

YOUR BASIC QUICHE



INGREDIENTS

- 1 deep dish pie dough round (pre-made is fine, skip if making crustless, obv.)
- 3 whole eggs, 2 egg yolks (4 whole eggs, 2 egg yolks for crustless version)
- 1 small container of greek yogurt (6 - 8oz)
- 1 cup of milk
- salt and pepper
- Stuff (3 oz of cheese and 1 oz of meat or some variation thereof)

DIRECTIONS

Preheat your oven to 375' (350' if you're making the crustless version and skip the rest of this section). Put the pie dough in your deep dish pan and prick the bottom a few times with some fork tines. This keeps the bottom from poofing up too badly. Once the oven is preheated, put the dish in for 5-10 minutes. Not too much longer

or the crust will start to shrink down the sides of the pan and you'll have less room for your filling.

While the crust is par-baking, beat together your eggs with the yogurt and milk. If you want a tall fluffy quiche, you can beat all your egg whites into a meringue-like stiffness and then carefully add your yolks and dairy. It'll still taste great if you just beat all the whites and yolks together - it'll just be flatter. If you are using cheese, grate it or crumble it into the egg/dairy mixture and mix it up. I find that just putting the cheese in the bottom of the pan makes it kind of stay towards the bottom in a thick layer. Add a little salt and pepper if you think it needs it.

Pull your crust back out of the oven, place your other "stuff" in the bottom of the pan (if using things with a lot of water like spinach or mushrooms, make sure you've squeezed out as much moisture as possible before putting it in), dump the egg/dairy mixture on top, and put the pie back in the oven. If you're making the crustless version, just pour all your ingredients into your pie pan. Set your timer for 45 minutes and sit back and watch your favorite TV show.

The quiche is ready when it's golden brown on top and doesn't jiggle in the pan. I'd recommend letting it sit for 10-15 minutes before cutting and serving to give it a chance to cool and set.

NOTES

I enjoy serving mine with a simple salad with a red wine vinaigrette; the vinegar provides a nice balance with the eggy cheesy pie. Quiche also reheats great in the microwave for the next day.

A single pie will serve four people as a main meal, quarter pie each. One hour, start to finish with minimal ingredients and no advanced culinary degrees required. Make one or two or three and impress your friends with your cheese pie spelled with a “qu”.

I use Greek yogurt because regular yogurt has too much liquid. If you don't have yogurt, you can substitute it with a cup of cream or half-and-half.

My basic is a quiche lorraine – swiss cheese, sauteed onions, and ham (or bacon). But I've made quiches with goat cheese and spinach, cheddar cheese with salsa, shrimp and scallops, blue cheese and chicken... the options are as endless as your imagination.

Due to some unfortunate culinary choices, I ruined the crust of my last quiche and discovered that this recipe works just fine for a keto-friendly crustless quiche with only some small alterations which are called out in the recipe.