

Mini Quiches With Phyllo Crust

By Becky Krystal

 Servings: 4-6 (makes 12 muffin-size quiches)

 Active: 30 mins | Total: 45 mins

- Unsalted butter, for greasing the pan
- 6 (14-by-17-inch) sheets phyllo dough, defrosted
- 1/4 cup olive oil
- 1 cup milk (any fat; nondairy is fine), heavy cream or half-and-half
- 2 teaspoons cornstarch
- 6 large eggs
- 3/4 teaspoon fine salt
- 1/4 teaspoon freshly ground black pepper
- Cooked diced meat or vegetables, shredded or crumbled cheese, salsa, herbs, and/or other add-ins of your choice (optional)
- Minced fresh herbs, for serving (optional)

Step 1

Position a rack in the lower third of the oven, place a pizza stone or a large, rimmed baking sheet on it, and preheat to 375 degrees. Lightly grease the wells of a standard muffin tin with butter.

Step 2

Set the stack of phyllo dough on a clean work surface and cover with damp towels, keeping the stack covered as much as possible as you work. Transfer one sheet of the phyllo to a large cutting board and brush the top with the oil. Don't feel the need to overdo it or cover every inch, as too much oil can weigh the layers down. Lay another sheet directly on top of the first and brush it with the oil. Repeat with the remaining sheets of phyllo; there's no need to brush the top sheet.

Step 3

Use a sharp knife to cut the phyllo stack into 12 even rectangles, roughly 4 1/2 by 4 2/3 inches (the exact dimensions may vary because of the size of your phyllo, so don't sweat it). Press one stack of the rectangles into each well of the muffin pan, folding or fluting the edges slightly to make an attractive cup.

Step 4

In a large liquid measuring cup with a spout, whisk together the milk and cornstarch until thoroughly combined. Add the eggs, salt and pepper, and whisk again until uniform.

Step 5

Carefully pour the milk mixture into each of the phyllo cups, dividing as evenly as you can — aim to have them two-thirds to three-quarters full. Drop your desired add-ins into any or all of the quiches. This is your family's opportunity to customize!

Step 6

Set the pan on the preheated stone or sheet and bake for 15 to 17 minutes, or until the edges of the phyllo are a rich golden brown and the centers of the egg are puffed and mostly set. Let cool in the pan for 5 minutes before removing. The puffed centers may deflate a bit; that's okay.

Step 7

Serve warm with additional toppings, such as more fresh herbs, if you'd like.

Variations

If you prefer to skip the crust, you can bake the quiches in paper muffin cups. The bake time may be a few minutes shorter. If you prefer a more traditional pastry crust, you can swap in approximately 4 1/2-inch rounds of store-bought pie crust dough (use a large glass or mug as a template). Press into the wells, prick the dough all over with a fork and bake (without the filling) for about 15 minutes, until the crust begins to dry out and turn light golden. Then add the filling and toppings before baking for an additional 15 minutes or so, until the crust is rich golden and the eggs puffed and set.

