

ASPARAGUS & TOMATO QUICHE

Prep. time:
20 min

Total time:
1hr 7 min

Serves:
8



Ingredients:

- 1 ¼ cup all purpose flour
- ½ teaspoon sea salt
- 1 cup very cold unsalted butter cut in ½" cubes
- 1 cup cold ice water with ice cubes
- 1 tablespoon apple cider vinegar

Filling:

- 4 large eggs
- ½ cup whole milk
- ¼ cup heavy cream or whipping cream alternatively, sub the milk and heavy cream with ¾ cup half and half cream
- Salt and pepper to taste
- ½ bunch chives or green onions chopped (2 tablespoon chopped)
- ½ bunch asparagus about 12 stalks
- 1 cup cherry tomatoes chopped
- ½ cup gruyere cheese shredded (or other aged melty cheese). Use 1 cup of cheese for an extra cheesy quiche.

This delicious vegetarian quiche is packed full of fresh asparagus, tomatoes, green onions and gruyere cheese. The butter crust is crisp and flakey buttery and simple to make too!

Instructions:

Crust:

1. Pour the vinegar into the ice water, stir and set aside.
2. Sift flour into a large bowl. Add salt and stir well.
3. Using a pastry cutter, knife, or food processor, cut the butter into the flour until the texture resembles peas and breadcrumbs (pulse about 8 times in a food processor).
4. Sprinkle a few tablespoons of vinegar water into the flour and butter mixture. Stir to incorporate. Keep adding the liquid tablespoon by tablespoon until the mixture starts to form large lumps. Do not add too much water. You will need about half of the liquid.
5. Form the dough into a ball by pressing it together. Flatten it into a disk and fold in half. Flatten again and fold in half again. Shape back into a disk, wrap in plastic wrap and refrigerate for at least one hour.
6. Preheat oven to 375°F.
7. Flour your work surface. Roll out the crust to 1/8" thick. To check if it is big enough, flip your pie plate upside down over the rolled out dough. There should be about an extra 1" of dough all around the edge of the pie dish.
8. Tuck the edges of the crust underneath the pastry and crimp the edges with your fingers or by pressing down with a fork.
9. Line the inside of the crust with a piece of parchment paper, leaving enough overhang on the edges to easily lift it out later. Fill the inside with pie weights, dry beans, or dry rice. Place the pie dish onto a larger cookie sheet to catch any butter that may leak out of the pie dish.
10. Blind bake the crust for 15 minutes, take out the parchment paper with the weights and bake for another 7 minutes.

Filling:

1. While the crust is baking, prepare the filling: break the eggs in a large bowl and whisk until smooth. Add the milk, cream, salt and pepper (to taste), and chives. Whisk until smooth again. Set aside.
2. Once the pie crust has been blind baked, it is ready to be filled. You do not need to wait for it to cool. Drop the temperature of the oven to 350°F.
3. Sprinkle the cheese in an even layer at the bottom. Add the tomatoes. Arrange the asparagus on top of the tomatoes in an even layer, trimming the bottoms so that they fit into the pie dish. Save the bottoms for another recipe.
4. Pour the egg filling over the vegetables in the pie crust. Tent the edges of the crust loosely with some foil to prevent the crust from burning.
5. Bake the quiche in the oven preheated to 350°F for 45 minutes. Check the quiche at around 40 minutes. It should be set around the edges with the slightest jiggle in the middle.
6. Remove from the oven and let cool for at least 20 minutes before slicing and serving.

