

Quiche (Self Crusting)

4 Eggs
1½ cups Milk
½ cup S.R. Flour
½ cup Bacon Pieces or Ham
½ cup finely chopped Onions
1 tablespoon Parsley
1 cup grated Cheese
½ teaspoon Salt
Pepper

Gradually mix eggs with flour, milk, parsley and grated cheese in basin.

Add Onion and Bacon.

Cook in moderate oven ½ to ¾ hour or until set in greased quiche plate.

(Nana Dow sometimes fries the onion and bacon first. She also added other tasty bits like silverbeet or grated carrot.)