



Quiche sans croûte

4 œufs.
100 g de gruyère rapé
100 g de flour
1/2 litre de milk
1 tranche de jambon de
campagne en petits morceaux
1 tranche de jambon blanc
aussi en petits morceaux
Faire rissoler les deux
jambons dans du beurre
légèrement
Verser dans le moule
beurre
Mélanger les autres
ingrédients (flour + œufs
+ gruyère + lait).
Cuire au four 40 mn
à 160 ou 200°

This recipe was shared by Mum's neighbour, Dany, after she had offered them as an aperitif one evening. They are simple, tasty and you can easily change them to suit your tastes... Enjoy! (I thought it would be nice to show Dany's version...but if you'd prefer it in English, see below).

QUICHE WITHOUT PASTRY

Ingredients:

- 4 eggs
- 100g grated cheese (Gruyère)
- 100g flour
- 1/2 litre milk
- 1 slice ham cut into small pieces

Method:

Brown the ham slightly in butter and add it to a greased tin. Beat the eggs, and add in the remaining ingredients. Pour into the greased tin, covering the ham pieces. Bake for 40 minutes at 200°C.

You could also make small individual quiches using the same method. Muffin tins/moulds work perfectly as an alternative.

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