



# Just Recipes.

## Onion and Cumin Quiche with Whole Wheat Olive Oil Crust

A quiche with a deep, earthy taste that is guaranteed to wow guests.

### Ingredients

Serves 8 (1 10-inch tart)

#### Crust

- 2 cups [500 ml] whole wheat flour, or a 50/50 mix of all-purpose and whole wheat
- 1 tsp [5 ml] fine sea salt
- 1 tsp [5 ml] dried herbs (I use *herbes de Provence*)
- 1 tsp [5 ml] flaxseeds (optional)
- ¼ cup [60 ml] olive oil
- ½ cup [120 ml] cold water

#### Filling

- 1 tbsp [15 ml] extra virgin olive oil, plus more for greasing the pan
- 2 lb [900 g] sweet onions (such as Vidalia), thinly sliced
- ½ tsp [2.5 ml] fine sea salt
- 3 large eggs
- ¾ cup [180 ml] light cream
- ¼ tsp [1.25 ml] freshly ground pepper
- 2 tsp [10 ml] whole cumin seeds
- 1½ cups [375 ml] freshly grated Comté, about 5 oz [140 g] (substitute Gruyère)



### Method

*Make the crust:* Grease a 10-inch ceramic tart pan lightly.

Combine the flour, salt, herbs and flaxseed (if using) in a medium mixing bowl. Add the oil and mix it in with a fork. Add the water, mix with the fork until it is absorbed, then knead lightly (I do this with just one hand, in the bowl) until the dough comes together into a ball.

Turn the dough out on a lightly floured work surface. Sprinkle a little flour on the ball of dough and on the rolling pin, and roll the dough out into a circle large enough to fit your tart pan. Turn the dough by 45 degrees (a quarter of a circle) every time you roll the pin and back, adding a little more flour underneath and on the dough when it seems on the verge of becoming sticky. The trick is to do this in quick, assertive gestures to avoid overworking the dough.

Transfer the dough carefully into the prepared pan and line it neatly. Place the pan in the fridge for 30 minutes to rest.

*Make the filling:* Heat 1 tbsp [15 ml] olive oil in a large skillet over medium heat. Add the onions, sprinkle with ¼ tsp [1.25 ml] of the salt, and stir. Cover, turn the heat down to low, and cook for 30 minutes, stirring from time to time, until the onions are soft and translucent. Remove the lid, turn the heat to medium-high, and cook for another 5 minutes, stirring regularly, until most of the liquids have evaporated. (This can be prepared up to a day ahead.) Let onions cool to room temperature.

Recipe Credit: Adapted from two recipes by Clotilde Dusoulier, *Chocolate & Zucchini*

Photo Credit: Marie Asselin

© 2011 FN | Just Recipes | <http://justrecipes.foodnouveau.com>



# Just Recipes.

---

## *Onion and Cumin Quiche with Whole Wheat Olive Oil Crust (cont'd)*

Take the tart crust out of the fridge. Preheat the oven to 350°F [175°C]. Prick the crust all over with a fork, place a sheet of parchment paper on the bottom of the tart and fill with pie weights. Blind-bake the crust for 10 minutes. Remove from the oven (leave the heat on), remove the pie weights and parchment paper, and reserve until filling is ready.

*Assemble and bake the quiche:* In a medium mixing bowl, whisk together the eggs and cream. Season with the remaining ¼ tsp [1.25 ml] salt, the pepper and the cumin seeds. Fold in the cheese and onions, and pour into the tart shell.

Bake for 35 minutes, until the top is golden and the center of the quiche is still slightly jiggly (be careful not to overcook it so it doesn't become dry). Turn the oven off and leave the quiche in the closed oven for 10 minutes, until the filling is set. Serve warm, with a simple green salad.

You can make the quiche a few hours or a day ahead and reheat it for 15 minutes in a 350°F [175°C] oven to revive the crispness of the crust.