

Hash Brown Crust Quiche Cups

September 30th, 2020

This recipe serves: 1

Prep Time: 01:00

Cook Time: 00:00

These single serving quiche cups use baked Hash Browns for the crust. This quiche can be easily made in a single large pie tin, however, the individual cups provide a convenient way to accommodate for "less adventurous" eaters: each eater can choose their own ingredients.

For this recipe, I use large (12 oz) silicone Cupcake Baking Cups. You could also use a large muffin pan, with disposable paper muffin pan inserts.

This recipe is currently written to make One (1) 12 oz. serving, but it can be easily scaled.

The filling can include any ingredients from your favorite omelet recipe.

Ingredients:

Crust

4 oz (114 g) - Shredded Hash Browns (thawed)

Filling

This dish is very flexible. You can replace these ingredients with pretty much anything that you typically include in your favorite omelet.

1/2 Ounce (14 grams) Shredded Yellow Cheese.

1 Ounce (28 grams) cubed Ham

1 Ounce (28 grams) Chopped Onions and Peppers.

Pinch of Smoked Paprika

Small pinch of Kosher salt

Custard

1 Egg (about 1.75 Ounces)

2.25 Ounce (64 grams) Half and Half

Directions:

Line the inside of a 12 ounce Silicone Cupcake mold with Hash Browns. Press firmly to shape as a crust.

Bake at 425° Fahrenheit for 20 minutes or until the potatoes begin to brown.

Remove from the oven and allow to cool.

Spread the meat across the bottom of each cup

Add the vegetables

Add the cheese

Use a ladle to spoon about 4 ounces of custard mixture into each cup

Heat oven to 350° Fahrenheit.

Bake the cups on a cookie sheet for 25 minutes or until Custard is mostly set. (Ideally, the center should be slightly jiggley, but it might be hard to tell if you added a lot of fillings.)

Substitutions:

The number of potential substitutions that you can make on this recipe are limitless.

Use any cheese: Cheddar, Gouda, Feta, Asiago, Goat Cheese, etc.

Replace the Ham with your favorite meat: Bacon, chicken, beef, lobster, Shrimp, Crab, etc.

Or skip the meat and go vegetarian.

Use any combination of vegetables:

Sautéed onion, diced tomatoes, Sweet peppers, hot peppers, Cooked Broccoli, Spinach Leaves, Mushrooms, Roast Asparagus, Scallions, etc.

Herbs: Rosemary, Minced Garlic, Thyme, Parsely, Cilantro, etc.

Or

Spices: Sweet or Hot Paprika, Aleppo Pepper, Za'atar, Lemon Pepper, etc.