

Quiche

Quiche – another versatile egg dish!

It is a flavorful custard baked in a pie crust. More simply put, the quiche is an egg pie. It is supposed to have originated in the French province of Lorraine, hence, the best known of these custards is Quiche Lorraine.

The basic ingredients of eggs, milk, and cheese become the carrier for all sorts of food combinations. Additions can include ham, poultry, seafood, and beef, as well as a multitude of

vegetables. This part of the quiche is a snap to prepare but the pastry shell does take more time. Of course, if you're rushed for time or just want to cut down on calories, it can be baked without the crust!

Serve quiche any time! Besides offering it as a stylish brunch entree, you can pair it with salad for a light dinner, or pass small servings as an hors d'oeuvre, even transport it to a picnic or potluck.

The Basic Quiche

1 - 23 cm pie shell
375 to 500 mL filling ingredients*

4 eggs

375 mL light cream or evaporated milk, undiluted

1 to 2 mL herb or other seasoning

2 mL salt (optional)

1 mL pepper (optional)

9 inch

1½ to 2 cups

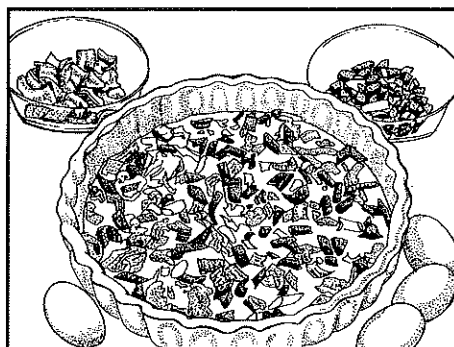
4

1½ cups

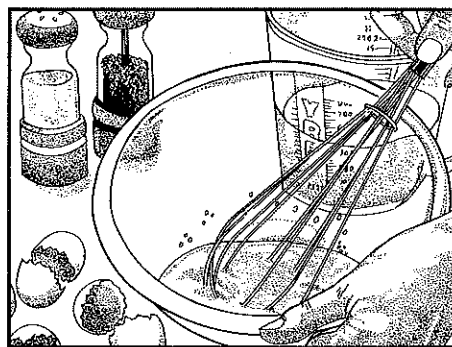
¼ to ½ teaspoon

½ teaspoon

¼ teaspoon



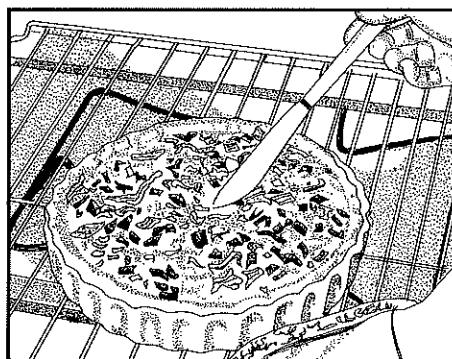
1. Spread filling ingredients into a prebaked pie shell (check under "The Pie Crust" for directions).



2. Beat together eggs and combine with cream or milk and desired seasonings.



3. Pour the custard mixture over the filling in a pastry-lined dish.



4. Bake in 180°C (350°F) oven for 35 to 40 minutes or until a knife inserted near the center comes out clean. Let stand 5 to 10 minutes before cutting into wedges to serve.

*Check reverse side for Quiche Combinations – a variety of fillings from which to choose.

Quiche Combinations

Quiche Lorraine: 6 slices crisp bacon, crumbled, 250 mL (1 cup) shredded Swiss cheese, 1 mL (¼ tsp.) nutmeg

Spinach Quiche: 1 - 300 g (10 oz.) package chopped spinach, well drained, 125 mL (½ cup) crumbled feta cheese, 1 mL (¼ tsp.) dry mustard, 1 mL (¼ tsp.) tarragon

Carrot Quiche: 375 mL (1½ cups) finely shredded carrots, 125 mL (½ cup) shredded cheddar cheese, 1 mL (¼ tsp.) ground ginger

Mushroom Quiche: 250 mL (1 cup) sliced, sauteed mushrooms, 125 mL (½ cup) shredded cheese, 2 mL (½ tsp.) basil

Meaty Quiche: 250 mL (1 cup) chopped, cooked meat (ham, chicken, or beef), 125 mL (½ cup) finely chopped green onion, 125 mL (½ cup) shredded Swiss cheese, 2 mL (½ tsp.) oregano

The Quiche Pan

The traditional quiche is made in a flan ring, usually with a removable bottom. Today, you can find these in a variety of sizes with fluted or straight sides. However, if you prefer to serve the quiche in the same dish in which you make it, there are many beautiful porcelain quiche dishes which are perfect for oven to table use. The conventional 23 cm (9 inch) plate is also suitable.

Individual tart-size quiches are best prepared in aluminum tart forms.

The Pie Crust

- Prepare your pie pastry from your favorite recipe. Almost any pie crust can be used but we recommend that you prebake the crust so it won't become soggy when it bakes with the custard mixture.

To prebake the pie shell, line the unbaked shell with 30 cm (12 inch) square of aluminum foil. Fill with rice or dried beans or peas. Cover rim of shell with edges of foil. Bake in 230°C (450°F) oven until lightly browned at edges, about 10 minutes. Lift out foil and rice. Cool on wire rack.

- Frozen pie shells are a convenient substitute to making your own pastry. Purchase the deep-dish style in order to hold the quantity of custard for the Basic Quiche. When using frozen pastry, no pre-cooking of the shell is necessary before filling.
- Reduce calories and save time by making a crustless quiche. Simply omit pie crust from quiche recipes and grease the pie plate or quiche dish.

Some Eggstra Ideas

- Sour cream, yogurt, or even condensed cream soups (undiluted) may be substituted for part of the cream in the quiche custard.
- For flavor and color, sprinkle on the uncooked quiche such additions as water chestnuts, parsley, pecans, walnuts or almonds.
- As a party snack or hor d'oeuvre, prepare quiche in 8 x 2 cm (3 x 7/8 inch) tart shells. Estimate 24 mini quiche for each 23 cm (9 inch) pie recipe.
- Or, cook the quiche custard in a 23 cm (8 inch) square cake pan and cut into squares to serve.
- Cooked quiche may be refrigerated for up to three days or frozen for one month, if suitably packaged.

Hearty Beef "n" Green Onion Quiche

Crust:

1 egg	1
125 mL cream or evaporated milk, undiluted	½ cup
175 mL dry bread crumbs	¾ cup
5 mL celery salt	1 teaspoon
2 mL thyme	½ teaspoon
2 mL ground sage	½ teaspoon
10 mL Worcestershire sauce	2 teaspoon
50 mL green onion	¼ cup
225 g lean ground beef	½ pound

Filling:

125 mL thinly-sliced green onion	½ cup
1 - 227 g pkg. Swiss cheese, shredded	12 ounces

Custard:

3 eggs	3
125 mL cream or evaporated milk, undiluted	½ cup
2 mL salt	½ teaspoon
1 mL Tabasco	¼ teaspoon
dash paprika	dash

Preheat oven to 190°C (375°F). Beat the one egg slightly in a medium bowl. Stir in bread crumbs, celery salt, thyme, sage, and Worcestershire sauce. Let stand a few minutes until most of the liquid has been absorbed. Add ground beef and 50 mL (¼ cup) of the green onion, mixing well. Spoon into a deep 23 cm (9 inch) pie plate. With moist hands, lightly press meat mixture over bottom and sides to form a shell.

Sprinkle green onions and grated cheese over beef crust.

Beat the three eggs in a medium bowl, then beat in cream, salt, and Tabasco. Pour evenly over onions and cheese in meat shell. Sprinkle lightly with paprika. Bake 35 to 40 minutes or until meat is cooked and filling is set. Serve at once.

Makes 6 to 8 servings.

Souper Beefy Quiche

1 - 23 cm prebaked pie shell	9 inch
225 g ground beef	½ pound
125 mL chopped onion	½ cup
6 eggs	6
1 - 284 mL can condensed cream of tomato soup, undiluted	10 ounce

In medium-sized fry pan, over medium heat, cook ground beef with onion until beef is lightly browned. Drain well and sprinkle into pie shell. Beat together eggs and soup until well blended. Pour over beef mixture.

Bake in 190°C (375°F) oven until knife inserted near center comes out clean, 30 to 40 minutes. Let stand 5 minutes before serving.

Makes 6 servings.

The Magic Quiche

250 g cooked, crumbled bacon	½ pound
250 mL shredded Swiss cheese	1 cup
125 mL finely chopped onion	½ cup
1 - 198 mL can niblet corn, drained	7 ounce
4 eggs	4
1 mL salt	1 teaspoon
0.5 mL pepper	½ teaspoon
0.5 mL nutmeg	¼ teaspoon
125 mL biscuit baking mix	½ cup
500 mL milk	2 cups

Generously grease 25 cm (10 inch) quiche pan or pie plate. Combine bacon, cheese, onion, and corn; spread in prepared pan. Place remaining ingredients in blender; blend at high speed for 1 minute. Pour over bacon mixture.

Bake at 180°C (350°F) oven for 50 to 55 minutes or until knife inserted near center comes out clean. Let set 5 minutes before serving.

Makes 6 servings.



**B.C. Egg
Marketing
Board**

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Abbotsford, B.C.
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NAME: _____

BLK: _____

NOTES ON PASTRY

Pastry is an example of a STIFF dough which may be divided into two classes:

- 1) PASTRY - used for pies, tarts etc.
- 2) PUFF PASTRY - used for patty shells, fancy pastries etc.

A. INGREDIENTS

- 1) FLOUR - provides the STRUCTURE of the pie crust
 - a) ALL-PURPOSE - produces a TENDER, FLAKY product
 - b) CAKE & PASTRY - produces a MORE TENDER product than all-purpose because it contains less GLUTEN
- 2) FAT - gives FLAKINESS and TENDERNESS to the crust. It tenderizes because it interferes with the GLUTEN development, it actually SHORTENS the gluten strands.
 - a) SHORTENING - vegetable source
 - b) LARD - fat from hogs
 - c) BUTTER - especially for puff pastry
- 3) SALT - provides flavor
- 4) WATER - necessary for GLUTEN to develop and give structure to the pastry.
Too much water makes pastry tough.

B. PIE PLATES

For well-baked, tender, browned undercrust select:

- 1) OVENPROOF GLASS eg. Pyrex, Corningware
- 2) ENAMEL
- 3) DULL METAL eg. Tin, non-shiny aluminum

These are best because they ABSORB the heat while shiny pans REFLECT the heat and result in an UNDERCOOKED bottom crust. Prick single shells generously with a fork before baking to prevent shrinkage (trapped air under the shell can escape).

E. PASTRY CHARACTERISTICS

- 1) APPEARANCE - golden brown, blistery surface, fits pan well
- 2) TENDERNESS - cuts easily with knife or fork, but holds shape
- 3) FLAKINESS - flakes layered throughout crust, crisp eating
- 4) FLAVOR - pleasant, bland flavor to enhance filling

SAUCE VINAIGRETTE

SAUCE VINAIGRETTE, the basic French salad dressing, is a simple combination of oil and vinegar flavored with salt and pepper and sometimes mustard and herbs. In France, it is usually made with wine vinegar, but other vinegars create different flavors, each of which has its distinctive appeal. The choice of oil also influences the flavor of the dressing. Although the traditional ratio of oil to vinegar is 3 to 1, the proportion is strictly a matter of taste, and can range from 4 to 1 to a mixture of 1 to 1. Experimentation is the only way to arrive at the perfect blend.

BASIC SAUCE VINAIGRETTE

Makes about ½ cup

- 1 small to medium garlic clove, peeled
- 1 teaspoon coarse salt
- ½ teaspoon freshly ground pepper (white preferred), or to taste
- ½ teaspoon dry mustard
- 1 teaspoon Dijon or Düsseldorf mustard
- 1 egg, beaten, or 2 tablespoons whipping cream (optional)*
- 2 tablespoons olive oil
- 2 tablespoons tarragon vinegar or wine vinegar
- 1 teaspoon fresh lemon juice
- ¼ cup vegetable oil (peanut, corn, safflower, etc.)

Cover cutting surface with a brown paper bag. Place garlic and salt on paper and mince together until they almost form a paste (brown paper absorbs some of the pungent oil, softening the strong garlic flavor). Transfer garlic and salt to mixing bowl. Add pepper, mustards, egg or cream (if desired) and olive oil. Stir vigorously with whisk or wooden spoon. Slowly add vinegar and lemon juice, stirring constantly. Continuing to stir, add vegetable oil drop by drop until all has been absorbed.

*A little egg or cream smooths dressing and keeps it from separating.

Vinegars

All vinegars have an alcohol base, the nature of which determines the character of the particular vinegar. In the fermentation process it becomes nonalcoholic.

Distilled. Fermented from grain alcohol, it has a strong, sharp aroma. Used primarily for cooking and pickling.

Cider. A base of hard apple cider gives it a full-bodied aroma with a hint of fruity flavor. Taste is sharp and color is golden.

Malt. Obtained through further fermenting of malt alcohol or beer. Pale to dark ginger in color, it has a distinctive flavor and light beer aroma. Popular in England with fish and chips.

Red Wine. The full-bodied flavor of the wine from which it is made comes through. Flavor and color vary greatly depending on the grape variety used, the degree of dilution, processing and aging. An excellent seasoning in salad dressings and for general cooking.

White Wine. Its light golden color, delicate aroma and subtle flavor make it an excellent choice for salads and cooking.

Herb or Seasoned. Herbs and spices create exotic variations on either red or white wine vinegar. Garlic, tarragon, cloves, mace, allspice, basil, thyme and rosemary are all excellent flavor additives. For an unusual twist, use raspberries, chili, horseradish or mint.

HERB VINEGAR

Makes 1 quart

- 1 tablespoon chopped fresh mint
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped shallot
- 1 tablespoon dried savory
- 1 tablespoon brown sugar
- 1 teaspoon salt
- 3 bay leaves
- ½ cinnamon stick
- ¼ teaspoon nutmeg
- 1 quart mild white distilled vinegar, heated to boiling

Combine herbs and seasonings in a large bottle or jar with tight-fitting lid. Pour vinegar over, cover and let stand 10 days, shaking once a day. Strain.

Oils

Olive Oil. The spectrum ranges from French with its pale gold color and delicate flavor to the deep gold, strongly olive-flavored Spanish oils. Italian and Greek varieties fall in between. Italian is the most commonly used because of its greater availability. No matter what its country of origin, virgin olive oil, or that obtained from the first pressing, has the richest flavor and fullest aroma. Buy olive oil in small quantities because it can become rancid with time. If the flavor of olive oil is too strong for your taste, it can be tempered with the addition of other vegetable oils.

Corn. Mild in flavor; excellent in salad dressings and for general cooking.

Safflower. Similar to corn oil in flavor and aroma, but lighter in color.

Peanut. Pale in color and almost flavor-

less, perfect when you do not want the taste of the food altered by oil.

frequently in oriental stir-fry cooking, also good in salad dressings.

Sesame. Because of its strong flavor, it must be used sparingly. Popular in oriental cooking as a seasoning.

Walnut. Delicious but expensive, gives vinaigrette a wonderful nutty flavor.

Salad. An all-encompassing term referring to a blend of mild-flavored oils.

VARIATIONS (all variations are for 1 cup Basic Sauce Vinaigrette)

Sauce Ravigote. Add 2 tablespoons finely chopped herbs (parsley or mixture of parsley, chives, tarragon and chervil), 1 teaspoon chopped onion and 1 teaspoon capers. Serve with beef, poached chicken or fish, or sliced tomatoes.

Vinaigrette à la Crème. Mix together 2 egg yolks and ½ cup whipping cream, sour cream or crème fraîche. Beat in vinaigrette in a slow stream. Stir in 2 tablespoons minced fresh herbs and season to taste with lemon juice. Serve with eggs, vegetables and fish.

Sauce Chiffonade. Add 1 finely chopped hard-cooked egg, 1 teaspoon minced onion, 1 teaspoon chopped green pepper. Mix well and refrigerate a few hours to blend flavors. Serve with food salads and cold vegetables.

Vinaigrette Marinade. Prepare Basic Vinaigrette with equal parts vinegar and oil. Mix in 1 tablespoon sweet pickle relish. Pour over crisply cooked drained vegetables such as mushrooms, cauliflower, green beans or artichoke hearts, and marinate overnight.

GREAT HINTS

- Prepare vinaigrette in bottom of salad bowl. Place clean, well-dried greens over dressing (only one or two leaves will touch dressing). Cover with plastic wrap and refrigerate. Salad will stay crisp and fresh for six hours or more. Toss just before serving.
- Be sure salad greens are perfectly dry or dressing will not cling to the leaves.
- If you prefer to have guests dress their own salads from separate cruets of vinegar and oil, be sure they pour vinegar over greens first, then the oil. If oil is added first it coats the greens, preventing vinegar from penetrating.
- Vinaigrette should come in contact with lettuce only at the last possible moment before serving. If it is being used to dress shredded cabbage or sliced tomatoes, it can be added up to 1 hour ahead of serving time. □

HOME ECONOMICS
International Foods 10

Name: _____

Blk: _____

QUESTIONS ON QUICHE & SALAD

References: Pastry, Quiche & Sauce Vinaigrette
Handouts

1. A quiche is a flavorful _____ baked in a _____.
2. Quiche originated in the French province of _____, hence the best known of these custards is _____.
3. The basic ingredients of the custard are:
a) _____ b) _____ c) _____
4. Quiche may be served for:
a) _____ b) _____ c) _____ d) _____
5. The traditional pan is a _____ usually with a removable _____.
6. To make flaky, tender pastry, four ingredients are required:

Ingredient

Function

- | | |
|----------|-------|
| a) _____ | _____ |
| b) _____ | _____ |
| c) _____ | _____ |
| d) _____ | _____ |
7. Three types of fat suitable for making pastry are:
a) _____ b) _____ c) _____
 8. Standard Pastry Method:
a) Stir together _____ and _____.
b) With a pastry blender cut in _____.
c) Particles should be the size of _____.
d) Add _____ gradually and stir gently with a _____.

9. When making a single pastry shell, why is the raw pastry pricked with a fork before baking?

10. Explain how to bake a single unfilled pastry shell so it won't shrink (in addition to pricking with a fork). This method is called "baking blind".

11. Explain how to test a baked custard filling for doneness.

12. Sauce vinaigrette, the basic French salad dressing, is a simple combination of

_____ and _____ flavored with _____ and _____
and sometimes _____ and _____.

13. The traditional ratio of oil to vinegar is _____ to _____.

14. Why may a little egg or cream be added to the dressing?

15. Name two vinegars that are the best choices for salad dressings.

a) _____ b) _____

16. Name three types of oils suitable for sauce vinaigrette.

a) _____ b) _____ c) _____

17. Why should salad greens be perfectly dry before adding dressing?

18. When should the sauce vinaigrette be added to the salad greens and why?

When? _____

Why? _____