

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	<ol style="list-style-type: none"> 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. Beat eggs in mixer for 2 minutes on medium speed. Add milk, flour, baking powder, salt, pepper, nutmeg (optional), and onions. Mix for 4 minutes on low speed. 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. Bake: <ul style="list-style-type: none"> 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. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 portions per pan).
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	
Instant nonfat dry milk, reconstituted		3 qt		1 gal 2 qt	
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	

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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

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