

Gruyère–Chanterelle–Asparagus Quiche

グリュイエール・シャントレル・アスパラのキッシュ

Serves 4

Pan Selection

- 20–22 cm removable-bottom pan アルミ製タルト型

Ingredients

Crust (*See below)

- 200–220 g pie dough パイ生地

Filling Base

- 3 large eggs 卵 (Japanese med. Size OK)
- 180 ml heavy cream 生クリーム
- 60 ml milk 牛乳
- ¼ tsp salt + pinch MSG 塩
- Black pepper 黒胡椒
- Pinch nutmeg ナツメグ



Cheese

- 130 g Gruyère or Emmental グリュイエール / エメンタール

Vegetables

- 120 g asparagus アスパラ
- 20 g dried chanterelles 乾燥シャントレル
- 40 g onion 玉ねぎ

Cooking Oil

- 1 T canola oil 油

Instructions

1. Soak **mushrooms** fully covered in warm water **20–30 min**.
 - ✓ Lift mushrooms out (don't pour — grit stays in bottom. Strain soaking liquid in coffee filter for use later.
 - ✓ Use your hands to squeeze dry. Gently press each mushroom to remove excess water, don't crush them completely. (Goal: damp not dripping)
2. Heat pan to **medium** with **1 T canola oil**
 - A. Add **onion**; cook **3-4 minutes** until soft, slightly translucent, not browned
 - B. Add squeezed **chanterelles**; stir and spread out. "**Cook until dry**" means mushrooms will release water (pan looks wet), simmer in their own liquid, liquid evaporates). There should be no visible liquid in pan, slight sizzling sound, mushrooms look slightly concentrated, not watery. (**Optional upgrade**: After mushrooms dry out, add **1-2 tsp reserved mushroom soaking liquid** and let evaporate again – boosts flavor without adding wateriness)

- C. Add **asparagus**; cook **2-3 minutes** until bright green and just tender
3. Preheat oven **170°C**.
 4. Prepare crust; optional pre-bake 10 min.
 5. Whisk custard ingredients.
 6. Assemble and bake **35–40 min**.
 7. Rest **15–20 min**.

Notes

- Dry mushrooms fully.
- Add soaking liquid for extra flavor.
- Reheats well.

Nutrition (per serving, 3 servings total)

Calories: **420 kcal** | Protein: **18 g** | Fat: **32 g** | Sat. Fat: **18 g** | Carbs: **12 g** |
Sugars: **3 g** | Fiber: **2 g** | Sodium: **500 mg** | Omega-3: **0.2 g**

Total whole quiche

Calories: **1,260 kcal** | Protein: **54 g** | Fat: **96 g** | Sat. Fat: **54 g** | Carbs: **36 g** |
Sugars: **9 g** | Fiber: **6 g** | Sodium: **1,500 mg** | Omega-3: **0.6 g**

Addendum: Lighter Quiche Custard Ratio

軽めのキッシュ用アパレイユ (カスタード)

This variation reduces saturated fat while maintaining good texture and flavor.

Ingredients

Lighter Custard

- 3 large eggs 卵
- 120 ml heavy cream 生クリーム
- 120 ml milk or soy milk* 牛乳 / 豆乳
- 1/4 tsp salt + pinch MSG 塩
- Black pepper 黒胡椒
- Pinch nutmeg ナツメグ

Optional Protein Boost

- 80–100 g Greek yogurt (*reduce milk slightly) ヨーグルト

Instructions

1. Whisk all custard ingredients until smooth.
2. Use in place of the standard custard in the main recipe.
3. Bake at **170°C**, checking doneness at **30–35 minutes**.

4. Allow to rest 15–20 minutes before slicing.

Notes

- Texture will be slightly lighter but still sliceable.
- Add 1 tsp Dijon mustard or 1 tsp soy sauce for extra depth if needed.
- Suitable for everyday cooking or lighter menus.

Nutrition (per serving)

Calories: ~340 kcal | Protein: 19 g | Fat: 22 g | Sat Fat: 11 g | Carbs: 12 g |
Sugars: 3 g | Fiber: 2 g | Sodium: 520 mg | Omega-3: 0.2 g

Basic Pastry Crust (Quiche / Tart / Pie) 基本パイ生地 (キッシュ・タルト・パイ)

Ingredients

- 170 g all-purpose flour 薄力粉
- ½ tsp salt 塩
- 1 tsp granulated sugar 砂糖
- 85 g cold unsalted butter, diced 無塩バター
- 28 g (2 T) cold shortening or lard, diced ショートニング/ラード
- 2–4 T ice cold water 冷水

Instructions

1. In a food processor, combine **flour**, **salt**, and **sugar**.
2. Add **butter** and **shortening**); pulse until coarse meal texture.
3. Add **ice water 1 T at a time**; pulse until dough just clumps.
4. Form into ball, flatten to 12 cm disk, wrap and **chill 30–60 min**.
5. Roll out on floured surface to fit 20–23 cm pan.
 - Rotate dough while rolling for even thickness.
6. Transfer to pan, press into bottom and sides, trim edges.
7. **Chill crust** while preheating oven to **215°C**.
8. Prick bottom with fork.
9. Line with **buttered parchment or foil** and add **weights**.
10. **Bake 15 min** until sides begin to brown.
11. Remove weights; reduce oven to **190°C**.
12. **Bake 10 more minutes** until dry and lightly browned.
13. Brush hot crust with **egg white** + pinch **salt**.
14. Cool completely.

Blind Baking & Storage Notes

- A prebaked shell can be stored 1–2 days at room temperature.
- Cool completely before storing.
- Cover loosely with foil or parchment (not airtight).
- Avoid sealed containers to prevent moisture buildup.
- In humid conditions, store in an air-conditioned room or refrigerate lightly covered.
- **Before filling, re-crisp in oven at 170°C for 5–7 minutes**.
- Egg white seal helps maintain crispness during storage.
- Best workflow: bake → cool → store → reheat → fill and bake.

