

Seasonal Eating



Spinach, Mushroom and Onion Quiche

1 1/2 cups flour
1/2 teaspoon salt
1/2 cup vegetable shortening
4-5 tablespoons cold water
1 tablespoon olive oil
1/2 onion, chopped
4 ounces mushrooms, sliced
5 ounces fresh baby spinach
4 ounces Cheddar cheese, shredded
4 eggs
1 cup milk
3 tablespoons sour cream
1/2 teaspoon salt
1/4 teaspoon black pepper
1 teaspoon dry mustard
1 tablespoon flour

In a mixing bowl, stir together flour and salt. Cut in shortening until pieces are the size of small peas. Sprinkle 1 tablespoon of the water over part of the mixture gently toss with a fork. Push to side of bowl. Repeat until all is moistened. Form dough into a ball. On a lightly floured surface flatten dough with hands, gently. Roll dough from center to edge, forming a circle about 12 inches in diameter. Wrap pastry around rolling pin. Unroll into a 9 inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim to 1/2 inch beyond edge of pie plate and fold under extra pastry. Make a fluted edge by pressing with thumbs and index finger. Bake at 400 degrees for 7-10 minutes, just until surface is set.

Reduce the oven to 350 degrees F. In a large skillet, heat the olive oil. Add the onion and mushrooms and saute until translucent and mushrooms have cooked down and released their liquid, about 5 minutes. Add the spinach and cook until well wilted and almost dry. Sprinkle the cheese in the bottom of the pie crust and top with the spinach mixture.

In a bowl, whisk together the eggs, milk, sour cream, salt, pepper, mustard and flour. Pour over the spinach mixture in the crust. Bake at 350 degrees for 40-50 minutes, or until set. Shield the edge of the crust with foil to prevent overbrowning, if necessary. Let cool on a rack for at least 10 minutes before serving.