



today's main ingredient

A  LOCAL FOOD PODCAST



Brussels Sprouts and Bacon Quiche

INGREDIENTS – serves 6 to 8

2 cups (10 ounces) Brussels sprouts
1/4-pound bacon (or pancetta), cut into 1/4-inch pieces
3 medium leeks, trimmed, washed well, and thinly sliced (white to light green parts only)
1/2 cup ricotta blended with 2 Tablespoons sour cream
3/4 cup heavy cream
2 Tablespoons Parmesan cheese, freshly grated
1/2 teaspoon nutmeg
3 eggs
1 cup coarsely shredded Emmentaler, Gruyere or other Swiss-style cheese
A 9-inch unbaked, deep-dish pie shell

Preheat oven to 400°F

STEP 1 – Boil the Brussels sprouts, covered, in a large pot of lightly salted water until crisp-tender, 15 to 20 minutes.

STEP 2 – Drain sprouts well, return to the pot, and shake briskly over the heat for 1 to 2 minutes to drive off excess moisture. Then set sprouts aside to cool.

STEP 3 – Sauté the bacon in a heavy 12-inch skillet over moderately low heat for 15 minutes, stirring often, until all the drippings cook out and only crisp, brown bits remain; transfer to paper towels to drain.

STEP 4 – Add the leeks to the skillet drippings and sauté about 5 minutes, until limp and lightly browned.

STEP 5 – Slice sprouts 1/4-inch thick, then add to the skillet and toss lightly to mix. Transfer mixture to a large mixing bowl.

STEP 6 – In a separate bowl whisk the ricotta/sour cream blend, heavy cream, Parmesan, nutmeg, salt & pepper and eggs until creamy.

STEP 7 – Add the egg mixture to the large bowl, plus add the bacon and the shredded cheese. Mix well.

STEP 8 – Set the pie shell on a heavy-duty baking sheet and pour in the quiche mixture. Bake uncovered, for 10 minutes at 400°F, and then turn down the oven temperature to 325°F and bake 30 to 35 minutes longer, until lightly browned and set like custard.

STEP 9 – Remove from oven and cool for 45 minutes before cutting. Serve cut into wedges.