

QUICHE A LA THE FLOCKERS

With the exception of the eggs and liquid, ALL ingredients are OPTIONAL and INTERCHANGEABLE with a similar ingredient. Personally, I find that the onions are critical to the flavor, but that's just me.

INGREDIENTS

8-9 laid-in-your-own-backyard eggs	salt & pepper
1 cup half & half or cream	1 pie crust (I used a store-bought, refrigerated crust because I'm lazy and they're good!)
1/4 cup sautéed onions (*or 2 onion cubes, see below for prep shortcut)	
1-2 cups shredded cheese(s): cheddar, Swiss, provolone, Parmesan, jack- the more types, the better	
Choice of chopped meats: bacon, breakfast sausage, Italian sausage, salami, ham, etc.	
1/3 cup frozen, uncooked spinach	

LET'S MAKE IT!

Hand-gather your farm-freshies. Don't have any?! Bummer. Get some backyard chickens ASAP!

Preheat oven to 375°F

Crack your lovingly laid gems into a bowl. Marvel at their spectacular color and size. Apologize to them for what you are about to do to them (beating, that is).

Add liquid to eggs (light cream or half and half) and beat until mixed well.

Line your pie pan with your crust and line edges with a pie crust shield or aluminum foil. (this will protect the edges of the crust from burning).

Place pie pan on a sturdy cookie sheet, which makes handling the quiche easier and safer. Line the bottom of the pie crust with aluminum foil. Add pie weights or uncooked rice or uncooked beans (this keeps the crust from bubbling).

Place pie crust in oven for 10-11 minutes

Remove from oven and let cool while mixing the quiche ingredients

When cool, remove pie weights and foil liner (rice and/or beans cannot be eaten BUT can be reused as pie weights forever more)

Replace the pie shield/foil on crust edges only, being careful not to let the eggs touch the foil, if possible.

Add all remaining ingredients to your eggs (I used crumbled bacon, Swiss, cheddar and Parmesan cheeses and fresh chives in this one).

Pour into par-baked pie crust, (remember to add the pie shield/tin foil to edges) Bake for 45-55 minutes or until eggs are set and top is golden brown. While it bakes, go thank the Flockers for all their hard work on your behalf

Baked quiche can be served immediately or cooled and refrigerated (covered) for re-heating later OR served room temperature.

FROZEN ONION CUBES

LET'S MAKE IT!

Use as many sweet onions as you like. I usually make 6-8 at a time.

In a heavy-bottomed pot, add 3-4 tablespoons of olive oil. Dice up 6 sweet onions (I prefer Vidalia when they're in season) and sauté on medium heat until translucent. Remove from heat and allow to cool.

When cool, portion onions into ice cube trays and cover with plastic wrap. Place in freezer until hardened. Pop out into a zip top bag and store until ready to use.

When ready to use onions, place in a microwave safe dish and zap on high for about one minute.

Voila! Instant onions. And no, they won't make your freezer or ice cube trays stinky.