

Salmon Quiche

Recipe By *Brynie Greisman*



Cooking and Prep:  45
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Serves:  6

Contains:    

Preference: Dairy

Difficulty: Easy

Occasion: Nine Days,
Shavuot

Diet: Pescetarian

Source: Family Table by
Mishpacha Magazine

This recipe appeared in a family cookbook published in honor of our Bubby's ninety-fifth birthday last year. Everyone contributed their best recipes: children, grandchildren, great-grandchildren, and great-great-grandchildren! It was an amazing project that my aunt and cousin pulled off in just two weeks, and she was very proud of us all. We ALL loved her so so much. Our Bubby, Mrs. Faiga Braun, *a"n*h, was just *niftar* this year, at the end of Adar *aleph*. "Tehay Zichrah Baruch."

Ingredients (12)

Crust

- 1/2 cup (100 grams) margarine
- 1 tablespoon sugar
- 2 tablespoons ice water

1 cup flour (**Shibolim Whole Wheat Flour** or white)

pinch of salt (*optional*)

Filling

1 onion

1 pounds (500 grams) canned salmon, drained and mashed

1/4 cup **Gefen Mayonnaise** (lo-fat is fine)

1 tablespoon mustard

3 tablespoons lemon juice

2 eggs, slightly beaten

1/2 cup milk, water, or **Gefen Soy Milk** (depending on if you eat fish and milk together, and if you want it milchig or pareve)

Start Cooking

Make the Crust

1. Mix everything together by hand, in a small bowl, or in the food processor with the knife attachment. Pat the dough into an 8- or 9-inch pie dish (20- to 22 and 1/2-cm round pan). Bake at 200 degrees Celsius (400 degrees Fahrenheit) for 10 minutes. Set aside.

Make the Quiche

1. Slice the onion into rings and saute them in a bit of oil until they are soft and slightly browned. Cool them and place the onions on top of the baked crust.
2. Combine the remaining ingredients and pour the mixture over the onions. Sprinkle the top of the quiche with paprika and dried parsley, if desired. Bake at 375 degrees Fahrenheit (190 degrees Celsius) for 30 minutes.

Note:

This quiche can be frozen. It should be reheated semi-frozen at a lower temperature and once it defrosts, raise the temperature and cook until it is heated through and ready to serve. If you don't care for frozen food, save yourself

time by at least freezing the crust ingredients. I like to double or triple the crust and freeze in small bags ready for this or any other quiche.

Tip:

This quiche can be served as an entree for a fleishig meal, garnished with mushroom sauce and fresh parsley, or as a side dish for a milchig meal. It is delicious both ways.

Variation:

Of course you can make this with (the same amount of) fresh cooked salmon as well. It becomes a real delicacy that way.