

12g ⌚ 45 m | Medium

Keto cheese pie with chanterelle mushrooms

This delectable flavor-packed cheese and chanterelle pie makes a perfect vegetarian keto meal. A quick and spectacular treat that packs really well for a picnic, complements your summer buffet or turns a dull weekday dinner into a real feast.



4 Servings

Ingredients

Pie crust

1 cup (4 oz.) almond flour
⅓ cup (1⅓ oz.) sesame seeds
⅓ cup (1¼ oz.) coconut flour
1 tbsp ground psyllium husk powder
1 tsp baking powder
½ tsp salt
1 egg
¼ cup water
2 tbsp light olive oil

Filling

10 oz. (4 cups) mushrooms, chanterelles
2 oz. butter, for frying
1 tsp dried thyme
salt and pepper
4 eggs
1⅓ cups heavy whipping cream
1 cup (2¾ oz.) shredded Parmesan cheese

Instructions

- 1 Preheat the oven to 365°F (185°C).
- 2 Mix all ingredients for the pie crust in a food processor for 1-2 minutes, until you get a firm dough. If you don't have a food processor, just knead the ingredients together in a bowl using either a fork or your hands. Let rest in the refrigerator for 5-10 minutes.
- 3 Roll out dough, about 1/4" (1/2 cm) thick, between two sheets of parchment paper. You can also spread out the dough with well-oiled hands or a spatula directly in a non-stick pie pan. If you use a springform pan, place parchment paper between the ring and the bottom to make it easier to loosen the baked pie.
- 4 Clean mushrooms and fry in butter until golden. Add thyme, salt and pepper to taste. Whisk together the rest of the ingredients and pour into the pie crust.
- 5 Add mushrooms. Save a few pretty ones for decoration / serving. Bake for 30 minutes or until the pie gets a nice golden color and the filling is set. Allow to cool for a few minutes before serving, and serve with some leafy greens on the side.

Tips

This pie can be prepared in advance and it stores well in the freezer.

Thaws best at room temperature. You can gently reheat in a microwave or the oven at a low temperature. Protect the edges with aluminum foil to prevent burning when reheating in the oven.

Recommended special equipment

Food processor.