

# Salt and Serenity

## Springtime Green Quiche

I am providing two different pastry dough recipes here. The first is Jamie Oliver's avocado pastry dough. I found it a bit bland, but if you're looking to reduce the saturated fats in your diet, try the avocado dough. The second dough recipe is from Cook's Country and uses butter and a bit of sour cream for a flaky AF crust.

You will need a 9-inch tart pan with a removable bottom.

### Option 1: Avocado Pastry Dough

1 ripe avocado  
200 grams all-purpose flour  
1 teaspoons baking powder  
1½ teaspoons Diamond Crystal Kosher salt (¾ teaspoon Morton's Kosher salt)  
2-3 Tablespoons ice cold water

### Option 2: Butter Pastry Dough:

20 grams full fat sour cream  
45-57 grams ice cold water  
177 grams all-purpose flour  
1½ teaspoons sugar  
1 teaspoon Diamond Crystal Kosher salt (½ teaspoon Morton's Kosher salt)  
113 grams unsalted butter, cut into ¼-inch pieces and frozen for 15 minutes

### Filling:

2 medium leeks  
2 Tablespoons olive oil  
113 grams Gruyere cheese, grated  
284 grams 35% cream  
3 large eggs  
¼ teaspoon Diamond Crystal Kosher salt (⅛ teaspoon Morton's Kosher salt)  
¼ teaspoon black pepper  
⅛ teaspoon nutmeg  
8 spears asparagus, trimmed and bottom half peeled

1. **For avocado dough:** Halve avocado, remove pit and peel and weigh flesh of fruit. You will need 100 grams of avocado flesh. If you are short, add a bit of olive oil to make up the difference. Place flesh in bowl and using a potato masher or fork, mash avocado. Add flour, baking powder and salt and using your fingers, rub avocado and dry ingredients together until roughly combined. Add 45 grams of the cold water and continue mixing until dough comes together. If it still seems too dry, add remaining water. Flatten dough into an 8-inch disc, wrap in Saran and chill for 30 minutes.
2. **For butter dough:** Combine ice water and sour cream in bowl. Process flour, sugar, and salt in food processor until combined, about 5 seconds. Scatter butter over top and pulse until butter is size of large peas, about 10 pulses. Add sour cream mixture and pulse until dough forms clumps and no dry flour remains, about 12 pulses, scraping down sides of bowl as needed. Turn out dough onto sheet of plastic wrap and form into 8-inch disk. Wrap tightly in plastic and refrigerate for 45 minutes. (Wrapped dough can be refrigerated for up to 2 days or frozen for up to 1 month. If frozen, let dough thaw completely on counter before rolling.)
3. Remove dough from fridge. Place oven rack in middle position and preheat oven to 375°F. Roll dough into 12-inch circle on lightly floured counter. Loosely roll dough around rolling pin and

gently unroll it onto 9-inch tart pan letting excess dough hang over edge. Ease dough into plate by gently lifting edge of dough with your hand while pressing into pan bottom with your other hand.

4. Trim overhang to  $\frac{1}{2}$  inch beyond rim of pan. Tuck overhang under itself; folded edge should be flush with edge of pan. To remove any excess dough, roll your rolling pin across the top of the tart and any excess dough will be trimmed away. Freeze until dough is firm, about 15 minutes.
5. Place chilled pie shell on rimmed baking sheet. Line with a crumpled piece of parchment paper, covering edges to prevent burning, and fill with pie weights or dried beans. Bake until edges are light golden brown, about 15 minutes. Remove parchment and weights, rotate plate, and bake until crust bottom dries out and turns light golden brown, 15 more minutes. If crust begins to puff, pierce gently with tip of paring knife. Set aside to cool. **Reduce oven temperature to 350°F.**
6. Prepare leeks: Trim off the roots and dark green leaves. The dark green leaves are too tough to use for sautéing, but they are perfect for adding to homemade chicken or vegetable stock, I put them in a zip-loc bag in the freezer and save them for the next time I make stock. Arrange the light green/white part of the leeks cut side down on the cutting board and slice them into thin half-moons. Fill a large bowl with cold water and place the sliced leeks in the water. Swish them around and let sit for a few minutes. Scoop the leeks out of the water, leaving the sandy water behind.
7. Heat a large skillet over medium heat. Add olive oil and leeks. Cook over medium heat, stirring often, until leeks are softened, about 5-7 minutes. If leeks start to burn, add  $\frac{1}{4}$  cup water to pan and continue cooking until softened and translucent.
8. Transfer sauteed leeks to cooled tart shell. Top with grated cheese. Place tart shell on a baking sheet. In a medium bowl, whisk together eggs, cream, salt, pepper, and nutmeg. Carefully pour egg mixture into tart shell, allowing liquid mixture to seep between leeks and cheese. Top with asparagus spears.
9. Bake in 350°F oven for 20 minutes. Check that the rim of the pastry is not getting too dark. If it is browning too quickly, cover pastry rim with aluminum foil. Continue baking for a further 15-20 minutes until filling in center no longer jiggles when gently moved.
10. Let quiche cool for 15 minutes before slicing to serve.