

A Main-Dish Pie From France



MAIN-DISH PIE FROM FRANCE . . . hearty crust, delicate filling.

By CECILY BROWNSTONE
Associated Press Food Editor

QUICHE LORRAINE, popular in France, has been receiving applause in this country. This French dish, with its hearty crust and delicate filling, makes a wonderful main course for a family lunch or a first course for a company dinner.

You'll find fillings for Quiche Lorraine vary although its custard base usually remains the same. One of our recipes includes onion and grated Swiss cheese; the other features crabmeat plus seasonings. Other recipes may call for bacon, green onions, Parmesan cheese.

EVERYDAY QUICHE PASTRY

Ingredients: 2½ cups sifted flour, 1 teaspoon salt, ¾ cup golden shortening, 6 tablespoons cold water.

Method: Stir flour and salt together in a medium-sized mixing bowl. Cut in shortening until mixture looks like coarse cornmeal. Sprinkle water over mixture, 1 tablespoon at a time, and mix lightly with a fork until all flour is moistened. Gather dough into a ball with your hands and divide in half. Roll out each half in a circle ¼-inch thick and about 1½ inches larger than the top of an ordinary 9 or 9½-inch pie plate.

QUICHE LORRAINE

Ingredients: Everyday Quiche Pastry, 1 small onion (minced), 2 tablespoons butter or margarine, 4 eggs, 1 cup milk, 1 cup heavy cream, ½ teaspoon salt, ¼ teaspoon pepper, ½ cup (½ pound) grated Swiss cheese.

Method: Line an ordinary 9 or 9½-inch pie plate with the Everyday Quiche Pastry you have rolled

out. Turn pastry edge under to have standing rim; flute rim lightly without flattening so it just rests on rim of pie plate. Prick pastry all over with tines of fork and refrigerate. Beat eggs enough to combine yolks and whites; beat in milk, cream, salt and pepper enough to combine. Reserve 2 or 3 teaspoonsful of this mixture; stir grated cheese into the remaining mixture. Cook onion very slowly in butter in small skillet, stirring often, until it is wilted and yellowed; do not brown onion. Bake pastry shell in very hot (450°) oven 8 to 10 minutes; remove from oven. Spread onion (with any butter in skillet) over bottom of partially-baked pastry. Pour custard-cheese mixture over onion. Brush rim of pastry with the few teaspoons of reserved custard mixture. Return to moderate (350°) oven for 25 to 30 minutes or until silver knife inserted near center comes out clean and custard looks set. Do not overbake. Allow to stand 10 minutes at room temperature, then cut and serve at once.

QUICHE DE CRABE

Follow directions for Quiche Lorraine using second round of rolled out Everyday Quiche Pastry. Use ½ cup flaked crabmeat, 1 tablespoon minced onion, and 1 tablespoon minced parsley instead of the cheese, small onion and 2 tablespoons butter or margarine called for in the Lorraine recipe. For the Quiche de Crabe, sprinkle crabmeat, the 1 tablespoon minced raw onion and the parsley over the partially-baked pastry. Make up the custard mixture as called for in the Lorraine recipe (but without the cheese) and pour over the crabmeat; bake and cool slightly as directed in Lorraine recipe.

Argentine Women Working For A Better Government

By JANE EADS

WASHINGTON—Women in the Argentine are eager to work for good government and expect to play a large part in their country's general elections next year, according to Mrs. Alberto Benegas Lynch, wife of the counselor of the Argentine embassy.

Since coming here a year ago with her husband and three teenage children, Mrs. Lynch says she's had a "wonderful lesson in democracy," having avidly followed our political campaigns from pre-convention days right through the elections. Most of all, she is impressed with "the many activities and interests American women have, and they're all so feminine, too."

Mrs. Lynch refers to the late Peron regime in her country as "the tyranny." The women in the Argentine have long had the right to vote, but during "the tyranny" they had no chance to exercise their privilege. Her husband, an economist, is a first cousin of the wife of Argentine Ambassador Dr. Don Alfaro Vichi. He worked for 25 years in the Vicchi family's winery at Mendoza and was its general manager and vice president when he was called into his country's diplomatic service just after the ouster of the Peron government.

Lynch is of Irish descent. "His

grandmother Lynch had 50 first cousins of the same name," Mrs. Lynch told me. "There are many families of Irish descent in Argentina. Many of our great polo players and big ranchers had Irish ancestors. There are also many French, Italian and Swiss in our population."

Like their parents, the Lynch youngsters, Albert, Jr., 16, Sophia, 14, and Martin, 13, speak fluent English.

This is Mrs. Lynch's third visit to the United States. She was 18 when she first came here with her father, Dr. Cupertino del Campo, a noted landscape painter who helped found the Argentine-American Cultural Institute and was formerly director of the Fine Arts Museum of Buenos Aires.

"I loved that trip," Mrs. Lynch confided, "we traveled from coast to coast and spent most of our time in museums and art galleries."

As for the parakeet, it wasn't



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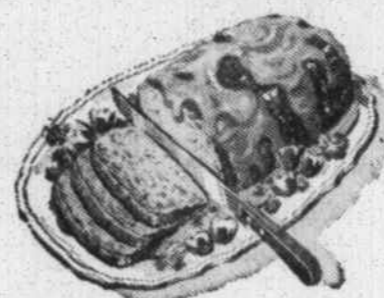
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