

Eggplant Mushroom Quiche

Recipe By *Brynie Greisman*



Cooking and Prep:  1 h

Serves:  6

Contains:   

Preference: Parve

Difficulty: Medium

Occasion: Shabbat, Shavuot,
Nine Days

Diet: Vegetarian, Pescetarian

Source: Family Table by
Mishpacha Magazine

This parve quiche is nice enough to make for Shabbos (don't tell anyone what's in it the first time — I didn't!) and is really easy. the dough can be made in advance and frozen and so can the finished product. Dress it up with mushroom sauce, if desired.

Ingredients (14)

Dough

- 2 cups **Shibolim Whole Wheat Flour** or white flour
- 1 cup (200 grams) margarine (use soy-free, if needed) or 3/4 cup oil
- 3 tablespoons vinegar
- 3 teaspoons **Haddar Baking Powder**

Filling

- 2 tablespoons oil
 - 2 onions, chopped
 - 1 eggplant, sliced
 - 1 can or box mushrooms, sliced
 - 1 cup water
 - 2 tablespoons mushroom soup mix
 - salt, to taste
 - nutmeg, optional
 - 3 eggs
 - pepper, to taste
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Start Cooking

Make the Dough

1. Mix everything together in a food processor fitted with the steel blade or in a mixer.
2. Line the bottom of a 9-inch round pan with dough (see note) and set aside.

Note:

This amount of dough is really sufficient for two quiches, so divide in half (the recipe above will yield approximately 9 ounces or 250 grams) and freeze half for use later. You can press the whole remaining half into the bottom of the pan here and leave it open-faced, or use one quarter for the base and reserve one quarter to roll out and lay over the top of your quiche, as I like to do.

Make the Quiche

1. Heat the oil in a large frying pan over a medium-high flame. Add the onions and sauté them until they are soft. Add the eggplant and sauté till they are soft. Add the mushrooms and continue sautéing till they are soft.
2. Add the water, soup mix, and seasonings. Remove from the flame.
3. Add the eggs and mix well. Pour into the prepared pan.
- 4.

Preheat the oven to 350 degrees Fahrenheit (180 Celsius).

5. Roll out the dough for top of quiche and cover the filling completely. Bake for 45 minutes, or until golden.

Tip:

Choose firm, even-colored eggplants that are heavy for their size and free of blemishes. Caps and stems should be intact with no mold. Eggplant keeps in the fridge for up to five days. There are many varieties of eggplant, ranging from 2 to 12 inches (5–30 cm), from oblong to round in shape. Smaller varieties usually don't need to be salted before cooking. They also cook more quickly.