

This is a recipe I put together after testing lots of different recipes. I didn't invent the recipe, but it is combination of lots of things I tried...

(2 pages)

QUICHE

The Crust -

1 Cup Flour

1/2 Teaspoon Salt (very important)

1/4 Cup Light Olive Oil (you can use any olive oil, but I like a flakier crust so I use a very light olive oil. Don't fill it all the way to the top of the cup if you use a heavy oil)

1/4 Cup Ice Water (I put an ice cube in a cup of water, before I start, so I will have very cold water to work with)

Pre-heat oven to 450°F

Beat oil and water together, pour in flour and salt, mix with fork. When crumbly combined, use hands to finish combining and pat together. Do not knead. Do not roll out onto floured surface.

Press into 9" pie plate with fingers (do not oil pie plate). I like to use glass. Cover crust with foil and bake in a preheated 450°F oven for 5 minutes. Then remove the foil and bake for another 5 minutes. Remove from oven.

Reduce oven temperature to 325°F and get ready to pour mixture into crust...

The Egg Mixture:

3 Eggs

1 Cup Buttermilk

1 Cup shredded Cheese (I use Jarlsberg Swiss - you can use cheddar or whatever you like)

A dash of freshly ground pepper (or regular)

1 cup and a half of cooked veggie filling (Make the filling to your liking. Use any meats (ham, turkey) and or veggies you desire. But cook them and season them before you add them to the egg mixture. I use a bit more filling than a cup and half, and it works lovely.)

Make sure you turned your oven down to 325' F after you cooked the crust -

Into a bowl go your eggs (not beaten), buttermilk, pepper, and cheese. Then mix with a fork until egg is fully combined. Right before your mixture is set to go into your crust, pour in your pre-cooked veggie filling and combine into egg mixture- don't do it sooner, or you will cook your egg too soon, if the veggies are still hot/warm.

Pour mixture into crust. Bake for 40-45 minutes. When you take it out, set the timer for another 10 minutes, while the quiche cools. When the timer rings, you are ready to eat!!

Tips (from my mistakes):

-Make sure you put the salt in your crust. No salt in crust is yucky yuck!

-Make sure you don't brown your crust during the second 5 minute bake.

- If you are using a heavy olive oil for your crust, use a scant cup, don't fill the 1/4 cup to the top. I don't like an oily crust myself. I like it flakey. The heavier the oil, the less flakey the crust.

- Most important!! Make sure you turn down the temperature of your oven to 325' after you bake the crust!!

Good luck! ;) ;) ;) *Vanessa*