

## Artichoke quiche (Casseroles)



### Preparation

Fry the finely chopped shallots in olive oil, add the thinly sliced artichokes and put in water with some lemon juice to stop them discolouring. Season with salt and cook, covered, for 15 minutes. Line a round quiche tray with parchment paper and then with the ready-made puff pastry, prick holes in the bottom with a fork so that it does not lift during cooking. Add the vegetables. Beat the eggs with the milk and Parmesan, add the cream, the diced cheese and ground pepper, mix well and pour over the vegetables. Bake in oven at 180 °C for 30 minutes.

### Tips

If you prefer stronger flavours you can replace the sweet cheese with a more mature or intensely flavoured cheese. Be careful, however, not to dominate the delicate flavour of the artichokes!

### Trivia

The word 'quiche' is French but has Germanic origins: it derives from the German 'kuchen' meaning cake.

### Information

**Preparation** 50 minutes

**Total Time** 30 minutes

**Serves X** Serves 6 persons

**Level of difficulty** Easy

la terra di Puglia



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### Ingredients

**Puff pastry**

**Artichokes** 5 units

**Shallots** (A shallot)

**Extra virgin olive oil**

**Eggs** 3 units

**Parmesan** 50 grams

**Milk** (Half a glass of milk)

**Fresh cream** 125 millilitres (For cooking)

**Salt**

**Pepper**

**Cheese** 150 grams (Soft (e.g. Bel Paese) cubed)