

## Kale, Bacon and Onion Quiche

8 servings

*2 cups of milk can be used in place of the 1 cup milk and 1 cup heavy cream that are called for in the recipe. However if you have the heavy cream, I would encourage use to it as it does make the quiche that much more luxurious. Don't feel guilty. Everyone deserves a little indulgence now and then.*

### **For the pastry dough:**

1 ½ cups all purpose flour

Pinch of salt

5 tablespoons cold unsalted butter, cut into small pieces

4 tablespoons cold lard (shortening can also be used or substitute butter)

5 tablespoons ice cold water, more if needed

**Special equipment:** pie weights or dried beans for blind baking, aluminum foil

### **For the quiche:**

2-3 strips thick-cut bacon, chopped into strips

2 cups chopped kale

1 medium sweet (i.e. Vidalia) or regular yellow onion, sliced

5 large eggs, beaten

1 cup whole milk

1 cup heavy cream

¼ teaspoon freshly grated nutmeg

1 teaspoon salt

½ teaspoon freshly ground black pepper

1 cup grated gruyere cheese

**Special equipment:** 9-inch springform pan

Preheat the oven to 400 degrees.

In a large bowl, whisk together the flour and salt. Use two forks or a pastry blender to cut the butter and lard into the flour mixture until the fat is in small lumps. Sprinkle the ice-cold water over the flour mixture and use a fork to pull the mixture together. Add up to 1 more tablespoon of water, in teaspoonfuls, if the dough is not coming together.

Turn the dough out on the counter and, working quickly, mold it into a large ball. Press the ball into a 5-inch disc. Wrap the dough with plastic wrap and refrigerate for at least thirty minutes and up to one day.

On a well-floured surface, roll out the dough to a large, 1/4-inch thick circle. Use the rolling pin to transfer the dough from the countertop to the 9-inch spring form pan. Trim the edges of the dough as needed, but make sure the dough reaches almost to the top of the springform pan. Excess dough can be folded over to create a thicker crust along the edges. If the dough is thin in any place, patch that area with an excess piece of dough. Place the pan with the dough in the freezer for at least 10 minutes before baking.

**Nikki Sawyer Moore, Chef/Owner of FOOD LOVE**

**Cooking Classes and Private Dinners**

(704) 576-6474 · nikki@n2foodlove.com

www.n2foodlove.com

When ready to bake, place a piece of aluminum foil over the dough and cover with pie weights or dried beans to weigh it down. Pre-baking the crust in this manner is called blind baking.

Place the springform pan atop a baking sheet and bake for 20 minutes. Remove the pan from the oven and carefully take out the aluminum foil and pie weights/dried beans. Return the pan to the oven and bake for another 10 minutes until the crust is golden brown. Remove from the oven and let cool. Reduce the oven temperature to 325 degrees.

Render (melt the fat over low heat) the bacon in a large skillet until the bacon is crispy. Remove the bacon using a slotted spoon and set aside. Discard all but a thin film of bacon grease and add the onions. Cook on medium heat until the onions soften and begin to brown. The longer you cook the onions the better they will taste. Remove the onions using a slotted spoon and, if needed, add a teaspoon or less of the reserved bacon grease or olive oil to the pan. Add the kale and sauté until just soft. Remove the kale using a slotted spoon and set aside.

In a large bowl, beat the eggs. Whisk in the heavy cream and milk and season with the nutmeg, salt and pepper. Scatter half of the onions, bacon, and kale on the bottom of the pre-baked tart shell. Top with half of the grated Gruyere. Pour ½ of the milk and egg mixture over the ingredients. Repeat with the remaining ingredients. Be careful not to overfill the tart. The filling can come almost to the top of the crust, but you don't want it to slosh out.

Return the springform pan (on top of the baking sheet) to the oven. Cook for about 50 minutes or until the quiche sets. It can be a little jiggly in the center, but otherwise should be pretty firm. Do not overcook. Overcooking the quiche can result in it taking on a greenish tint or can result in it "leaking" water (a result of the eggs being overcooked).

Remove the quiche from the oven and let cool on a wire rack for ten minutes. Remove the quiche from the springform pan and let cool for 10 minutes longer. The quiche can be served warm or at room temperature. It can also be refrigerated and served at a later date. For a nice lunch or light dinner, serve a sliced of the quiche with a mixed green salad with apples, walnuts, and dried cranberries (recipe follows). Bon appétit!

#### **Serve with a Mixed Green Salad with Apples, Walnuts, and Dried Cranberries:**

This salad serves as a nice contrast to the richness of the quiche. To make, combine a couple handfuls of mixed greens, one chopped red apple, some toasted walnuts, and dried cranberries in a large bowl. Finely chop ½ a shallot and mix it in a small bowl with 2 tablespoons sherry vinegar and a ¼ teaspoon of Dijon mustard. Slowly whisk in 4 to 6 tablespoons extra virgin olive oil. Season to taste with salt and pepper. Toss the ingredients with the dressing and serve.

**Nikki Sawyer Moore, Chef/Owner of FOOD LOVE**  
**Cooking Classes and Private Dinners**  
(704) 576-6474 · nikki@n2foodlove.com  
www.n2foodlove.com