

Vegan quiche 'Lorrain'

Plant-based quiche with asparagus, caramelised onions and Petit Lorrain cheese from Petit Veganne.

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 bunch asparagus spears (4-5 should do)
- 1 large onion, finely diced
- 1 tbsp balsamic vinegar
- 2 tsp brown sugar
- 200 ml soy cream
- ½ cup chickpea/gram flour
- 1 tbsp nutritional yeast
- 1 tbsp shiro miso (light-coloured)
- ¼ tsp English mustard powder (e.g. Colman's) or 1 tsp English mustard
- ¼ tsp garlic powder
- 1 tsp kala namak salt
- ¼ tsp turmeric
- 1 tbsp white vinegar
- -1/4 tsp bicarbonate of soda
- black pepper to taste
- 350 g silken tofu (not firm!)
- ½ a round of Petit Veganne's Petit Lorrain cultured vegan cheese
- olive oil for sautéing the onion

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

2. Caramelize the onions: heat some olive oil in a pan on a medium heat and sauté the finely diced onion until soft and translucent. Add balsamic vinegar and sugar and stir for a few minutes until caramelised. Set aside.

3. Pre-bake the pastry: grease your quiche dish with olive oil and lay the pastry into the dish. Prick the bottom all over with a fork. Cover with baking parchment and fill with baking beads. Cover top with tin foil and place on the middle shelf of the oven for 10-15 mins. Wait for the beads to cool a bit then remove them and set the dish aside.

4. Prepare the asparagus: snap off the woody ends of the asparagus spears and steam for just a few minutes until they are softer but still have a little bite to them. Plunge in a bowl of ice water to stop the cooking and preserve their colour.

5. Make the filling: in a mixing bowl, **whisk** together all the remaining unused ingredients **except the silken tofu and the cheese**.

6. Add the **silken tofu** and the caramelised onions to the bowl and **STIR** with a spoon until the tofu has broken up but small chunks still remain.

7. Assemble: Slice half the Petit Lorrain into 12 thin wedges, arrange clockwise in the pastry case. Pour the filling into the pastry case and lay the asparagus on top. Press the asparagus so that it is half-way submerged in the filling. Brush the asparagus with olive oil and sprinkle with a pinch of fine sea salt flakes.
8. Cover the quiche in aluminium foil, bake in the oven at 180 degrees Celsius for 15 minutes. Remove foil and bake another 5 mins or until golden brown. Keep an eye on it to make sure the crust doesn't burn, as ovens behave differently.
9. Allow to cool completely before serving. Can be served cold or reheated.

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