



Name of the recipe: Mini quiches

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Make sure you have everything you need and place them on your kitchen counter. This is called "mise en place" (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!

Ingredients:

1. 1 pq wraps of your choice
2. 1 can tuna fish
3. 1,5 tbsp mayonnaise
4. 1 pack grated cheese 40 grs.

Optional:

1. You may choose to fill the quiches with corn, artichoke, ham, shrimp, mushrooms, spinachs, etc.
2. 1 small pack wholecream 200cc.
3. 1 egg
4. more cheese, grated, chopped, as you wish

To prepare:

1. Cut the wraps into 10-12 cms discs, using a plate as a guide and then by cutting round them with a pizza cutter;
2. In muffin tins, slightly greased, place each wrap forming small cups by folding the side a little to make them sturdier;
3. Mix the filling of your choice, either tuna, corn or artichoke, whichever you prefer, with the mayonnaise and the cheese and pour into the wrap shells; You may also use any of the fillings substituting the mayonnaise by cream, egg and lots of cheese.
4. Add more grated cheese on top;
5. Place in the oven at 175° for 15 minutes or until the crust goes a little brown and the cheese is grilled;
6. Serve warm.

Tip:

With the wrap leftovers, cut triangles, place on a baking tin and toast for about 10 minutes. Use as chips with any dipping you may like: guacamole, cheese, avocado, etc.