

Pumpkin Curry Quiche

Flavourful quiche perfect served with a side salad

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INGREDIENTS

- 100g butter
- pinch of salt
- pinch of sugar
- 150g flour
- 50-75ml ice water

- 250g cubed pumpkin (I use hokkaido/red kuri)
- olive oil
- 1 small white onion
- 2 garlic cloves
- 1 tsp salt
- 1 tsp curry powder
- ½ tsp pumpkin pie spice (recipe available on www.inthekitchenwithelisa.com)
- 15g butter
- 300g greek yogurt (10% fat content)
- 2 eggs
- salt
- black pepper
- fresh parsley



DIRECTIONS

1. Start by making the dough for the pie crust so that it can rest for at least 2-3 hours or overnight. Cube the cold butter into a medium bowl, add salt, sugar and the flour. Start cutting through the butter and mixing it in with the rest of the ingredients with a fork or a dough cutter. Once the butter is starting to slowly mix in with the dry ingredients you can start adding the ice water slowly. (See video) You want to use ice water, not just cold water. You can do this by measuring cold water into a measuring jug and adding some ice cubes to it.
2. Add the water little by little mixing well in between additions. Add just enough so that the dough comes together. (See video) Then wrap the dough tightly in cling film and rest in the fridge for a minimum of 2-3 hours or over night.
3. Once the dough has rested enough you can start rolling it out. I used a 26cm round pie dish with about 3cm sides and a removable bottom, which helps removing it from the dish after baking. You can use a slightly bigger pie dish as well, but not more than 2-3cm bigger. Cut a piece of parchment paper that covers the pie dish and has about 10 cm extra on each side. Sprinkle the parchment paper with some flour and place the dough over the flour. Sprinkle some more flour over the dough and roll it out evenly from each side so that it covers the whole pie dish and the sides. Use the parchment paper as a guide, roll it almost up until the edges and it should fit perfectly.
4. With the help of the parchment paper, lift the dough into the pie dish and carefully place it so that it covers each side evenly. Remove the parchment paper and carefully press the dough into the pie dish starting from the bottom and then moving to the sides. (See video) Cut off the excess dough along the sides with a sharp knife. (See video) Pierce the bottom of the dough thoroughly with a fork, place the parchment paper you used earlier over the dough carefully pressing it into it to cover it well and then pour in the pie weights or dry beans/peas. (See video)

5. Blind bake the crust in 180°C bottom top heat at the middle shelf of the oven for 10-15 minutes. Then remove from the oven, remove the weights and the parchment paper and bake for another 10-15 minutes until it becomes golden. Then remove from the oven and allow to cool slightly.
6. While the crust is blind baking you can start making the filling. In a big pan over medium heat start frying the cubed pumpkin pieces with some olive oil. Fry them until they get a beautiful colour on them (this should take 5-10 minutes).
7. In the meantime finely chop the onion and the garlic.
8. Once the pumpkin has a beautiful caramelisation add in the onion and the garlic, turn down the heat to medium low and allow to cook just until the onions have softened.
9. Once the onions have softened, add in the salt, curry powder, pumpkin pie spice and mix well. Then add in the butter and allow it to melt. Turn off the heat and leave for a couple of minutes before removing it from the stove and allowing to cool in a separate bowl.
10. In a medium bowl combine yogurt, eggs, salt, pepper and the chopped fresh parsley. Mix with a fork until well combined.
11. Arrange the pumpkin filling over the cooled crust evenly. Then pour over the yogurt and also even it out.
12. Bake the quiche in 180°C bottom top heat at the middle shelf of the oven for 30 minutes. Remove from the oven and allow to cool completely on a cooling rack before removing from the pie dish.
13. Can be enjoyed cold or warmed shortly for 10-15 seconds in the microwave.
14. Serve with a side salad.