



Host Suzanne Nance loves to explore Oregon's foodie culture, and what better way than to go straight to the chefs of some of our most beloved restaurants, bakeries, and vineyards!

Together, Suzanne and the culinary artists of Oregon will explore music through the idea of comfort food, provide recipes, and chat about the joy of cooking, all paired with lush, beautifully crafted music.

On this week's episode, we get the perfect Spring recipe from Lange Estate Winery & Vineyards: Asparagus & Crab Quiche. Developed by Lange's own Christine Havens, she recommends accompanying this dish with their [2018 Freedom Hill Chardonnay](#). Enjoy!

Asparagus & Crab Quiche

Versatile and flavorful, quiche makes for a lovely brunch item that can be prepared well in advance or as an easy weeknight dinner. The possibilities for ingredients are endless. In this iteration, we used asparagus, sweet onion, and crab meat—the sweetness and succulence of the crab is absolutely sublime paired with our 2018 Freedom Hill Chardonnay. If you're in a hurry, use a pre-made pastry shell rather than making the dough from scratch!

Ingredients

For the dough:

- 1 ¼ cups all-purpose flour (we love King Arthur)
- 1/2 stick butter, cold, cut into 1/4" cubes
- 1/2 stick shortening, cold, cut into 1/4" cubes

- 1/2 teaspoon salt
- 3-4 tablespoons ice water
- 1 egg white

For the filling of the quiche:

- 1 tablespoon butter
- 1 small Walla Walla sweet onion, finely diced
- 1 pound asparagus, ends removed
- 2 cloves garlic, minced
- 4 large eggs, plus an extra egg white to wash the pastry dough

- 1 ¼ cups heavy cream
- 1/4 teaspoon freshly grated nutmeg
- freshly ground black pepper to taste
- 8 ounces grated Gruyère, Emmenthal, or other Swiss Cheese
- 8 ounces lump crab meat, drained and patted dry

Skip the first four steps if you're using pre-made pastry dough.

In a large mixing bowl, toss together the flour and salt. Add the butter and shortening. Cut the fat into the flour by using your thumbs and index fingers to smear the butter and shortening into sheets. Continue mixing by hand until the dough just comes together, there should be larger pieces of fat left in the dough.

Gently incorporate the water by sprinkling it over the top of the dough a tablespoon at a time. It's important to stop mixing when the dough just comes together, it should feel very tender to the touch.

Form the dough into a ball, turn it out onto a floured surface and flatten it into disc, then wrap it in plastic wrap and chill.



Preheat the oven to 350° and place a rack in the center of the oven.

Bring a large pan of salted water to boil. Add the asparagus and cook for 2-4 minutes. Transfer to a bowl of ice cold water for 3-4 minutes, then place it on paper towels to dry.

Melt the butter in a small skillet over medium heat. Add the onions and a pinch of salt and sauté until the onions are translucent and golden brown. Remove from heat.

Cut the blanched asparagus into 1" pieces. Reserve 5-6 spears to decorate the top.

In a large mixing bowl, whisk together the eggs, heavy cream, nutmeg, and pepper. Gently stir the cheese, asparagus, and crab meat into the egg mixture. *Removing the extra liquid from the crab is an important step, as the excess moisture will keep the center of the quiche from setting properly.

Remove the dough from the refrigerator. Roll it out until it is 1/8" thick. If the dough begins to stick, sprinkle it with flour. Fold the dough into quarters, then place it into a deep pie dish. Brush the outer edge with egg white, then pour the quiche mixture into the dish. Arrange the remaining asparagus spears across the top, then bake until the center of the quiche is just set, around 60 minutes.

Let the quiche cool for 10-15 minutes before plating. We like to serve this with a simple salad of mixed greens.

About Lange Estate Winery & Vineyards

Don and Wendy Lange founded their eponymous winery and estate vineyard in 1987 with the purchase of a thirty-acre parcel in Northern Willamette Valley's prestigious Dundee Hills. Their move north from Santa Barbara was precipitated by a few inspiring bottles from two of Oregon's most iconic producers: Eyrie and Erath. A call to Dick Erath (whose phone number was listed on the back label) convinced the Lange family to embark on a scouting trip.



Starting at the southern end of the Willamette Valley, they tasted their way up, stopping only when they reached the Dundee Hills. The couple saw a real estate sign advertising a property suitable for farmland—the property's elevation and aspect reminded Don of the Grand Cru vineyards of Burgundy's Côte d'Or. After producing their inaugural vintage in 1987 from Pinot Noir, Chardonnay, and Pinot Gris purchased from neighboring vineyards, the Langes planted their estate vineyard in 1988.



About Christine Havens

Christine Havens is Lange's Marketing Director. She has a lengthy background in wine production and the visual arts. At Lange she is focused on communications, packaging design, and web development. A seasoned wine writer, she's travelled the globe in search of her next great bottle.

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