

SWEET POTATO AND CARMELIZED ONION QUICHE



Ingredients

Servings: 4

For the crust

- 1 cup spelt flour
- 2 tablespoons vegetable oil

For the filling

- 3 to 4 sweet potatoes (sliced and slow roasted in the oven with olive oil and sea salt)
- 1/2 onion, sliced
- 1/2 teaspoon olive oil
- 1 cup soy milk
- 28 ounces plain tofu
- 2 tablespoons English mustard
- 1/2 teaspoon cumin powder
- Dash of soy sauce
- Fresh basil for garnish

- Heat the oven to 375 F.
- In a mixing bowl, add the vegetable oil to the spelt flour and rub together gently to get a breadcrumb texture. Add a little water so the pastry binds.
- Roll out and place into a quiche pan. Place in the freezer for at least 1/2 hour.
- Bake for 15 minutes. Hold on the side.
- While the crust is baking, make the filling. Start by washing and roughly chopping the potatoes.
- Rub the sweet potatoes and season with olive oil, and then bake them at 375 F until done.
- Thinly slice the 1/2 onion. Coat the bottom of the pan with 1/2 teaspoon olive oil, and then heat the pan on medium-high heat until the oil is hot. Add the onion slices and stir to coat well. Spread the onions evenly over the pan and let cook, stirring occasionally until nicely browned (caramelized). Hold on the side.
- In a food processor, add the soy milk, tofu, mustard, cumin powder and soy sauce, and blend until smooth. Fold the roasted sweet potatoes and caramelized onion into the mixture gently.
- Pour the mixture into the quiche crust and bake for 25 to 30 minutes or until there is a little color.
- Cut into quarters. Garnish with the fresh basil.

