

# The DISH



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I am definitely questioning myself as to why I've never tackled making quiche before now. I just returned from a super fun, warm, sunny trip to Florida with my two girls, where we spent time with my aunt, Carol. One of the mornings we woke up to some delicious smells coming from her kitchen and she had made us sausage quiche. So, thanks to my aunt for giving me a column idea and new recipes to make. And, with Easter approaching, you can be sure I'll be trying some of these recipes!

## Sausage Quiche

- 9-inch unbaked, deep dish, frozen pie crust
- 8 oz. mild or spicy breakfast sausage
- 2 cups shredded sharp cheddar cheese, divided
- 1 cup half-and-half
- 6 large eggs
- 1 tsp. garlic salt
- 1 tsp. freshly ground black pepper
- ½ tsp. ground mustard
- Few dashes hot sauce, opt.

Preheat the oven to 350 degrees. Place pie shell on cookie sheet. Set aside.

In a non-stick skillet over medium high heat, cook the sausage until no pink remains. Drain excess fat from pan.

Spread half sausage mixture in pie shell and sprinkle with half cheese. Spread remaining sausage over cheese.

In a medium size mixing bowl, whisk together the half-and-half, eggs, salt, pepper and mustard. Add a few dashes of hot sauce, if desired.

Pour evenly over sausage. Sprinkle with remaining cheese. Place into oven and bake for 45-50 minutes or until the center is set when gently shaken. Check at 30 minutes and lay a piece of aluminum foil on top to prevent over browning if needed. Allow to rest for 30 minutes. Serve warm.

Servings: 8

## Ham & Cheese Quiche

- 1 pie crust, unbaked
- 1 cup chopped ham
- ½ cup cheddar cheese, shredded
- ½ cup mozzarella cheese, shredded
- ¼ cup Parmesan cheese, grated
- 1 cup milk
- 4 eggs, slightly beaten
- ½ tsp. garlic salt
- ¼ tsp. pepper

Preheat oven to 350 degrees.

Use a shallow sided 9-inch

glass pie plate. Place the pie crust dough in the dish and crimp the edges. (I like to double fold the edges then crimp them.) Pre-bake for 10-12 minutes. Allow the crust to cool slightly before adding the ham and cheese.

In a medium mixing bowl, add the milk, eggs, salt and pepper. Mix and then pour in the crust over the ham and cheese. Bake for 45-50 minutes or until an inserted knife comes out clean. Allow to set for 5-10 minutes before serving.

Servings: 8

## Cheesy Sausage Quiche

- 9-inch dish pie shell
- ½ lb. pork sausage
- 4 oz. can chopped green chilis, drained
- ¼ cup onion, chopped
- ¼ cup green pepper, chopped
- 1 Tbsp. salsa
- ½ tsp. minced garlic
- 1½ cups shredded cheese (Mexican cheese)
- 4 eggs
- ½ cup sour cream
- ½ cup milk
- ¼ tsp. black pepper
- Salt to taste

In a skillet, fry the sausage and drain. Put the sausage in the bottom of the pie shell. In a mixing bowl, mix together the green chilis, onion, green pepper, garlic and salsa. Spread over sausage. Sprinkle the cheese on next.

In the same bowl, whisk together the milk, sour cream, eggs, salt and pepper. Pour over the cheese evenly. Bake in preheated 350 degree oven 45-50 minutes until center of pie is done. Sprinkle extra cheese on top of hot pie if you want. Let cool before cutting.

Servings: 8

## Hash Brown-crust Quiche with Sausage

- 4 Tbsp. butter, melted
- Salt and pepper
- 8 oz. seasoned Italian ground pork sausage
- 6 large eggs

- ¼ cup heavy cream
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey jack cheese
- 2 whole scallions, finely chopped

Preheat oven to 375 degrees. Coat a 9-inch pie plate with non-stick cooking spray.

In a large bowl, gently toss the hash browns with the butter to coat. Season with salt and pepper. Press the hash browns into the bottom and up the sides of the plate to form a crust. Bake for approximately 25-30 minutes or until golden brown.

In the meantime, sauté the ground sausage in a skillet over medium-high heat, breaking it up with a wooden spoon until no pink remains, about 5 minutes. Set aside to cool.

In the large bowl you used for the hash browns, whisk together the eggs, cream, cheeses and scallions. Season with a dash of salt and pepper. Add in the cooked sausage crumbles. Mix to combine.

Pour mixture on top of the hash brown crust. Bake for approximately 30 minutes or until set. Let cool slightly, cut into wedges and serve.

Servings: 8

## Western Omelet Quiche

- 9-inch deep dish pie shell
- 4 green onions, thinly sliced
- 1/3 cup chopped green bell pepper
- 1/3 cup chopped red bell pepper
- 2 Tbsp. butter
- 4 oz. smoked ham, chopped and divided
- 1½ cup colby jack or cheddar cheese, divided
- 1 cup heavy cream
- 6 large eggs
- 1 tsp. garlic salt
- ½ tsp. black pepper
- ½ tsp. onion powder
- ¼ tsp. ground mustard

Preheat the oven to 375 degrees. Prick the bottom of a frozen pie shell using a fork. Bake for 5 minutes. Set aside.

In a small skillet, melt the butter. Cook the sliced green onions, green pepper and red pepper until softened, around 2-3 minutes.

Layer half of the ham and half of the shredded cheese on the bottom of the par-baked pie shell.

Whisk together the heavy cream, eggs and seasonings until fully combined. Add the cooked vegetables to the custard. Pour half over the first layer of ham and cheese then repeat ham, cheese and custard.

Place onto a baking sheet and place into the oven. Bake for 10 minutes. Lower the oven temperature to 350 degrees and continue to cook for an additional 30-40 minutes. Rest on a cooling rack for at least 30 minutes before serving.

Servings: 8

## Spinach Mushroom Quiche

- 1 pie crust, unbaked
- 1 Tbsp. butter
- 1½ cups freshly-sliced crimini mushrooms
- 1 cup roughly-chopped fresh spinach
- ¾ cup chopped onion
- 3 large eggs, room temperature
- 1 egg yolk, room temperature
- ¾ cup milk
- ½ cup heavy cream
- ½ tsp. salt
- ½ tsp. pepper
- Dash cayenne, opt.
- 1 cup shredded Gruyère cheese

Press pie dough into a 9-inch quiche dish with a rim height of 1¼ inches. Press the dough all the way up the sides. Place pie pan in the refrigerator to chill until firm, about 40 minutes. Transfer pie pan to the freezer until very cold, about 20 minutes.

While the pie pan is in the freezer, preheat your oven to 375 degrees. Remove pan from the freezer and double line it with aluminum foil. Place pie weights on top of the foil. Bake for 30 to 35 minutes or until light golden in color. Transfer to a wire rack to cool. Keep oven on and prepare filling.

**Quiche Filling:** In a skillet, melt butter over medium heat. Cook onion and mushrooms until tender, about 5 minutes. Add spinach and cook just until wilted. Remove from heat.

In a large bowl, vigorously whisk eggs and egg yolk. Add milk, heavy cream, salt, pepper, cayenne and whisk until combined. Stir in cooked vegetables and Gruyere cheese.

Transfer filling to partially-baked crust. Bake quiche at 375 degrees for 40 minutes or until a knife inserted in the center comes out clean and the center barely jiggles when gently shaken. Allow the quiche to sit for 10 minutes before cutting and serving.

**Notes:** Frozen spinach may be used as a substitute. Defrost the spinach and ring it completely dry otherwise your quiche will be watery. Add it to the mixing bowl with the filling ingredients and stir until incorporated.

Servings: 8