GLUTEN-FREE QUICHE

The crust on this quiche is foolproof, as there is no need for a rolling pin; you just press it into the quiche pan.

Crust Ingredients:

1 1/2 cups gluten free flour such as brown rice flour, oat flour, or gluten-free flour mix, or a mix
1/2 tsp salt
1 tbsp cornstarch
2 tbsp nut butter, any type
1/2 cup ice water or very cold water and more as needed

Filling Ingredients:

1 1/2 tubs firm or extra-firm tofu (about 21-24 oz), mashed
1 tbsp cornstarch
1 tbsp tahini or other nut butter
1/2 tsp salt or 1/2 tbsp gluten-free soy sauce such as aminos
1/2 tsp garlic or onion powder
1/2 tsp turmeric
2 tbsp nutritional yeast
1tsp prepared mustard, any type
2 tsp white wine vinegar or other light-colored vinegar

Use a 10-inch pie pan or quiche pan, either nonstick or lightly oiled.

Mix the dry crust ingredients in a bowl. Add the nut butter and combine with a pastry blender or fork until it seems well mixed with some pea- or pebble-shaped pieces. In a separate small bowl, make the ice water, add it to the crust ingredients and mix. You want a pastry ball that is not too wet but that holds together well enough to be pressed into the pan. Add a little more water if needed. Press evenly into the pan.

In a large bowl, mash the tofu and add the other ingredients. Spoon into the quiche pan over the crust. Cover with foil and bake 375F for about 45 minutes; remove foil at about 30 minutes to allow some browning.

Variations:

You can add vegetables as you like to this quiche, but you should cook the veggies before adding. One nice addition is sautéed onions, garlic and mushroom for Mushroom Quiche. Simply spoon the cooked veggies on top of the crust before adding the tofu mixture. Another option is to gently steam some spinach or to thaw and squeeze the water from some frozen spinach, and add it to the tofu mixture, for Spinach Quiche.

Another option is to blend the tofu mixture in the food processor before spooning it over the crust. This isn't necessary, but it makes for a smoother quiche.





