

**THE
MICRO
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Serve Quiche for a Spring Brunch

A quiche is an egg pie, with cheese, meat, and or vegetables cooked in it. It is delicious for a company breakfast, brunch, or in fact, any time of day!

If your family balks at new things and doesn't want to eat a "quiche", just call it an egg pie! This minor deception worked well in our house, and later I told my boys what a funny name the French have for egg pie — quiche! Quiche is a favorite now!

The only problem with making a quiche, is that it takes almost an hour to bake in a range oven. Using your microwave to help bake it will solve this problem!

A quiche baked entirely in the microwave takes about 20 minutes to cook. But since it doesn't brown at all, it doesn't "look so hot" by most people's standards.

To get a lovely browned quiche,

in about half the usual time, combine your microwave with your range oven. Start baking the quiche in your microwave, then transfer it to a hot range oven to cook the crust and brown the pie.

In 20 to 25 minutes your quiche is ready to serve, and looks just great! Try one of these two recipes for a great meal.

This hearty Ham and Potato Quiche will please any "real men" in your life!

- Ham and Potato Quiche**
- 10-inch unbaked pie crust
 - 1 12-ounce can evaporated milk or 1 1/2 cups half and half or light cream
 - 1 tablespoon flour
 - 1/2 teaspoon salt
 - Dash pepper
 - 3 eggs
 - 2 cups shredded potatoes (2 large or about 1 pound)
 - 1 green onion, sliced
 - 1 cup shredded Swiss cheese (4

- ounces, or 6 to 8 slices)
- 1 cup diced cooked ham (about 6 ounces)
- 1. Fit pie crust to a 10-inch pie plate, a deep dish plate or a quiche pan.
- 2. Beat milk and flour together until smooth, then beat in eggs. Stir in remaining ingredients and pour into pie crust. Filling will puff a little in the oven, so don't fill the crust to the brim. Cook any extra in a custard cup. (Preheat oven to 425°F.)
- 3. Leave uncovered and microwave on high for 7 to 8 minutes, until the filling is set about 1-inch in from the edges.
- 4. Transfer to preheated range oven and bake for 15 to 20 minutes, until browned and set near the center. Let stand about 5 minutes before cutting for easier serving.

- Tips:**
- Substitute a 12-ounce package of frozen hash brown potatoes for the fresh. Microwave frozen potatoes in package on high for 5 to 6 minutes to defrost before mixing with eggs.
 - If you have a food processor, make the pie crust first. Then coarsely chop the cheese and the ham, and shred the potatoes last. You won't have to wash the bowl until you're done and the potatoes won't darken.
 - If you want to bake the quiche entirely in the microwave, prebake the pie crust before filling. Then prepare as directed, and microwave as shown in the

- Mushroom Quiche below.**
- If you like the flavor of mushrooms and sour cream, this quiche will be a favorite!
- Mushroom Quiche**
- 9-inch prebaked pie crust
 - 3 tablespoons butter
 - 2 tablespoons chopped onion
 - 12 ounces mushrooms, sliced
 - 1 tablespoon lemon juice
 - 1/2 teaspoon salt
 - 3 eggs
 - 3/4 cup sour cream
 - 1/4 cup milk
 - 1/4 cup shredded Swiss cheese (1 ounce)
1. Combine butter and onion in a mixing bowl and microwave on high for 2 minutes until the onion is partially tender.
 2. Stir in mushrooms, lemon juice and salt. Microwave on high for 15 minutes stirring every 5 minutes, until the juice cooks out of the mushrooms and evaporates.
 3. Beat remaining ingredients together until well blended. Stir in mushrooms and pour into baked pie shell. Leave uncovered and microwave on medium (50,5) for 18 to 20 minutes, until the center is almost set. Rotate pie every 5 minutes if your oven cooks unevenly. Let stand 5 to 10 minutes before serving.

- Tips:**
- Use an unbaked pie shell if you want to bake the quiche in the microwave and then the range. Use the timing above for the Ham and Potato Quiche as a guideline for baking times.
 - If you have a micro/convection oven, use this to bake your quiche. I can't give you the exact baking times, since each brand of micro/convection works differently. However, use this technique:
 1. Prepare quiche as directed using an unbaked pie crust. Preheat convection to 450°F.
 2. Bake quiche on convection heat only for about 10 minutes at 450°F. to cook the crust.
 3. Reduce convection heat to 350°F., and use microwaves and convection heat combined to finish baking the filling. Bake until it is set in the center. I would estimate that in most ovens this last step would take 15 to 20 minutes.
- Note:** The microwave times above are for ovens with 600-700 watts of power. For 500-600 W, add 10 seconds to each minute; for 400-500 W, add 20 seconds to each minute.
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Saddle Cinches Horse and Pony Club

The April meeting of the Saddle Cinches 4-H Horse and Pony Club will be held April 28 at 7:30 p.m. at the home of leaders Keith and Kendy Allen, Manheim R4.

A used tack and riding clothing sale will be held before and after the meeting. Members are urged to bring used equipment and outfits they have outgrown or no longer use.

At the reorganizational meeting in March, Rhonda Gibble, Manheim, was re-elected president. Vice president is Yvonne Peters, and her sister, Yolanda, is treasurer. Other officers are Vickie Creighton, club

secretary; and Andrew Allen, news reporter. Club newsletter editor is Kim Kettering.

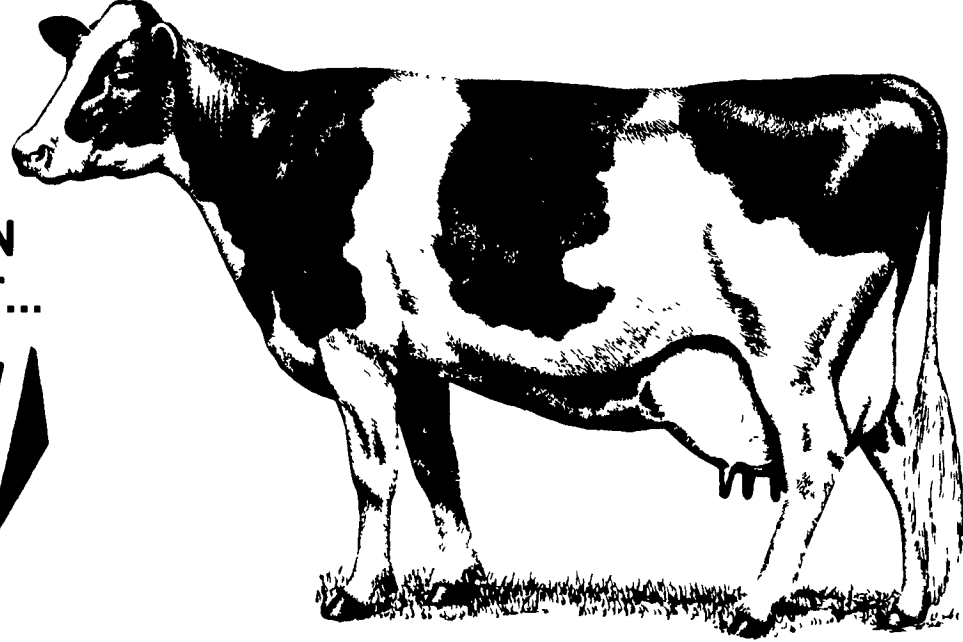
During the April meeting members will discuss the club's trip to Assateague Island, Va., in June, pony rides, the club riding workshop scheduled for May, club Gymkhanas and horse shows.

Anyone between the age of 8 and 19 is welcome to join — you do not need to own a horse to belong to 4-H.

The club is looking for a horse or pony to donate to the club for a 4-H'er to use. Anyone interested in donating an animal or in joining the group can contact Kendy Allen at 665-7144.

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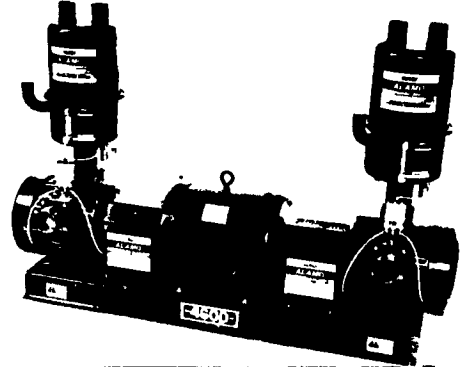
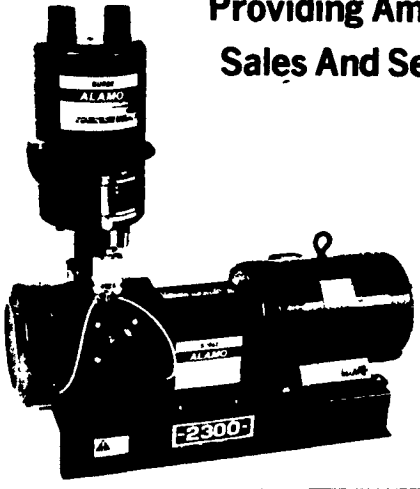
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