

Spinach Quiche

(This recipe has been adapted from the cookbook "The Enchanted Broccoli Forest" By Mollie Katzen)

Start with a prepared crust in a pie pan or quiche pan. A regular pie crust is perfect.

Layer cheese into the bottom of the crust, (diced or grated). A combination is best, Swiss, Gruyere or sharp cheddar. (About ¼ - 1/3 lb.)

Then add filling:

*Chopped, steamed spinach combined with sautéed onions, dry mustard and nutmeg

* Mushrooms, if desired , sautéed with oregano and thyme

*Broccoli is a good thing to add when it's ready, but not necessary. At this time of year (spring), I add marinated artichoke hearts, asparagus, herbs, (marjoram, thyme, basil or chives) and whatever veggies are around. The recipe tends to change with the seasons.

Then add the custard:

Beat 3 eggs and 1 cup milk. Pour over filling. Sprinkle with paprika and bake @ 375 for 35-40 minutes. (The middle should be firm and a knife should come out pretty clean.)

You can add ½ tsp salt and a little pepper if you want, to the sauté, or to the custard.

Another Quiche...



I made this quiche for an appetizer at a dinner party last weekend. I was trying to find a way to use fennel and pea pods. It was very good, and very pretty. I used Asiago cheese because that's all that I had. It's a bit strong. I would use a milder cheese, so I'm recommending Swiss or cheddar.

Ingredients:

Pie crust

¾ cup Swiss or cheddar cheese

½ lb pea pods (about) sliced into matchsticks

2 medium leeks; from tops to 2" from white part. Cut in half lengthwise, clean and cut diagonally paper thin

1 fennel bulb, sliced paper thin

3 eggs

1c milk

Salt, pepper and nutmeg

Line a tart shell with regular pie crust, pressing it into grooves and trimming at edges. (2 c flour, 6-8 T butter, 4 T ice water & a pinch of salt). Put thin layer of shredded Swiss or cheddar over crust. Sauté leeks, fennel and pea pods in oil or butter until peas are tender. Put over cheese.

Mix eggs and milk. Add salt & pepper. Pour over pea mixture. Sprinkle with nutmeg.

Bake till custard is set, about 49 minutes, cool before removing from tart pan and slice thinly.