

Breakfast

Herbed Mushroom Gruyere Quiche

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Palm Beach Post

Servings: 8

1 9-inch round pie dough
1 teaspoon vegetable oil
1/2 yellow onion, diced
16 ounces cremini or baby bella mushrooms, thinly sliced
1 1/2 teaspoons salt, divided
2 cloves garlic, minced
1/2 cup white wine
3 large eggs
1 cup milk (whole or 2%)
1/2 cup heavy cream
1 1/2 teaspoons fresh thyme, minced
2 cups (6 oz) Gruyere cheese, grated

Line the bottom of a 9-inch cake pan with parchment paper and spray the sides with nonstick cooking spray.

Roll out the pie dough to 1/4-inch thickness and fit it into the cake pan. Cut away any excess dough and reserve the trimmings to fill in any cracks that form during baking. Freeze the crust for 30 minutes.

Preheat the oven to 350 degrees.

Line the chilled pie crust with parchment and fill it with pie weights or dry beans. Blind-bake the crust for 20 minutes. Remove the pie weights and the parchment and use the reserved dough to patch any cracks that have formed. Bake for another 10 minutes until the crust is golden. Set the pie crust aside to cool.

Heat a teaspoon of oil in a large skillet over medium-high heat. Cook the onions until they have softened and just start to turn golden, about 5 to 7 minutes. Add the mushrooms and 1/2 teaspoon of salt. Cook until the mushrooms have released their liquid, the liquid has evaporated, and the mushrooms begin to turn golden, about 8 to 10 minutes. Stir in the garlic and cook until fragrant, about 30 seconds.

Pour the wine over the vegetables and scrape the brown bits from the bottom of the pan as it bubbles. Continue cooking until most of the wine has evaporated. Set the vegetables aside to cool.

Whisk the eggs together in a small bowl. Add the milk, cream, thyme and the remaining teaspoon of salt. Whisk briskly until all the ingredients are combined and the liquid becomes frothy.

To assemble the quiche, sprinkle half of the cheese on the bottom of the pie. Spoon the mushroom mixture over the top and sprinkle with the remaining cup of cheese. Pour the egg mixture over everything (if the eggs have been sitting for a while, whisk them so they become frothy again.)

Set the quiche on a baking sheet and place it in the oven.

Bake for 30 to 40 minutes, until the edges are set but the quiche still jiggles in the middle.

Cool for at least 20 minutes before serving, though the quiche is even better if allowed to cool completely.

Serve warm, at room temperature or cold.

Leftovers will keep, refrigerated, for up to one week.

Per Serving (excluding unknown items): 209 Calories; 17g Fat (75.0% calories from fat); 11g Protein; 2g Carbohydrate; trace Dietary Fiber; 130mg Cholesterol; 523mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.