

Cheese and Bacon Quiche in a Cob



Preparation time: 75 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Lunch Recipes, Entertaining

Comfort food for breakfast – or any time of day – this cheesy egg and bacon cob quiche will be a hit with everyone. Baked to perfection and oozing with tasty cheese, this cob loaf recipe is a classic kitchen staple; made even more decadent by the option of adding in your favourite flavours. Just imagine waking up to that sitting on the dining table...

And if you're looking for a scrumptious vegetarian option, simply leave out the bacon, and opt for some finely chopped mushrooms and cherry tomatoes.



Ingredients

500g cob loaf

1 tbsp olive oil

1 onion, finely chopped

200g rindless middle cut bacon, diced

8 eggs

½ cup (125ml) thickened cream

½ cup (75g) self-raising flour

⅓ cup chopped parsley

1 ½ cups (135g) cheddar cheese

Salt and pepper

Green salad, to serve

Method

1. Preheat oven to 190°C/170°C (fan-forced) and line a baking tray with baking paper.
2. Lay two sheets of foil to form a cross and place cob in the centre. Crunch up sides to enclose base of cob. Place onto baking tray.
3. Using a serrated knife, cut a 15 cm circle off the top of the cob loaf. Pull away the soft crumb from the centre, leaving a 5mm thick shell.
4. Heat the oil in a non-stick frying pan over high heat. Add onion and bacon. Cook, stirring, for 5 minutes or until onion is cooked and bacon browned. Cool slightly.
5. Whisk eggs together and stir in cream, flour, parsley and 1 cup of cheese. Season with salt and pepper. Pour into prepared cob and sprinkle with remaining cheese. Bake 50-55 minutes until the tip of a small knife inserted into the centre comes out clean. (Cover cob loosely with foil if browning too much). Remove and stand 10 minutes before cutting into wedges. Serve warm with green salad.

Notes

Go to town in adjusting the fillings to suit your tastebuds. Some of our favourites additions include fried haloumi, grilled capsicum or crispy prosciutto.

Once cooked, the removed soft bread crumb can also be dried out in the oven and processed to make breadcrumbs. Alternatively, you can freeze the fresh crumbs and use them for stuffing in meatloaf or meatballs.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
243g	2340kJ 559kcal	30g	26.8g	12.6g	47.6g	4.3g	1230mg	3.5g

All nutrition values are per serve.