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Crustless Quiche

Ingredients

1 onion, finely chopped
1 tomato, chopped
2 slices bacon, cubed (optional)
2 eggs, separated
12fl oz. milk
4oz. butter
2.25oz. flour
Pinch of salt
Pinch of pepper
1 oz. grated cheese

Preparation Time
20
min
Cooking Time
30
min

Preparation

1. Pre heat the oven to 180°C
2. Saute the onion, tomato and bacon
3. Mix the egg yolks and milk and beat well. Add the sauted vegetables and bacon to the mixture and set aside
4. Beat the egg whites until they form stiff peaks
5. In a saucepan melt the butter and add the flour. Mix well. Add the milk mixture and continue mixing. Bring this to boil stirring well and trying to get rid of any lumps
6. Fold in the egg whites
7. Pour the mixture into a pie dish and sprinle the grated cheese over
8. Bake for 30 minutes or until the cheese is golden and bubbling. Serve hot or cold

Cooks Note

Preparation time: 20 minutes; Cooking time: 30 minutes