
Spring Onion Pie

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 45 minutes

10 thin spring onions

4 large eggs, lightly beaten

1 cup milk

3/4 cup all-purpose flour

1 teaspoon Kosher salt

1/2 teaspoon baking powder

1/4 teaspoon freshly ground black pepper

2 tablespoons butter

3 ounces Gruyere' cheese, cubed

Preheat the oven to 400 degrees.

Heat a ten-inch cast-iron skillet in the oven. Trim and discard the roots from the onions. Chop half of the onions.

In a bowl, whisk together the eggs and the milk. In a bowl, sift together the flour, salt, baking powder and black pepper. Gradually add the flour mixture to the egg mixture, whisking rapidly 20 to 30 seconds or just until blended and smooth. (There should be no lumps.) Stir in the chopped onions. Let stand for 5 minutes.

Carefully remove the hot skillet from the oven. Add the butter and let stand until the butter is melted. Place the skillet over medium-high heat. Pour the batter into the skillet. Arrange the cheese and remaining whole onions on the batter. Cook for 30 seconds to 1 minute or until the edges begin to set. Transfer the skillet to the top oven rack.

Bake until golden brown and puffy., 22 to 25 minutes. (The outside edges should be crispy, and the inside texture should resemble a custard popover. The pie will deflate quickly.)

Serve immediately.

Side Dishes

Per Serving (excluding unknown items): 174 Calories; 9g Fat (45.2% calories from fat); 8g Protein; 16g Carbohydrate; 1g Dietary Fiber; 157mg Cholesterol; 464mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.