Spinach quiche

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

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Company: **Retigo**

Program steps

| Preheating: | 195 °C |

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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
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová

Directions

In a bowl, quickly process the flour and butter until it forms crumbs, it is important not to overwork the dough. Add salt, add water to form a smooth shiny ball (the water must be ice cold), which we put in foil to rest in the refrigerator for an hour. Preheat the convection oven to 180°C.
Roll the rested dough into a GN-sized rectangle and place in a buttered GN, pierce the bottom with a fork and if we want to prevent it from puffing, line with baking paper and sprinkle with beans. Pre-bake in the convection oven for 20 minutes.

Cut the bacon into cubes and let it fry. Remove the bacon from the baking dish and add the roughly chopped onion to it. Add the spinach leaves to the glazed onion, season with salt and pepper. Remove the cooked spinach and onion from the heat and pour in the cream. Add the fried bacon, grated cheese and eggs. Season with ground nutmeg. Pour the mixture prepared in this way onto the pre-baked dough. Set the convection oven to 180°C, hot air baking and bake for 20 minutes.

The recipe fits a 1/1 GN.

The number of servings may vary depending on your needs for serving sizes.

Nutritional value of one portion	Value
Energy	3235.2 kJ
Carbohydrate	286.5 g
Fat	180.4 g
Protein	72.6 g
Water	0 g

Recommended accessories

Enameled GN container