

Breakfast Sausage & Tomato Quiche

Company: Egg Farmers of Ontario
Cook Time: ~45-55 minutes

Serving Size: 1/6th (221 g/7.8 oz)
Cook Temperature:

Yield: 25 Portions

Step	Ingredients	Metric Weight	Metric Volume	Imperial Weight	Imperial Volume
2	Pie Shell, 9 inch deep (170 g/6 oz each)	5 each	-	5 each	-
3	Sausage, pork links, precooked or raw (1 each =22.5 g/0.8 oz)	25 each (550 g)	-	25 each (1 lb 3 oz)	-
4	Eggs, large or Liquid Eggs	25 each	1075 mls	25 each	4 1/3 cups
4	Milk, 2%	-	810 mls	-	3 ¼ cups
4	Baby Spinach, fresh, finely chopped	1.5 kg	-	3 lb 5 oz	
4	Cheddar Cheese, shredded	313 g	690 mls	11 oz	2 ¾ cups
4	Garlic Powder	15 ml	-	1 Tbsp	-
4	Black Pepper, ground	10 ml	-	2 tsp	-
5	Tomatoes, fresh, medium; cut into 6 thin slices	3 each (354 g)	-	3 each (12.4 oz)	-

Preparation Steps to use:

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. The day before thaw the frozen precooked breakfast sausage links or alternatively raw breakfast sausage links under refrigeration. Hold at <40F/4C.
2. Preheat convection oven to 425°F/220°C. Place the frozen 9” deep pie shells on a baking sheet and cover with a double thickness of heavy-duty foil. Bake at 425°F/220°C for 8 minutes. Remove the foil and bake 5 minutes longer. Cool on wire rack.
3. Meanwhile, if using raw breakfast sausage links, cook on grill top on medium heat and rotate every few minutes to ensure even browning on all sides. Cook for approximately 10-15 minutes or until internal temperature of 160°F/71°C is reached for a minimum of 15 seconds. Once cooked, transfer to insert pan and hold at <40°F/4°C until later step.
4. In a large bowl, whisk eggs and milk. Stir in finely chopped spinach, cheese, garlic powder and pepper. Carefully pour into lighted baked crust.
5. Slice tomatoes into thin slices and cut into halves. Arrange 6 cooked breakfast sausages in a spoke pattern on top of egg mixture in each pie plate: place tomato half slices between breakfast links.
6. Place quiche uncovered in a preheated convection oven at 325°F/165°C for 35-45 minutes or until a knife inserted in the centre comes out clean. Cook to an internal temperature of 165°F/74°C held for at least 15 seconds. Let stand for 10 minutes before cutting. CCP-Hold at >140°F/60°C until service.

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7. Slice each 9-inch pie into 6 servings. At point of service, may garnish with a dollop of sour cream or sprinkle of fresh/dried chopped parsley.
8. Serve 1 slice each (1/6th) of pie per serving.

Plating/Garnishing Suggestions:

Serve with fried potatoes and buttered whole grain toast for breakfast or a tossed spring mix salad and serve for a lunch entrée.

CCP-Maintain >140°F/60°C for a maximum of 4 hours. Temperature should be taken every 2 hours during holding.

CCP-COOL: Product must reach 140°F/60°C to 70°F/21°C within 2 hours and 70°F/21°C to 40°F/4°C within 4 hours.

CCP-REHEAT to an internal temperature of 165°F/74°C within 2 hours held for at least 15 seconds-one time only unless using precooked breakfast sausages.

NOTE: Refer to local or regional public health regulations for any hot holding time limits.

Nutritional Information Per Serving: 1 each (1/6th pie)

Calories	% of Calories from Protein	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Sugars	Total Dietary Fiber	Sodium	Potassium	Calcium	Iron
320 kcal	18 %	15 g	19 g	22 g	8 g	0.4 g	200 mg	4 g	2 g	450 mg	450 mg	225 mg	3.5 mg

Vitamin A	Vitamin C
441.8 RE	20 mg