

Vegetable Quiche

as prepared at Harding House B&B, Cambridge, MA

Ingredients:

Two Pie Crusts (fresh or frozen)
6 large eggs, lightly beaten
1 ¾ cups/414 ml of heavy cream
½ tsp/2.5 ml salt
¼ tsp/1.25 ml black pepper
¼ tsp/1.25 ml nutmeg
½ cup/118 ml (about 4 stalks) fresh green onions

1 cup/237 ml grated cheddar cheese or crumbled goat cheese
1 ¼ cup/296 ml (total) grilled vegetables:
Mushrooms, spinach, broccoli, red pepper, asparagus, red onion, shredded zucchini
Fresh or Dried Chives

Serving size: 16 slices (8 slices per quiche)

- Defrost pie crusts for 10 minutes. Prick crusts with a fork on all sides. Bake pie crusts at 375 degrees for 10 minutes. Cover crust rims with tin foil or crust liners to prevent burning. Remove when crust is deep golden brown, and cool to room temperature. Leave tin foil on.
- Dice vegetables just enough to cook. Spray a pan with cooking spray and season vegetables with garlic and onion powder. Lightly grill in oven till just before done. Remove from oven and let cool to room temperature.
- **Pulse in food processor VERY BRIEFLY (about two 1 second pulses). Be very careful not to pulse too much. If the veggies are chopped too finely it will change the color and texture of the quiche.**
- Beat eggs and cream. Stir in salt, pepper, nutmeg and green onions.
- Mix in grated cheeses, vegetables, and 2 Tbs. chives.
- **DO NOT COMBINE CRUSTS AND MIX UNTIL JUST BEFORE BAKING**

The Next Morning

- Stir egg mixture well, ensuring seasonings that have sunk to the bottom are evenly distributed. Divide mix into two crusts, keeping tin foil or crust protectors on the rims the entire time. Fill to the very edge of the rim. One half egg and 3 Tbs of cream (beaten together) may be added if more mix is needed. Filling the crust all the way will prevent the rims from crumbling off after baking.
- Bake at 375 degrees for 45 minutes or until center is golden brown. At about 15 minutes and again at 30 minutes, stir the filling to ensure even cooking. Prick with a fork or toothpick and check to see that it comes out clean.
- Stand and let cool for 10 minutes. Gently remove tin foil.
- Slice carefully by making a cut from top to bottom and one from left to right (Cut a “t”). Then make two diagonal cuts in opposite directions to produce evenly sliced pieces (Cut an “x”). Take care to cut smoothly and all the way to the bottom of the crust.
- Garnish with a sprinkle of chives and a thinly sliced tomato.