GARDEN USE-IT-UP QUICHE

A flexible quiche made with garden produce, pantry ingredients and whatever needs using.



This quiche began as a simple way to use an abundance of silverbeet from the garden, along with a few ingredients already waiting in the fridge and pantry. Cream cheese stood in for ricotta, bacon crumbs added a little flavour, and pizza cheese was used because it was already grated. The result was so delicious that it has become a flexible base recipe for using whatever needs using.

INGREDIENTS

- 2 sheets puff pastry, thawed
- 6–8 large silverbeet leaves, including the stems
- 1 small onion, finely chopped
- ¼ cup bacon crumbs
- About 180 g block cream cheese, cut into small pieces
- 10 eggs, divided
- ½ cup cream
- A little milk, as needed
- 2 light handfuls grated pizza cheese
- Black pepper
- A little freshly grated nutmeg, or a small pinch of ground nutmeg
- A little oil for cooking the vegetables

METHOD

1. Preheat the oven to 190°C.
2. Place one sheet of puff pastry directly into each easy-release pie dish. There is no need to grease the dishes or prick the pastry.
3. Wash the silverbeet thoroughly. Finely chop the stems and leaves, keeping them separate.
4. Heat a little oil in a frying pan. Cook the onion and chopped silverbeet stems until they begin to soften.
5. Add the silverbeet leaves and cook until wilted. Cool slightly, then press or squeeze out as much moisture as possible.
6. Divide the silverbeet mixture evenly between the two pastry-lined dishes.
7. Sprinkle the bacon crumbs lightly over the silverbeet, then divide the cream cheese pieces between the dishes.
8. Whisk 6 eggs with the cream, black pepper and nutmeg. Divide evenly between the two quiches.
9. Whisk the remaining 4 eggs with a little milk, then add enough to each dish so the filling is well covered.
10. Sprinkle one light handful of pizza cheese over each quiche. Add little or no salt, depending on the saltiness of the bacon crumbs and cheese.
11. Bake for about 45 minutes, or until set and lightly golden.
12. Rest for about 10 minutes before removing from the dishes and slicing.

STEPH'S NOTES

- This recipe began as a silverbeet use-it-up test.
- Stronger ingredients only need to add a hint of flavour.

Best Served With

Salad, soup, or as a simple lunch on its own.

Steph's Simple Living

BUILD ON WHAT NEEDS USING

Keep the egg-and-pastry base, then use what is already available.



GARDEN PRODUCE OR VEGETABLES

Use silverbeet, spinach, kale, roasted pumpkin, sweet potato, zucchini, mushrooms, capsicum or other suitable vegetables. Cook watery vegetables first and drain them well. Roast pumpkin or sweet potato until tender before adding.



A LITTLE SAVOURY FLAVOUR

Use a small amount of bacon crumbs, bacon, ham, salami, chorizo, cooked chicken, leftover sausage or flaked tinned salmon. You only need enough to add a hint of flavour rather than overpower the vegetables.



CREAMY CHEESE

Use cream cheese, ricotta, cottage cheese or feta.



GRATED CHEESE

Use pizza cheese, cheddar, tasty cheese or whatever is already open.



EGG MIXTURE

Use cream, fresh milk, evaporated milk, reconstituted milk powder, or a combination. Whisk it with enough eggs to comfortably cover the filling in your own pie dishes.



PASTRY

Use puff pastry, shortcrust pastry or leave the pastry out for a crustless version.

STEPH'S NOTES

- Start with what needs using.
- Keep the flavours balanced.
- Make the quiche your own.

SIMPLE INGREDIENTS, BEAUTIFUL RESULTS

a calm home is built in the everyday