



isa's crustless quiche (master recipe)

recipe: Isabelle Lecroart

Yields one 9-inch quiche.

- 3 eggs
- 1 1/2 cups milk
- 3/4 cup all-purpose flour
- pinch salt
- black pepper to taste
- 1 cup cheese of your choice (cheddar, swiss, gruyère, blue cheese)
- 1 to 1 1/2 cups diced vegetables or other add-in of choice (mushrooms, pepper, onion, ham)

Mise en place - begin by getting organized. Read through the entire recipe before beginning. Measure out all of your ingredients. This recipe is endlessly adaptable - use your favourite cheese and add-ins of your choice!

Preheat oven to 350°F. Grease a 9-inch quiche, pie plate or baking pan.

In a large bowl, beat the eggs lightly with a whisk, ensuring that the yolks and whites are well combined. Add the milk and whisk well to combine. Whisk in the salt and pepper, and then the flour (a little at a time), until no lumps remain.

Stir in the cheese, diced vegetables and/or other add-ins.

Pour into prepared pan and bake for 40-45 minutes. The quiche is done when golden on the edges (and slightly golden on top), firm, and the centre is set/not wet. The quiche will rise a little during baking, and settle a little as it cools.

Allow to cool for about 5 minutes and serve warm.