

Spinach quiche

Cuisine: **French**
Food category: **Pastry**



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Company: **Retigo**



Program steps

Preheating:

195 °C

1	Hot air	100 %	Termination by time	00:20 hh:mm	180 °C	100 %	
2	Hot air	100 %	Termination by time	00:20 hh:mm	180 °C	100 %	

Ingredients - number of portions - 10		
Name	Value	Unit
plain wheat flour	900	g
butter soft	750	g
water	300	g
salt	10	g

Filling		
Name	Value	Unit
egg	16	pcs
double cream 33%	1	l
salt	10	g
freshly ground black pepper, ground	5	kg
ground nutmeg	2	g
bacon diced	800	g
gouda	600	g
leaf spinach	600	g
onion	600	g

Nutrition and allergens	
Allergens: 1, 3, 7, milk	
Minerals: Ca, Calcium, Co, Cr, Cu, F, Fe, I, Iron, K, Magnesium, Mg, Mn, Na, P, Phosphorus, Potassium, Se, Zn	
Vitamins: A, B, B12, B2, B6, C, Cholin, D, E, K, Kyselina listová, Vitamin A, Vitamin C, Vitamin K	

Directions

In a bowl, quickly process the flour and butter until the mixture resembles coarse crumbs; it is important not to overwork the dough. Season with salt, add water to form a smooth, glossy ball (the water must be ice-cold), which we wrap in foil and let rest in the refrigerator for an hour. Preheat the combi oven to 180°C.

Rested dough is rolled out into a rectangle sized GN and placed into a greased GN, the bottom is pricked with a fork, and if we want to prevent puffing, we line it with baking paper and sprinkle beans on top. We bake it blind for 20 minutes in the combi oven.

Bacon is diced and sautéed. Remove the bacon from the rendered fat and add roughly chopped onion to it. When the onion becomes translucent, add leaf spinach, season with salt and pepper. The wilted spinach with onion is taken off the heat and mixed with cream. Add the sautéed bacon, grated cheese, and eggs. Season with ground nutmeg. Pour this prepared mixture onto the pre-baked dough. Set the combi oven to 180°C, hot air baking and bake for 20 minutes.

The recipe fits in a 1/1 GN.

The number of servings may vary according to your portion size requirements.

Nutritional value of one portion	Value
Energy	3462.6 kJ
Carbohydrate	290 g
Fat	197.1 g
Protein	89.4 g
Water	78.8 g

Recommended accessories

