



Pumpkin quiche with quark and oil batter

Autumnal, hearty, simply delicious! With pumpkin, red onions and feta cheese, this quiche invites you to feast & enjoy.

Zutaten

4 Portionen

Ingredients Quark-oil dough

125 g Low-fat quark

1 Egg

50 ml Byodo Baking Oil Classic

50 ml Milk

1 Pinch Byodo sea salt

200 g Flour

0.5 Packet Baking powder

Ingredients topping

1 Hokkaido pumpkin (approx. 900g)

1 Onion, red

3 Eggs

100 g Crème fraîche

10 Handles Thyme

75 g Feta cheese

15 g Pumpkin seeds

Byodo sea salt

Pepper

In addition

Byodo Baking Oil Classic

Quiche dish, 26 cm diameter

Zubereitung

Cut the pumpkin into thin slices, cut the onion into eighths. Place both on a baking tray, spray with a little baking spray oil and season with salt. Pre-bake at 180 °C top/bottom heat for 10 minutes.

For the dough, whisk together the quark, baking oil, milk, egg and salt. Mix the flour and baking powder and stir into the quark mixture with a dough hook until a firm dough forms. Grease the quiche tin with classic baking oil. Roll out the dough with a little flour or press it evenly into the mold, top with baked pumpkin slices and onions.

Mix the crème fraîche, eggs and half of the thyme leaves, season with salt and pepper. Spread the egg mixture evenly over the quiche. Bake at 180 °C top/bottom heat for a total of 35 minutes. 15 minutes before the end of the baking time, roughly crumble the feta cheese and spread over the quiche.

Toast the pumpkin seeds in a non-stick pan. Remove the quiche from the oven and leave to cool briefly. Sprinkle with pumpkin seeds and the remaining thyme.



Mix double the amount of quark and oil batter and then freeze half of the batter. Simply defrost the dough in the fridge the day before to make a great quiche very quickly.

