

GOAT CHEESE QUICHE WITH PROSCIUTTO, GREEN BEAN SALAD WITH CRISPY PROSCIUTTO AND WARM LEMON DRESSING



EVERYDAY *Exotic*

INGREDIENTS

Quiche Pastry

2 cups all-purpose flour, sifted.
salt
 $\frac{1}{2}$ lb cold butter, cubed
 $\frac{1}{4}$ - $\frac{1}{2}$ cup ice water

Green Bean and Asparagus Salad

$\frac{1}{2}$ lb green beans, trimmed and blanched in salted water
1 bunch asparagus, bottoms trimmed and blanched in salted water

Warm Lemon Dressing
Crispy Prosciutto

Quiche Filling

3 large shallots, cut in $\frac{1}{2}$, skins on
1 tbsp olive oil
2 cups 2% milk
3 eggs, room temperature
4 sprigs thyme, leaves picked
4 oz ($\frac{1}{2}$ cup) goat cheese, crumbled
2 cups baby arugula
6 pieces of thinly sliced prosciutto
salt
pepper

Crispy Prosciutto

8 pieces prosciutto, thinly sliced and cut into 1 inch pieces

Warm Lemon Dressing

3 tbsp extra virgin olive oil
 $\frac{1}{2}$ shallot, diced
 $\frac{1}{4}$ cup, skinless almonds, sliced
 $\frac{1}{4}$ cup sultana raisins
 $\frac{1}{4}$ cup raisins
 $\frac{1}{4}$ cup kalamata olives, pitted
juice of 1 lemon
1 tsp honey
salt
pepper

DIRECTIONS

Quiche Pastry

1. In a large bowl, place flour, salt and butter. Using the tips of fingers mix until ingredients resemble coarse corn meal.
2. Add iced water a little at a time until dough just comes together.
3. Remove dough from bowl, form in a disc, cover with plastic wrap and place in fridge for 1 hour.
4. Preheat oven to 375F.
5. Lightly flour work surface, roll out dough and place in pan with a removable bottom. Allow dough to hang over edges.
6. Trim edges slightly, still leaving an overhang of dough and poke bottom of pastry with a fork.
7. Place crust on baking tray and cover bottom of pastry with tin foil. Fill with dried beans or pastry weights and bake for approximately 15 minutes.
8. Remove tin foil and beans, place pastry back in oven until bottom is golden brown, approximately 10 minutes.
9. Remove from oven, while pastry is still hot brush a thin layer of quiche egg mixture over bottom to seal.

Quiche Filling

1. Preheat oven to 375F.
2. Place shallots in a small sauté pan skin side up, coat with olive oil, season with salt and roast for 30 minutes until tender.
3. Reduce oven temperature to 325F.
4. Peel skins from shallots and set aside.
5. Place milk in a pot over low heat until scalded, set aside.
6. In a bowl, whisk eggs, thyme, salt and pepper until incorporated.
7. Slowly pour warm milk into egg mixture, continue whisking.
8. Scatter roasted shallots and goat cheese into the base of the pastry crust.
9. Pour egg mixture into Quiche Pastry.
10. Bake in oven for approximately 20-30 minutes, until custard has set.
11. Remove Quiche from oven and allow to cool.
12. Slice into portions and place arugula and prosciutto over Quiche.

Crispy Prosciutto

1. Heat a non-stick sauté pan over medium to high heat.
2. Place pieces of prosciutto in pan and cook until crisp.
3. Remove from heat and reserve for Green Bean and Asparagus Salad.

Warm Lemon Dressing

1. Place 1 tablespoon of olive oil in a pan over medium to high heat.
2. Add shallots, season with salt and sauté until tender.
3. Add almonds, raisins and olives, mix to incorporate.
4. Add lemon juice and honey, stir.
5. Add remaining olive oil, season with salt and pepper, remove from heat.

Green Bean and Asparagus Salad

1. Cut green beans and asparagus into 1 inch pieces, place in a bowl.
2. Pour Warm Lemon Dressing over green beans and asparagus, toss and garnish with Crispy Prosciutto.