

Carol's Quiche

Scaled for Custom scale • Target dough: 214 g • Hydration: 98.3%

Ingredients

- 75 g butter (2 american sticks, 1 european)
- 67 g wheat berries, soft
- 5 g water, cold (30 - 45 grams ICE cold water)
- 0.3 g sea salt (a pinch)
- 1 g sugar, granulated (1 tsp)
- Quiche Ingredients:
- 67 g egg, whole (4 eggs)
- 0 g cheese, ricotta (1/2 cup)
- 0 g cheese, cheddar (1/2 cup)
- 0 g milk, whole (1/2 cup (or cream))
- 0 g sea salt (to taste)
- 0 g peppercorn, black (ground, to taste)

Directions

MAKE THE PIE CRUSTS:

2. Mill the flour and cool it off in the fridge or freezer.
3. Add ingredients to a mixing bowl (cold is great, but not necessary) or food processor.
4. Use a mixer paddle, pastry cutter, or food processor to mix the flour and fat together until the fat is CORNMEAL sized.
5. Slowly add 1 tbsp at a time of COLD water (ice water would be best) until the mixture comes together as you mix with the paddle, pastry cutter, or food processor. You won't need much! 1 - 2 tbsp.
6. Roll out on a floured surface, and bake as your pie directions state. You can also prepare and freeze these for quick pie wins later.

MAKE THE QUICHE

8. Preheat your oven to 400 F.
9. Whip the eggs, add the other ingredients. You can also do this in a food processor if you just want a quick and dirty version (less fluffy).
10. Pour the mixture into a pie plate with 1 crust pressed into the bottom.
11. Bake 25-30 minutes, remove when a knife comes out clean or when the filling is 150 - 160 F in the middle. It will solidify when it cools.

Notes

[Pie Pan, 9 inch](#)

[Ninja Blender / Food Processor](#)

Make it Spinach

I add a bunch of frozen spinach to the mixture, and bake.

Get Creative

Add whatever deliciousness you like. Cooked ham or bacon bits, sauteed mushrooms and onion, sun dried tomatoes, or do a greek quiche with feta, olives, sundried tomatoes, spinach and artichoke. Make this work for you.