

**Recipe**

## Goat Cheese and Caramelized Onion Quiche

**Category**

Lunch

**Description**

Delicious savory quiche with layers of flavor thanks to the mellow caramelized onions and tangy goat cheese. Inspired by the quiche we enjoyed on the beach in St Barth's from Joël Robuchon's L'Atelier.

**Servings**

6

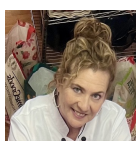


**Ingredients**

1.000		Pie Crust	
		Parchment Paper	Cut to fit inside of pie crust in the pan
		Pie Weights	Dried, uncooked beans work great.
2.000	T	Avocado Oil	to sweat onions
1.000	Med	Onion	Sliced in med slices (not super thin, not thick)
		Salt and Pepper	to taste, for sautéing onions
6.000	Lg	Eggs	
0.250	t	Salt	
0.250	t	Pepper	
1.500	C	Half and Half	you can also use half heavy cream & half milk
0.125	t	Nutmeg	
4.000	oz	Goat Cheese	

**Instructions**

Slice onions into a medium thick-slice (I like to use a mandolin). Heat Avocado Oil in a large



frying pan on medium heat. Don't skimp on the size of the pan because you need good heat here and you don't want the onions to stew. When the oil is up to temp. add the onions in batches over a 3 - 5 min period. (Don't add them all at once bc you do not want to crash the temp of the pan and have the onions steam/stew).

Sauté the onions at medium heat until they begin to soften and become caramelly brown. Be patient and let them brown slowly. This might take 20 mins or so. Once they are done, let them cool, then remove and set aside. You can do this the night before if you like.

To prepare the custard, whisk together half-and-half, eggs and spices. Strain through a metal sieve. Reserve. You can do this the night before.

Blind bake pie crust by lining your baking dish (I vastly prefer a metal pie dish w a removable bottom as opposed to glass because it reaches a hotter temp more quickly) with the crust and then cutting out a parchment paper liner that fits inside the crust. Place the parchment paper in the crust and then add your pie weights (or dry beans) on top of the parchment. I have a pie crust protector that I like to place around the top edge of the pie crust before baking, but that is optional.

Bake the pie crust at 400 degrees 10 - 12 mins.

Remove the parchment (with the pie weights inside), prick the bottom of the crust with a fork and place back in the oven for 5 - 7 mins until the pie crust is evenly golden brown. Remove from the oven and set aside (again, you can do the whole crust baking thing the day before!)

To cook quiche, take your pre-baked crust and dot the bottom with goat cheese. Then add your caramelized onions and dot those around the bottom of the crust. Pour your STRAINED custard over the top.

Bake (non-convect) at 350 until just set in the center. Typically 30 - 40 mins but timing varies. Ideally don't let the top of the quiche start to brown.

Rest 10 mins. Plate on a wooden cutting board and slice pieces for your guests.

Delicious served warm or even at room temp.