

Quiche



COOKS NOTE: The nice thing about quiche is you can add any vegetable or proteins you want some ideas include- broccoli, salmon, roasted peppers, grilled chicken, tuna, as well as several types of cheeses such as feta etc. Any combination will do!
ENJOY!

MAKE THE PASTRY

1 1/4 cup all-purpose flour
1 stick unsalted chilled butter
1/4 tablespoon salt
Up to 4 tablespoons ice water

- Combine dry ingredients in food processor and pulse several times. Place chilled butter, cut into pieces, into food processor and pulse until a crumb-like substance appears. Add water slowly one tablespoon at a time and pulse and stop adding water once a ball begins to form. Form immediately into a flattened patty, cover with plastic wrap and refrigerate for one hour.
- Roll out dough on a well floured surface, place in a 10-inch quiche pan and chill for another 30 minutes. Blind bake in a 375° F oven for 20-25 minutes until edges are slightly colored. Then proceed to step 2.



MAKE THE FILLING

1/4 lb sliced bacon, coarsely chopped
2 medium zucchini (3/4 lb total),
halved lengthwise, then cut crosswise into
1/8-inch-thick slices
3/4 cup heavy cream

3/4 cup whole milk
3 large eggs
salt & pepper
2 oz Gruyère, coarsely grated (1 cup)

- While crust bakes, cook bacon in a 12-inch heavy skillet over moderately high heat, stirring occasionally, until just crisp, about 6 minutes. Transfer bacon with a slotted spoon to a paper-towel-lined plate, reserving fat in skillet.
- Add zucchini and 1/4 teaspoon salt to fat in skillet and sauté over moderately high heat, stirring frequently, until zucchini is tender and starting to brown, about 5 minutes, then transfer with slotted spoon to a plate.
- Heat cream, milk, pepper, and remaining 1/4 teaspoon salt in a 1- to 2-quart saucepan until mixture reaches a bare simmer, then remove from heat.
- Whisk together eggs in a large heatproof bowl, then gradually whisk in hot cream mixture until combined. Stir in bacon, zucchini, and cheese and pour into piecrust. Bake until filling is just set, 25 to 30 minutes. Transfer quiche in pan to rack to cool slightly, about 20 minutes

Recipe shared by Caroline Onuk of BrightFutureLeaders.com