

SMOKED SALMON AND ASPARAGUS QUICHE

INGREDIENTS

for the crust

2 1/2 cups all purpose flour

1 tablespoon sugar

3/4 teaspoon salt

10 tablespoons (1 1/4 sticks) chilled unsalted butter, cut into 1/2-inch pieces

1/3 cup chilled solid vegetable shortening, diced

6 tablespoons (or more) ice water

for the filling

1 tablespoon Dijon mustard

1 tablespoon butter

1 cup chopped asparagus

4 to 6 ounces thinly sliced smoked salmon

3/4 cup shredded Jarlsberg cheese

1 tablespoon chopped fresh dill

3 eggs

1 cup milk

salt and pepper to taste

DIRECTIONS

Blend flour, sugar and salt in a food processor. Add butter and shortening and pulse until mixture resembles coarse meal. Add 6 tablespoons ice water and process until moist clumps form, adding more water by teaspoonfuls if dough is dry. Gather into ball and flatten into a disk. Wrap in plastic wrap and chill for 2 hours.

Preheat oven to 400F. Prepare a 9-inch pie plate or tart pan with cookie spray. Roll out pastry and place into pie plate; trim, leaving 1-inch (2.5 cm) overhang. Fold inside rim; flute edge if using pie plate. Prick all over with fork. Line with foil and fill with pie weights. Bake for 20 minutes, then remove the pie weights and foil and bake for an additional 10 minutes or until rim is light gold. Let cool on rack. Turn oven down to 35F.

While crust is prebaking, in a medium sauté pan over medium heat, melt butter until shimmering. Then sauté asparagus for 5-6 minutes, until tender. Set aside to cool to room temperature.

Brush shell with mustard; sprinkle with asparagus, then salmon, 1/2 cup of the cheese and dill. Whisk together eggs, milk, salt and pepper; pour into shell. Sprinkle with remaining cheese. Bake in centre of 375F oven for 30-35 minutes or until knife inserted in centre comes out clean. Let cool on rack for 10 minutes before serving.