



lobster, bacon and gruyère crustless quiche

Yields one 9-inch quiche.

- 4 strips bacon
- 1/2 cup diced shallot
- 3 eggs
- 1 1/2 cups milk
- 3/4 cup all-purpose flour
- 1/8 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup grated gruyère
- 1 1/2 cup chopped, cooked lobster

Mise en place - begin by getting organized. Read through the entire recipe before beginning. Measure out all of your ingredients.

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

Place bacon in a skillet and cook until crisp over medium-low to medium heat. Remove the bacon, and allow drain on paper towel. Once cool enough to handle, dice or crumble the bacon into small pieces and set aside.

Drain the fat from the skillet and then cook the diced shallot in the same pan for 1-2 minutes - to soften slightly. Remove from pan and set aside.

In a large bowl, beat eggs lightly with 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, lobster, bacon and shallot.

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.