

Kate's Island Quiche

Crust:

Mashed potatoes, molded to 1/2" thickness into a greased pie plate (using local butter, pig fat, or any local fat or oil you have), and pre-bake for 45 minutes in a 350 degree oven, or until golden brown.

Filling:

Sauté or steam a cup of any veggies you have (onions, kale, broccoli, or shredded carrots) with a tablespoon of any local herbs you have (basil, oregano, or rosemary). Drain excess moisture and distribute evenly in the bottom of the pre-baked pie crust.

Whip together 3 local eggs with one cup of local goat's milk or yogourt and a pinch of local sea salt. Pour into pie shell over the veggies.

Bake in a 350 degree oven for 30 minutes or the centre is completely baked (knife inserted in centre comes out clean). You may have to place tin foil around the edges of the pan to keep the crust from burning while waiting for the egg mixture to bake completely.