

Asparagus and Ricotta Quiche Recipe

This umami-rich quiche recipe is an easy and scrumptious vegetarian recipe, featuring fresh asparagus and ricotta cheese.



COURSE
Main Dish

CUISINE
American



SERVINGS
4

INGREDIENTS

For the Crust (Pastry)

- 300 g flour all-purpose
- 150 g butter softened
- 1 egg
- 1 egg yolk
- 15 ml olive oil
- salt to taste
- 100 ml water

For the Custard (Filling)

- 500 g green asparagus
- 400 g ricotta
- 3 eggs
- salt to taste
- 100 g Parmesan grated
- pepper (freshly ground) to taste
- nutmeg to taste
- fat as needed to grease the dish

INSTRUCTIONS

1. Preheat oven to 400°F.

2. Combine the flour, butter, egg and egg yolk, 100 ml water, oil and a little salt and work to a smooth dough.
3. Form into a ball, wrap in foil or plastic wrap and chill for about 30 minutes.
4. Wash the asparagus, peel the lower third and cut off the ends.
5. Either leave whole or cut into pieces.
6. Cook the asparagus in boiling salted, water for about 5 minutes, then drain, refresh in cold water and drain thoroughly.
7. For the filling, mix together the ricotta, eggs and grated Parmesan cheese and season with salt, pepper and nutmeg.
8. Roll out the pastry to fit the dish.
9. Grease the dish and line with the pastry.
10. Arrange the asparagus attractively in the lined dish, then spread the ricotta mixture (filling) on top.
11. Bake in the oven for 15 minutes, let cool then serve.

NOTES

Recipe courtesy of FineDiningLovers.com



KEYWORD

brunch recipe, umami recipe, vegetarian recipe