



## My Spring Onion Pie

*(Adapted from Chef Andrea Reusing's (Lantern restaurant, Chapel Hill, NC) recipe featured in May 2012 Southern Living Magazine.)*

*Makes: 6 servings*

- 10 thin spring onions
  - 4 large eggs, lightly beaten, preferably pastured
  - 1 cup milk, preferably raw or organic
  - $\frac{3}{4}$  cup sprouted flour, your choice
  - 1 teaspoon Celtic salt
  - $\frac{1}{2}$  teaspoon aluminum-free baking soda
  - $\frac{1}{4}$  teaspoon ground pepper
  - 2 tablespoons butter, preferably raw or organic
  - 5 oz. Gruyere cheese, cubed
1. Preheat oven to 400 degrees. Heat a 10-inch cast-iron skillet in oven. Trim roots from onions; discard roots. Chop half of the onions.
  2. Whisk together eggs and milk. Sift together flour and next 3 ingredients. Gradually add flour mixture to egg mixture, whisking rapidly 20-30 seconds or just until blended and smooth. (There should be no lumps.) Stir in chopped onions. Let stand 5 minutes.
  3. Carefully remove hot skillet from oven. Add butter, and let stand until butter is melted. Place skillet over medium-high heat (stove top), and pour batter into skillet. Arrange cheese and remaining whole onions over top of batter, and cook 30 seconds to 1 minute or until edges begin to set.
  4. Transfer skillet to top oven rack, and bake at 400 degrees for 22-25 minutes or until golden brown and puffy. (Outside edges should be crispy and inside texture should resemble a custard popover. Pie will deflate quickly.) Serve immediately.