

# Carol's Quiche

This recipe was passed down by my fiance's mom, Carol. Ray loves this quiche, and I usually make it for his birthday or special occasions.

## Ingredients

- 225 g butter (2 american sticks, 1 european)
- 200 g wheat berries, soft
- 15 g water, cold (30 - 45 grams ICE cold water)
- 1 g sea salt (a pinch)
- 3 g sugar, granulated (1 tsp)

### QUICHE INGREDIENTS:

- 200 g egg, whole (4 eggs)

## Directions

### MAKE THE PIE CRUSTS:

2. Mill the flour and cool it off in the fridge or freezer.
3. Add ingredients to a mixing bowl (cold is great, but not necessary) or food processor.
4. Use a mixer paddle, pastry cutter, or food processor to mix the flour and fat together until the fat is CORNMEAL sized.
5. Slowly add 1 tbsp at a time of COLD water (ice water would be best) until the mixture comes together as you mix with the paddle, pastry cutter, or food processor. You won't need much! 1 - 2 tbsp.
6. Roll out on a floured surface, and bake as your pie directions state. You can also prepare and freeze these for quick pie wins later.

### MAKE THE QUICHE

8. Preheat your oven to 400 F.
9. Whip the eggs, add the other ingredients. You can also do this in a food processor if you just want a quick and dirty version (less fluffy).
10. Pour the mixture into a pie plate with 1 crust pressed into the bottom.
11. Bake 25-30 minutes, remove when a knife comes out clean or when the filling is 150 - 160 F in the middle. It will solidify when it cools.

## Notes

[Pie Pan, 9 inch](#)

[Ninja Blender / Food Processor](#)

## Make it Spinach

I add a bunch of frozen spinach to the mixture, and bake.

## Get Creative

Add whatever deliciousness you like. Cooked ham or bacon bits, sauteed mushrooms and onion, sun dried tomatoes, or do a greek quiche with feta, olives, sundried tomatoes, spinach and artichoke. Make this work for you.