Seasonal Quiche

YIELD: One 9 and 1/2-inch tart crust OR 4 x 5” quiche

Batter:

5 eggs
3 cups heavy whipping cream
1/4 tsp salt
pinch white pepper

Filling:

150g – 200g mixed seasonal roasted vegetable + smoked meat
50g cheese of choice – Cow cheddar, goats chevre or other

1. Blind bake shells at 325 for 12 minutes or until opaque
2. Garnish each empty shell with a selection of seasonal vegetables, smoked meat and/or cheese
3. Top off with quiche batter & chopped herbs on top
4. Bake until just set at 300 F convection – 18 – 24 min.

Short Crust Pastry

YIELD: One 9 and 1/2-inch tart crust (double recipe for 4 x 5” quiche’s)

TIME: About 10 minutes, plus chilling

INGREDIENTS

145g (1 cup) AP (all-purpose) flour
½ teaspoon kosher salt
1 stick cold unsalted butter (1/4 pound), cut in 1/8-inch pieces
2-3 tablespoons ice water

PREPARATION

1. Put flour and salt in the bowl of food processor.
2. Add butter and quickly blend it into flour until it resembles bread crumb consistency.
3. Add 2 tablespoons ice water and mix briefly, about 30 seconds, to form a soft dough. Add 1 more tablespoon ice water if needed to bind the dough further.
4. Remove dough, shape into a 1” thick disk, wrap in plastic and refrigerate for at least 2 hours or overnight.
5. Bring to a mailable temperature before rolling.
6. To roll, lightly flour dough and counter.
7. Roll dough to a thin round approximately 13 inches in diameter, then trim to make a 12-inch circle for large quiche or 4 x 6 inch rounds
8. Lay dough loosely into a 9 1/2-inch fluted tart pan with removable bottom, letting it relax a bit.
9. Press firmly against the pan so the finished edge is slightly higher than the pan.
10. Refrigerate or freeze for an hour before pre-baking.