

QUICHE WITH BRUSSELS SPROUTS, APPLES & SHALLOTS

INGREDIENTS

EASY CRUST

1 1/2 cups all-purpose flour
3/4 teaspoon salt
1/8 teaspoon baking powder
4 tablespoons frozen butter,
grated
1/4 cup vegetable oil
1 Tablespoon cream cheese, at
room temperature
2 Tablespoons cold milk

QUICHE

1 tablespoon butter
1 medium shallot, thinly sliced
2 garlic cloves, minced
1 teaspoon thyme
3 small apples
1 pound Brussels sprouts,
trimmed and de-leafed
1/4 cup chicken broth
6 large eggs
2/3 cup heavy cream
1 cup milk
4 ounces gruyere cheese
Salt and Pepper to taste

DIRECTIONS

NO ROLL EASY CRUST

Preheat oven to 350 degrees F.

1. Whisk together dry ingredients in a medium sized bowl.
2. Add frozen butter and tablespoon of cream cheese.
3. With your fingers, combine the ingredients together until the butter is well incorporated into the flour. The dough will come together in a rough, sandy kind of way.
4. Pour in the milk and oil. With a fork, make sure the flour mixture is introduced into the liquid.
5. Dump the dough into a 9 inch tart pan. Using your fingers, press the dough evenly into the bottom and up the sides.
6. Line the pie crust with foil, weigh down with beans and bake for 10 minutes. Remove the foil and beans, bake for another 5-6 minutes or until golden.

QUICHE

1. In a medium sized saucepan, melt butter over medium low heat.
2. Throw in shallots, garlic and thyme. Sauté for about 5 minutes.
3. Mix in Brussels sprouts and apples, cook for another 6 minutes.
4. Deglaze pan with chicken broth. The filling will be ready when the apples are tender and there is no liquid remaining. Set aside.
5. In a medium sized bowl, whisk together, eggs, cream, milk and gruyere cheese.
6. Arrange the filling on the bottom of the crust.
7. Pour custard over top and sprinkle additional cheese on top. Bake for 35 minutes. Serve immediately.