



Savory

**ASPARAGUS
& CRAB
QUICHE**

Asparagus & Crab Quiche

Freedom Hill Chardonnay

Ingredients

FOR THE DOUGH

- 1 1/4 cups all-purpose flour (we love King Arthur)
- 1/2 stick butter, cold, cut into 1/4" cubes
- 1/2 stick shortening, cold, cut into 1/4" cubes
- 1/2 teaspoon salt
- 3-4 tablespoons ice water
- 1 egg white

FOR THE FILLING OF THE QUICHE

- 1 tablespoon butter
- 1 small Walla Walla sweet onion, finely diced
- 1 pound asparagus, ends removed
- 2 cloves garlic, minced
- 4 large eggs, plus an extra egg white to wash the pastry dough
- 1 1/4 cups heavy cream
- 1/4 teaspoon freshly grated nutmeg
- 8 oz grated Gruyère, Emmenthal, or other Swiss Cheese
- 8 oz lump crab meat, drained and patted dry
- freshly ground black pepper to taste



Asparagus & Crab Quiche

Instructions

Skip the first four steps if using pre-made pastry dough.

In a large bowl, mix flour and salt. Add butter and shortening, then use your fingers to smear the fat into the flour until the dough just comes together with visible chunks of fat.

Sprinkle in water 1 tablespoon at a time, mixing gently until the dough holds together and feels tender. Form into a ball, flatten into a disc, wrap in plastic, and chill.

Preheat oven to 350°F with a rack in the center.

Boil a large pot of salted water, blanch asparagus for 2–4 minutes, then transfer to ice water for 3–4 minutes. Dry on paper towels.

Sauté onions with butter and a pinch of salt over medium heat until translucent and golden. Remove from heat.

Cut asparagus into 1" pieces, reserving 5–6 spears for garnish.

In a large bowl, whisk eggs, cream, nutmeg, sautéed onions, and pepper. Gently fold in cheese, asparagus, and well-drained crab meat (removing excess liquid is crucial to set the quiche properly).

Roll out chilled dough to 1/8" thick. If sticky, dust with flour. Fold into quarters and place in a deep pie dish. Brush edges with egg white and pour in filling. Top with reserved asparagus.

Bake for ~60 minutes, until the center is just set. Cool 10–15 minutes before serving. Pairs well with a simple mixed greens salad and Lange Freedom Hill Chardonnay. Enjoy!

