

Quiche (/ˈkiːʃ/ KEESH)

Quiche Lorraine, is a French tart named reflective of Lorraine, France, it's place of origin. Global food history accounts for recognition of numerous dishes which spurned from readily accessible goods, such as eggs and potatos, that served as the basis for some of our most creative dishes. On this northeastern countryside, farm eggs combined with cream, bacon, and dough (pastry crust) where the ingredients for our now transformed standard quiche.

A gourmet menu item today was first eaten in 1586 served to the Duke of Lorraine for his dinner meal. Historically referenced as a 'custard of flesh', quiche was a noted recipe in a 1951 cookbook featuring French cuisine which held a recommended use of potato, flour, and butter pastry crust with a filling of Gruye're, garlic and cream. Time enriched the filling contents with cheese and use of ham, spinach, onion and other alternative ingredients. It was an economical delight for serving at any meal time.

This creamy custardy base encased in the right crust traveled across the ocean and around our continents rendered an appetizer, breakfast or brunch item along with mimosa, wine or coffee in a hot, warm or cold state. As a farmhouse dish and thence menu staple, that has transcended time, quiche offers a balance in ingredients and flavor. It is a blended equal mixture baked into a bountiful fluff of all that pleases the cook and consumer. Yet, with all the rage and yap in regards to this delightful menu item, history has also proven it was once considered an insult to serve.

The author of the satirical work, "Real Men Don't Eat Quiche", a 1982 published hit, suggested that this sophisticated and tasty food had begun to change by the 1980's with the American addition of odd and distasteful foods such as broccoli and possibly mushrooms rending it by B. Feirstein a symbol of 'effete snobbery'. If you do not recollect or are to young to know, the phrase "effete (uh-feet) snob" carried-over from the 39th Vice President Spiro Agnew who coined it to 'denounce' anti-war protesters and young intellectuals. Effete means 'loss of character'. The book also is a direct linkage onto the notion that quiche is a 'feminine or feminist' food which men would avoid.

Ingredients That Fancy You: eggs cream bacon alternate cheeses leeks shrimp crab lobster onion mushrooms peppers tomatoes olives anchovies spinach

References:

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https://ateliermonnier.com/history-of-the-quiche-lorraine

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