

# Quiche "provencale", arugula, grated cheese, lemon zest, anchovy vinaigrette

## Recipe for 4

### Description

Classic tarte, consisting of an egg and cheese filling.

Mediterranean flavors, tastes of the sun.

### Note

When filling the quiche, always start by evenly spreading out the grated cheese on the base, this will allow the raw dough to better resist the liquid (Migaine) that you will pour over before cooking.

### Ingredients

#### Garnishes

- 2 Unit(s) Italian tomatoes
- 100 Gr Cooked ham
- 130 Gr Gruyere cheese
  
- Salt and pepper

#### Pastry

- 500 Gr Flour
- 10 Gr Salt
- 1 Unit(s) Egg
- 30 Ml Olive oil
- 160 Ml Water
  
- Salt and pepper

#### Cooking mix (Migaine)

- 150 Gr Egg
- 125 Ml Milk
- 125 Ml 35% cooking cream
- 1 Tbsp Provençal herbs
  
- Salt and pepper

#### Salad and vinaigrette

- 4 Handful(s) Arugula salad
- 2 Unit(s) Anchovy fillet
- 0.50 Unit(s) Lemon
- 1 Tbsp Dijon mustard
- 75 Ml Vegetable oil
- 75 Ml Olive oil
  
- Salt and pepper

### Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

#### Prep

Wash and core the tomatoes. Slice into rounds.

Grate the Gruyère, trim any excess fat from the ham, then cut in brunoise (small cubes)

#### Garnish

Slice the tomatoes.

Place the grated cheese in the bottom of the quiche, followed by the cubes of ham, then the sliced of tomatoes.

### gfd

In a bowl, mix the salt and the (sifted) flour.

Make a volcano, creating a hole with your fingers, put the egg, olive oil, and water into the hole.

Mix all without working the dough too much.

Transfer your dough to a large flat surface, work it a little more until it's nice and uniform.

Roll it into a ball, wrap it with saran wrap.

Keep in the fridge at least 1 hour.

### Cooking mix (migaine)

Break the eggs into a bowl, beat them lightly with a whisk.

Mix in the cream then the milk.

Season the mixture with nutmeg, herbes de Provence, salt and pepper.

Pour the mixture into the tarte up to the edges.

Place the quiche in the oven for about 30 minutes

### Salad and vinaigrette

In a tall container, pour vegetable oil, olive oil, anchovies, mustard, salt and pepper.

Use an immersion blender to mix well until you get a homogeneous vinaigrette.

At the time of serving, toss the salad with the vinaigrette and add the lemon zest.

### Dressing

Place a slice of quiche on a round plate, add a little salad on the side, add some grated cheese on the salad.

**Bon appétit!**