



### 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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