



## 3 Quiches:

- ★ Bacon Ham Spinach
- ★ Zucchini Parmigiano
- ★ Leek Goat Cheese.

## Quiche Crust Recipe / Pâte à Pâté / Pâté en Croute

**This recipe offers a sandy and melt in mouth texture rather than flaky. The addition of potato starch will also prevent quiche crust from shrinking when baking. The ideal crust recipe for quiche making.**

**Makes 3 x 7.5-inch (19cm) Tart Pan with a Removable Bottom.**

2 sticks (225g) unsalted butter, very soft but not melted  
1/2 Tbsp (6g) salt  
1 cup (125g) potato or corn starch  
1 ea. (50g) large egg  
1/4 cup (60ml) water  
1/2 Tbsp (7.5ml) white vinegar (it prevents dough from turning dark when stored in the refrigerator)  
2 cups (250g) all-purpose flour

### Method

Cream butter and salt. Add potato starch. Add liquids and beat until homogenized. Fold in one-third of the flour and add remaining flour. Do not over work the dough. Refrigerate until it has completely harden. Best to refrigerate 24 hours before using. Roll out dough into 1/8-inch (0.3 cm) thick disks. Lay the dough loosely into the pan, letting it relax a bit. Press firmly against the pan so the finished edge is slightly higher than the pan. Refrigerate or freeze for an hour before pre-baking.

The dough can be refrigerated days or frozen for months. Grease mold with cooking spray or softened butter. Baked shells can be stored at room temp for up to 3 days or frozen for months.



### **3 Quiches Recipes: Bacon Ham Spinach / Zucchini Parmesan / Leek Goat Cheese**

#### **For the Bacon Ham Spinach 1 x 7.5-inch (19cm) Pre-Baked Quiche Shell. Yield: 4 to 6 Servings.**

A drizzle of extra virgin olive oil

5 ounces (150g) farm smoked bacon, cut into strips

5 ounces (150g) thick slices of prosciutto cotto ham (cooked Italian ham), cut into small cubes

3 ea. small garlic cloves, crushed and a small fresh thyme bouquet

Ground black pepper, no additional salt is needed.

About 1/2 cup fresh baby spinach, washed

1/4 cup (25g) shredded gruyere; preferably aged for the bottom crust and some grated parmesan for the top.

#### **For the Zucchini Parmesan 1 x 7.5-inch (19cm) Pre-Baked Quiche Shell. Yield: 4 to 6 Servings.**

1 lb. (450g) medium size zucchini, rinsed and cubed

1/2 Tbsp (7.5g) butter or olive oil

Salt and pepper to taste.

3/4 cup (75g) freshly grated Parmigiano- Reggiano.

#### **For the Leek Goat Cheese 1 x 7.5-inch (19cm) Pre-Baked Quiche Shell. Yield: 4 to 6 Servings.**

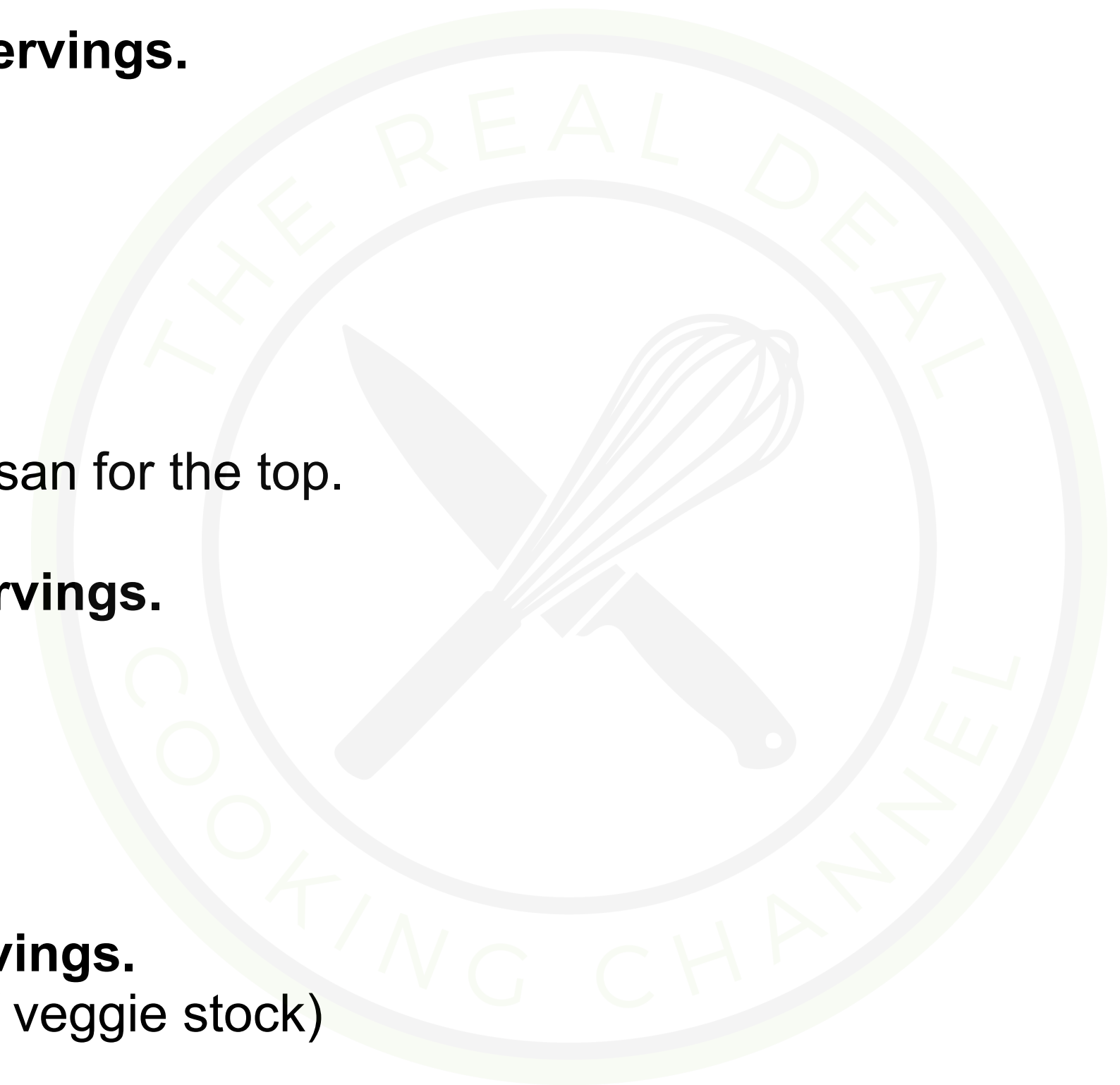
2 ea. leek, white part only, minced and thoroughly washed (save greens for your next batch of veggie stock)

1/2 Tbsp (7.5g) butter or olive oil

Salt and pepper to taste.

1/4 cup (25g) shredded gruyere for the bottom crust

0.4 lb. (180g) goat cheese, preferably soft ripened.



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### **Quiche Custard Filling Recipe**

**Yield: 3 x 7.5-inch (19cm) Quiche Shells / 12 to 18 servings.**

1.3 cups (300ml) whole milk  
1.3 cups (300ml) heavy cream or (600ml) half & half  
3 ea. (150g) large eggs  
2 ea. (40g) egg yolks (save egg whites for later use)  
2 Tbsp (20g) all-purpose flour  
Salt, ground black pepper and nutmeg to taste.

#### **Method**

Blend all ingredients together.

\*The heavy cream can be substituted for milk if desired. In this case blend 2 cups (500ml) milk, 4 eggs, (80g) flour and seasoning. Quiche custard filling can be refrigerated up to 3 days.



## **How to Blind Bake a Pie Crust**

In some recipes like quiches, baking the pie crust before you add the filling is crucial. It prevents the crust from becoming soggy. Quiche is one example of a tart that requires a pre baked shell because the custard filling is liquid in its raw state.

The solution is to line the unbaked pie crust with parchment, aluminum foil or 3 large overlapped layer of microwave safe plastic wrap and weight it down with dry beans, rice, pennies, dry cherry pits or pie weights.

After 30 minutes of baking or so, remove pie weights and return crust to the oven for about 15 minutes more. The bottom crust will puff a bit as it bakes, but will deflate again when you remove the pie from the oven or prick gently using a dental stick or skewer.

For a fully-baked crust, look for the bottom to turn light golden. The whole process should take between 30 and 45 minutes. Dry beans and rice can be reused indefinitely for this purpose, however both cannot be reused for cooking anymore. The heat adds bitterness to it.

## **Baking**

### **Pre-baking Quiche**

#### **if using a conventional oven:**

Preheat oven to 350°F (180°C) and pre bake quiche crust for 30 minutes.

Remove pie weights and foil and return to the oven 15 minutes more.

#### **If using a convection oven:**

Preheat oven to 325°F (160°C).

## **Baking Quiches**

Let quiche shells to cool. Add toppings and custard filling and bake for an additional 40 to 45 minutes at 350°F (180°C).

Remove quiches from oven, let cool for about 20 minutes then remove from pan and transfert on a wire-rack to cool. Quiches can be eaten at room temp, warm or chilled.

Can be served with a lightly season salad mesclun, arugula and so... (1/2 Tbsp (7.5ml) lemon juice or red vinegar mixed with 1 Tbsp (15ml) olive oil and a dash of honey.