

QUICHE LORRAINE

Ingredients:

1 pre-made pastry shell
6-8 slices of bacon
5 eggs
1 cup of heavy cream
1/2 tsp. salt
1/4 tsp. pepper
1 pinch nutmeg
2 Tbsp. butter

Bake the pastry shell halfway (8 min. in a 350-degree oven), filling it with weights (rice, beans, etc.) or another pie plate to prevent it from shrinking. Cook the bacon and discard the fat. Cut or break it into pieces. Mix the eggs and cream, and salt and pepper to taste. Spread the bacon over the bottom of the pastry shell. Pour the eggs and cream over it. Sprinkle lightly with nutmeg and dot with pats of butter. Bake the quiche in a 375-400 degree oven for 40 min. Serves 6-8.

Variation: To make a cheese quiche, substitute 8-10 oz. of grated cheese for the bacon.¹

ACTIVITIES

1. Research French regional cuisines and the typical ingredients used. Invent a *quiche* from Brittany...from Provence...from the Basque country...from Anjou.
2. Think about vegetables which are in season. Invent a quiche for spring...summer...fall...winter.
3. What other eggs could be used instead of chicken eggs?
4. What is the difference between an *omelette* and a *quiche*?
5. Imagine 5 different kinds of *quiche*, make them and have a tasting.

Notes:

¹ A quiche can be prepared ahead of time and reheated at the last minute. In this case, use a very dry cheese like Parmesan, which will not become rubbery with reheating. Otherwise choose *emmental* or *gruyère*.