



Wild Nettle Quiche



INGREDIENTS

Dough:

300g Plain **flour**
200 g **Butter**
50g starch
1 **Egg**
1/2 tsp Salt

Filling:

250g Wild nettles
300g **Cream**
120g **Peccorino**
1 tsp **Butter**
3 **Eggs**
2 Red onions
1 Lemon
1 Garlic clove
Pinch of nutmeg

ALLERGENES HIGHLIGHTED IN
BOLD

PREPARATION

For the dough, mix flour, starch and salt in a mixing bowl. Add 2 tablespoons cold water, the butter in pieces and the egg. Make a shortcrust pastry with your fingers from the ingredients for the dough. Grease a quiche tin with butter. Let the short pastry wrapped in cling film rest in the refrigerator for about 30 minutes.

Preheat the oven to 180°C Circotherm. Roll out the dough on the floured work surface to the size of the mould. Place the dough in the form.

For the filling, wash the nettles (preferably wearing household gloves). Boil the nettles for about 10 mins. Chop the onions and the garlic and fry them with a tablespoon of butter until golden brown. Add the nettles and sauté gently for about 3 minutes.

Finely grate the Peccorino and mix with the cream, egg and nutmeg. Grate the peel of the lemon and add to the mixture. Mix the egg mixture with the nettles and put it on the bottom. Bake the quiche in the oven for about 35 minutes until golden brown.