
Seafood Quiche Lorraine

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 6

1 nine-inch pie crust
1/4 pound mushrooms
2 tablespoons lemon juice
1 can (5 ounce) lobster or crab
1 cup mild cheddar cheese grated
3 eggs
1 cup cream
2 tablespoons flour
1/2 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon curry powder
parsley (for garnish)
lemon slices (for garnish)

Line a nine-inch pie plate with the thinly rolled pastry crust. Flute the edges.

Wash, dry and slice the mushrooms. Add the lemon juice. Flake the lobster meat and remove bits of bone.

In the unbaked pie shell, spread the mushrooms, then the lobster and finally the grated cheese.

In a bowl, beat the eggs lightly and blend in the remaining ingredients. Pour over the quiche.

Bake at 375 degrees for 10 minutes. Lower the heat to 325 degrees.

Bake for another 35 to 40 minutes or until a knife inserted in the center comes out clean.

Garnish with parsley and lemon slices.

Breakfast

Per Serving (excluding unknown items): 283 Calories; 21g Fat (65.1% calories from fat); 7g Protein; 18g Carbohydrate; 1g Dietary Fiber; 141mg Cholesterol; 423mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat.