

# Chicken quiche blends cultures and flavors

By Susie Iventosch



Photo Susie Iventosch

Mexico meets France with this savory chicken quiche. It's made with tender shredded chicken, onions, tomatoes, poblano and jalapeño peppers, chili lime seasoning and grated cheese. The combination of flavors is so satisfying. Baked into a flaky, buttery crust, it's the quintessential comfort food! It's so delicious, and you can make it ahead and freeze it, so you have a quick meal for weekend guests or mid-week dinners! While I'm at, I often make two — one for now and one for later!

You can really use any cheese that you like, and if poblanos are too hot for you, substitute Ortega (Anaheim) chilies for a mild alternative. I also love Trader Joe's Chili Lime Seasoning, but Tajin works well in this recipe too.

Regardless of what kind of filling you want in your quiche, the formula is pretty much the same for the custard. We use three large eggs and 1 1/2 cups of half & half, but if you have a larger pie dish, just remember to use 1/2 cup of the liquid for every egg. We love a lot of filling, too, and so we use about 3 cups all together between the veg-

gies and meats, plus 1 1/2 cups of grated cheese.

If you're in a hurry, you can use a pre-made crust or a box mix crust, but if you love a home-made crust for your quiche, it's best to partially pre-bake (blind bake) the pie crust before filling it and baking the whole dish. If you don't have pie weights or dried beans, use whatever you can to weigh down the crust. The main reason for this is so the empty shell doesn't collapse.

Also, be sure to poke lots of holes in the crust before laying the foil and weights over the raw crust. These help the air escape so big air pockets won't form in your pie shell. You can see that we were all out of pie weights and dried beans, so I went to my husband's tool shelf and got some nice heavy washers! They were magic!

This recipe makes enough dough for your 9-inch pie crust plus a smaller pie crust. Or you can use any extra dough for cinnamon sugar roll ups, for patching your crust edging, or make a smaller pie shell and freeze it for another time!

## Ingredients

### Flaky Buttery Crust

- 2 cups all-purpose flour
- 1/2 tsp. salt
- 6 oz. unsalted butter, chilled and cut into tiny pieces
- 2 tsp. cider vinegar
- 1/2 cup ice water

### Mexican Chicken Filling

- 2 cups cooked and shredded chicken breast
- 1 large yellow onion, coarsely chopped (I like to lightly sauté the onion in the olive oil until translucent ahead of time, but you can use raw onions if you are short on time.)
- 2 tbsp. olive oil
- 1 poblano pepper, seeded and coarsely chopped
- 1 jalapeño pepper, seeded and finely diced
- 1 large tomato, seeds removed and coarsely chopped
- 3/4 cup Pepper Jack cheese, grated
- 3/4 cup mixed Mexican grated cheese or can also use sharp cheddar in place of mixed Mexican cheese

### Egg and Cream Custard

- 3 large eggs
- 1 1/2 cups half & half or milk
- 1 tsp. Trader Joe's Chili Lime Seasoning or Tajin
- 1/2 tsp. lemon pepper

## Directions

### Pie Crust

Preheat oven to 350° F. Get your 9-inch pie dish ready for action! Stir flour and salt together in a large bowl. Cut butter into the dries using a pastry cutter or cold fingertips until butter is the size of small peas.

Sprinkle cider vinegar over the butter-flour mixture and stir with a fork. Slowly add ice water (don't get ice into the crust mixture) until the dough can be gathered together. Add water slowly, so you don't get it too wet.

Divide dough into a larger and a smaller ball. On a large cutting board or pastry cloth, roll the larger ball into a circle about 14-15 inches in diameter, using extra flour as you need it to keep the dough from sticking to the board. Save the smaller dough ball for patching the crust edges or for making cinnamon sugar roll ups. Or you can make a smaller pie shell and freeze it for another time.

Fold the dough into quarters and then transfer it to a 9-inch pie dish. Open the dough back up to a full circle and roll and crimp the pie edges to a pretty, finished look. I usually flute the edge, but you can also use a fork or any method you like. Poke holes all along the bottom and sides of the pie shell with a fork.

Layer a piece of foil in the center of the pie crust and put pie weights, or dry beans evenly over the foil. Partially bake the pie crust for 10-15 minutes. Then, remove foil and weights and continue to bake for another 10 minutes, or just until the crust is beginning to brown. Remove from oven and cool.

### Quiche Filling and Custard

Beat eggs, half & half, chili-lime seasoning, and lemon pepper together. Set aside.

Layer the chicken, poblanos, jalapeños, onions, tomatoes, and the Pepper Jack cheese in the bottom of the pre-baked shell. Pour custard over the top and then sprinkle the mixed Mexican cheese over the top.

Bake for 45-50 minutes or until the center is mostly set, but still a tiny bit jiggly.

When baked, remove from oven, and allow to set up for approximately 25 minutes before serving.

## Notes

*This quiche freezes very well and if you want to make it ahead of time it's super easy to reheat and serve. Be sure to allow quiche to cool completely and then wrap it in plastic wrap. Cover the plastic wrap with foil and place in the freezer.*

*When you're ready to serve, you can move the quiche from the freezer to the refrigerator the day before. Reheat in a 350 F oven for about 30 minutes or until heated all the way through.*



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This recipe can be found on our website:

[www.lamorindaweekly.com](http://www.lamorindaweekly.com)

If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>

# App helps EV owners

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Preferences, such as capping the price for electricity rates, can also be set in the app.

MCE Sync also provides statistics for energy usage, a record of the cost of charging one's EV, and a record of credit received. It is free, has no in-app purchases, and currently has a \$50 signing bonus. At the time of writing, it is used by 126 households in Lafayette and 61 households in Moraga.

Ahmed Shiblin, a Lafayette resident, received an email from MCE in 2022 asking if he would like to be enrolled in MCE Sync. He downloaded the app, synced it with his Chevrolet Bolt, chose his settings, and has been using it ever since. "Oh, I love it," said Shiblin on a hot late afternoon during a lull at The Rising Loafer, the restaurant that he and his wife Maria Gastelumendi own. He pointed at the open app on his phone where it displayed his daily EV charging as consistently using green energy during low-cost hours. "It can show you how your charging has

been — you see that here? It's green, green, green." He then pulls up the Chervolet app that works in tandem with MCE Sync to monitor his Bolt's energy usage and how much time it will need to charge.

As a customer wandered in to order a coffee and omelet, Shiblin flipped back to the Credit tab of the app to show me how much he earned every month. MCE gives credit for several different things, including sending in excess solar panel energy and charging during Low Carbon Events, which take place during the daytime when solar energy is widely available on the grid.

Shiblin was involved in the early movement to bring MCE to Lafayette, so he is familiar with it and its role in Lafayette and Moraga. However, several other EV users from Lafayette and Moraga thought that they would be unable to use MCE Sync as it requires being a customer of MCE. When they checked, to their surprise, each of them was already an MCE customer.

MCE is the electricity

provider for most households and businesses in Lafayette and Moraga. It is an entity called a "Community Choice Aggregation". CCAs are public, not-for-profit energy providers that are formed by local governments to buy directly from power stations so they act as the default energy provider to their jurisdiction. This allows local governments to prioritize the interests of their residents, such as lower rates and green energy.

MCE was started in Marin in 2010 with the goals of providing the community with electricity from renewable energy instead of fossil fuels and reinvesting profits into the community. They are now the energy provider for 37 member communities in Contra Costa, Marin, Napa, and Solano. They have two options for enrollment, MCE Light Green which is 60% renewable and costs an average of \$199.49 per month and MCE Dark Green which is 100% renewable and costs an average of \$203.94 per month. MCE data shows that in comparison, PG&E is 38% renewable and

costs an average of \$205.93.

MCE uses PG&E for energy transmission, which means MCE produces energy that is delivered to customers by PG&E. PG&E also does maintenance, repair, and billing. Customers in Lafayette and Moraga are both MCE customers and PG&E customers, but they receive one unified bill from PG&E. Unless they have chosen to switch from MCE back to PG&E, Lafayette and Moraga residents are able to use the MCE Sync app.

MCE first came to Lamorinda when the Lafayette City Council voted in 2015 to make it Lafayette's default provider in order to reduce Lafayette's carbon footprint and give Lafayette residents a choice in power provider. Lafayette customers were automatically enrolled in the MCE Light Green program in 2016 with the option to opt out and use PG&E. After local environmental efforts, the Moraga Town Council voted to join MCE in 2017 and switched in 2018, also with the option for residents to opt out. Currently

MCE is the provider for 89.9% of households in Lafayette and 89.6% in Moraga. Orinda currently has only PG&E as an option for power provider after the Orinda City Council rejected exploring the possibility when Mayor Dennis Fay last brought it as a motion in 2022.

With another record high summer forecasted, MCE hopes to have more EV owners use MCE Sync for their PeakFlex program. The PeakFlex program automatically does not charge EVs when the

grid is becoming overloaded, though this can be overridden by owners if necessary. This load shifting program helped prevent blackouts during the 2022 heatwave. They also have plans to increase smart charging, especially in historically underserved communities, and increase daytime, non-peak charging when solar power is more readily available.

Residents of Lafayette and Moraga who would like to use MCE Sync can find it at the Apple App Store or Google Play.

# Lafayette's top priorities

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"What can we do to rethink our downtown so that people don't have to use cars at the per capita level they're using them now?" Anduri asked. Answering his own question, he suggested that hiring a consultant capable of taking a "big picture" perspective on the situation might lead to an innovative, "big picture" solution.

After discussion and

recognition of improvements already made by the city in traffic-calming measures already taken, especially involving school safety and speed reduction initiatives and enforcement, the council unanimously accepted staff's recommendation to approve the work plans as presented. Council will conduct a midyear review in December in conjunction with the adoption of the Final Budget.

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