any type of quiche you like. Bacon is optional if you prefer to do just vegetables.

In addition to the above ingredients you will need:

SEAFOOD QUICHE (Version 1)

1 6 oz. can shredded real crabmeat

4 oz. frozen cooked shrimp, thawed,
peeled and chopped

½ cup fresh sliced mushrooms

1 cup shredded Monterey Jack cheese

SHRIMP AND SPINACH QUICHE (Version 2)

8 oz. frozen cooked shrimp, thawed,
peeled and chopped

1 cup fresh chopped spinach

2 green onion chopped (or equivalent of fresh sweet
onion or shallots)

½ cup shredded Swiss cheese

½ cup shredded Monterey Jack cheese

QUICHE DIRECTIONS

1. Preheat oven to 350 degrees F. Place the ready made pie crust into deep dish pie plate and prick the bottom of the crust several times with a fork. Bake the pie crust for about 10 minutes, until just starting to brown. Remove from oven, and allow to cool.
2. In a large bowl, whisk together the eggs, cream, salt, pepper and cayenne pepper.
3. Sprinkle the crumbled bacon in the bottom of the pie plate. Sprinkle the Parmesan/Romano shredded cheese over the bacon.

Version 1. Next layer the crabmeat then the shrimp on top of the bacon and Parmesan/Romano cheese. Pour the egg mixture over everything and arrange fresh sliced mushrooms over the egg mixture.

Version 2. Next layer the chopped spinach then the shrimp on top of the bacon and Parmesan/Romano cheese. Stir in shredded Swiss and Monterey Jack cheeses into the egg mixture along with the green onion. Pour egg mixture over everything.

4. Bake for 25-30 minutes in preheated oven until set. If baking more than one quiche, check every 10 after that until both are set. If crust starts to get too brown, cover edges of crust with a strip of aluminum foil. Quiche is set when a knife inserted in center comes out clean.
5. Let cool for 10 minutes before serving.

