

# Quiches-- Great Gift Of France

The French quiche (meaning a tart or flan) is one of the most popular of American culinary adaptations.

It is a simple dish. For the base it is nothing more than a custard tart to which different ingredients are added. Quiches can be served as a cocktail appetizer, a first course, a luncheon dish and dessert.

Almost any pastry can be used for quiche--your favorite short pastry, egg pastry, rich cream cheese pastry, rough puff pastry or brioche dough.

One of the most common failings is a soggy crust. The secret of a crisp one is simple -- the pastry shell is pre-baked and then brushed with egg yolk and returned to the oven to dry. Some chefs use egg yolk, others prefer egg white or whole eggs, but the results are the same -- a perfect, crisp, non-soggy crust.

Bake the quiche immediately after the custard has been poured into the pastry shell which has been pre-baked and glazed. When using a flan ring or a tart pan with a detachable bottom, be certain the pastry shell is completely sealed and free of cracks or the custard will run out through the bottom. When using a pyrex pie plate, reduce heat 25 degrees.

Do not overcook or the custard will curdle and become watery. To test, shake the pan gently to see whether or not the custard is firm; or place a knife into the custard at the center -- if it comes out clean it is completed.

Allow quiche to cool for a few minutes before serving. It is time to eat, it will slice better.

## SWEETENED RICH PASTRY

2 c. unsifted flour  
3 T. sugar  
1/2 t. salt  
3/4 c. butter  
1-1/2 t. grated lemon rind  
3 hard cooked egg yolks, sliced  
2 egg whites  
1 egg yolk, lightly beaten

Put the flour on a pastry board or in a large bowl. Make a well in the center of the flour, and add the remaining ingredients, except the beaten egg yolk. The butter should be firm but not too cold. Quickly work the center ingredients into a paste with your fingers and then add the flour until the mixture will form a smooth, firm ball. Wrap in waxed paper, and chill until firm enough to roll. Roll out to fit a 9 inch pie tin or 1-1/2 inch deep flan ring. Trim off the excess, and crimp the edges. Line with aluminum foil, shiny side down, fill with dried beans or rice (keeps the shell from puffing up) and bake in a 425 degree oven for 15-20 minutes until the bottom is set and edges are slightly brown. Remove from oven, take off foil and brush shell with the egg yolk, and return to the oven for two minutes to set the yolk.

## CHERRY QUICHE

Pre-baked 9 inch sweetened pastry shell  
1 pound can Bing cherries, drained  
2 tablespoons kirsch  
4 eggs  
1 cup cream  
3/4 c. sugar  
Mix the cherries with the kirsch and arrange in the pastry shell. Beat the eggs lightly and combine with the cream and sugar. Pour over the cherries. Bake in a 375 degree oven for 25-30 minutes or until set. Remove to a rack to cool. Serves six.

## APPLE QUICHE

Pre-baked sweetened 9 inch pastry shell  
3 T. butter  
3 large cooking apples, peeled, cored and coarsely chopped  
1 t. vanilla  
1/4 c. sugar  
3 eggs, slightly beaten  
1 c. heavy cream  
Melt butter in a heavy skillet, add the apples and vanilla, and cover. Cook until soft but not mushy over moderate heat, shaking the pan occasionally. Remove from the heat and stir in the sugar. Place the filling in the pastry shell. Blend the beaten eggs with the cream, and pour over the apples. Bake in a 375 degree oven for 45 minutes or until the custard is set. Serve warm or at room temperature. Serves six.

## Bristly Task

When mending a knitted garment, place the torn portion over bristles of a brush to prevent the yarn from stretching while you work. This makes for a neater job of mending.

UP TO 700 Extra Top Value Stamps This Week At Kroger's

# 86th ANNIVERSARY SALE



U.S. CHOICE  
**Beef Chuck Roast**  
59<sup>¢</sup> LB  
USDA CHOICE

**100 Top Value Stamps**  
WITH COUPON BELOW

**100 Extra Top Value Stamps**  
WITH THIS COUPON  
AND \$10 PURCHASE OR MORE  
NOT INCLUDING BEER, WINE OR  
CIGARETTES  
Valid Thru Sun., Aug. 17, 1969 At Kroger,  
Det. & East. Mich. Limit 1 Coupon.

LEAN RIB  
**Center Cut Pork Chops**  
99<sup>¢</sup> LB  
NO END PIECES

U.S. CHOICE BEEF  
**Chuck Steak**  
69<sup>¢</sup> LB

COUNTRY CLUB  
**All Beef Hamburger**  
63<sup>¢</sup> LB  
IN 3-LB TUBE

GORDON'S PURE  
**Pork Link Sausage**  
88<sup>¢</sup> LB

WHOLE OR END PIECE  
**Slab Bacon**  
59<sup>¢</sup> LB

WHOLE  
**Semi-Boneless Ham**  
75<sup>¢</sup> LB

WHOLE  
**Fryer Legs or Breasts**  
59<sup>¢</sup> LB

REGULAR OR DIET  
**Pepsi-Cola**  
8 79<sup>¢</sup> 10-FL OZ BTL

U.S. CHOICE TENDER 4TH & 5TH RIBS  
**Beef Rib Roast**.....99<sup>¢</sup> LB  
COUNTRY CLUB  
**Canned Ham**....8<sup>¢</sup> CAN \$7<sup>99</sup>

8 TO 10-LB SIZE NORBEST  
**Beltville Turkeys** LB 49<sup>¢</sup>  
U.S. CHOICE TENDER 7-IN. CUT  
**Beef Rib Steak**....\$1<sup>99</sup> LB

VACUUM PACKED  
**Peter's Wieners** 2 1-LB PKGS \$1<sup>99</sup>  
PESCHKE'S WIENERS OR  
**Sliced Bologna**....\$1<sup>99</sup> PKG

KROGER WHOLE, CRACKED & REGULAR  
**Wheat Bread**  
1-LB LOAF 19<sup>¢</sup>

KROGER ALL GRINDS  
**Vac Pac Coffee**  
2 LB CAN 99<sup>¢</sup>

RICH'S  
**Spoon & Serve**  
QUART CONTAINER 29<sup>¢</sup>

SMOOTH CREAMY  
**Hellmann's Mayonnaise**  
OT JAR 48<sup>¢</sup> KROGER MAYONNAISE OT 39<sup>¢</sup>

ASSORTED FLAVORS  
**Captain Kidd's Drinks**  
1-QT 14-OZ CAN 19<sup>¢</sup>

SPECIAL LABEL  
**Crisco Oil**.....39<sup>¢</sup> 1-PT 8-OZ BTL  
11 VARIETIES INCLUDING CHERRY, STRAWBERRY-EMBASSY  
**Preserves**.....39<sup>¢</sup> 1/4-LB JAR  
KROGER RED TART PITTED  
**Pie Cherries**.....19<sup>¢</sup> 1-LB CAN  
CAP BRAND  
**Corned Beef**.....39<sup>¢</sup> 12-OZ WT CAN  
PACKER'S LABEL SECTIONS OF  
**Grapefruit**.....5<sup>¢</sup> 15 1/2-OZ WT CANS \$1<sup>99</sup>  
CLOVER VALLEY FREESTONE HALVES  
**Peaches**.....25<sup>¢</sup> 1-LB 13-OZ CAN  
KROGER HOMOGENIZED  
**Gallon Milk** CTN 99<sup>¢</sup>

KROGER FROZEN  
**Lemonade**.....9<sup>¢</sup> 4-FL OZ CAN  
BORDEN'S NEUFCHATEL  
**Cream Cheese**.....23<sup>¢</sup> 8-OZ WT PKG  
SAVE 12¢-KROGER PLAIN, STRAWBERRY OR LEMON  
**Jelly Rolls**.....33<sup>¢</sup> 12-OZ WT PKG  
MEL-O-SOFT BUTTERMILK  
**Bread**.....4<sup>¢</sup> 1/4-LB LOAVES \$1<sup>99</sup>  
POLAR PAK FUDGEES OR  
**Twin Pops**.....12<sup>¢</sup> CT PKG 49<sup>¢</sup>

NON-DAIRY COFFEE CREAMER  
**Coffee-Mate**.....77<sup>¢</sup> 1-LB 2-OZ JAR  
SPECIAL LABEL  
**Giant Gain**.....73<sup>¢</sup> 3-LB 1-OZ PKG  
SPECIAL LABEL BATHROOM TISSUE  
**Family Scott**.....29<sup>¢</sup> 4 ROLL PACK  
SPECIAL LABEL  
**Gallon Clorox**.....49<sup>¢</sup> JUG  
CONTADINA WHOLE PEELED  
**Tomatoes**.....22<sup>¢</sup> 1-LB 12-OZ CAN  
KROGER INSTANT  
**Breakfast**.....39<sup>¢</sup> 8 1/2-OZ WT PKG

SPECIAL LABEL  
**Quart Joy Liquid**  
PLASTIC BTL 57<sup>¢</sup>

KROGER ALL WHITE  
**Grade 'A' Large Eggs**  
DOZEN 53<sup>¢</sup>

U.S. NO. 1  
**New Potatoes**  
20 88<sup>¢</sup> LB BAG

**Health & Beauty Aids**  
SPRAY DEODORANT  
**Dial Anti-Perspirant**  
5-FL OZ CAN 58<sup>¢</sup>  
RELIEVES UPSET STOMACH  
**Alka Seltzer**.....38<sup>¢</sup> 25-CT  
NORMAL OR EXTRA HOLD  
**Adorn Hair Spray**.....\$1<sup>99</sup> 13-FL OZ CAN  
REG. OR EXTRA HOLD SETTING GEL  
**Dippity Do**.....68<sup>¢</sup> 8-OZ WT JAR

**100 TOP VALUE STAMPS**  
WITH THIS COUPON ON \$3 PURCHASE OR MORE DAIRY PRODUCTS  
Valid Thru Sun., Aug. 17, 1969 At Kroger Det. & East. Mich. A

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON TWO 1/2-GALS. KROGER 2% HI-NU LOW FAT MILK  
Valid Thru Sun., Aug. 17, 1969 At Kroger Det. & East. Mich. B

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON ANY TWO PINT CARTONS KROGER BRAND SALADS  
Valid Thru Sun., Aug. 17, 1969 At Kroger Det. & East. Mich. C

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON ANY TWO 1/2-GALS. KROGER LABEL ICE CREAM  
Valid Thru Sun., Aug. 17, 1969 At Kroger Det. & East. Mich. D

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON ANY 2 PKGS BABY RUTHS, CHERRY SPLITTS, FUDGE CREAMS ICE CREAM NOVELTIES  
Valid Thru Sun., Aug. 17, 1969 At Kroger Det. & East. Mich. E

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON ONE FROZEN MOUNTAIN TOP BLUEBERRY PIE  
Valid Thru Sun., Aug. 17, 1969 At Kroger Det. & East. Mich. F

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON ONE 46-OZ JAR OR PURCHASE OF ANY 2 SMALLER JARS OF VLASIC PICKLES  
Valid Thru Sun., Aug. 17, 1969 At Kroger Det. & East. Mich. G

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON 2 PKGS PRE-COOKED HEAT-N-SERVE SEAFOOD OR FRIED CHICKEN  
Valid Thru Sun., Aug. 17, 1969 At Kroger Det. & East. Mich. H

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON ANY 2 PKGS KROGER ROLLS OR BUNS  
Valid Thru Sun., Aug. 17, 1969 At Kroger Det. & East. Mich. I

27 SIZE  
**VineRipened Cantaloupe**  
3 FOR \$1

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON ANY PACKAGE BONELESS PORK BUTT ROAST  
Valid Thru Sun., Aug. 17, 1969 At Kroger Det. & East. Mich. J

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON ANY BOSTON ROLLED BONELESS BEEF ROAST  
Valid Thru Sun., Aug. 17, 1969 At Kroger Det. & East. Mich. K

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON 2 PKGS PRE-COOKED HEAT-N-SERVE SEAFOOD OR FRIED CHICKEN  
Valid Thru Sun., Aug. 17, 1969 At Kroger Det. & East. Mich. L

**50 TOP VALUE STAMPS**  
WITH THIS COUPON ON ANY 2 PKGS KROGER ROLLS OR BUNS  
Valid Thru Sun., Aug. 17, 1969 At Kroger Det. & East. Mich. M

WHOLE  
**Red Ripe Watermelons**  
EA. 88<sup>¢</sup>

FRESH  
**Michigan Blueberries**  
OT. 59<sup>¢</sup>

FRESH  
**Green Beans**  
LB. 25<sup>¢</sup>