



HENRI WILLIG
The Cheese Family

Henri Willig
henriwillig.com
T +31 (0) 299 65 5151
Monday till friday 08:30 - 17:00

Brussels sprouts quiche with fenugreek cheese



This recipe was created by [kitchenbyania](#)

Ingredients

- 400 grams Brussels sprouts
- 160 grams smoked pork belly (casselrib)
- 1 red onion
- 4 eggs
- 140 milliliters cooking cream
- pinch of nutmeg, pepper, and salt
- 40 grams Fabulous Fenugreek cheese by Jacob Willig
- 4 sheets of ready-made puff pastry
- 1 tablespoon butter

The Brussels sprouts season has begun, and what could be better than a savory quiche packed with autumn flavors? This Brussels sprouts quiche combines creamy, lightly nutty Fabulous Fenugreek cheese from Henri Willig with Brussels sprouts, savory smoked pork belly, and crispy puff pastry. The red onion and airy egg-cream filling make it soft and flavorful—even for those who think they don't like Brussels sprouts! Perfect for lunch, a light dinner, or as a festive side dish.

Preparation

- 1: Preheat the oven to 180°C (350°F). Grease a quiche pan and line it with the puff pastry. Prick the base with a fork.
- 2: Place parchment paper on the pastry and fill with baking beans. Blind bake the dough for 10–12 minutes. Then remove the parchment paper and beans and bake for another 3–5 minutes to lightly color the base.
- 3: Bring a pot of water to a boil with 1 teaspoon salt and 1 teaspoon sugar. Blanch the halved Brussels sprouts for 6–7 minutes until just tender. Drain and let them sit briefly.
- 4: Sear the smoked pork belly strips in a pan. Then add 1 tablespoon butter and sauté the red onion until translucent. Mix the Brussels sprouts into the meat and onion mixture.
- 5: Whisk the eggs with the cooking cream, nutmeg, salt, and pepper. Stir in the grated Fabulous Fenugreek cheese until smooth.
- 6: Spread the Brussels sprouts and smoked pork belly mixture evenly over the pre-baked puff pastry base. Pour the egg-cream-cheese mixture on top, making sure everything is evenly distributed.
- 7: Bake the quiche in the oven for 35–40 minutes until golden brown and set.
- 8: Let the quiche rest for 5–10 minutes before slicing. Serve warm as a brunch dish, light dinner option, or side dish.



Tips for the perfect Brussels sprouts quiche

What are baking beans?

Baking beans are special ceramic or metal beans used during blind baking of puff pastry, also called blind baking weights. They ensure the base stays flat and doesn't rise, giving you a nice, sturdy quiche crust. Don't have baking beans on hand? Use dry rice or dry pasta as an alternative.

Serving tips

- Serve the quiche warm on a beautiful wooden board or platter. Cut it into slices so everyone can easily help themselves.
- Optionally, garnish with extra arugula, a drizzle of olive oil, or a few drops of balsamic cream for a colorful presentation.

Making it vegetarian

- Simply replace the smoked pork belly with a meat substitute or extra vegetables such as mushrooms, bell peppers, or pumpkin for a delicious vegetarian version.
- You can also add extra cheese for a richer, savory flavor.

Preparing in advance

- You can prepare the Brussels sprouts and onion in advance and get the egg-cream-cheese mixture ready.
- The quiche can be fully assembled up to just before baking, saving you time on busy days or when hosting guests.

Reheating the quiche

Yes, you can safely reheat the quiche. Warm it in a preheated oven at 180°C (350°F) for 10–15 minutes, or until it's heated through. This keeps the crust crispy while the filling stays soft and creamy.