



BACON, SPINACH & MUSHROOM MINI QUICHE

PREP TIME: 40 mins

COOK TIME: 25mins

SERVES: 6

INGREDIENTS

Oil or butter to grease pan
6 strips bacon
300g white mushrooms, coarsely chopped
1 small shallot, thinly sliced or one slice of yellow onion
Salt and freshly ground black pepper
2 cups baby spinach (if using regular spinach, about 5 stalks)
Pinch freshly grated nutmeg
4 large eggs
1/4 cup milk
1/3 cup grated cheese
Mixed greens for serving

METHOD

Preheat your Cookswell oven to a medium-hot heat. Lightly coat a 12-cup muffin pan with oil. Cook bacon until crisp. Remove from pan, coarsely chop. In the same skillet, heat the bacon fat (remove some if there is quite a lot). Add the mushrooms, shallot/onion, and season to taste. Cook until onions are soft and the mushrooms are dry and lightly browned, about 10 minutes. Remove from the heat and stir in the chopped spinach and nutmeg until the spinach is just wilted, but still bright green, 2 minutes. Set aside to cool slightly. Whisk the eggs, milk, and salt and pepper until well combined and fluffy. Stir in the cheese. Divide the egg mixture evenly between the muffin tins, filling them about halfway. Top evenly with the mushroom and spinach mixture and then the chopped bacon. Bake in your Cookswell oven with medium heat until the quiches are well risen, golden brown and set, 20 to 25 minutes. Cool in the pan 5 minutes and then transfer to a wire rack. Serve hot or warm with greens.



Vegetarian Option:
Substitute bacon with
toasted sesame seeds



Going camping? Chop and sautee veggies at home for easy fireside assembly



COOKSWELL OVEN COOKING TIPS

Begin cooking when the coals are lit. The charcoal should look grey and there is no smoking. Close small air inlet doors according to the amount of heat needed - (open for more heat, close for lower heat).

When you put your dish into the oven, make sure the dish doesn't touch the sides of your jiko. Once you've finished cooking your mini quiches you can use your oven for any other items you need to cook.

If you are done cooking, leave the doors open to let the oven slowly cool down. When the doors and grill are warm to the touch, use a supabrite or durable cloth to wipe off any food that has spilled. This reduces wear and tear, as well as keeps dishes from retaining a smoky flavor.

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