

Asparagus, Ham and Swiss Quiche

1 1/2 cups flour
1/2 teaspoon salt
1/3 cup butter flavored vegetable shortening
4-5 tablespoons cold water
1 tablespoon olive oil
1/2 onion, chopped
1/2 cup chopped cooked asparagus spears or about 16 fresh spears cut into 1/2" pieces
6 ounces Swiss cheese, shredded
1 1/2 cups chopped cooked ham
1/2 teaspoon salt
1/4 teaspoon black pepper
1 teaspoon dry mustard
1 tablespoon flour
1 cup milk, divided
3 tablespoons sour cream
4 eggs

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 and 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 asparagus if using raw and sauté until the asparagus is just tender. Sprinkle the cheese and ham in the bottom of the pie crust and top with the vegetables.

In a bowl, whisk together the salt, pepper, mustard and flour. Add about 1/4 of the milk and the sour cream and whisk until smooth. Whisk in the eggs and remaining milk. Pour over the filling in the crust. Bake at 350 degrees for 40-50 minutes, or until set in the middle. 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.