

## Quiche

### *Basic Custard*

Ingredients	1# 3 oz
Whole eggs	3 each (6 oz)
Heavy Cream	6 ½ oz
Milk	6 ½ oz
Salt	½ teaspoon
Pepper	½ teaspoon

1. Wash and sanitize utensils and preparation area.
2. Assemble ingredients and equipment.
3. Whisk together all of the ingredients until the mixture is a fluid even mixture.
4. Prepare an unbaked crust (basic pie dough). Layer shredded cheese along the bottom of the crust to help keep the crust from getting soggy. Add in the remaining vegetables and fillings.
5. Pour in the custard all the way to the top of the crust.
6. Bake at 350 degrees until the eggs have just set and are still slightly jiggly (about 25-30 minutes).
7. Remove from oven and cool completely on a wire cooling rack. If desired, while still hot, sprinkle on additional shredded cheese. Before serving, sprinkle on chopped parsley.
8. Quiche will keep packaged and refrigerated for 5 days.

### *Variations*

#### Spinach, Garlic, and Mushroom

Fresh Baby Spinach	2 cups
Fresh Baby Bella Mushrooms	3 ounces
Roasted Garlic	4 cloves
Shredded Swiss Cheese	¾ cup

#### Roasted Red Pepper, Garlic, and Sausage

Roasted Red Pepper, peeled, seeded, and sliced	1 each
Roasted Garlic	4 cloves
Onion, diced	½ onion
Spicy Sausage	8 ounces
Shredded Colby Jack Cheese	¾ cup

1. Brown the sausage then add the onion. Allow the excess grease to drain onto a paper towel and allow the sausage to cool completely before using.