

Kale & Ham Quiche

From the blog For Love of the Table

1 to 2 T. extra virgin olive oil
3 oz. smoked ham, rind removed and cut in a 1/2-inch dice (1/2 cup diced)
2 medium-sized spring onions, trimmed and thinly sliced (white portion and several inches of the green)
1 clove garlic, peeled and minced
1/2 lb. young kale, thoroughly rinsed and ribs removed
2 eggs
1 cup heavy cream
pinch of nutmeg (optional)
salt and pepper to taste
1 8- to 9-inch tart shell, blind baked (Pâte Brisée recipe below)
2 ounces coarsely grated Dubliner (or other flavorful cheddar-like cheese)

Warm a tablespoon or so of olive oil in a sauté pan set over moderately high heat. Add the ham and sauté until golden brown in spots—2 to 3 minutes. Remove the ham to a plate.

Add the spring onions and garlic along with a bit more oil if the pan looks dry. Season lightly with salt and sweat until just wilted—about 2 minutes.

Coarsely chop the kale. Add it to the pan a handful at a time, turning it as you do to coat it in the hot oil and adding another handful as the previous one begins to collapse. When all of the kale has been added, season lightly with salt. Reduce the heat, cover and cook until tender—about 20 to 30 minutes (possibly longer, depending on the age and variety of the kale). Check the kale occasionally as it cooks, adding a few tablespoons of water if the pan seems dry. When the kale is tender, remove the lid and increase the heat so that any liquid left in the pan can cook off. Remove the pan from the heat and allow the kale to cool briefly.

While the kale cooks, place the eggs in a small bowl and whisk briefly to break up. Whisk in the cream until smooth. Season to taste with salt and pepper (and nutmeg, if you like); set aside.

Spread the kale mixture over the bottom of the pre-baked tart shell. Scatter the ham over all. Place the tart shell on a cookie sheet and pour the custard over the filling—be careful, all of the custard may not be necessary. Scatter the cheese over the top and transfer the baking pan to a preheated 375° oven.

Bake the quiche until the filling is set and the surface is a light golden color—about 25 minutes. If, when the custard is set (the tip of a knife slipped into the center should come out clean), the surface is not as golden as you would like, briefly run the quiche under the broiler until the cheese is light golden brown. Serves 8 as a first course or 4 to 6 as an entrée.

Pâte Brisée

(Savory Tart Dough)

1 1/3 c. all-purpose flour (150g)
3/8 t. salt
8 T. cold unsalted butter, cut into pieces (114g)
3 to 4 T. ice water

Combine the flour and the salt in a medium-sized bowl. Rub the butter into the flour until the butter is in small pea-sized pieces. Drizzle 3 T. ice water over the flour/butter mixture. Using your hands, fluff the mixture until it begins to clump, adding more water if necessary. If, when you squeeze some of the mixture it holds together, the dough is finished. Turn the dough out onto a counter and form into a mound. Using the heel of your hand, gradually push all of the dough away from you in short forward strokes, flattening out the lumps. Continue until all of the dough is flat. Using a bench scraper, scrape the dough off the counter, forming it into a single clump as you do. Wrap the dough in plastic wrap, pressing into a thick disk. Chill for at least 30 minutes.

To roll out, let the dough warm up for a moment or two. Butter a 9- to 10-inch removable-bottom tart pan and set it aside. Flour the work surface and the rolling pin. Begin rolling from the center of the dough outward. After each stroke, rotate the dough a quarter turn—always making sure that there is sufficient flour to keep the dough from sticking. Keep rolling and turning until you have a round of dough that is about 1/8 to 1/6 -inch in thickness. Brush off the excess flour and fold the dough circle in half. Slide the outspread fingers of both hands under the dough and gently lift it and transfer it to the prepared tart pan. Unfold the dough and ease it into the pan being careful not to stretch it. Cut the dough off flush with the edge of the pan by pressing gently against the edge. Chill the shell for at least 1/2 hour.

To blind bake: Line the pastry with aluminum foil (dull side out) or parchment paper, pressing it into the corners and edges. Add a layer of pie weights or dried beans. Bake in a 400° to 425° oven for 12 to 18 minutes. When the pastry begins to color on the edges, remove the foil and weights and continue baking until the pastry dries out and turns a light golden color for a partially baked shell, and a deeper amber for a fully baked shell. Let cool before filling.

Notes:

- The tart dough may be made ahead and frozen—raw in disk form, or rolled out in the pan (raw or baked).
- Any amount of dough may be made (to accommodate varying sizes of tart pans)—simply keep the ratio of ingredients the same. For every 1/3 c. of flour (1 1/3 oz., 38 gr.), use 2 T. of butter (1 oz., 28 gr.) and up to 1 T. of ice water.

<https://www.forloveofthetable.com/2012/04/kale-ham-quiche-plus-few-quiche-basics.html>

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