

Basic Quiche

Serves 8

Liz Gary

New Options Food Group

1 16 oz. package San Diego Soy Dairy organic firm tofu, drained
1 cup soy milk
3/4 teaspoon turmeric powder
2 tablespoons Nutritional Yeast
1 1/2 teaspoons onion powder
1 1/2 teaspoons garlic powder
1 medium zucchini, diced
1 red bell pepper, diced
1 bunch green onions, sliced
1 1/2 cups broccoli florets, chopped
1 tablespoon olive oil
Sea salt to taste and freshly ground black pepper
Vegan parmesan cheese for topping (optional)
1 pie crust, chilled



Preheat the oven to 350.0 Prepare the vegetables and sauté them briefly in a small amount of oil. Transfer them to a medium mixing bowl and set aside.

In the jar of a blender combine the tofu, soy milk and seasonings. Blend on high and gradually add more milk until a smooth consistency similar to a soft ricotta cheese is reached.

Transfer the blended tofu mixture into the sautéed vegetables and stir until blended. Season to taste then pour into a frozen prepared pie crust. Bake for 50-60 minutes or until a knife inserted into the center comes out clean. Top with veggies and optional vegan cheese the last 10 minutes of baking time. Let cool 15-20 minutes before serving.

Basic Pie Crust

2 1/2 cups unbleached all purpose flour
1/2 cup non-hydrogenated vegetable shortening, chilled
1/2 cup vegan butter, chilled
1/2 teaspoon salt
1/3 cup ice water

Combine the flour and salt in a food processor or a large mixing bowl. Process until blended. Add the chilled shortening and butter, process until the mixture is small crumbs. If you are making without a processor cut the butter and shortening into the flour with a pastry blender or two knives, cutting the fat into the flour until it is small crumbs.

Pour the ice water over the flour mixture and stir until it forms a dough, don't over mix it. Divide the dough into two balls, flatten them into disks then cover them with plastic wrap and chill in the refrigerator until firm, about 1 hours. You can also freeze the dough and save it for later use.

Place the chilled dough on a floured surface, working quickly roll the dough to approximately 1/4 inch thickness, transfer to a pie pan and fill with your desired filling. Use the second half of the dough to create a top for the pie or use it to make a second pie. Chilled dough can also be used to create individual pies in muffin tins or roll it and fold it into empanadas or hand-held fruit tarts. Chill your pie about 30 minutes before baking to ensure the crust will be flakey. Brush the top of the pie with a combination of 2 tablespoons agave syrup and 1 tablespoon melted vegan butter. Sprinkle with sugar then bake in a 400 degree oven until golden brown, cook time depends on the size and filling. Smaller pies bake in 20-30 minutes, larger pies can take 40-50 minutes.

