

# Quiche with Self-Forming Crust

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-32

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Cheese blend of American and skim milk cheeses, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	1. Sprinkle 13 oz (3 ¼ cups) cheese into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	4 lb 11 oz	2 qt 1 cup  OR 43 each	9 lb 6 oz	1 gal 1 ⅔ cup  OR 85 each	2. Beat eggs in mixer for 2 minutes on medium speed.
Instant nonfat dry milk, reconstituted		3 qt		1 gal 2 qt	3. Add milk, flour, baking powder, salt, pepper, nutmeg (optional), and onions. Mix for 4 minutes on low speed.
Enriched all-purpose flour	14 oz	3 ¼ cups	1 lb 12 oz	1 qt 2 ½ cups	
Baking powder		½ tsp		1 tsp	
Salt		1 Tbsp		2 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Ground nutmeg (optional)		½ tsp		1 tsp	
*Fresh onions, chopped OR Dehydrated onions	12 oz OR 2 ¼ oz	2 cups OR 1 cup 2 Tbsp	1 lb 8 oz OR 4 ½ oz	1 qt OR 2 ¼ cups	
Cheese blend of American and skim milk cheeses, shredded (optional)	11 oz	2 ¾ cups	1 lb 6 oz	1 qt 1 ½ cups	4. Slowly pour 3 lb 14 oz (2 qt 3 cups) mixture evenly over cheese in each pan. Sprinkle 5 ½ oz (1 ¼ cups 2 Tbsp) cheese (optional) over liquid mixture in each pan.
					5. Bake: Conventional oven: 400° F for 50-60 minutes Convection oven: 350° F for 25-35 minutes  Stir lightly twice during first half of baking time.  CCP: Heat to at least 145° F for 3 minutes.  A knife inserted near center should come out clean. Surface will be lightly browned and puffy.
					6. CCP: Hold for hot service at 135° F or higher.  Cut each pan 5 x 5 (25 portions per pan).

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Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	14 oz	1 lb 12 oz

### SERVING:

1 portion provides 2 oz equivalent meat/meat alternate, and ½ serving of grains/breads.

### YIELD:

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

### VOLUME:

**50 Servings:** 50 pieces

**100 Servings:** 100 pieces

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Special Tip:

50 servings: Use 1 lb 5 ½ oz (1 qt 3 ¼ cups) dried whole eggs and 1 qt 3 ¼ cups water in place of eggs.

100 servings: Use 2 lb 10 oz (3 qt 2 ¼ cups) dried whole eggs and 3 qt 2 ¼ cups water in place of eggs.

## Nutrients Per Serving

<b>Calories</b>	153	<b>Saturated Fat</b>	2.92 g	<b>Iron</b>	1.04 mg
<b>Protein</b>	12.01 g	<b>Cholesterol</b>	190 mg	<b>Calcium</b>	206 mg
<b>Carbohydrate</b>	11.36 g	<b>Vitamin A</b>	407 IU	<b>Sodium</b>	445 mg
<b>Total Fat</b>	6.48 g	<b>Vitamin C</b>	0.7 mg	<b>Dietary Fiber</b>	0.3 g