

BROCCOLI QUICHE WITH MASHED POTATO CRUST

OVERVIEW

07-007

INGREDIENTS

Group Crust

Ingredient	KG
FINO POTATO FLAKES	0.080
Hot Water	0.200
Fresh Milk	0.050
Iodized salt	0.002
Total Weight:	0.332

Group Filling

Ingredient	KG
Fresh broccoli (chopped)	0.175
Olive Oil	0.015
White Onion	0.030
Cheddar Cheese (grated)	0.100
Whole Eggs	0.150
Fresh Milk	0.235
Iodized salt	0.003
Ground Black Pepper	0.001
Nutmeg (ground)	0.001
Total Weight:	0.710

Yield: 1 x 9" quiche pan (12 slices)

METHOD

How to do it:

1. Add hot water, milk and salt to Fino Potato Flakes, mix by hand until combined.
2. Brush a 9" diameter quiche pan with olive oil and press the mashed potato until pan bottom and sides are covered. Brush with remaining olive oil. Bake for 40 minutes at 175°C.
3. Place broccoli pieces in a steamer over 1 inch of boiling water and cover. Cook until tender but still firm. Set aside.
4. After crust is baked, arrange broccoli, onions and cheese on the potato crust. Whisk together whole eggs, milk, salt, pepper and nutmeg. Pour over broccoli, cheese and onions.
5. Bake for 40 minutes at 175°C, or until slightly puffed and cooked throughout.
6. Allow to cool for 10 minutes before serving.



DISPLAY CONDITIONS

Room Temperature



CATEGORY

Pastries, Pies



FINISHED PRODUCT

Pie