Quiche with Vegetables

From NYTimes Cooking and personal experience.



Yield	4-6
Time	1h

Ingredients

Base

- 1 (32 cm) Kuchenteig
- 4 eggs
- 1 cup milk
- 120 g Gruyère, grated
- 2 tablespoons extra-virgin olive oil
- Salt, pepper to taste

Variant: Grilled Mediterranean Vegetables

- *Note*! Gruyere can be substituted with mozzarell (for the Italy nostalgia) a or even chèvre (for an extra oompf).
- 1 yellow onion
- 1 clove of garlic
- 1 kg of vegetables
  - 2 medium (~250g each) aubergines
  - 1 (~150g) bell pepper
  - 1-2 carrots
  - 1-2 tomatoes
- Oregano
- Plenty of salt
- Plenty of extra-virgin olive oil

Variant: Cabbage and Spring Onion

- 1 cup chopped spring onion
- 1 medium cabbage (1 kg), cored and shredded
- Salt to taste
- 1 teaspoon caraway seeds

Method

Variant: Grilled Mediterranean Vegetables

1. Heat the oven to 200C.
2. Take a shape of ~29-30cm, put the dough in it and shove it to the oven for 5-10 minutes.
3. Cut the aubergines into bit sized pieces, place it on an oven tray, and cover in salt. Let it rest for 15 minutes.
4. Finely chop the onion and garlic.
5. Cut the rest of the vegetables. Prepare them for grilling by placing them on an oven tray. Brush olive oil onto them. Sprinkle salt and pepper to taste. (For dried oregano, for fresh, see below) Sprinkle oregano on top of tomatoes.
6. Remove the excess liquid from the aubergines, brush olive oil generously, add pepper to taste.
7. Shove the vegetables to the oven. Switch the oven to the fan mode.
8. In the meantime fry onions with the garlic.
9. Once everything is ready, assemble. To the form with a dough add onions, aubergines, bell pepper, carrots, and tomatoes. (In case of fresh oregano) sprinkle the chopped fresh oregano on top.
10. Beat eggs with milk, add salt and pepper to taste. Carefully pour them onto the vegetables.
11. Sprinkle the cheese on top.
12. Switch the oven to heating mode (switch off the fan). Shove the quiche to the oven for around 30 minutes until readiness.
13. Let it rest for 10 minutes before serving.

Variant: Cabbage and Spring Onion

1. Heat olive oil over medium heat in a large, heavy skillet and add onions. Cook, stirring often, until tender, about 5 minutes. Add a generous pinch of salt and continue to cook 3 to 5 minutes, until beginning to color. Add cabbage and cook, stirring often, until cabbage wilts, about 5 minutes. Add another pinch of salt and caraway seeds and continue to cook for another 5 to 10 minutes, until cabbage is sweet, cooked down, lightly colored and very tender. Taste, adjust salt, and add freshly ground pepper. Remove from heat.
2. Preheat oven to 180 degrees.
3. Beat together egg yolks and eggs in a medium bowl. Set tart pan on a baking sheet to allow for easy handling. Using a pastry brush, lightly brush the bottom of the crust with some of the beaten egg and place in the oven for 5 minutes. (The egg seals the crust so that it won’t become soggy when it comes into contact with the custard.)
4. Add salt, pepper, and milk to remaining eggs and whisk together.
5. Spread cabbage and onion in an even layer in the crust. Sprinkle cheese evenly on top. Very slowly pour in the egg custard over the filling. If your tart pan has low edges, you may not need all of it to fill the quiche, and you want to keep the custard from spilling over. Place quiche, on baking sheet, in oven and bake for 30 to 35 minutes, until set and just beginning to color on top. Remove from oven and allow to sit for at least 10 minutes before serving.

Tip

- *Advance preparation*: You can make the cabbage and onion filling up to 3 days ahead. Keep uncovered in the refrigerator so that moisture evaporates (otherwise the liquid will dilute the custard). The quiche will keep for 3 or 4 days in the refrigerator.

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