

Quiche Lorraine

Adapted from a recipe I found on the internet



A luscious, rich traditional bacon quiche

2 Short Crust (Press-In) Tart Shell

12 ounces bacon

8 ounces Emmental cheese, grated

5 ounces Gouda cheese, grated

3 ounces Parmesan cheese, grated

2 cups heavy cream

4 whole eggs

1/2 cup white onion, minced

1 clove garlic, minced

1/2 teaspoon white pepper

1/2 teaspoon paprika

1 teaspoon salt

1/4 cup Italian parsley, minced

Serving Ideas: Serve with a simple salad served with a very simple vinaigrette dressing.

Carolyn T's Blog - Tasting Spoons:

<http://tastingspoons.com>

Servings: 16

You can use your own choice of cheeses, but you need to have at least half of it a sharp Swiss (imported) type, like an Emmental or Gruyere. Then use some other medium bodied cheese to make up the one pound of cheese called for. Do NOT use any of the Parmesan cheese out of a can. Use the real stuff. You can prepare all of the different parts of this the day or night before, then assemble it just before putting in the oven. I use the fluted sided tart pan about 1 inch high, and because I don't have two of the same size, I make one larger and one smaller.

1. Prepare the short crust tart shells (not using the lemon zest and adding very little sugar) and press into two tart pans with removable bottoms. Bake as recipe indicates. Allow pie shells to cool before proceeding.
2. Fry bacon pieces until just crispy done, drain on paper towels, then mince into small pieces. Pour off most of the bacon grease, then sauté the onion in the bacon fat until just translucent. Remove and set aside.
3. Preheat oven to 400°. Have all ingredients prepared ahead (grate the cheese, mince the parsley, etc.) before starting to fill the shells, as you do not want the liquid portion to sit very long in the shell.
4. Mix all the cheeses together and sprinkle in the pie shells. Gently press down so cheese is compacted. Sprinkle top with the grated, cooked onion, and the bacon. Press down. In a large bowl combine the eggs, whip them some, then add the cream, garlic, white pepper, paprika, and salt. Gently pour the cream mixture into the pie shells. Fill until the cream mixture comes just barely below the top of the pastry crust. Sprinkle the top with the reserved Italian parsley.
5. Carefully place the quiches in the oven and bake for 15 minutes, then reduce the oven temperature to 325° and bake another 20-25 minutes, until the top of the quiche is golden brown. Remove from the oven and place on a cooling rack. Allow to cool about 10 minutes, or can be served at room temperature. Remove outside rims before placing on a serving platter or pedestal cake plate.

Yield: 16 pieces

Per Serving (excluding unknown items): 560 Calories; 45g Fat (72.6% calories from fat); 19g Protein; 19g Carbohydrate; 1g Dietary Fiber; 178mg Cholesterol; 729mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 7 1/2 Fat; 0 Other Carbohydrates.

Short Crust (Press-In) Tart Shell

Joanne Weir, from one of her cookbooks



Buttery, rich, easy press-in pastry crust.

1 1/4 cups all-purpose flour

1 tablespoon sugar

1 pinch salt

1 teaspoon grated lemon zest

10 tablespoons unsalted butter

Servings: 8

Preparation Time: 10 minutes

This is oh-so-good, and easy. I may never make a traditional pie crust again! This is a very rich, tender and crumbly pastry. It doesn't act like a traditional piecrust. If using this for a savory filling (like quiche), add only about 1 tsp. of sugar, and eliminate the lemon zest.

Warm butter at room temperature for a maximum of 15 minutes before proceeding.

In a food processor fit with a metal blade, mix the flour, sugar and salt with a few pulses. Add lemon zest and butter and pulse until mixture resembles cornmeal. Add about 2 tsp. of water, or up to a maximum of 1 T., just until the dough holds together into a ball. Remove from the processor, flatten into a 6-inch disc and wrap in plastic. Refrigerate 30 minutes or up to 24 hours.

2 teaspoons water

Brunch/Breakfast, Desserts

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Remove pastry from refrigerator and allow to sit out (covered) for about 15-20 minutes before proceeding. Have ready a 9-inch tart shell with removable bottom. Take a small piece of pastry, about 1 inch by 3 inches and press it into the side evenly. Continue adding more pieces until you have a solid edge. If the dough is too stiff, press it between your palms to warm it slightly, then make into a kind of rope and press into side of tart shell. Take remaining pastry and press in pieces into bottom of pan and pat out so the pastry is mostly even. Do your best to press the corners so that right angle doesn't become too deep with dough. Set the shell in the freezer for 30 minutes before baking. Use this time to preheat the oven to 400°.

Line the pastry with parchment paper and scatter dry beans or pie weights into the parchment. Make sure the beans reach up close to the edges. Bake until the top edges are very lightly golden, about 10-15 minutes. Remove the parchment and weights, reduce oven temperature to 375° and continue to bake until the shell is golden brown, another 15-20 minutes.

Per Serving (excluding unknown items): 204 Calories; 15g Fat (63.7% calories from fat); 2g Protein; 16g Carbohydrate; 1g Dietary Fiber; 39mg Cholesterol; 19mg Sodium. Exchanges: 1 Grain(Starch); 3 Fat; 0 Other Carbohydrates.