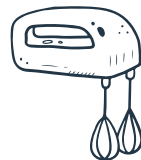


Japanese Quiche



INGREDIENTS CHECKLIST

PASTRY

- 285g cold butter
- 75ml cold water
- 375g (3 cups) flour
- 7.5g (1tsp) salt
- Cobram Estate Extra Virgin Olive Oil Light Spray

SAUCE

- 5 eggs
- 250ml cream
- 185ml milk
- Pinch of salt
- Pinch of pepper
- Pinch of nutmeg

FILLINGS

- 120g (1 cup) shredded tasty cheese
- 1 eggplant
- 20mls (1 ½ tbsp) sesame miso dressing
- 1 fennel
- 65g (½ cup) pepitas (pumpkin seeds)
- 125g (1 can) edamame beans
- ½ jar pickled ginger
- 1 jar Japanese pickles
- Japanese mayo, to garnish
- Tonkatsu sauce, to garnish
- Lime zest, to garnish
- Optional add chicken or bacon



Adriano
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Marketplace

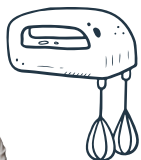
Japanese Quiche

PASTRY METHOD

1. Place the butter and water into the bowl of an electric stand mixer fitted with a beater attachment.
2. Mix on a low speed until the butter starts to break down. Add the flour and salt and mix until just combined. There should still be lumps of butter visible. If you don't have a mixer, you can mix by hand.
3. Pour the dough onto a floured bench top and smear using the palm of your hand along the bench in an upwards motion.
4. When the remaining lumps of butter is smeared in, wrap the pastry in plastic wrap, and refrigerate for 2 hours before use.

SAUCE METHOD

1. Crack all eggs into a bowl and gently whisk together.
2. Add the remaining ingredients and stir to combine.
3. Cover with plastic wrap and store in the fridge until needed.



QUICHE METHOD

1. Lightly grease using the Cobram Estate Extra Virgin Olive Oil Light Spray and flour a quiche tart. Roll out quiche dough on a floured surface to 1/2 cm thick.
2. Line the quiche tart with the rolled-out pastry, ensuring it's well pressed into the corners. Trim the top edge of dough with scissors to leave a 1cm edge above the tin. Place in the fridge to chill.
3. Chop the Japanese pickles into 1cm slices, and cut pickled ginger into small pieces.
4. Slice fennel and eggplant and place slices on a baking tray. Drizzle sesame miso dressing over eggplant. Roast eggplant and fennel in the oven for 20 mins, until golden brown in colour.
5. To assemble the quiche, add shredded tasty cheese on the bottom of the lined quiche base, followed by fennel, eggplant, Japanese pickle, edamame beans, pickled ginger, pepitas and more cheese.
6. Add in the quiche sauce and fill to the edge of tin height. This will leave you roughly 1cm above, which will act as a safety if there's any shrinkage during the bake.
7. Bake in the oven at 180°C for 60-65 mins, until cooked through and a skewer comes out clean when inserted.
8. Leave to cool before serving.
9. To finish, squeeze Japanese mayonnaise over the top of the quiche in a criss-cross pattern, followed by the tonkasu sauce in the opposite direction.