

Quiche with Self-Forming Crust

Meal Components: Grains, Meat / Meat Alternate

Main Dishes, D-32

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-fat cheese blend of American and skim milk cheeses, shredded	1 lb 10 oz	1 qt 2 1/2 cups	3 lb 4 oz	3 qt 1 cup	<ol style="list-style-type: none"> 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. 2. Beat eggs in mixer for 2 minutes on medium speed. 3. Add milk, flour, baking powder, salt, pepper, nutmeg (optional), and onions. Mix for 4 minutes on low speed.
Frozen whole eggs, thawed	4 lb 11 oz	2 qt 1 cup	9 lb 6 oz	1 gal 1 2/3 cup	
OR		OR		OR	
Fresh large eggs (see Special Tip)		43 each		85 each	
Instant nonfat dry milk, reconstituted		3 qt		1 gal 2 qt	
Whole wheat/enriched blend flour	14 oz	3 1/4 cups	1 lb 12 oz	1 qt 2 1/2 cups	
baking powder		1/2 tsp		1 tsp	
Salt		1 Tbsp		2 Tbsp	

Ground nutmeg (optional)		1/2 tsp		1 tsp	
*Fresh onions, chopped	12 oz	2 cups	1 lb 8 oz	1 qt	
OR	OR	OR	OR	OR	
Dehydrated onions	2 1/4 oz	1 cup 2 Tbsp	4 1/2 oz	2 1/4 cups	
Low-fat cheese blend of American and skim milk cheeses, shredded (optional)	11 oz	2 3/4 cups	1 lb 6 oz	1 qt 1 1/2 cups	<p>4. Slowly pour 3 lb 14 oz (2 qt 3 cups) mixture evenly over cheese in each pan. Sprinkle 5 1/2 oz (1 1/4 cups 2 Tbsp) cheese (optional) over liquid mixture in each pan.</p> <p>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.</p> <p>6. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 portions per pan).</p>

Notes

Comments:

*See Marketing Guide.

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.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Marketing Guide

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

Serving	Yield	Volume
1 portion provides 2 oz equivalent meat alternate and 1/4 oz equivalent grains.	50 Servings: 2 steamtable pans	50 Servings: 50 pieces
	100 Servings: 4 steamtable pans	100 Servings: 100 pieces