

# Vegan French Onion Tart (Vegan Quiche)

## Ingredients

### For the Crust

- 1 ½ cups all-purpose flour
- ½ tsp. salt
- ½ cup vegan margarine

### For the Filling

- 2 tbsp. vegan margarine or olive oil
- 1 tsp. salt, divided
- 3 medium-large onions (1 1/2-2 lbs.)
- 3 cloves garlic
- ¼ cup finely chopped oyster mushrooms
- 1 tbsp. herbs de province
- 8 oz. silken tofu
- ¼ cup nutritional yeast
- 1 tsp. Dijon mustard
- 1 cup Chickpea flour
- ¼ tsp. ground nutmeg
- 1-2 tbsp. grated vegan parmesan, optional

## Steps

1. First make your pie crust (if you like, you can also skip this section and use a premade crust). Combine the flour and salt, and whisk. Next add the vegan margarine in 1 tbsp. pieces, and use a fork or pastry cutter to cut the butter into the flour. Once you have an almost sandy texture, add water 1 tbsp. at a time (3-5 tbsp. total) until it forms a flaky dough. Form the dough into a disk, wrap in plastic wrap, and keep cool in the fridge for 20 minutes or more. After the dough has been chilled, place between two layers of plastic and roll out until it covers the bottom and sides of a 9-inch pie dish. Store in the fridge until ready to bake.
2. Preheat the oven to 375°F (190°C). Once it has preheated, place the pie crust and blind bake for 10 minutes (you can use beans or baking beads to make sure the crust holds its shape, but I typically just bake the empty shell). While you're waiting for the oven to preheat, start on the filling.
3. Chop the onions in half-moons, mince the garlic, and mince the mushrooms.



Heat the vegan margarine in a large skillet, and add the onions along with  $\frac{1}{2}$  tsp. of salt. Cook covered on a medium heat, stirring occasionally, for about 10 minutes. Then add the garlic, mushrooms, and herbs de province, and raise the heat to a medium-high. Cook for another 10-15 minutes, stirring occasionally, until some of the onions have developed a little caramelization. Turn off the heat and set aside.

4. Start on the “custard” part of the filling- in a blender, place the silken tofu, nutritional yeast, mustard, chickpea flour, nutmeg, remaining  $\frac{1}{2}$  tsp. of salt and  $\frac{1}{2}$  cup of water. Blend until smooth. In a large bowl, place the custard and the onions, and mix.

5. After the crust has blind baked, fill to the top with the custard and onions and return to the oven. Bake for 30-35 minutes. If you like, you can then grate vegan parmesan on the top of the tart, and place under the broiler on high for 3-5 minutes until golden. Allow to cool before serving, if you like. The more it cools, the firmer the texture of the filling will be.