

Ham and Asparagus Quiche

(makes one tart serving 8)

Dough: (can be made 2 days ahead)

1 $\frac{3}{4}$ cup all-purpose flour
3 T butter, very cold
1 teaspoon salt
1 egg mixed with 2 tsp water
Ice water, if needed

Filling:

2 tsps vegetable oil
 $\frac{3}{4}$ cup thick ham, cut into bite size pieces
 $\frac{3}{4}$ cup fresh asparagus tips, cut into bite size pieces
 $\frac{1}{2}$ cup Swiss cheese, (such as Gruyere), grated

Custard:

1 cup milk
1 egg
1 egg yolk
salt and pepper to taste
 $\frac{1}{4}$ tsp fresh nutmeg

Make dough

1. In a large mixing bowl, sift flour and salt.
2. Cut chilled butter into very small pieces. Mix butter into flour/salt by rubbing together with fingertips (kids love to do this!). Work quickly so butter won't melt. Mix until it has a sandy texture.
3. Form a well in the center and add egg mixed with water. Mix with hands until it comes together into a mass. Add drops of ice water as needed. Don't overwork dough or it will be tough.
4. Wrap dough mass with plastic and chill for 15 minutes.
5. Preheat oven to 400.
6. Cook chopped ham in oil until lightly browned. Remove and set aside. Add a bit more oil to hot pan and sauté asparagus 1-2 minutes, season with salt. Remove and add to reserved ham.
7. On a very lightly floured surface, roll dough out into a 9" circle. Transfer to a tart pan by gently rolling circle back on to rolling pin and then unrolling across tart pan. Using the heel of your palm, press the dough up the side. Patch areas that need it with excess dough. The sides should be $\frac{1}{4}$ " thick, rise $\frac{1}{4}$ " above rim and slightly thinner at the base of pan. Chill dough lined pan in freezer.
8. Make custard: Combine milk, egg, egg yolk, salt, pepper and nutmeg; set aside.
9. Remove chilled pastry shell, place on a baking sheet and bake until set and lightly browned, about 25 minutes. Check it several times for any bubbles or swells and prick with tip of knife.
10. Remove pastry shell from oven and evenly distribute ham, asparagus and grated cheese on the bottom. Pour custard over it. Bake at 325 for about 25 minutes or until a knife comes out clean; do not overbake or the eggs will scramble. Let rest 10 minutes, remove rim and set on serving platter.



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