



# Week Twenty

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## LOVE A QUICHE

A quiche is a perfect luncheon or supper dish served with a green salad & warm French stick. It also makes a good first course for dinner.

Miniature quiches make delicious hot hors d'oeuvres.

## BASIC QUICHE PASTRY

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*2 cups Plain flour*

*125 gm butter*

*1 egg yolk*

*½ tea spoon salt*

*1/3- ½ cup water*

*¼ tea spoon lemon juice*

Place flour, butter, salt into your food processor, and process until mixture is soft. Add egg yolk water and lemon juice process until it forms a ball. Roll out and place into your flan dish. This mixture will fit 1 large and 1 small quiche flan.

Add your favourite filling and bake at 180 for 30 minutes.

## QUICHE LORRAINE

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*from CWA of Country Treasures*

*4 rashers bacon*

*3 eggs beaten*

*Salt and pepper*

*1 cup grated cheese*

*1 cup cream ½ cup milk*

Mix eggs, cream and milk salt & pepper. Place bacon & cheese, into the quiche pastry, add eggs, cream, milk. Sprinkle with parsley or sliced tomato and bake at 180 for 30 minutes.



# Week Twenty One

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## ASPARAGUS QUICHE

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Filling: 1 onion cooked. Blend or process 3 eggs, 1 cup tasty cheese ¼ cup grated parmesan cheese 1 tablespoon S.R flour, ¾ cup cream, 1/3 cup milk salt /pepper.

Pour slowly into quiche flan. Top with 2 can Asparagus spears(drained). Bake in mod oven for 35 or 45 minutes.

## SALMON /SEAFOOD QUICHE

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Fry 1 onion in butter until soft, place onto quiche pastry. Add salmon or salmon/prawns, ½ cup grated tasty cheese. Process 3 eggs, ¾ cup cream, ¾ cup milk, parsley salt/ pepper.

Pour slowly onto salmon/ seafood and bake mod oven 180 for 35 minutes.

## MINIATURE QUICHES

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Cut frozen pastry rounds and place into your greased muffin tins. Add your quiche filling and bake at 180 for 25 /30 minutes.