Fresh Herb Quiche

Requirements
For this recipe you'll need a mixing bowl, whisk, quiche dish, aluminium foil, oven and (ideally) some baking beads.

Instructions
- vegan short-crust pastry (store-bought or homemade)
- 1 large onion, finely diced
- 400 ml soy cream
- 1 cup chickpea/gram flour
- 2 tbsp nutritional yeast
- 1 tbsp shiro miso (light-coloured)
- ¼ tsp English mustard powder (e.g. Colman's) or 1 tsp English mustard
- ½ tsp garlic powder
- 1 tsp kala namak salt
- ¼ tsp turmeric
- 1 tbsp apple cider vinegar
- ½ tsp bicarbonate of soda
- 350 g silken tofu (not firm!)
- olive oil for sautéeing the onion
- 60g fresh parsley
- 15g fresh dill
- 15g fresh basil

1. Preheat oven to 180 degrees Celsius (350 F).

2. Sauté onion until lightly browned and set aside.

3. Optional step: if you want to decorate the pastry crust (see pic) then lay some of the dill in a circle around the rim of the pastry. Roll it into the pastry using a rolling pin. Save the rest of the dill for the herb filling.

4. Brush your quiche dish with olive oil or other vegetable oil. Lay pastry into the dish so that the dill (if using) is pressed against the wall of the dish all the way around. Cover with baking paper and fill with baking beads. Cover with aluminium foil and bake 10 mins. Wait for it to cool off a bit before removing the baking beads and baking parchment.
5. Chop all the herbs finely.

6. In a mixing bowl, whisk together all the remaining ingredients EXCEPT the silken tofu, herbs and sautéed onions, whisking in the chickpea flour last.

7. Now, with a spoon, stir in the herbs, onions and the silken tofu. Keep stirring until the silken tofu has crumbled into chunks (about the size of peanuts), but not until it has disintegrated completely. Pour the mixture into the quiche base.
8. Cover the quiche with foil and bake 20 minutes. Then remove the foil and bake a further 10 minutes. Keep an eye on it as ovens behave differently.

9. Allow to cool at least 30 mins before serving to ensure a clean slice. Can be served cold or reheated.

Recipe by Plant-Aardig (plant-aardig.net) ❧