

Asparagus Quiche

Ingredients for 1 quiche / 4 persons



For the dough

- 300 g spelt flour
- 150 g cold butter cubes
- 1 egg
- ½ teaspoon salt
- some spelt flour for the working surface

Preparation

Sift the flour on the working surface and form a hole in the middle. Add butter cubes, egg, salt and 2 tablespoons of water. Knead everything together into a short crust and put it into the refrigerator for 30 minutes.

Preheat the oven to 200 C°. Roll out the dough on the working surface and put it into the quiche pan. Prick the base of the dough with a fork several times. Afterwards, let the dough prebake in the oven for 15 minutes.

For the filling

- 150 g white asparagus
- 150 g green asparagus
- 1 onion
- 1 bunch of spring onions
- 2 eggs
- 250 g creme fraiche
- 100 g grated cheese
- Spices: salt, pepper and nutmeg

Preparation

Peel the asparagus and cook it in salted water for 6 minutes. Then drain the asparagus on a kitchen paper. Peel the onion and cut it into small cubes. Briefly fry them in vegetable oil and let them cool down in a bowl. Add the creme fraiche and the eggs and mix everything together. Season with salt, pepper and nutmeg.

Place the asparagus onto the base in the quiche pan and pour the egg mixture on top of it. Sprinkle with cheese and put everything into the oven at 150 C°. Bake for 30 minutes.

Cut the quiche into four pieces and decorate it with the spring onions.

Recipe by Dennis Gasper