

# smoked salmon quiche

serves 4-6

When I shared a photo of my smoked salmon quiche in my Instagram stories not too long ago, I was surprised by the number of people who wrote me to say they hadn't seen one before but liked the idea. It's possible that, having grown up in Nova Scotia, smoked salmon played a bigger part in my life than most, but for me, this is a classic quiche flavor combination.

*Please consider the measurements for flavorings (cheese, herbs, and capers) to be more of a guideline than a prescription – these elements can be adjusted and swapped to suit your taste, mood, and fridge supplies.*

## ingredients

- 1 unbaked pie crust (bottom only), shaped in pie plate and ready for filling – make ahead or buy pre-made
- 5 eggs
- 2/3 cup whipping cream
- pinch of cayenne
- 1/3 cup grated Pecorino Toscano\*
- 1 1/2 Tbsp chopped fresh parsley
- 1 Tbsp chopped capers
- 5 oz chopped smoked salmon (roughly a cup and a half to 2 cups)
- 1/2 large onion, thinly sliced (around 1 cup of onion)
- 2 tsp dried dill (or 1 1/2 Tbsp chopped fresh dill)
- salt & pepper to taste

## notes

*You can choose any one of many different cheeses for this recipe, just make sure it's something that won't fight with the salmon – goat cheese, grana padano, and parmigiano all work.*

*If using fresh dill, you can simply cook the onions without dill until softened and just starting to caramelize and add the fresh dill into your primary egg mixture instead.*

## preparation

*If making your own pie crust, line the bottom of a pie plate with your pie dough and keep in the fridge until ready. If using a frozen pie crust, you'll likely need to move into the fridge to thaw ahead of baking.*

1. Preheat oven to 375 F.
2. Heat a frying pan over medium heat and add olive oil, then your sliced onion. Salt the onion and cook over medium-medium low heat until soft and just starting to brown (not all the way to caramelized), around 15-20 minutes. When the onions start to brown, sprinkle with dried dill and cook another 3 minutes, until you begin to smell the dill and the dried herb is revived. Take dill-onion mixture off the heat and set aside.\*
3. Whisk together eggs and milk, then whisk in cayenne. Stir in mix-ins (grated cheese, parsley, capers, salmon, and cooked onion mix) and season to taste with salt and pepper. (Note that the cheese, capers, and smoked salmon are all salty, so you may want to dial down the amount of salt you'd normally put on eggs slightly.)
4. Pour the entire egg mixture into your pie crust and bake at 375 F for 40-50 min, until puffed and lightly browned and a knife inserted comes out clean.
5. Serve hot or cold, topped (*optionally*) with lemon aioli or crème fraîche, fresh herbs or herb oil, and extra salmon.