

GARDEN TO TABLE

RECIPE: CRUSTLESS POTATO, CORN AND HERB QUICHE - Alison Holst

VOLUNTEER NOTES:

The herbs will vary depending on what is available to harvest.

Check understanding of different cup measures and how to measure accurately.

What to collect	Ingredients
Metric measuring cups and spoons Knives Boards Large bowl grater oven proof dish whisk	1 - 2 cups chopped, cooked potatoes 4 eggs 1 cup milk $\frac{1}{2}$ cup flour $\frac{1}{2}$ t baking powder $\frac{1}{2}$ t salt 1 $\frac{1}{2}$ cups grated tasty cheese 1 can creamed corn herbs chives tomatoes - optional oil spray
1. Put the oven rack just below the middle. Turn the oven on to 220 °C. 2. Wash, dry and chop the herbs and chives. 3. Butter or spray the dish. 4. Put eggs, milk, flour, salt and baking powder into a large bowl and beat until smooth. 5. Stir in corn, 1 cup of cheese, potatoes, chives and herbs.	

6. Pour the mixture into the dish.
7. Sprinkle with the rest of the cheese and tomatoes if using them.
8. Bake for 20-30 minutes or until the centre doesn't wobble when jiggled.
9. Take out and leave to stand for 10-15 minutes before cutting into pieces.