



Smoked Salmon & Asparagus Quiche

with Sesame Seed Crust



5h



2 Servings

Asparagus means spring, and what better way to celebrate than with this elegant quiche! We make a buttery crust and stud it with toasted sesame seeds before baking to a crisp golden brown. Caramelizing the onions make them sweet and jammy so they just melt into the creamy custard along with the crisp asparagus and smoked salmon. Fresh chives on top are the final springtime touch. (Serves 8)

What we send

- 5 oz all-purpose flour ³
- ¼ oz pkt toasted sesame seeds ⁴
- ½ lb asparagus
- 1 yellow onion
- ¼ oz fresh thyme
- 3 oz pkg smoked salmon ⁵
- 2 (1 oz) cream cheese ¹
- ¼ oz fresh chives

What you need

- sugar
- kosher salt & ground pepper
- 10 Tbsp butter, chilled ¹
- 3 large eggs ²
- 1 cup milk ¹
- AP flour, for dusting ³

Tools

- medium skillet
- 9-inch pie dish

Cooking tip

If you don't have pie weights for step 4, dried beans, rice, or even granulated sugar make good substitutes.

Allergens

Milk (1), Egg (2), Wheat (3), Sesame (4), Fish (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 300kcal, Fat 20g, Carbs 20g, Protein 9g



1. Start pastry dough

In a medium bowl, combine **flour**, **sesame seeds**, **1 tablespoon sugar**, and **½ teaspoon salt**. Cut **8 tablespoons cold butter** into ½-inch pieces; add to flour and toss to coat. Use your fingers to press and flatten butter to incorporate into the flour until it resembles small peas.

Sprinkle **¼ cup cold water** over **flour-butter mixture**.



4. Roll & chill dough

Trim edges of **crust** so it overhangs by 1 inch; shape edges as desired. Refrigerate for at least 1 hour. Prick holes all around the bottom crust with a fork.

Preheat oven to 350°F with a rack in the bottom position. Line the inside of crust with aluminum foil and fill with pie weights. Bake crust on bottom rack until dough dries out, 20-30 minutes.



2. Finish & chill dough

Stir **dough** until just combined, then knead until it forms a shaggy ball. Pat into a 4-inch wide disk, about ¾-inch thick. Wrap in plastic and refrigerate until firm, at least 2 hours (preferably overnight).

Trim tough bottom ends from **half of the asparagus** (save rest for own use); cut stems into ¼-inch pieces, reserving tops for step 6. Halve and thinly slice **all of the onion**.



5. Blind bake crust

Remove the foil and pie weights; bake until **crust** is deep golden brown, 10-15 minutes. Cool crust for at least 10 minutes. Meanwhile, pick **2 teaspoons thyme leaves** from stems; discard stems. In a medium bowl, whisk together **all of the cream cheese** and **3 large eggs** until smooth; add **1 cup milk**, **¾ teaspoon salt**, **thyme** and a **pinch of pepper**. Tear **salmon** into 2-inch pieces.



3. Caramelize onions

Melt **2 tablespoons butter** in a medium skillet over medium heat. Add **onions** and a **pinch of salt**; cook, stirring occasionally, until softened, 5-6 minutes. Reduce heat to medium-low and add **asparagus**; cook until onions are brown and jammy, and asparagus is crisp tender, 10-12 minutes more. On a floured work surface, roll **dough** into a 12-inch circle; transfer to a 9-inch pie dish.



6. Bake quiche & serve

Stir **onions**, **asparagus**, and **⅔ of the salmon** into the **custard**; pour into **crust**. Top with the **remaining salmon** and **asparagus tops**. Bake **quiche** on lower rack until center is barely set and still jiggles, 35-40 minutes. Remove from oven and allow to cool at least 15 minutes before serving. Thinly slice **chives** and sprinkle around the edges of the **quiche**. Enjoy!