
Asparagus Corn Quiche

Yield: Serves 6-8

Ingredients:

- 1 sheet, store bought frozen puff pastry, thawed
- 2 ears fresh corn
- 6 spears asparagus
- 3 whole eggs
- ½ cup half and half
- ½ Tablespoon Kosher Salt
- 1 teaspoon black pepper
- ½ teaspoon ground nutmeg
- 3 ounces shredded parmesan

Instructions:

1. Preheat the Wolf Convection Steam Oven in convection mode to 375 degrees.
2. Roll out the puff pastry on a floured surface so that it is about half as thick as it was originally. Lay the puff pastry sheet over a 1/4 sheet pan and press into the pan making sure it covers the bottom and sides of the pan. With a knife cut off any excess puff pastry overhang.
3. Cover puff pastry in the pan with a piece of parchment paper and weigh it down with pie weights or dry beans. This will prevent the puff pastry from rising when it is baked.
4. Bake for 20-25 minutes. Pastry is done when it is baked through and golden brown. Remove it from the oven and let cool to room temperature.
5. Place the ears of corn on the Wolf Convection Steam Oven perforated pan and place it into the Convection Steam Oven. Set the oven to steam mode at 210 degrees. After 8 minutes, place the asparagus on the pan with the corn steam for another 6 minutes.
6. Remove the corn and asparagus from the oven and let cool. Once cool, cut the corn off the cob and cut the asparagus into ½ inch pieces.
7. Preheat the Wolf Convection Steam Oven to 350 degrees in convection mode.
8. In a medium bowl mix 3 eggs, half and half, salt, pepper and nutmeg with a whisk. Sprinkle the corn and the asparagus on to the pastry shell, trying to evenly spread them out, covering the shell. Pour the egg mixture over the corn and asparagus, then sprinkle the shredded parmesan over the top of the egg mixture.
9. Bake for 18 minutes. Let it cool for 5-10 minutes and cut the quiche into 8 pieces and serve. Enjoy!