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Creamed Corn Quiche with “Caramelized Onion Crema”

Makes approximately 12 x 3" quiche

Pastry:

Ingredients	Metric	US
Flour	130 grams	1 cup
Brown sugar	2 grams	½ tsp
Baking powder	2 grams	½ tsp
Crisco shortening (cold & cubed)	90 grams	3 oz.
White vinegar	1 ml	1/5 tsp
Cold tap water	33 ml	2 tbsp

Combine dry ingredients and mix.

Cut in shortening to dry ingredients until pea size.

Add vinegar and water and mix only until blended.

Roll out on floured surface.

Cut out shells and mold into 12 tart shells. (3" or 50 cm each)

Pre-bake shells at 375°F for 8 minutes
(or until golden brown) and set aside.

Creamed Corn Filling:

Ingredients	Metric	US
Corn kernels	250 grams	1¾ cups
Whipping cream	240 ml	1 cup
Milk	120 ml	½ cup
Butter	30 grams	2 tbsp
Fresh thyme leaves (diced)	20 grams	2 tbsp
Salt	To taste	To taste

Melt butter in a large skillet over medium heat.

Add corn kernels and brown for 5 minutes.

Add fresh thyme leaves, stirring to combine.

Pour in whipping cream and milk, then bring to
a gentle simmer.

Cook for 5 - 7 minutes, stirring occasionally, until
the mixture thickens slightly.

Remove from heat and let cool slightly before filling
quiche shells.



Quiche Cream:

Ingredients	Metric	US
Eggs	3 each	3 each
Whipping cream	150 ml	2/3 cup

In a separate bowl make a quiche cream consisting
of 1:1 ratio of eggs and whipping cream.

Balsamic Onion Crema:

Ingredients	Metric	US
Olive oil	10 ml	2 tsp
Onion (finely chopped)	120 grams	1 cup
Cream cheese	170 grams	6 oz.
Sour cream	30 ml	2 tbsp
Salt	To taste	To taste
Black pepper	To taste	To taste
Balsamic vinegar glaze	To taste	To taste

Caramelize the onions in a skillet over medium heat, warm
the olive oil. Add the finely chopped onions and cook slowly,
stirring often, until they become golden brown and deeply
caramelized - about 15-20 minutes. Set aside to cool. These
will be used as a topping.

Prepare the crema base in a mixing bowl, combine the
softened cream cheese, sour cream, salt, and black pepper.
Blend until smooth and creamy. You can use a hand mixer
or food processor for extra smoothness.

Instructions

Evenly distribute creamed corn filling into tart shells.

Top up with the quiche cream.

Bake in 275°F oven for 6 minutes, rotate and bake for
an additional 6 minutes.

Pipe cream on cooked quiche and garnish with
caramelized onions.

Drizzle with balsamic vinegar glaze.