

Bart's "Personal Favorite" Crab Quiche

WITH OTHER AMAZING & DELISH INGREDIENTS

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RECIPE INTRODUCTION

When I was young (last week), **I remember my Mom making crab quiche for dinner for my birthday**. Well, it hasn't stopped and whenever I see her, whether it's my birthday or not, she still knows I love this dish and whips it up.

While I don't make it often, **I do toss it into my dining menu from time to time**. C'mon, let me show you how this one's done! You're gonna love it!

EQUIPMENT NEEDED

- ❑ **CUTTING BOARD** → This can be used to slice any veggies or anything else you might like to be added to your quiche.
- ❑ **MIXING BOWL** → You'll use this to mix all your quiche ingredients.
- ❑ **WHISK** → Whip up your quiche ingredients in the mixing bowl.
- ❑ **CHEESE GRATER** → This is used to grate your cheese to be included in your quiche.

❑ **PIE PAN** → Your typical unbaked pie crust will fit nicely in a regular sized pie pan such as the one you see below, which is the same one I used for this dish.

❑ **TIN FOIL** → To cover your quiche in the oven so the top/crust doesn't burn while the entire quiche cooks evenly.

INGREDIENTS

❑ **7 large eggs**

❑ **1 unbaked 9" pastry shell** (Pillsbury® in dairy case; flaky and tasty)

❑ **1 cup of sliced imitation crab meat** or 6 oz. canned crab meat (if you can find it). Honestly, the imitation crab works just fine.

❑ **3/4 cup shredded Swiss cheese**

❑ **1/4 cup chopped red pepper** (all colors)

❑ **1/4 cup chopped green onions** (optional)

❑ **1/4 teaspoon pepper** (optional)

❑ **1 tablespoon of Dash Southwest Chipotle seasoning** (optional, but recommended!!!!)

❑ **4-5 dashes of Arizona Pepper's Jalapeño Pepper Sauce**, which I found at Whole Foods. I also like to add this hot sauce to each baked slice of quiche. Try it!

❑ **OPTIONAL, BUT AMAZING: 1/4 cup precooked turkey pepperoni bits**, 1/4 cup pre-cooked Italian sausage bits. Drain excess oil before tossing it into the quiche mix.

DIRECTIONS

PREP = 15 MIN → BAKE = 40 MIN → COOL = 15 MIN

★ 1. → **Preheat** the **oven** to **350°**.

★ 2. → **Mix all your eggs** in a bowl.

★ 3. → **Stir and blend mixed eggs with crab meat, green onions, red peppers, salt, shredded cheese** in a bowl.

★ 4. → **Slowly pour the quiche mixture into the unbaked pie crust**, which you already fitted in a large pie dish. With a tablespoon, even out your quiche mixture in your pie pan. When done, place tinfoil on top and place it in the oven to bake. Set your timer, and when it's done ... DINE, FEAST and ENJOY!!!

★ 5. → **At 30 minutes, check the crust to ensure it isn't browning too quickly or over-baked.** If so, place aluminum wrapped around the crust with the center of foil cut out to prevent the crust from cooking too fast; allows the center to fully cook.

★ 6. → **Using any knife, make a small incision into the center to test if fully baked.** If not, turn the oven temperature down to 300o and cook for another 15-25 minutes. Then let cool for 15 minutes.

★ 7. → **Serve alone or with salad or fruit for a complete meal.**

JUICE OF CHOICE → Best beverage with quiche is ORANGE JUICE, I think!

LEFTOVERS → Heat up leftovers in a toaster oven wrapped in tinfoil.

BART SMITH'S CRAB QUICHE

Seriously, after you try this dish, you'll want it quite often. Enjoy!

With that, I say to you, *"Bart appétit!"*

BartSmith.com

Author, YouTuber, Chef, Baker, Actor, Speaker, etc.

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