

Real Man's Quiche

Ingredients

1 pie crust

For Custard:

4 eggs

1 1/2 cup milk

1/2 tsp salt

Dash cayenne pepper

For Filling:

8 oz grated Swiss cheese

2 Tbsp flour

1/2 cup meat or vegetable or combination of your choice, such as 1/4 cup ham & 1/4 cup sautéed onion

Directions

Preheat oven to 350 degrees . Combine eggs, milk, salt and cayenne and beat until frothy. Combine cheese and fillings in a big zip lock bag. Add flour and shake to coat ingredients; this helps the filling to not all clump together.

Put the pie shell in a deep dish pie pan. Put filling ingredients in the pie shell. Pour the custard ingredients over the filling. Place pie pan on a cookie sheet in the oven.

Bake 60 minutes or until knife inserted in the middle comes out clean. Let quiche stand 10 minutes before serving.

Submitted by: Cecilia Green



The “real men” in this pic enjoy food, drink and comradery at Bartlett Tavern in the 1960s.

“Real men do eat quiche — I got this recipe from a man who has been my daughter’s friend since high school. Everyone in the family uses it.”