

## Caramelized Onion, Mushroom, and Parmesan Quiche

Makes one 9-inch quiche

Enjoy the great combination of caramelized onions, umami-rich mushrooms, and the nutty notes of parmesan cheese in this delightfully hearty quiche.

### **For the Quiche Crust:**

1 cups all purpose flour  
1/4 teaspoon salt  
1/4 cup olive oil  
1/4 cup ice water

### **For the Quiche Filling:**

1/4 cup butter, separated  
1 medium red onion,  
    thinly sliced into half moons  
6 oz fresh mushrooms, such as cremini,  
    oyster, or shiitake, sliced and halved  
1 teaspoon fresh thyme  
6 eggs  
2 tablespoons 2% milk  
Salt and Pepper  
4 oz parmesan cheese, grated (roughly 2 cups)

### **\* Alternate: Six Mini Quiche:**

#### **For the Mini Quiche Crust:**

2 cups all purpose flour  
1/2 teaspoon salt  
1/2 cup olive oil  
1/2 cup ice water

#### **For the Mini Quiche Filling:**

1/4 cup butter, separated  
1 medium red onion, thinly sliced into half moons  
8 oz fresh mushrooms, such as cremini,  
    oyster, or shiitake, sliced  
1 teaspoon fresh thyme  
8 eggs  
2 tablespoons 2% milk  
Salt and Pepper  
4 oz parmesan cheese, grated (roughly 2 cups)

### **Directions:**

1. Preheat the oven to 400°F.
2. In a medium sized bowl, whisk the flour and salt until combined. Set aside.
3. In a small bowl, whisk together the olive oil and ice water until incorporated. Slowly add the wet ingredients to the dry ingredients and mix with a fork. Finish mixing the crust with your hands until the ingredients are fully incorporated.
4. Press the dough into a tart pan, evenly distributing the dough throughout . Place pan in the oven and bake for 10 minutes.
5. Meanwhile, in a large sauté pan over medium low heat, melt 1/4 cup butter. Add the red onions and cook for 20-30 minutes, stirring occasionally until onions have become very soft and have browned.
6. While the onions are cooking, in a separate sauté pan over medium low heat, melt the remaining butter and add the mushrooms and thyme. Let mushrooms cook until they begin to sizzle and brown. Turn the mushrooms with tongs to finish cooking on the opposite side. Do not let individual mushrooms touch as over crowding will cause the mushrooms to steam (this process may take two rounds to avoid crowding the mushrooms).
7. In a large mixing bowl whisk together the eggs, milk, salt and pepper. Slowly fold in the parmesan cheese, caramelized onions, and cooked mushrooms.
8. Evenly distribute the egg mixture into the tart pan with the pre baked crust. Bake for 15-20 minutes or until the top begins to brown and the quiche has set.
9. Let the quiche cool for 5 minutes serve.

\*Roll the dough into a ball and cut the dough into 6 equal sections. Press each section into 4" mini springform pans. Place pans on a cookie sheet and bake for 10 minutes. Then, evenly distribute the egg mixture into the single serving quiche pans and place them back on the cookie sheet. Once baked, let the quiche cool for 5 minutes and carefully remove the springform from each quiche. Serve immediately.