Welcome!

My name is Colette and I love to cook and taste new food! I live in San Francisco with my family. What I love about this city by the bay is to go to other neighborhoods and experie the city’s incredible variety of cuisine available. Cooking is one of my favorite hobbies and I love being in my kitchen, cooking and trying new recipes on my family and friends! Food brings people together and there is nothing more precious than spending time with family and friends over a meal!

“If you really want to make a friend, go to someone's house and eat with him...the people who give you their food give you their heart." -Cesar Chavez

"Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together." - Guy Fieri

<https://www.delish.com/food/g25438962/food-quotes/?slide=12>

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I am going to share with you one of my favorite recipes. It is called Quiche Lorraine and it is very easy to make even if you have no idea how to cook. There’s nothing to it! Let me take you by the hand and show you!

About Quiche Lorraine (Link)pronounced “Keesh” in English

Quiche Lorraine is a classic French dish and is a regional specialty from the Lorraine area in northeast France. It is a savory dish that you can have for breakfast, lunch or dinner and is best paired with a nice salad. It resembles a pie and is light and fluffy. It is made up of a pie crust and a delicious filling made of

* Cheese- Gruyere cheese is the traditional cheese used in this quiche, but you can also use a Swiss cheese or gouda, cheddar, provolone, etc. You can also top the quiche with a bit of Parmesan cheese.
* Eggs-These are an essential part of the quiche.
* Cream-Any type of cream works.
* Salt, pepper-This is optional as there will be some salt from the bacon. You can add some pepper to the top of the quiche if you like.
* Bacon-Use thick cut, cubed and fried bacon.
* Onion-A white or yellow cut thinly into slices.

You can make your own pie crust crusthttps://www.jocooks.com/recipes/pie-crust-recipe/ or you can use a store bought frozen pie crust. For this recipe, I will make it easy for you and use a store-bought pie crust. The quiche only takes 30mins to prepare and 1 hr. 15 mins to cook in the oven.

There are lots of variations of Quiches e.g.

* Quiche Florentine - with spinach
* Quiche Provençale - with Tomatoes
* Quiche au fromage - with Cheese only
* Quiche au champignion - with Mushrooms
* Quiche au saumon – with salmon
* Tarte a l’ognion – with onion (comes from the Picardie region and that’s why it’s not called a quiche)

Quiches are very versatile because you can vary the ingredients to your own taste. Other ingredients you can add are: -smoked salmon, smoked haddock, crab, cauliflower, spinach, broccoli, zucchini, peppers, feta, garlic, chives or dill. (If you add these, it is no longer a Quiche Lorraine)

And now… here’s how you make Quiche Lorraine!

These are the ingredients you will need…. nothing too complicated!

Prep: 30 mins Cook: 1hr 15mins Serves 8

INGREDIENTS

* 1/2 recipe [pie crust](https://www.jocooks.com/recipes/pie-crust-recipe/) *or a prepared frozen pie crust*
* 8 strips bacon chopped
* 1 medium onion thinly sliced
* 1 cup gruyere cheese shredded, or Swiss
* 4 large eggs
* 1 1/2 cups heavy cream
* 1/4 tsp nutmeg
* 1/4 tsp salt or to taste
* 1/4 tsp pepper or to taste
* 1/2 cup Parmesan cheese freshly grated

INSTRUCTIONS

1.Remove the pie crust from the package

2.To Prepare the filling

* **Cook the bacon:** Place some oil on a skillet. Cut up the bacon into chunks. Cook the bacon over medium-high heat on the skillet until the bacon is cooked and crisp, or to your liking. Remove from the skillet and drain on a plate lined with paper towels.
* **Cook the onions:** Chop up the onions finely. Remove all but 1 tbsp of bacon drippings from the skillet, then add the onion and cook over medium-high heat. Cook until translucent and the onion starts to brown.
* **Whisk** the eggs, cream, nutmeg, gruyere cheese, salt and pepper in a bowl together.

3. Assemble and Bake

* Sprinkle the bacon over the inside of the crust, then top with the cooked onion. Carefully pour the egg mixture over the onions. Top with Parmesan cheese evenly.
* **Bake:** Transfer the quiche onto a baking sheet and bake for 1 hr. and 15 mins at 375F degrees or until the top is golden. The center should be a bit jiggly, but the rest should be set.
* Garnish with chopped parsley or chives and serve with a side salad.

**Recipe Notes**

1. Storage - Quiche can be saved to eat another day. It can be stored in an airtight container in the fridge for 3 to 4 days. You can also freeze it for 3 to 4 months. Because it is a custard, quiche must be refrigerated within two hours of cooling.
2. Reheat - Cover quiche with aluminum foil and bake it in an oven preheated at 325 F degrees for about 15 minutes.
3. Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used.

**Nutrition Information:**

Calories: 499kcal (25%)Carbohydrates: 16g (5%)Protein: 16g (32%)Fat: 41g (63%)Saturated Fat: 20g (125%)Cholesterol: 204mg (68%)Sodium: 534mg (23%)Potassium: 180mg (5%)Fiber: 1g (4%)Sugar: 1g (1%)Vitamin A: 1020IU (20%)Vitamin C: 1.3mg (2%)Calcium: 294mg (29%)Iron: 1.4mg (8%)

I really hope you enjoy eating your Quiche Lorraine. As you can see, it is so easy to make. Your friends and family will be so impressed with your cooking skills and will really enjoy your Quiche Lorraine!