

Asparagus Quiche

From In Our Grandmothers' Kitchens

Ingredients:

1 red onion, peeled and sliced
2 splashes of extra-virgin olive oil (divided)
2 pinches salt (divided)
3 cloves of garlic, slivered
1 large bunch asparagus, chopped into 1/2-inch pieces and blanched for 1 minute (about 2 cups of pieces)
4 eggs
1 cup cream
5 to 6 ounces crumbled blue cheese
1 9-inch pie shell

Instructions:

Sauté the onion pieces in a little oil until they caramelize (ideally, half an hour or more, but you can get away with 15 minutes if you have to). Sprinkle on a little salt, and remove them from the sauté pan.

Preheat the oven to 375 degrees. Splash a little more oil into the pan, and sauté the garlic briefly (3 to 4 minutes) to soften it. Toss in the asparagus pieces, and sauté them just until they are warm.

In a bowl whisk together the eggs, the cream, and a pinch of salt.

Sprinkle two thirds of the cheese over the pie crust. Top the cheese with the onion, asparagus, and garlic pieces; then pour on the cream/egg custard, and top with the remaining cheese.

Place the quiche on a rimmed cookie sheet to prevent spillage, and bake it for about 40 minutes, until the custard is set and the top is golden. Serves 4 to 6, depending on appetite.