

Homemade Summer Vegetable Quiche: Your Easy Seasonal Delight

Homemade Summer Vegetable Quiche



OVEN
350°F

TIME
10-15 min

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INGREDIENTS

- 1 shortcrust pastry (store-bought or homemade)
- 2 medium zucchini, diced
- 1 bell pepper (any color), diced
- 2 medium tomatoes, diced
- 3 large eggs
- 200 ml (about $\frac{3}{4}$ cup + 1 tablespoon) crème fraîche
- 100 g (about 1 cup) grated cheese (such as Gruyère, cheddar, or a mix)
- Salt and black pepper, to taste

DIRECTIONS

- Preheat : Oven & Prep Dish:** Preheat your oven to 180°C (350°F). If using a tart pan with a removable bottom, you might not need to grease it, but a light spray is always a good idea.
- Prepare : Vegetables:** Peel (if desired, not always necessary for zucchini/bell pepper) and dice the zucchini, bell pepper, and tomatoes. Aim for roughly even-sized pieces for consistent cooking.
- Prepare : Egg & Cream Mixture:** In a medium bowl, whisk together the eggs and crème fraîche until well combined and smooth. Season generously with salt and black pepper.
- Assemble : Pastry & Veggies:** Carefully place the shortcrust pastry into your tart pan. Press it gently into the bottom and up the sides. Spread the diced vegetables evenly in a single layer over the bottom of the pastry crust.
- Pour : Custard:** Carefully pour the egg and cream mixture over the vegetables in the tart pan, ensuring it's evenly distributed.
- Add : Cheese & Bake:** Sprinkle the grated cheese evenly over the top of the quiche. Place the tart pan in the preheated oven and bake for 35-40 minutes, or until the quiche is golden brown, the center is set (a slight jiggle is okay), and a knife inserted near the center comes out clean.
- Cool & : Serve:** Let the quiche cool for a few minutes on a wire rack before slicing and serving. This allows the custard to set completely and makes for cleaner slices. Enjoy warm or at room temperature!

SWAPS & NOTES

Shortcrust Pastry: Using a good quality store-bought pastry saves a lot of time.

If you're feeling ambitious, a homemade pâte bris e would be wonderful.

Vegetables: This recipe is incredibly flexible!

Feel free to swap or add other seasonal vegetables like corn kernels, spinach (wilt and squeeze out excess water), asparagus tips, or even thinly sliced onions.

TIPS FOR SUCCESS

Blind Baking (Optional but Recommended): For a really crisp crust, consider blind baking your pastry shell for 10-15 minutes before adding the filling.

This helps prevent a "soggy bottom." **Dice Evenly:** Dicing your vegetables to a consistent size ensures they cook evenly in the quiche.

Don't Overfill: Make sure not to overfill the pastry shell, leaving a little room for the custard to expand as it bakes.

Check for Doneness: The quiche is done when the edges are golden, the center is mostly set, and it doesn't look overly wet.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/homemade-summer-vegetable-quiche-your-easy-seasonal-delight/>