

Crab and Asparagus Quiche

Ingredients

300g shortcrust party or 1 packet ready-made pastry
1 egg, beaten
2 bundles of asparagus
50g butter
1 small onion very finely chopped
1 ½ tsp tomato puree
1 tsp Dijon mustard
300g soft fresh crab meat (can use tinned)
300ml single cream
4 medium eggs
Season with black pepper & salt to taste



Valentine Warner created this delicious recipe

Method

You will need 25cm /10inch loose bottom tart case

Pre-heat the oven to 190°C. Roll out the pastry into a thin sheet large enough to line the tart case. Lay the pastry into the tin allowing any excess to hang over the edge.

Blind bake the pastry and place on a baking sheet in the preheated oven for 30 minutes until golden brown.

Remove the paper and beans and cook the tart case for a further 5 - 6 minutes to crisp the pastry bottom.

Remove from the oven and while the pastry is hot paint the entire case with the beaten egg. Using a sharp knife trim the excess pastry from the tart rim.

Cut the asparagus spears in half and drop into boiling salted water. As soon as the water comes back to the boil cook for exactly 1 ½ minutes. Drain, cool in cold water, drain again and dry thoroughly in a tea towel.

Melt the butter into a saucepan, add the onions and cook gently until soft and golden brown (about 10 minutes). Stir in the tomato puree and mustard then cook gently for a minute or so more. Finally, add the brown crab meat, the cream, salt & pepper, and stir it all together. Remove from the heat and while continuously beating, break in the 2 remaining eggs, beat in well. Leave to one side.

Scatter the asparagus into the pastry case, pour the filling over and carefully return the tart to the oven & cook for approx. 25-30 minutes. The tart is nearly done when you give the tray a little shake and the filling wobbles slightly in the middle. It is important to take the tart out at this time as it will go on cooking, you want the filling soft rather than overset.

Serve warm, or at room temperature, lovely with a crisp green salad.

Other information

Serves 6-8

Preparation time - 20 minutes

Cooking time – 1 hour 20 minutes