

Potato Crusted Vegan Quiche

A fast and flexible vegan quiche recipe. This is the base recipe, however, you can introduce your own favourite fillings and spices.

Recipe can be found on: <http://cookingwithplants.com/recipe/potato-crust-ed-vegan-quiche/>

Ingredients

The Quiche Crust

2 Whole Potatoes Organic, cleaned and sliced to 1mm thick

Quiche Filling

1 tbsp Nutritional Yeast

1/3 cup Chick Pea Flour (Besan flour)

1/4 cup Cashews Raw

1/2 cup Oats

1 cup Soy Milk or other dairy free milk
(soy, almond, oat, rice etc)

3 tbsp Lemon Juice

2-4 cloves Garlic

1 tsp Celtic Sea Salt

1 tsp Himalayan Black Salt if you don't have this,
just use another 1/2 tsp of Celtic Sea Salt

1 tsp Dijon Mustard

280 grams Artichoke drained from brine

2 cups Baby Spinach

Quiche Dressing

2 cups Butternut Pumpkin (Squash) Steamed chopped into 1cm (1/2 cubes).

Instructions

Creating the crust

First of all you are going to need a 9.5" or 24cm round pie dish lightly oiled and a high quality blender or food processor. Set the oven to 200 degrees C or 400 degrees F so it can get up to temperature.

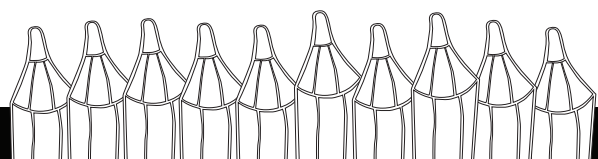


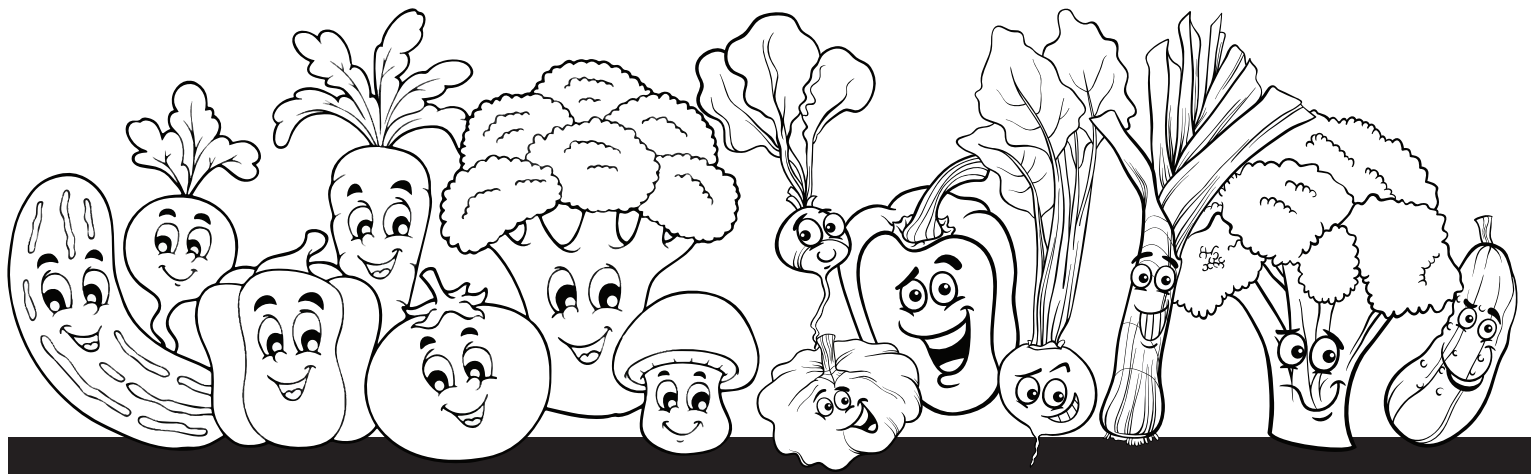
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Once your pie dish is lightly oiled place the potato slices around the base to make the crust. (Refer to the video if you have any trouble.)

Place the pie dish in the oven for approximately 10 minutes until the potato edges are starting to brown and the flesh has softened.

The Quiche Filling

While the crust is cooking place all the filling ingredients except the artichokes, spinach and pumpkin in your blender/processor and blend until smooth and creamy.

Now add the spinach and artichoke and pulse the blender/processor until they are coarsely chopped.

Making the Quiche

Once the crust is ready, take it out of the oven and onto your bench top. Pour the quiche filling into the dish leaving approximately 2cm ($\frac{3}{4}$ "") at the top, then smooth the mixture out nice and evenly.

Now pour the steamed pumpkin over the top over the mixture and gently work the pieces in making sure some of the pumpkin is left exposed. The exposed pieces will slightly caramelize adding delicious flavour to the quiche!

Sprinkle the top of the quiche with your favourite seasoning, I used nutmeg and pepper!

Finally, place the quiche dish back in the oven at the same temperature for approximately 30 minutes or until the exposed potato and pumpkin tips are golden brown.

Once cooked, set the quiche out on a bench to cool for 5–10 minutes so it can firm up.

Serve the quiche with your favourites sides. I like a nice garden salad with a little balsamic vinegar!



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