

## CREATIVE QUICHE WITH FLAKY PASTRY

### Pastry

250 ml	flour
100 ml	Crisco
30 ml	cold water
5 ml	vinegar
25 ml	beaten egg (1/2 and egg)
2 ml	salt

### Filling

2	large eggs
60 ml	whole milk
60 ml	light cream
1 slices	ham
50 ml	mozza or swiss cheese
50 ml	cheddar cheese
1/8	green pepper, diced small
50 ml	onion or green onion diced

Use a pinch ( an amount that can be held between your thumb and 2nd finger!) of any of the following seasonings: seasoned salt, parsley, basil, cayenne pepper, garlic powder, black pepper or nutme

Oven temp: 450 F for crust for 5 mins  
400 F for quiche for 20 mins

### **Method:**

1. In a medium bowl measure out the flour and salt. Using a pastry blender cut the Crisco into the flour until it is the size of green peas. In a glass liquid measure mix together the water, egg and vinegar.
2. Using a fork, add the liquid to the dry ingredients slowly until the flour just holds together in a ball. Use your hands to knead it a few times until it's smooth. Wrap it in saran wrap and put it in the freezer until your filling mixture is ready.
3. In a small bowl whisk together the egg, milk, cream and spices. Chop up the onions, ham and green pepper. You can either add them to the egg mixture as they are or you can choose to saute them first with a little oil.
4. Mix the two amounts of grated cheese together. Stir 3/4 of the cheese into the egg mixture and save the rest of the cheese for later.

5. Take out the dough from the freezer and divide it into two equal pieces. Roll out each piece into a circle that is 1 - 2 " larger than the small foil pie plate. Fold in half and lay in the plate and mold to the shape of the plate. Crimp the edges and bake for 5 min and remove from oven. Reduce heat to 400 F.\*\*\*\*
6. Divide the egg mixture evenly between the two pastry crusts and then sprinkle the leftover cheese on top. Garnish with a sprinkle of parsley and paprika if desired.
7. Bake on the middle rack of the oven for 20 min or till the pastry is lightly golden brown and a knife put into the center of the quiche comes out clean. Allow the quiche to cool for 10 mins to allow the egg to set before eating.