

Warm Forest Mushroom Quiche

(Serves 4)

Appetizer

Ingredients:

- 5 oz fresh button mushrooms
- 5 oz fresh chanterelles
- 5 oz fresh Portobello or porcini mushrooms
- 2 chopped shallots
- 2½ tablespoons butter
- 2 tablespoons flat parsley leaves, chopped
- 1 tablespoon chives, chopped
- salt

Royal:

- 2 eggs
- 1 egg yolk
- 1 cup heavy cream
- nutmeg
- salt, pepper

Pastry dough:

- 7 oz flour
- 3.5 oz butter
- 2 egg yolks
- 2 tablespoons water
- salt



Preparation:

- Pastry dough: Cut the butter into the dough and work with the finger tips until evenly incorporated and sandy in color and texture. Add in the liquid and work until homogenous dough forms. Allow to rest in the refrigerator for 30 minutes
- Clean the mushrooms thoroughly and dry completely. Sauté the mushrooms separately in a little oil, allowing to color slightly and seasoning with a little salt. Melt the butter in a larger pan and cook the shallots for 3 minutes before adding all the mushrooms. Mix together, add the pepper and chopped parsley, set aside.
- Make the quiche filling by whisking together the eggs and cream. Season with salt, pepper and nutmeg.
- Roll out the dough to a thickness of 1/8 inch.
- Line a tart pan (7 centimeter in diameter) with a removable bottom with the dough, then line with wax paper or aluminum foil. Fill with rice or dried beans. Prebake the tart shell in a 350 F oven for about 20 minutes. Remove the shell from the oven and remove the paper and the rice or beans.
- Arrange the mushrooms in the tart shell and cover with the egg mixture. Bake at 400 F for about 20 minutes until the egg mixture has set.
- Place on serving plates and serve with vegetables or mixed lettuce.