

MINI QUICHES

Makes 12.

By Dennis W. Viau; modified from my other quiche recipes.

These little quiches can be served immediately or frozen and heated later in the microwave oven. I add onion and prosciutto, but you can substitute with other ingredients.

Ingredients:

For the Pastry Shell:

- 1½ cups (7 ounces/200g) all-purpose flour
- ½ cup (4 ounces/113g) butter; at room temperature
- 1 large egg; at room temperature
- 1 tablespoon water
- ¼ teaspoon salt

For the Filling:

- 1 tablespoon butter
- 1 tablespoon pure (not extra virgin) olive oil
- 1 large (9 ounces/255g) yellow onion, diced
- 3 thin slices of prosciutto or 4 ounces ham, diced
- 4 large eggs
- ¼ cup (60ml) milk
- ¼ cup (60ml) heavy cream
- 1 tablespoon flour
- ½ teaspoon salt
- ¼ teaspoon white pepper
- ¼ to ½ teaspoon freshly grated nutmeg
- 3 ounces (85g) Gruyère (or other) cheese; diced or shredded

Directions:

To Prepare the Pastry Dough:

Combine the flour and butter in a bowl. Mix together until it forms a crumbly dough and the butter is evenly distributed. Add the egg, salt and water. Mix to form a smooth dough. Cover and set aside until needed.

Heat the oven to 375°F (190°C) with a rack in the upper third of the oven.

To Prepare the Filling:

Heat the butter and oil in a large skillet. Sauté the onion over medium heat, reducing the heat as the moisture evaporates, until they are a light golden color, 10 to 12 minutes. Remove from the skillet and set aside.

Fry the prosciutto slices in the skillet over medium heat, turning occasionally, until crisp. Transfer to paper towels to drain, then let cool until comfortable handle. Chop fairly fine.

Combine the eggs, milk, cream, flour, salt, pepper and nutmeg in a bowl and whisk to blend. Add the onion, prosciutto and cheese. Mix well.

To Assemble to Quiches:

Divide the dough into 12 equal portions. Roll each to line a cup of a muffin pan. (My 12-cup muffin pan takes 5-inch rounds of pastry dough.) Ease each round into a cup, pressing the excess against the sides.

Spoon the quiche mixture into the lined cups, dividing it equally. Bake 25 to 30 minutes until lightly browned on top, rotating the muffin tin halfway through the baking time. Serve warm.

