Shrimply Delicious Quiche

Recipe by Florida Department of Natural Resources, Bureau of Marketing and Extensions Services

Makes 6 servings

Ingredients

- 3/4 pound peeled/deveined rock shrimp, fresh or frozen
- 1 Tbsp salt
- 2 cups water
- 1 1/2 cups sliced fresh mushrooms
- 2/3 cup sliced green onions
- 1/4 cup butter or margarine, melted
- 4 eggs, well beaten
- 1 1/2 cups half and half
- 1 tsp salt
- 1/8 tsp dry mustard
- 1 cup shredded mozzarella cheese
- 2 unbaked 9-inch pie shells

Instructions

1. Thaw rock shrimp. Add 1 Tbsp salt to 2 cups water and bring to a boil.
2. Place shrimp in boiling water; cook 30 seconds. Drain. Rinse under cold water for 1-2 minutes.
3. Remove any remaining particles of sand vein. Chop rock shrimp.
4. Cook mushrooms and green onions in butter until tender, but not brown.
5. Combine eggs, half and half, 1 tsp salt, and dry mustard; beat until smooth.
6. Layer half of the rock shrimp, half of the mushroom mixture, and half of the mozzarella cheese in each pie shell.
7. Pour half of the egg mixture into each pie shell.
8. Bake at 425°F for 30 minutes, or until knife comes out clean.
9. Let stand for 15 minutes before serving.

SHRIMPLY DELICIOUS QUICHE **FLORIDA SEAFOOD**

Florida Department of Natural Resources
Bureau of Marketing and Extensions Services
3900 Commonwealth Blvd.
Tallahassee Florida 32303

3/4 pound, peeled/deveined rock shrimp, fresh or frozen
1 tablespoon salt
2 cups water
1½ cups sliced fresh mushrooms
2/3 cup sliced green onions
¼ cup butter or margarine, melted
4 eggs, well beaten
1½ cups half and half
1 teaspoon salt

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(Let stand for 15 minutes. 6 servings.)

1/8 teaspoon dry mustard
1 cup shredded mozzarella cheese
2 unbaked 9-inch pie shells

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