



Recipe Corner

by Dorothy Johnson

Quiche, Queen of Tarts

Whether the quiche originated in the French province of Lorraine or in Alsace and both claim it -- it has been the canny Swiss promoting their good cheeses who have made it universally popular.

The word quiche however, is derived from the French - German dialect spoken in both these provinces and can be traced to the German word *ku chen* meaning cake.

The quiche is a baked custard tart, the most famous of which is Quiche Lorraine. This is always made with eggs, bacon, cheese and cream and baked in a pastry shell.

But no one is content to let a good thing alone, so there are many other versions. All make wonderful lunch and supper entrees.

For a light meal, only salad and beverage need be added. A further bonus is that the quiche packs a tremendous amount of nourishment within its elegance.

YOGURT QUICHE

- 1 tbsp. butter or margarine
- 1 medium onion diced
- 8 strips cooked bacon crumbled
- 1 cup shredded swiss cheese
- 1 (9-inch) unbaked pie shell
- 6 eggs, well beaten
- 1 cup plain yogurt
- 1/8 tsp. nutmeg
- Salt
- Pepper

Heat butter in skillet, add onion and saute until tender. Sprinkle bacon and cheese in bottom of pie shell. Spoon sauteed onion over. Combine eggs, yogurt, nutmeg and salt and pepper to taste. Pour egg mixture into pie shell. Bake at 400 degrees 25 minutes. Serve hot. Makes 6 servings.

SPINACH QUICHE

- 3 1/2 cups flour
- 2 1/2 tsp. salt
- 3/4 cup butter or margarine
- 7 eggs
- 7 tbsp. cold water
- 2 cups shredded swiss cheese
- 1 (19oz.) pag. frozen spinach, thawed and drained
- 2 cups heavy cream
- 2 cups milk
- 1 medium onion, minced
- 1/2 tsp. pepper
- 1/2 tsp. nutmeg

In a large bowl combine 3 cups flour and 1 tsp. salt. add butter and cut in with pastry blender or with mixer until small crumbs form. Add 1 egg, slightly beaten, and water. Mix until dough holds together. On lightly floured board roll dough in 17 x 13 inch rectangle. Place pastry in 15 x 10 x 1 inch jelly roll pan. Crimp edges. Sprinkle cheese and spinach over bottom of pastry - lined pan. In large bowl combine cream, milk, 6 eggs, onion, 1/2 cup flour 1 1/2 tsp. salt, pepper and nutmeg. mix well. Pour egg mixture over cheese and spinach. Bake at 400 deg. 35 to 40 minutes. Makes 12 servings.

QUICHE LORRAINE

- 1 3/4 cups flour
- 1/4 cup butter
- 1/4 cup shortening
- 3 tbsp. water
- Dry beans 6 oz.
- Canadian bacon or salt pork, cut juliene
- 1/2 tsp. chopped shallots
- 4 eggs
- 1tbsp. sour cream
- 1 1/2 cups half and half
- Dash nutmeg

6 oz. Swiss cheese

Combine flour, 3/4 tsp. salt, butter and shortening in a bowl. Cut in shortening until well mixed. Add water a little at a time to form dough. Knead dough twice and place in wet towel or wax paper. Roll dough 1/8 inch thick and fit into 9 inch pie plate, trim and flute edges. Pierce bptom of crust, place beans in crust to prevent skrinage and bake at 350 deg. 25 minutes or until golden brown, removing beans after 20 minutes (crust may be made 2 or 3 hours before filling.) Saute bacon in skillet until crisp. Combine eggs, 1/2 tsp salt, sour cream, half and half and nutmeg. Beat until blended, half and half and nutmeg. Beat until blended. Sprinkle bacon over bottom of baked crust, then sprinkle with cheese. Pour egg mixture into crust and bake at 375 degrees 40 minutes.



PERFECT PACKAGE -- Put the good nourishment of eggs, milk and Swiss cheese into one dish. Serve this Quiche Lorraine with a tossed salad and green vegetable.

BACON QUICHE

- 12 slices bacon
- 2 tbsp. chopped onion
- Pastry for 9 inch pie shell
- 3 eggs
- 1 1/2 cups shredded swiss cheese
- 1 tbsp. flour
- 1 1/2 cups milk
- 1/8 tsp. mace

Cook bacon until crisp and drain on paper towels. Pour off all but 1 tsp. drippings from skillet. Add onion to drippings and cook until tender. Rool out pastry, fit into 9 inch pie shell and flute edges. Beat the eggs. Brush pastry with a small amout of the eggs and bake at 450 degrees 10 minutes. Meanwhile, mix cheese with flour. Add milk and mace to beaten eggs. Turn cooked onion and cheese mixture into pie shell. Crumble 3 slices bacon and sprinkle over cheese mixture. Pour egg mixture over bacon. Bake at 325 deg. 30 minutes. Arrange remaining bacon slices lattice fashion on pie filling. Bake 15 to 20 minutes longer or until knife inserted in center of filling comes out clean. Let stand 10 minutes before cutting into wedges to serve. Makes 4 to 6 servings.

MUSHROOM CHEESE PIE

- 3 eggs
- 2 cups light
- 1/2 cup shredded cheddar cheese
- 1/4 tsp. salt
- Dash pepper
- Dash cayene
- 1 cup sliced mushrooms
- 3 tbsp. butter or margarine
- 1 (9 inch) unbaked pie shell

Beat eggs and blend with cream, shredded cheese, salt, pepper and cayenne. Cook mushrooms in butter and spread in pastry lined 9-inch pie plate. Pour egg mixture over top. Bake at 400 degrees 40 minutes or until mixture is set. Makes 4 to 6 servings.

QUICHE DE LANGOUSTE (Lobster pie)

- 2 lobsters (1 1/2 lbs each) cooked or 3 or 4 lobster tails, cooked or 1 can (12oz.) frozen lobster meat, thawed
- Pastry for 1 crust 9-inch pie, unbaked
- 2 tbsp. chopped onion
- 1/4 cup butter
- 1/4 cup brandy or whiskey
- Salt and pepper
- Lobster coral and tomalley, if you use whole lobster
- 1 to 1 1/4 cups heavy cream
- 4 eggs
- Dash ground nutmeg.

Remove lobster meat from shells and cut into convenient pieces. If you are using whole lobsters, remove coral and tomalley and reserve. Roll out pastry and line a 9 inch pie pan; chill. Place a piece foil over pastry in pan and fill with dry bean to weigh down pastry. Bake in preheated oven (425 degrees) for 10 minutes. Take out foil and beans. Saute onion in butter until tender. Add lobster and heat through. Add brandy and season to taste with salt and pepper. Arrange lobster and onion in pastry lined pan. Put coral and tomalley, if any in pan which with heated lobster; add 1 tbsp. cream. Cook for 1 to 2 seconds and pour over lobster. Beat eggs and remaining cream together and season with salt. Pour over lobster; dust top with a little nutmeg. Bake in preheated moderate oven (375 degrees) for 35 minutes or until firm. Serve at once.

CRAB MEAT QUICHE

- 1 1/2 cups crabmeat, fresh or canned
- 1 tbsp. chopped celery
- 1 tbsp. chopped onion
- 2 tbsp. finely chopped parsley
- 2 tbsp. sherry
- Pastry for one-crust nine-inch pie shell
- 4 eggs, lightly beaten
- 2 cups cream or 1 cup milk and cream 1/4 tsp.
- 1/2 tsp. nutmeg
- 1/4 tsp. salt
- White pepper

Pick over crab meat to remove bits of shell and cartilage. Combine the crabmeat, celery, onion, parsley and sherry and refrigerate 1 hour. Preheat oven to hot (450 degrees). Line a nine inch pie plate with pastry and bake 5 minutes. Sprinkle the inside of the partly baked pastry shell with the crabmeat mixture. Combine the eggs, cream, nutmeg, salt and pepper and strain over the mixture in the pie shell. Bake 15 minutes, reduce the oven temperature to moderate (350 F.) and bake until knife inserted one inch from the pastry edge comes out clean, about 10 minutes longer. Serve immediately.