

SHRIMP QUICHE

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| 1 pkg (340 g) frozen raw shrimp, thawed | 4 eggs |
| 1/4 cup (50 mL) sliced green onion | 1 egg yolk |
| 2 tbsp (25 mL) butter | 1/2 tsp (2 mL) basil, crumbled |
| 1 tbsp (15 mL) tomato paste | 1/4 tsp (1 mL) fennel seed, crushed |
| 1/4 cup (50 mL) dry sherry | 1/4 tsp (1 mL) salt |
| 2 tbsp (25 mL) chopped fresh parsley | Dash cayenne pepper |
| 1/4 tsp (1 mL) freshly ground pepper | 1 cup (250 mL) whipping cream |
| 1 baked 9 inch (23 cm) deep dish pie shell | 1/2 cup (125 mL) light cream (10%) |
| 1 1/4 cups (300 mL) shredded Swiss cheese | |

Peel, tail and devein shrimp; set aside. In a frypan, sauté onion in butter for 2 minutes. Stir in tomato paste and sherry. Bring to a simmer; simmer and stir until liquid is reduced to 2 tbsp (25 mL), about 2 minutes. Add shrimp and cook, stirring frequently until shrimp are pink and opaque, about 3 - 4 minutes. Stir in parsley and pepper; cool. Spoon shrimp mixture into pie shell. Sprinkle with cheese. Whisk together next 6 ingredients (eggs through cayenne pepper). Whisk in whipping cream and light cream. Pour egg mixture over top. Bake at 350°F (180°C) for 55 - 60 minutes or until a knife inserted in center comes out clean. Let stand 10 minutes before serving. Do not freeze. Serves 8.

TOMATO BASIL QUICHE

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| 1 tbsp (15 mL) butter | 2 tbsp (25 mL) chopped fresh parsley |
| 1/2 cup (125 mL) chopped red onion | 1 tsp (5 mL) basil, crumbled |
| 1/2 cup (125 mL) chopped red bell pepper | 1 tsp (5 mL) salt |
| 1 baked 9 inch (23 cm) deep dish pie shell | 1/2 tsp (2 mL) freshly ground pepper |
| 1 cup (250 mL) shredded Monterey Jack cheese | 1 cup (250 mL) light cream (10%) |
| 1/3 cup (75 mL) freshly grated Parmesan cheese | 2 Roma tomatoes, sliced 1/4 inch (6 mm) thick |
| 4 eggs | |

Melt butter in a frypan over medium heat. Add onion and red pepper; saute just until barely tender, about 5 minutes. Cool completely. Spoon onion mixture into pie shell. Sprinkle with Monterey Jack cheese and Parmesan cheese. Whisk together eggs, parsley, basil, salt and pepper. Whisk in cream. Pour egg mixture evenly over top of cheese. Arrange tomato slices on top. Bake at 350°F (180°C) for 55 - 60 minutes or until a knife inserted in centre comes out clean. Let stand for 10 minutes before serving. Do not freeze. Serves 8.

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SAUSAGE CRANBERRY QUICHE

1/2 lb (250 g) pork sausages, casings removed	1 cup (250 mL) shredded Monterey Jack cheese
Pastry for a 9 inch (23 cm) single crust pie	3 eggs, beaten
1/4 cup (50 mL) thinly sliced green onion	1 1/2 cups (375 mL) light cream (10%)
1/2 cup (125 mL) dried cranberries	1/4 tsp (1 mL) sage, crumbled

In a frypan, cook sausages over medium heat, stirring to crumble, until browned. Remove sausage from pan and drain on paper toweling. Line a pie pan with prepared pastry. Sprinkle sausage over pie crust. Top with onion, cranberries and cheese. Whisk together eggs, cream and sage. Pour egg mixture over sausage mixture. Bake at 350°F (180°C) for 45 - 50 minutes or until a knife inserted in center comes out clean. Let stand 5 minutes before serving. Baked quiche may be frozen for up to 1 month. Serves 6 - 8.

QUICHE MEXICANA

Pastry for a 9 inch (23 cm) single crust pie	1 cup (250 mL) shredded Monterey Jack cheese
4 slices bacon, cooked and crumbled	4 eggs
1/2 cup (125 mL) sliced green onions	1 1/4 cups (300 mL) light cream (10%)
3 tbsp (40 mL) diced canned green chilies, drained	1/2 tsp (2 mL) salt
1 cup (250 mL) shredded cheddar cheese	Dash nutmeg
	Dash hot pepper sauce, optional

Line pie pan with pastry. Sprinkle with bacon. Top with onions, chilies, cheddar cheese and Monterey Jack cheese. Whisk together eggs, cream, salt, nutmeg and hot pepper sauce. Pour egg mixture over top. Bake at 350°F (180°C) for 45 - 50 minutes or until a knife inserted in center comes out clean. Let stand 5 minutes before serving. Serves 6 - 8.

CRUSTLESS SMOKED SALMON QUICHE SQUARES

5 eggs	1/4 tsp (1 mL) salt
1/4 cup (50 mL) light sour cream	1 1/4 cups (300 mL) light cream (10%)
1 tsp (5 mL) Dijon mustard	1 pkg (85 g) smoked salmon, chopped
1 tsp (5 mL) dill weed	1/2 cup (125 mL) thinly sliced green onions
1/2 tsp (2 mL) freshly ground pepper	1/2 cup (125 mL) shredded Swiss cheese

Whisk together first 6 ingredients (eggs through salt) until blended. Whisk in cream. Stir in salmon, green onions and cheese. Pour mixture into a greased 8 inch (20 cm) square baking dish. Bake at 350°F (180°C) for 35 - 40 minutes or until a knife inserted in centre comes out clean. Let stand for 5 minutes. Cut into squares and serve. Serves 6 - 8.

EASY CRUSTLESS QUICHE

4 eggs	1/2 tsp (2 mL) dry mustard
1 cup (250 mL) water	1/4 tsp (1 mL) hot pepper sauce
1/2 cup (125 mL) biscuit mix	1 cup (250 mL) shredded cheddar cheese
1/2 cup (125 mL) skim milk powder	3/4 cup (175 mL) diced ham
1/2 cup (125 mL) yogurt	1/2 cup (125 mL) sliced green onions
2 tbsp (25 mL) freshly grated Parmesan cheese	

Combine first 8 ingredients (eggs through hot pepper sauce) in a food processor. Process until smooth, about 1 minute. Transfer egg mixture to a bowl. Stir in cheese, ham and onions. Pour into a greased 9 inch (23 cm) glass pie pan. Bake at 350°F (180°C) for 40 minutes or until a knife inserted in center comes out clean. Let stand for 5 minutes before serving. Serves 4.