



Crustless Quiche Soufflé

You will feel like you are in a boulangerie in Paris when you eat this.

Yields 6-8 Servings

INGREDIENTS:

- 2 Tbsp. olive oil or butter
- ½ cup shallots, chopped
- 10 oz. broccoli florets (or other vegetables of choice) cut into bite-size pieces
- 1 tsp. salt, divided
- 6 large eggs
- 1 ¾ cups heavy cream
- Pinch of ground nutmeg
- ½ tsp. cayenne pepper
- 5 oz. (1 ½ cups) shredded gruyere cheese



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INSTRUCTIONS:

1. Preheat oven to 325 degrees.
2. Grease a 9" deep dish pie plate or pan with butter.
3. Put olive oil or butter in a large sauté pan over medium low heat. Add the shallots and cook, stirring occasionally, until soft and translucent (about 4 minutes). Do not brown. Add the vegetables, 1/4 tsp. of the salt and 1/3 cup water. Increase the heat to medium. Stir occasionally. Cook the vegetables until al dente and the water has evaporated, about 3-4 minutes more and set aside.
4. In a large bowl, whisk the eggs with the cream, nutmeg, remaining ¾ tsp. salt and cayenne pepper.
5. Spread the vegetable and shallot mixture evenly over the bottom of the prepared pan or pie plate. Sprinkle the cheese over the top. Pour egg custard over the cheese.
6. Bake about 1 hour or until the custard is set and the tip of a knife inserted in the center comes out clean and the top is golden brown
7. Let cool about 10 minutes before serving.

Make ahead:

Refrigerate. Warm up individual slices, or cover the entire quiche with foil and bake in a 325 degree oven about 30 minutes.