REGIONAL & SEASONAL RECIPE

Pumpkin quiche with lamb's lettuce, recipe presented by the École du Goût in Brandenbourg.

4 servings

1 hour (+ 30 minutes baking time)

Ingredients:

For the dough:

- 50 g butter
- 50 g curd (quark)
- 75 g whole-grain spelt flour
- 75 g wheat flour
- 50 g ground hazelnuts
- 1 egg

For the filling:

- 1 small Hokkaido pumpkin
- 3 small shallots
- 4 tbs of rapeseed oil
- 15 g pumpkin seeds
- 3 eggs
- 50 ml sour cream
- 50 g curd (quark)
- 1 sprig rosemary
- 100 g goat cheese
- 1 tbs of forest honey (optional)
- salt, pepper, nutmeg

For the salad:

- 200 g lamb's lettuce
- 1 apple
- 2 tbs of walnuts
- 1 tbs of lemon juice

For the vinaigrette:

- 4 tbs of walnut oil
- 2 tbs of apple cider vinegar
- 1 tsp of mustard
- salt, pepper

Recipe:

For the dough, cut the butter into small pieces and mix it with the quark. Place the flour and nuts in a bowl, add the butter-quark mixture, 1 egg, and 3-4 tablespoons of cold water, then knead with the dough hooks or by hand until you have a smooth dough. Wrap the dough in plastic wrap and refrigerate for about 30 minutes.

In the meantime, preheat the oven to 200 °C (top and bottom heat) for the filling. Wash, quarter, and deseed the pumpkin, then cut it into thin slices. Peel and quarter the shallots. Place the pumpkin slices and shallots on a baking tray lined with parchment paper. Drizzle with rapeseed oil and season with salt and pepper. Bake for 7 minutes.

Lightly toast the pumpkin seeds in a non-stick pan without any fat.

Mix the eggs with the sour cream and quark. Season with salt, pepper and a pinch of nutmeg. Wash and dry the rosemary sprigs.

Butter and flour a pie dish. Roll out the dough and place it in the pie dish. Prick the dough several times with a fork and pre-bake for 10 minutes at 175 °C.

Remove the dough from the oven and pour the egg-quark mixture into the pie dish. Arrange the pumpkin and shallots decoratively on top. Bake the quiche for an additional 25-30 minutes.

10 minutes before the end of the baking time, spread the goat cheese over the quiche. Remove the quiche from the oven and garnish with pumpkin seeds and rosemary.

Optional: For a sweeter version, drizzle with forest honey.

Wash and dry the lamb's lettuce thoroughly. Wash the apple, quarter it, remove the core, and cut the quarters into pieces. Drizzle with lemon juice.

For the vinaigrette, mix apple cider vinegar and mustard, and season with salt and pepper. Stir in the walnut oil.

Gently fold the vinaigrette into the salad, mix in the apple pieces, and sprinkle with walnuts just before serving.