

Swiss Cheese And Onion Tart

2 lb sliced Onions
1 ½ oz butter
1 tablespoon Oil
¾ oz Flour
2 Eggs
½ cup Milk/ Half & Half or Cream
1 teaspoon Salt
1/8 teaspoon Pepper
Pinch of Nutmeg
2 oz grated Swiss Cheese

1 8-inch partially cooked Pastry Shell* on a baking sheet

Cook the onions in a heavy frying-pan with the oil and butter over very low heat, stirring occasionally until they are extremely tender and a golden yellow. *This will take about an hour.*

Sprinkle with the flour, mix well and cooked slowly for 2 to 3 minutes. Allow to cool slightly.

Preheat oven to 375 degrees F

Beat the eggs in a mixing-bowl with the cream and the seasonings until blended.

Gradually mix in the onions and half of the cheese. Check seasoning. Pour into tart shell. Spread on the rest of the cheese.

Bake in upper part of preheated oven for 25 to 30 minutes, until quiche has puffed and browned.

** I use the Pepperidge Farms Puff pastry sheets from the frozen food section in Atkinsons*