

Daraious' Quiche my Egg Recipe

KEESH MY EEEDOO

Okay. That is a pretty lame play on words (i.e. Quiche on my Eggs) and this definitely falls into the "one of my weird creations" category. As my dear first year Indian cookery teacher Mrs. Talati (Catering College Bombay early 1970's) used to say "Tu sadanter chakram chey! Koy daro sikhsey nahi!, (essentially, You are an idiot!)". So the idea came to me when I spotted a 3/4 inch high stainless steel "kara" in a Punjabi shop in Toronto. So here is what I did...



INGREDIENTS:

- Eggs - 3
- Shredded Marble Cheddar Cheese – 1 ½ tbsp
- Bacon - 2 strips – cooked and finely chopped.
- Mrs. Dash, Salt Free Original Seasoning Blend
- Tomatoes - 1 or 2 (*this is a personal -preference*)

COOKING:

1. Separated the yolks and the whites of 3 eggs.
2. Beat up the yolks separately and added finely grated marble cheddar, finely chopped (all ready cooked) bacon, Mrs. Dash, Salt Free Original Seasoning Blend followed with a bit of salt.
3. Beat up the white until reasonably frothy and add a pinch of salt.

4. Heated up some butter in a frying pan, lowered the heat and laid the kara right in the middle.
5. Poured the whisked yoke mixture very carefully into the kara.
6. Poured the whites in a perfect circle around the kara.
7. Covered and let it fry on low heat, periodically checking the whites to see that they are not burning at the bottom.
8. When things looked reasonable firm I took a knife and carefully cut around the OUTSIDE of the kara pushing the whites gently away from the kara's edge.
9. Next did the same thing on the INSIDE with the now solidified yoke.
10. Then came the tough part - THE FLIP. After a few quick prayers and with incredible trepidation - I managed the flip on both the yoke (or quiche) and the whites 😊
11. After a bit more heat - it was ready to plate - another challenge! Lifting out the yoke first was the right idea.

GARNISH:

- Garnish with lightly sautéed tomato slices.

