

Asparagus Quiche

A note before you start:

Essentially you can pair asparagus with whatever you like in a quiche. I've added sauteed mushrooms, sauteed leeks, as well as ham. Totally your call. As for the custard, heavy cream will make a very rich quiche, but if you're looking to cut back on the fat content, you can substitute half and half, or even whole milk or a combination of all three if you happen to have them all. Lastly, I tend to be short on time so I purchase pre-made pie crusts to save time, but feel free to make your own. Now, let's get started!

Ingredients:

- 2 TBSP butter
- 1 TBSP olive oil
- 1 tsp of salt
- Pinch of black pepper
- ½ c whole milk
- ½ cup of heavy cream
- 1 cup of pureed 2% small curd cottage cheese (culinary hack listed below)
- 2 cups of chicken stock
- 1 medium leek white part only, rinsed very well (see note below) and chopped into half moon shapes
- 1 lb of fresh asparagus, woody end removed and cut into 1" pieces.
- 1 pie crust. Pre bake according to the package/ recipe instructions.
- 1 bunch of asparagus washed and cut in ½" pieces (leaving the tips intact)
- 2/3 cup of heavy cream
- 3 whole large eggs
- 2 large egg yolks
- 1 cup of freshly grated gruyere cheese (feel free to make cheese substitutions here)
- 1 TBSP butter
- 1TBSP of olive oil
- ½ tsp of salt
- Dash of freshly grated nutmeg if you have it or ⅛ of a tsp of ground nutmeg

Step 1:

- Preheat your oven to 350 degrees

Step 2:

- In a large sauté pan, melt the butter over medium heat and add the olive oil. When the butter is melted, add the asparagus and sauté for 2-3 minutes then set aside.

Step 3:

- In a medium bowl whisk the eggs and the yolks together. Gently brush a light coat of the egg mixture over the prebaked pie shell and pop in the oven for 5 minutes, and remove.

Step 4:

- Whisk the cream into the egg mixture and add ½ tsp of salt and the nutmeg.

Step 5:

- Place the pie crust on top of a sheet pan lined with foil (for stability).

Step 6:

- Fill the pie crust with the sauteed asparagus, sprinkle the cheese on top and then gently pour the egg custard over the vegetable and cheese.

Step 7:

- Bake on the middle rack for approximately 35 minutes (oven temps vary, so keep an eye on it. You do not want the center to be jiggly).

Step 8:

- Let the quiche rest 5-7 minutes before cutting and eating it.

Buon Appetito!

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