

## Salmon and Asparagus Quiche

### Some important things to consider:

All ingredients must be cold for the dough. I put my flour and ice water in the fridge and partially frozen my butter. I saw recipes where even the food processor bowl was put in the fridge.

Place the quiche on a baking sheet to prevent the filling from overflowing into the oven.

Always leave a little extra dough to patch up the crust after it is baked to prevent the filling from leaking into the baking sheet (it has happened to me more than once).

Don't fill the quiche up to the rim. If you have a lot of filling left over, add more halfway through the baking process.

Enjoy this delicious quiche, warm or at room temperature.

### Ingredients:

#### Quiche crust:

1 cup (113g) butter  
1 ½ cups (200g) flour plus more for rolling out the dough  
¼ tsp salt  
¼ tsp sugar  
½ cup ice water  
Parchment paper  
Old beans or weights to blind bake the crust

#### Directions:

Cube the butter into ½-inch pieces and place them in the freezer until they are partially frozen. Refrigerate the ice water and flour. I usually do this a couple of hours before processing the dough, or overnight. Add the flour, salt, and sugar to the food processor and pulse for a few seconds. Then, add the ice-cold cubed butter and pulse about 12 times. Next, add the ice water and pulse a few times. On a floured surface, knead the dough until it forms a ball. Roll out the dough on the floured surface, turning and flipping it to prevent sticking. It looked easy when Jacques Pépin did it, but I found it more challenging. I managed to roll it over my rolling pin and place it into the tart pan. Press the dough into the pan and patch any mistakes. Keep a small ball of dough aside to repair any holes after baking the tart. Place the tart in the freezer for twenty minutes and preheat the oven to 375 degrees. Cover the tart with parchment paper and beans, and bake it on a cookie sheet for 20 minutes. Remove the beans and parchment paper, then bake the tart for an additional 10 minutes. Let the tart cool before adding the filling.

### The filling:

#### Ingredients:

1 cup shredded Gruyere cheese  
12 spears of green Asparagus  
4 ounces smoked salmon  
3 eggs  
1 cup cream  
¼ cup milk

1tsp. salt  
1tsp. pepper  
¼ tsp nutmeg  
¼ cup pine nuts.

**Directions:**

Preheat the oven to 320 °degrees Fahrenheit (160 Celsius)  
A 9-inch tart form with removable bottom

To roast the pine nuts, heat a frying pan over medium heat and keep a close eye on them. They can burn easily, so be careful!

Next, rinse the asparagus and snap off about an inch from the bottom. The woody part can be tough even after cooking, so it's best to remove it. Then, use a sharp vegetable peeler to gently peel away the outer layer from the lower half of the spear. This will remove the fibrous skin and expose the tender, pale green flesh underneath. Leave the tops untouched.

Spread the cheese evenly on the bottom of the quiche. Arrange the asparagus spears in a circular pattern atop the quiche. To make them fit, trim the ends. (See photo) Place pieces of salmon between the asparagus. Add the trimmed ends of asparagus wherever there's space.

In a large bowl, beat together the eggs, cream, milk, salt, pepper, and nutmeg until the mixture is smooth. Pour the egg mixture over the quiche. If you have extra egg filling, save it for later after the quiche has baked for at least 10 minutes, and then add it to the quiche. I had just enough filling, so I didn't have any extra.

Sprinkle the pine nuts over the quiche and bake on a baking sheet in a preheated oven for an hour. Enjoy this delicious quiche!

***Guten Appetit!***

Recipe from the many chefs before me, with a special thanks to Jaques Pèpin  
The [sunnycovechef.com](http://sunnycovechef.com)

The filling:

Trim the green tops from the leeks, leaving a small amount of green. Halve the leeks, rinse them well, and slice the halves into ¼-inch pieces. Rinse the leeks again and let them dry in a colander.

Cut the bacon into half-inch slices and cook them in a large skillet over medium heat, stirring until browned and crisp, about 8 minutes. Drain the bacon, leaving 2 tablespoons of bacon fat in the pan. Sauté the leeks and thyme in the bacon fat until the leeks are soft but not browned, about 5 minutes. Allow the mixture to cool.

Make the custard by mixing the eggs with the cream and spices.

When I prepare my leek quiche, I occasionally add cooked Swiss chard. I ensure the chard is dry, with all the moisture squeezed out, so it doesn't become soggy. The apple-smoked bacon adds a delightful flavor to my quiche.