

Procedure for Poaching Eggs

1. Collect equipment and food items.
2. Use the freshest Grade AA eggs whenever possible for best results. These maintain their shape best because the yolks and whites are firm.
3. If eggs are not very fresh, add 1 teaspoon salt and 1 tablespoon distilled vinegar per quart of water (5 mL salt and 15 mL vinegar per L). The vinegar helps coagulate the egg white faster so it keeps a better shape.
Vinegar is not necessary if very fresh eggs are used. Omit in this case because whites will be tougher and not as shiny if cooked with vinegar.
4. Bring water to a simmer.
If water is boiling, eggs will toughen and may be broken up by the agitation.
If water is not hot enough, eggs will not cook quickly enough and will spread.
5. Break eggs, one at a time, into a dish or a small plate and slide into the simmering water. Eggs will hold their shape better if they slide in against the edge of the pan.
6. Simmer 3 to 5 minutes, until whites are coagulated but yolks are still soft.
7. Remove eggs from pan with slotted spoon or skimmer.
8. To serve immediately, drain very well. For better appearance, trim ragged edges.
9. To hold for later service, plunge immediately into ice water to stop the cooking. At service time, reheat briefly in hot water.



Eggs Benedict

YIELD: 1 PORTION (SEE NOTE)

U.S.	METRIC	INGREDIENTS
½	½	English muffin
as needed	as needed	Butter
1	1	Egg, fresh Grade AA
1 slice	1 slice	Canadian bacon or ham, cooked (about 2 oz/60 g)
1½ fl oz	50 mL	Hollandaise Sauce (p. 196)

PROCEDURE

1. Toast the muffin half. Spread it with butter and place on a serving plate.
2. Poach the egg according to the basic procedure given in this section.
3. While the egg is poaching, heat the Canadian bacon or ham for 1 minute on a hot griddle or in a sauté pan. Place the meat on the toasted muffin.
4. Drain the poached egg well and place it on the Canadian bacon.
5. Ladle hollandaise over the top. Serve immediately.

Per serving: Calories, 660; Protein, 19 g; Fat, 58 g (79% cal.); Cholesterol, 480 mg; Carbohydrates, 15 g; Fiber, 1 g; Sodium, 1260 mg.

Note: To prepare Eggs Benedict in quantity, the eggs may be poached ahead of time, cooled in ice water, and refrigerated. At service time, reheat the eggs in simmering water 30–60 seconds. Drain, plate, and serve.

VARIATIONS

Eggs Florentine

Instead of the muffin and bacon, place the egg on a bed of hot, buttered cooked spinach (about 2 oz/60 g). Cover with Mornay sauce instead of hollandaise. Optional: Sprinkle with parmesan cheese and brown under the salamander or broiler.

Eggs Bombay

Instead of the muffin and bacon, place the egg on a bed of hot rice pilaf (about 2 oz/60 g). Cover with curry sauce instead of hollandaise.

Frying

Fried eggs are an especially popular breakfast preparation. They should always be cooked to order and served immediately. For best quality, observe each step in the following procedure.

The choice of cooking fat is a matter of taste and budget. Butter has the best flavor, but margarine or oil may be used. Use bacon fat only if that flavor is desired by the customer.

Procedure for Frying Eggs to Order

1. Collect all equipment and food items.

Eggs may be fried in small, individual sauté pans (omelet pans) or on the griddle. Griddled eggs are not as attractive because they tend to spread more. See page 821 for the procedure for conditioning sauté pans to avoid sticking.

2. Select very fresh Grade AA eggs for best results.

3. Add about $\frac{1}{8}$ inch (2 mm) fat to the sauté pan and set it over moderate heat, or preheat the griddle to 325°F (165°C) and ladle on a small quantity of fat. Too much fat will make the eggs greasy. Not enough will cause them to stick, unless a pan with a nonstick coating is used.

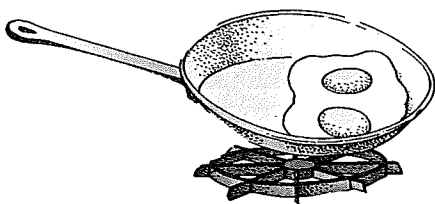
4. Break the eggs into a dish. This lessens the chance of breaking the yolks.

5. When the fat is hot enough so a drop of water sizzles when dropped into it, slide the eggs into the pan (or onto the griddle).

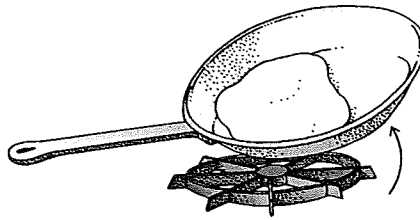
If the fat is not hot enough, the eggs will spread too much and may stick. If it is too hot, the eggs will become tough or even crisp.

6. Reduce heat to low (if using sauté pan) and cook the eggs to order as indicated below. See Figures 24.4 and 24.5 for flipping and turning techniques.

Figure 24.4 Flipping eggs in a pan.



(a) Lift the handle of the pan and slide the eggs to the far edge with a quick jerk.



(b) With a quick flip of the wrist, as shown by the arrow, turn the eggs over. Do not flip the eggs too hard, or the yolks may break when they land.

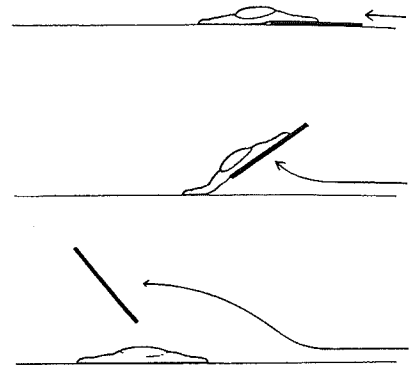


Figure 24.5 When frying eggs on a griddle, turn them with one smooth motion of the spatula, as shown. The left corner of the egg never actually leaves the surface of the griddle.

- *Sunny side up.* Cook slowly without flipping until white is completely set but yolk is still soft and yellow. Heat must be low, or bottom will toughen or burn before top is completely set.
- *Basted.* Do not flip. Add a few drops of water to pan and cover so steam cooks the top. A thin film of coagulated white will cover the yolk, which should remain liquid. *Note:* This preparation is sometimes called *country style*. The term *basted* is used because the same effect may be achieved by spooning hot fat over the egg as it fries. This method may make the eggs excessively greasy, however.
- *Over easy.* Fry and flip over. Cook just until the white is just set but the yolk is still liquid.
- *Over medium.* Fry and flip over. Cook until the yolk is partially set.
- *Over hard.* Fry and flip over. Cook until the yolk is completely set.

KEY POINTS TO REVIEW

- What are the procedures for simmering eggs in the shell?
- What are the steps in the procedure for poaching eggs?
- What are the steps in the procedure for frying eggs to order?

STANDARDS OF QUALITY FOR FRIED EGGS

1. White should be shiny, uniformly set, and tender, not browned, blistered, or crisp at edges.
2. Yolk should be set properly according to desired doneness. Sunny-side-up yolks should be yellow and well rounded. In other styles, the yolk is covered with a thin layer of coagulated white.
3. Relatively compact, standing high. Not spread out and thin.

Huevos Rancheros

YIELD: 1 PORTION

U. S.	METRIC	INGREDIENTS
as needed	as needed	Vegetable oil
1	1	Corn tortilla
2	2	Eggs
4 fl oz	125 mL	Salsa Roja (p. 206)
1 oz	30 g	Monterey jack or fresh Mexican white cheese, grated or crumbled

Per serving: Calories, 400; Protein, 22 g; Fat, 27 g (60% cal.); Cholesterol, 450 mg; Carbohydrates, 19 g; Fiber, 3 g; Sodium, 340 mg.

PROCEDURE

1. Heat a thin layer of oil in a sauté pan.
2. Fry the tortilla briefly in the oil, turning it once, until softened.
3. Remove from the pan and drain on paper towels.
4. Fry the eggs sunny side up or basted, following the procedure on page 818.
5. Place the tortilla on a warm dinner plate.
6. Top with the eggs.
7. Ladle the sauce over the whites of the eggs, leaving the yolks uncovered.
8. Top with the grated cheese.
9. If desired, add a portion of Frijoles Refritos (p. 634) to the plate.



Huevos Rancheros

Baked Eggs

Baked eggs are baked in individual serving dishes. They are also called *shirred eggs* and *eggs en cocotte*.

They may also be baked with or garnished with a variety of meats and sauces, as indicated in the variations that follow.

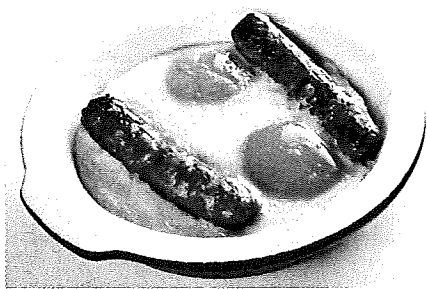
Baked Egg Variations

Any of the following may be placed in the buttered egg dish before adding the egg:

- Ham or Canadian bacon, thin slice, lightly browned on griddle or in sauté pan
- Bacon, cooked crisp, 3 or 4 half-strips
- Corned beef hash, beef hash, or ham hash
- Cheese, such as cheddar, Swiss, or Gruyère, grated
- Diced chicken in cream sauce
- Tomato concassé, sautéed in butter

Procedure for Making Baked Eggs

1. Collect equipment and food items.
2. Butter individual-portion ramekins or baking dishes.
3. Break eggs into dish.
4. Place in oven at 350°F (175°C) and cook to desired doneness.
5. Serve in the same dish or ramekin.



Baked eggs with sausages

Any of the following may be placed on top of the eggs, either before or after baking. Place solid garnish to one side. Spoon sauces around the outside. Do not cover the yolk.

Heavy cream, hot

Brown sauces such as bordelaise,
Madeira, or demi-glace

Tomato sauce

Soubise sauce

Sautéed chicken livers and brown sauce

Small grilled sausages

Mushrooms sautéed in butter or
cream sauce

Asparagus tips

Scrambled Eggs

Like other egg preparations, scrambled eggs are best if cooked to order. However, they may be made in larger quantities. They should be undercooked if they are to be held for volume service, as they will cook more in the steam table.

If scrambled eggs must be held over 30 minutes, they will be more stable if the eggs are mixed with a medium white sauce (béchamel) before cooking. Use about 8 ounces sauce per quart of eggs (250 mL per L).

Do not overcook scrambled eggs or hold them too long. Overcooked eggs are tough and watery, and they eventually turn green in the steam table.

Scrambled eggs should be soft and moist, unless the customer requests "scrambled hard."

Procedure for Scrambling Eggs

1. Collect equipment and food items.
2. Break eggs into a stainless-steel bowl and beat until well blended. Season with salt and white pepper. Do not use aluminum, which may discolor the eggs.
3. If desired, add a small amount of milk or cream, about 1 to 1½ tablespoons (15 to 20 mL) for 2 eggs, or 8 to 12 ounces per quart of eggs (250 to 375 mL per L).
Too much liquid may make cooked eggs watery, and it dilutes the flavor. Heavy cream adds richness but also adds cost.
4. Heat butter in a small sauté pan (for cooking to order) or in a large skillet, as for fried eggs.
Note: Steam kettles or tilting skillets may be used for scrambling large quantities of eggs.
5. When fat is just hot enough to make a drop of water sizzle, pour in eggs.
6. Cook over low heat, stirring gently from time to time as the eggs coagulate. Lift portions of coagulated egg so uncooked egg can run underneath.
Too much stirring breaks up eggs into very small particles.
Do not let the eggs brown. Keep heat low.
7. When eggs are set but still soft and moist, remove from heat. Turn out onto plate or into steam table pan.

ADDITIONS TO SCRAMBLED EGGS

Flavor variations may be created by adding any of the following ingredients to scrambled eggs before serving:

Chopped parsley and/or other herbs

Grated cheese (cheddar, Swiss,
parmesan)

Diced ham

Crumbled bacon

Sautéed diced onion and green
bell pepper

Diced smoked salmon

Sliced cooked breakfast sausage

Omelets

Making omelets is like riding a bicycle. When you are learning, it seems difficult, and you can't imagine how anyone can do it. But once you have mastered the technique, it seems easy, and you don't understand how anyone could have trouble doing it.

We are talking about the plain or French omelet. There are several kinds, as described below, but the French omelet remains the most popular. Making it is a technique worth mastering.

FRENCH OMELET

Omelets may be described as sophisticated scrambled eggs. The first part of the technique is similar to that for making scrambled eggs. But the similarities end there, and the omelet emerges from the pan not as a shapeless pile of curds but an attractive oval with a light, delicate texture.

Two elements are necessary for making omelets:

1. High heat. This seems like a contradiction to our basic principle of low-temperature egg cookery. But the omelet cooks so fast that its internal temperature never has time to get too high.
2. A conditioned omelet pan. First, the pan must have sloping sides and be the right size so the omelet can be shaped properly. Second, it must be well seasoned or conditioned to avoid sticking.

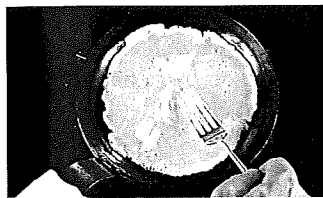
Procedure for Conditioning an Omelet Pan

The following method is only one of many. Your instructor may show you another. The object is to seal the surface of the metal with a layer of baked-on oil.

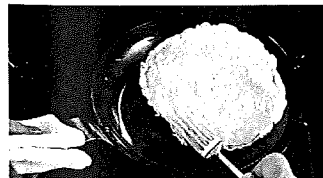
1. Rub the clean pan with a thin film of vegetable oil.
2. Set the pan over moderately high heat until it is very hot.
3. Remove from heat and let cool.
4. Do not scour the pan or wash with a detergent after use. Rub with salt, which will scour the pan without harming the primed surface. Rinse only after pan has cooled, or wipe with a clean towel.
5. Re-season as often as necessary, or after each day's use.

Procedure for Making a French Omelet

Figure 24.6 Making a French omelet. Read the accompanying text for a full description of the steps shown here.



(a) As soon as the eggs are added to the hot pan, shake the pan back and forth with one hand and stir the eggs in a circular motion with a fork.



(b) When the eggs are almost set, tilt the pan and shake the eggs down to the opposite side of the pan. Rapping the handle sharply helps move the eggs.



(c) Spoon the filling, if used, across the center.



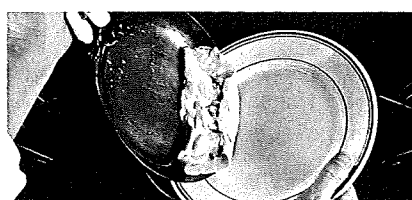
(d) Fold over the side of the omelet to make an oval shape.

See Figure 24.6 for illustration of technique.

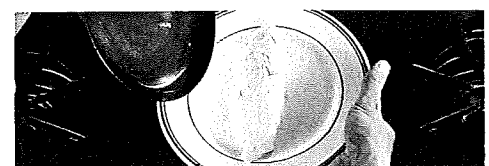
1. Collect all equipment and ingredients.
2. Beat 2 or 3 eggs in a small bowl just until well mixed. Do not whip until frothy. Season with salt and pepper. If desired, 1 tablespoon (15 mL) water may be added to make the omelet lighter. For extended service, beat a large quantity of eggs. Measure each portion with a ladle.
3. Place an omelet pan over high heat.
4. When the pan is hot, add about 1 tablespoon (15 mL) clarified butter and swirl it around to coat the inside of the pan. Give it a second to get hot. Raw butter may be used, but great care is necessary to keep it from burning.
5. Add the eggs to the pan. They should begin to coagulate around the edges and on the bottom in a few seconds.
6. With one hand (the left, if you are right-handed), vigorously shake the pan back and forth. At the same time, stir the eggs with a circular motion with the bottom side of a fork, but do not let the fork scrape the pan. This is the difficult part. The most common errors are not shaking and stirring vigorously enough and using heat that is too low. The purpose of this action is to keep the eggs in motion so they coagulate uniformly.
7. Stop shaking and stirring when the eggs are almost set but still very moist. If you continue stirring, you will have scrambled eggs instead of an omelet.
8. Tilt the handle up and shake the pan so the omelet slides to the opposite side of the pan and begins to climb up the opposite slope.
9. For a filled omelet, spoon the filling across the center of the egg, perpendicular to the handle.
10. With the fork, fold the sides of the omelet over the center. The omelet should now be resting in the corner of the pan and have an approximately oval shape.
11. Grasp the handle of the pan with your palm underneath and tilt the omelet out onto a plate so it inverts and keeps an oval shape.

The whole procedure should take less than 1 minute.

The finished omelet should be moist on the inside, tender on the outside, and yellow or only slightly browned.



(e) Grasp the handle of the pan with your palm underneath and tilt the omelet onto a plate.



(f) The finished omelet should have a neat, oval shape. Some chefs prefer omelets that are lightly browned. Others feel they should not be browned at all.

SUGGESTED OMELET FILLINGS

Cheese
Sautéed or creamed mushrooms
Creamed or curried chicken
Creamed or buttered spinach
Sautéed onions, with or without bacon
Sautéed onions and diced potatoes
Seafood Newburg or seafood in a cream sauce
Red caviar
Thick Spanish Sauce (p. 191)
Ratatouille (p. 586)

AMERICAN-STYLE OR FOLDED OMELET

This style of omelet is often called a *French omelet*, but it is not a French omelet. It was probably devised by cooks who hesitated to tackle the French method.

It is made somewhat like a French omelet, except low heat is used and the eggs are not stirred or agitated. Instead, the edges of the cooked portion are lifted with a fork or spatula, allowing the uncooked portion to flow underneath. The finished omelet may be folded in half or like a French omelet.

The advantage of this method is that it is easier to learn.

The disadvantages are that the omelet is not as light or delicate in texture and the method is much slower.

FLUFFY OMELET OR SOUFFLÉ OMELET

These omelets are made by beating the egg whites separately and folding them into the beaten yolks, which may have some milk added. The mixture is poured into a hot, buttered omelet pan, and the omelet is finished in the oven. It is folded in half for service.

Fluffy omelets are not often made in food service because of the time they take to make.

FRITTATAS AND OTHER FLAT OMELETS

A *frittata* is a flat omelet that originated in Italy. The same basic techniques are used for many popular American preparations. Flat omelets are made by mixing beaten eggs with a variety of ingredients, such as vegetables, meats, or cheese, and cooking the mixture over low heat without stirring. To finish, it is either flipped over or run under the broiler or into the oven until the top is set.

A popular American frittata (actually derived from the Chinese egg foo yung) is the Western omelet, containing diced sautéed onion, green bell pepper, and ham.

Soufflés

Soufflés are not normally featured on breakfast menus. However, they are important basic egg preparations with which you should be familiar.

Amateur cooks often consider soufflés difficult to make. Actually, they are relatively easy preparations. Many restaurants have no difficulty turning out large numbers of soufflés to order. The only hard part is making sure the waiter picks up the order when it is ready.

A standard entrée soufflé consists of three elements:

1. Base—usually a heavy béchamel sauce.
2. Flavor ingredient—cheese, vegetables, seafood, etc.
3. Egg whites, beaten.

General Procedure for Preparing Entrée Soufflés

1. Prepare a heavy béchamel sauce.
2. Combine the sauce with egg yolks.
3. Prepare the flavor ingredients—grate cheese, cook and chop vegetables, and so on.
4. Combine the base and the flavor ingredients.
5. Beat egg whites and fold in.
6. Bake in a soufflé dish that has been buttered and dusted with parmesan cheese.
7. Serve immediately.

À la Carte Service

Prepare through step 4 and hold in refrigerator.

If several flavors are offered, prepare a single large batch of base and keep the flavor ingredients separate.

For each order, beat egg whites and combine with measured amount of base.

KEY POINTS TO REVIEW

- What are the steps in the procedure for making baked eggs?
- What are the steps in the procedure for making scrambled eggs?
- What are the steps in the procedure for making a French omelet?
- What are the steps in the procedure for making entrée soufflés?

Summer Squash, Spinach, and Leek Frittata

YIELD: 4 PORTIONS

U.S.	METRIC	INGREDIENTS	PROCEDURE
4 oz	125 g	Leeks, white part and a little of the green, trimmed and cleaned	1. Split the leeks in half lengthwise, and then slice them crosswise into thin slices.
10 oz	300 g	Yellow summer squash or zucchini	2. Trim and slice the squash.
1 oz	30 g	Butter	3. Heat the butter in a sauté pan over moderate heat.
8 oz	250 g	Spinach leaves (no stems)	4. Add the leeks and sauté until wilted.
			5. Add the squash and sauté until just tender.
			6. Remove from the pan and cool.
			7. Blanch the spinach in boiling water until wilted.
			8. Drain and cool the spinach in cold water. Drain again and squeeze dry.
			9. Chop the spinach coarsely and mix it with the squash.
6	6	Eggs	10. Beat the eggs and add them to the vegetables.
to taste	to taste	Salt	11. Add salt and pepper to taste
to taste	to taste	Pepper	12. Heat the butter over moderate heat in a well-seasoned or, preferably, a nonstick 10-in. (25-cm) sauté pan (see Note).
½ oz	15 g	Butter	13. Add the egg mixture. Immediately lower the heat as low as possible. Cover loosely.
			14. Cook slowly until the eggs are mostly set but creamy in the middle.
			15. Place the pan under the broiler until the eggs are set.
			16. Slide the frittata onto a plate.
			17. Cut into 4 wedges. Serve immediately.

Per serving: Calories, 230; Protein, 12 g; Fat, 17 g (65% cal.); Cholesterol, 340 mg; Carbohydrates, 9 g; Fiber, 3 g; Sodium, 220 mg.

Note: To make individual portions to order, cook one-fourth of the egg mixture in a 6-in. (15-cm) sauté pan.



Summer Squash, Spinach, and Leek Frittata

Cheese Soufflé

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
as needed	as needed	Butter	<ol style="list-style-type: none"> 1. Select three 1½-qt (1½-L) soufflé dishes (4 portions each) or two 2-qt (2-L) dishes (6 portions each). Butter the insides of the dishes well. Sprinkle with cheese or crumbs so the bottom and sides are completely coated. 2. Make a white roux with the butter and flour. Cook the roux a few minutes. 3. Beat in the hot milk. Bring to a boil while stirring. Cool and stir until very thick and smooth. 4. Remove from the heat. Stir in the salt, pepper, cayenne, and nutmeg. 5. Add the egg yolks to the hot sauce and quickly mix in with a wire whip. 6. Stir in the cheese. 7. Beat the egg whites with the salt until they form stiff peaks. (The larger number of egg whites will make a lighter soufflé.) 8. Fold the egg whites into the cheese mixture. 9. Pour the mixture into the prepared soufflé dishes. 10. Place the dishes in a preheated 375°F (190°C) oven. Bake 40 minutes without opening the oven door. After this time, check for doneness by <i>very gently</i> shaking the dishes. If the centers are firm and do not jiggle, the soufflés are done. If necessary, bake another 5–10 minutes. 11. Remove from oven and serve <i>immediately</i>.
as needed	as needed	Parmesan cheese or dry bread crumbs	
		Roux:	
2½ oz	75 g	Butter	
2½ oz	75 g	Flour	
1½ pt	750 mL	Milk, hot	
1½ tsp	7 mL	Salt	
1 tsp	5 mL	White pepper	
pinch	pinch	Cayenne	
pinch	pinch	Nutmeg	
12	12	Egg yolks	
10 oz	300 g	Gruyère cheese, coarsely grated (see Note)	
12–15	12–15	Egg whites	
¼ tsp	1 mL	Salt	

Per serving: Calories, 290; Protein, 17 g; Fat, 21 g (65% cal.); Cholesterol, 265 mg; Carbohydrates, 8 g; Fiber, 0 g; Sodium, 600 mg.

Note: Other cheeses may be used: sharp cheddar, Swiss, a mixture of Swiss and Gruyère, or a mixture of Swiss or Gruyère and parmesan.

VARIATIONS

À la Carte Service: Prepare the basic recipe through step 6. Chill mixture quickly and hold in refrigerator. For each order, scale 3½ oz (100 g) of the mixture. Beat 1 egg white and fold in. Bake in an individual soufflé dish 20–30 minutes.

Spinach Soufflé

Reduce cheese to 5 oz (150 g). Add 5 oz (150 g) well-drained, chopped cooked spinach.

Spinach and Ham Soufflé

Add 2 oz (60 g) ground or finely chopped ham to Spinach Soufflé.

Mushroom Soufflé

Reduce cheese to 5 oz (150 g). Add 4 oz (125 g) cooked chopped mushrooms.

Other Vegetable Soufflés

Follow the procedure for Spinach Soufflé, using chopped cooked vegetables such as broccoli, asparagus, or carrots.

Salmon Soufflé

Make the sauce base with milk plus liquid from canned salmon. Add 1½ oz (45 g) tomato paste to the base. Reduce cheese to 4 oz (125 g) and add 8 oz (250 g) flaked canned salmon.

Custards

A *custard* is a liquid that is thickened or set by the coagulation of egg protein.

There are two basic kinds of custard:

1. *Stirred custard*, which is stirred as it cooks and remains pourable when done.
2. *Baked custard*, which is not stirred and which sets firm.

One basic rule governs the preparation of both custards: *Do not heat custards higher than an internal temperature of 185°F (85°C).*

This temperature, as you know, is the point at which egg-liquid mixtures coagulate. If they are heated more than this, they are likely to curdle. An overbaked custard becomes watery because the moisture separates from the toughened protein.

Most custards are sweet. These preparations are covered in the baking and dessert section of this book. You may have already encountered a savory custard in the recipe for Spinach Timbales (p. 594).

The *quiche* (keesh), which is a custard baked in a pastry shell, is probably the most popular form of savory custard. The following recipe illustrates the technique for preparing savory custards.

Quiche au Fromage (Cheese Tart)

YIELD: FOUR 8-INCH (20-CM) TARTS PORTIONS: 24 PORTION SIZE: 1/6 OF TART
16 1/6 OF TART

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 lb	900 g	Mealy Pie Dough (p. 1008)	1. Scale the dough into 4 pieces, 8 oz (225 g) each. 2. Roll the dough into 4 circles, 1/8 in. (3 mm) thick. 3. Fit the dough into four 8-in. (20-cm) pie pans or tart pans. 4. Hold the pie shells in the refrigerator until needed (see Note).
1 lb	450 g	Swiss or Gruyère cheese, grated	5. Sprinkle 4 oz (110 g) cheese into the bottom of each tart shell.
12	12	Eggs, beaten	6. Beat together the eggs, cream, milk, and seasonings. Pour into the tart shells.
1 pt	500 mL	Heavy cream	7. Place the tarts in a 375°F (190°C) oven on the bottom shelf or, if using a deck oven, directly on the deck.
2 pt	950 mL	Milk	8. Bake until the filling is set, about 20–30 minutes.
2 tsp	10 mL	Salt	9. Serve hot or cold. Cut into wedges of desired size.
1/4 tsp	1 mL	White pepper	
1/8 tsp	0.5 mL	Nutmeg	

Per 1/6 tart: Calories, 370; Protein, 12 g; Fat, 30 g (69% cal.); Cholesterol, 155 mg; Carbohydrates, 18 g; Fiber, 3 g; Sodium, 450 mg.

Note: Pastry shells may be partially baked before filling if uncooked bottoms tend to be a problem. This is sometimes the case if you are using shiny aluminum pie pans or if the bottom heat of the oven isn't strong enough. See page 1011 for procedure.

VARIATIONS

Quiche Lorraine

Dice 1 lb (450 g) bacon strips and cook until crisp. Drain and add to pie shell in step 5. Omit cheese or leave it in, as desired. (Quiche Lorraine was originally made without cheese.)

Onion Quiche

Sauté 2 lb (900 g) sliced onions very slowly in 2 oz (60 g) butter until golden and tender. Cool and add to empty pie shells. Reduce cheese to 8 oz (225 g).

Spinach Quiche

Sauté 3 oz (90 g) chopped onion in 3 oz (90 g) butter until soft. Add 1 1/2 lb (700 g) cooked, drained chopped spinach. Sauté until most of the liquid evaporates. Cool and add to empty pie shell. Omit cheese.

Mushroom Quiche

Sauté 2 lb (900 g) sliced mushrooms and 3 oz (90 g) chopped onion in 3 oz (90 g) butter. Add 1 tbsp (15 mL) lemon juice to keep the mushrooms white. Cook until juices evaporate. Cool and add to the empty pie shell. Omit cheese.

Seafood Quiche

Substitute 8 oz (225 g) cooked diced shrimp and 8 oz (225 g) cooked diced crabmeat for the cheese. Add 3 fl oz (90 mL) sherry and 2 oz (60 g) tomato paste to the egg mixture.