

Chesapeake Bay Quiche

FOR THE ALFREDO CREAM SAUCE:

1/2 C unsalted butter

1 C heavy cream

1 C grated Parmesan cheese

2 cloves garlic, minced

Salt and pepper to taste

FOR THE QUICHE:

1 pre-made pie crust (or homemade if you prefer)

1/2 C Alfredo cream sauce (see above)

1/2 C heavy cream

1/2 C brewed Cream tea (cooled)

1/2 lb shrimp, peeled and deveined

1 T Old Bay seasoning (to taste)

1/2 C shredded mozzarella cheese

1/2 C shredded Parmesan cheese

1/2 C chopped spinach

1/2 C chopped kale

1/2 C chopped collard greens

1/2 C diced red bell pepper

1/4 C chopped green onions

3 lg eggs

Salt and pepper to taste

MAKE THE ALFREDO CREAM SAUCE: In a medium saucepan, melt the butter over medium heat. Add the minced garlic and sauté for about 1 minute, until fragrant. Pour in the heavy cream and bring to a simmer. Reduce the heat to low and stir in the grated Parmesan cheese. Continue to cook, stirring frequently, until the sauce is smooth and thickened. Season with salt and pepper to taste. Remove from heat and set aside.

PREHEAT THE OVEN: Preheat your oven to 375°F.

PREPARE THE SHRIMP: In a bowl, toss the shrimp with Old Bay seasoning. Sauté the shrimp in a skillet over medium heat until they are pink and cooked through. Set it aside.

PREPARE THE GREENS: In a large pot of boiling water, blanch the chopped kale and collard greens for 2-3 minutes until tender.

Drain and immediately transfer to a bowl of ice water to stop the cooking process.

Drain again and squeeze out any excess water. Set it aside.

PREPARE THE FILLING: In a large bowl, whisk together the Alfredo cream sauce, heavy cream, brewed Cream tea, and eggs until well combined.

Stir in the shredded mozzarella, Parmesan cheese, chopped spinach, blanched kale, collard greens, diced red bell pepper, and chopped green onions.

Season with salt and pepper to taste.

ASSEMBLE THE QUICHE: Place the pre-made pie crust in a pie dish.

Spread the cooked shrimp evenly over the bottom of the crust.

Pour the filling mixture over the shrimp.

BAKE THE QUICHE: Bake in the preheated oven for 35-40 minutes, or until the quiche is set and the top is golden brown. A knife inserted into the center should come out clean.

COOL AND SERVE: Allow the quiche to cool for a few minutes before slicing. Serve warm.