

crustless quiche recipe

INGREDIENTS:

Whisk together:

- **1 cup cream, half-and-half, milk or a combination**
- **3 eggs**
- **$\frac{3}{4}$ cup grated Emmenthal, Gruyère, Cantal or a combination (or cheddar or swiss or any cheese on earth)**
- **$\frac{1}{4}$ cup grated Parmesan or hard pecorino (or any other cheese)**
- **$\frac{1}{2}$ teaspoon salt**
- **$\frac{1}{4}$ teaspoon cayenne and/or black pepper, or to taste**
- **Butter as needed to butter the ramekins**
- **any bits of leftover cooked vegetables, cooked ham, sausage or bacon, green chiles, anything**

- **you might put in an omelet or quiche**

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PREPARATION

1. Heat oven to 350 degrees and set rack in middle of it. Combine all ingredients and beat until well blended.
2. Pour into 4 buttered ramekins (or a buttered gratin dish)
3. Bake 20-30 min until done.