

A Riot of Quiche

A school of fish. A pod of dolphins. A parade of elephants. A pride of lions. A riot of quiche. In our household the quiche has become a go-to family dinner: endlessly adaptable, absurdly quick to whip up (if you have a store-bought pie crust on hand or have planned ahead to make your own ahead of time), and perfect for leftovers as breakfast, lunch, or dinner. The recipe below makes enough filling for two 9-inch store-bought crusts or one giant home-made deep-dish pie. I offer six versions of fillings, sized to make a single quiche.



Ingredients (liquid):

8 eggs
2 C milk (or cream, or a mix of the two but whole milk at a minimum)
1 C ricotta
1 C grated parmesan, shredded cheddar, or any mix of cheeses
2 t salt
Pepper or other spice to taste

Directions:

Prepare the add-ins and the filling while the oven pre-heats. Put the add-ins in the crust and pour liquid filling over the top, adding any shredded or hard cheese last. Bake at 400 for 30-50 minutes (depending on size of quiche) on a cookie sheet to catch any leaks or overflow. Plan to wait a half an hour for your quiche to set before you serve... in fact, it's best to make the quiche a few hours in advance and re-heat before dinner if you're particularly keen on "high-integrity" baking.

Add-ins

“The Walker”

1 package (10 oz) frozen spinach, defrosted and drained of any excess liquid. (Fresh spinach cooks down so much, this actually works better with frozen).

1 large onion, caramelized

Cook onions in a heavy skillet with a little oil until caramelized. Add spinach and sauté for a few minutes until liquid has evaporated. Cool slightly and add to quiche. The only way to improve

“The Walker” is to add bacon.

“The Alden”

2 C broccoli florettes

1 C mixed corn and peas (frozen is fine, but thaw and drain before use)

Steam broccoli al dente before adding to quiche; corn and peas go in uncooked. As with “The Walker,” some might endorse the addition of bacon.

“The Grayson”

1 bunch Kale & Chard mix

1 Chorizo sausage, cooked and chopped

1 onion

Sauté onion (use the same pan and cook the sausage at the same time if using uncooked sausage); sauté kale and chard in separate pan, adding chopped chard stems if using and then the greens. Add to quiche.

“The Professor”

2 C leeks

2 C mushrooms, mixed choice

Chop and wash all leeks like they have the devil’s own amount of dirt in them. Mushrooms only slightly less so. Sauté leeks and mushrooms separately, the former in oil until reduced and soft, the latter in butter and a dash or two of white wine. When you think both are cooked, hit them with heat again and cook them some more. Cool a little and add to quiche.

“Rites of spring”

2 C fiddle head ferns

1 C crumbled goat cheese

Gather fiddle head ferns. Sauté in white wine and butter and add to quiche. Sprinkle goat cheese on top before baking.

“What’s the Italian word for quiche?”

1 red bell pepper

1 green bell pepper

1 large onion

1 Italian sausage (spicy or sweet)

1 clove garlic

Sauté the above in a heavy skillet until all the bits are done, starting with the onion and the sausage (if working with raw), then adding the peppers and the garlic.