

CRUSTLESS BROCCOLI QUICHE

Serving: About 1 cup

Meat and Main

I tested this dish, adapted from a USDA recipe, with Lynn Adams and Linda Hardie at Westfield High School, where it was popular enough to include in their repertoire.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
Cheddar, shredded	2 lbs	4 lbs	<ol style="list-style-type: none"> 1. Divide half the cheese evenly among 2-1/2 inch steamtable pans, which have been lightly coated with pan release spray. (Each tray will serve 25.) 2. Chop broccoli crowns into small florets. If you are using the stems, remove about two inches from their ends and discard. Peel remaining stems with a knife and slice thinly. 3. Steam broccoli (and stems, if using them) and carrots together, until cooked but not mushy, 5-10 minutes, depending the intensity of your steamer. (Alternatively, use a pot: Bring 2 inches of water to a boil. Add vegetables, cover and cook, as above.) Drain. 4. Sprinkle broccoli, carrots and onions on top of the cheese. 5. Beat eggs in a mixer or large bowl with a whisk, until thoroughly combined, about 2 minutes. 6. Add milk, flour, salt, oregano, pepper and baking powder. Mix until thoroughly combined at a low speed if you are using a mixer, about 4 minutes. 7. Slowly pour 2 qt plus 3 cups batter evenly into each pan, or equally divide by eye. Sprinkle with the remaining cheese. 8. Bake until quiche is set, rotating pans or covering with foil as necessary, about halfway through cooking to encourage even cooking and prevent heavy browning. <div style="margin-left: 40px;"> Convection oven: 350°F about 25-35 minutes Conventional oven: 350°F about 35-45minutes </div> <p>CCP: Heat to 155°F or higher.</p> <ol style="list-style-type: none"> 9. CCP: Hold for hot service at 140°F degrees or higher. 10. Cut each pan in 5 X 5 servings (25 portions per pan).
*Broccoli bunches	2 lbs 10 oz About 2 bunches, with or without stems	5 lbs 4 oz About 4 bunches, with or without stems	
*Carrots, sliced or shredded	1 lb	2 lbs	
*Onion, Spanish, small dice	12 oz About 2-1/2 cups	1-1/2 lbs About 5 cups	
Eggs	2 qts 1 cup (43 eggs)	4 qts 2 cups (66 eggs)	
Milk, 1%	3 qts	6 qts	
Flour, all purpose	3-1/4 cups (14 oz)	1 qt 2-1/2 cups (1 lb 12 oz)	
Salt	1 Tbsp	2 Tbsp	
Oregano	2-1/2 tsp	1 Tbsp 1 tsp	
Pepper, black	3/4 tsp	1 1/2 tsp	
Baking Powder	1/2 tsp	1 tsp	

* MA farm products needed for recipe. For ordering, see page 19.

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Preparation Tips:

- **Broccoli:** For florets, remove crowns from stems and cut into florets. OR, use this quick technique from Donna Miner, Chicopee High School Kitchen Manager: Hold broccoli bunch securely by stems, off the cutting board. Cutting away from you and holding the knife diagonally use a chopping motion to remove the florets. *To use stems* remove bottom 1-2 inches and discard. Peel with a sharp knife or vegetable peeler. Slice thinly.
- **Carrots:** *To purchase*, sliced carrots and are often available from a farm vendor. Shred carrots in the food processor with the grating blade.
- **Onions:** *For a small dice*, this traditional method is easiest. First, cut whole onion in half, point to point through root end to top of the onion. Peel and lay flat side down. Slice. With your knife parallel to the board, slice 2-5 times, towards BUT NOT THROUGH the root end. (Number will depend on size of onion.) Then cut across the onion, 2-5 times. Once again, avoid cutting through the root end. Finally, cut across onion.

NUTRITIONAL ANALYSIS PER SERVING

Calories	210	Vitamin A (IU)	2189
Cholesterol (Mg)	207	Vitamin C (Mg)	22.34
Sodium (Mg)	456	Protein (G)	13.48
Fiber (G)	1.18	Carbohydrate (G)	11.89
Iron (Mg)	1.49	Total Fat (G)	12.16
Calcium (Mg)	253.03	Saturated Fat (G)	5.8