



**NATURAL PASTURES**  
cheese company

Comox Valley, Vancouver Island



## Comox Brie, Portobello Mushroom and Butternut Squash Fall Quiche

FROM ALESHA DAVIES, OWNER/OPERATOR OF AJ'S ORGANIC CATERING

### Ingredients:

1 homemade pie crust (see recipe below) or store bought crust

1 tbs organic olive oil

1 clove of minced garlic

1 medium chopped onion

1 medium size portabella mushroom chopped

½ cup of diced butternut squash

4 organic local farm eggs

¼ cup milk

1 tsp chopped fresh rosemary

1 tsp chopped fresh parsley

Salt & pepper to taste

1 dash of hot sauce (any kind will do)

1 round of Natural Pastures Comox Brie (or Natural Pastures Comox Camembert)

### Ingredients: Pie crust

2 cups organic flour

1 cup butter (cold)

½ tsp salt

½ cup cold water

When skies begin to darken earlier and the weeks leading to Christmas start moving in fast forward, it is time for quick and easy meals that are delicious and hearty.

Quiche is often overlooked as an easy supper fix. This versatile meal can be made with the greatest of ease and easily transformed into a gourmet meal with the addition of local Natural Pastures Cheeses, fresh veggies from your local farm stand and herbs that are still thriving in your own garden.

Here is a local organic quiche recipe that I think you will enjoy. Keep in mind that the mushrooms, squash, herbs and cheese can be substituted for those you may have on hand. Pair this quiche with a simple green salad and suggest including carrot curls, shredded beets, bite size cauliflower florets and garlicky vinaigrette.

Preheat oven to 375°F

In a skillet over medium heat, add olive oil and sauté onions for 2 minutes followed by the garlic. Add the diced squash and sauté an additional 3 minutes. Add portabella mushrooms and continue to sauté until onions, squash and mushrooms have all softened but are not mushy.

In a medium size bowl, add the 4 eggs, ¼ cup of milk, chopped parsley, rosemary, salt & pepper and a dash of hot sauce. Whisk until well combined (mixture should be bubbly around the edges).

Add the onion mushroom sauté to the egg mixture and stir. Pour this mixture into your prepared pie crust.

Slice the Comox Brie into long strips. Lay the strips on top of the quiche mixture from the middle fanning outwards. Sprinkle with pepper and place into the preheated oven for 30-40 minutes. When gently wiggled, the quiche should be fully set (no jiggle) and lightly browned.

### PIE CRUST

In a large bowl, whisk flour and salt. Cut in butter with a pastry blender or two knives until coarse crumbs the size of peas appear. Stir in the water (you may want to use a little less water than the full ½ cup) until the mixture forms a ball. Divide in half with a knife, wrap both balls and refrigerate at least 1 hour. (You can freeze the second dough to make this quiche again next week saving you a lot of time). Roll out the dough into a floured surface (do not over mix!) and push into pie dish. This crust will be nice and flaky.