

Mini Spinach & Gruyère Quiches

Serves: 16



Ingredients

Shortcrust Pastry

250 g plain flour

125 g unsalted butter, *cubed and cold*

½ tsp fine salt

1 egg yolk

2–4 tbsp ice water

Filling

1 tbsp butter

1 onion, *small and finely diced*

2 cloves garlic, *minced*

150 g baby spinach

Salt and black pepper

Pinch of freshly grated nutmeg

Custard

3 large eggs

200 ml cream

100 ml whole milk

1 tsp Dijon mustard

¼ tsp salt

Plenty of freshly ground black pepper

Cheese

150 g Gruyère, *grated*

Preparation Steps

Make the pastry

1. Mix the flour and salt.
2. Rub in the butter until the mixture resembles coarse breadcrumbs.
3. Add the egg yolk.
4. Add just enough ice water for the dough to come together.
5. Form into a disc.
6. Wrap and chill for at least 1 hour.

Cook the filling

7. Melt the butter.
8. Cook the onion until soft and lightly golden (about 8 minutes).
9. Add the garlic for 30 seconds.
10. Add the spinach and cook until just wilted.
11. Season with pepper and a pinch of nutmeg.
12. Allow the mixture to cool completely.
13. If there's excess moisture, squeeze it out before using.

Make the custard

14. Whisk together:

Eggs
Cream
Milk
Dijon
Salt
Pepper

15. Don't over-whisk—you don't want lots of bubbles.

Prepare the pastry

16. Heat oven to 190°C conventional (170°C fan).
17. Grease a 12-hole muffin tray.
18. Roll the pastry to about 3 mm thick.
19. Cut circles approximately 10 cm across.
20. Press into the muffin cups.
21. Chill for 15 minutes.

blind bake Optional (recommended)

22. Line each case with baking paper.
23. Fill with baking beans or rice.
24. Bake for 10 minutes.
25. Remove the paper and weights.
26. Bake another 5 minutes.
27. This keeps the bases crisp.

Assemble

28. Put the spinach mixture & Gruyère in the cases
29. Pour over the custard until almost full.
30. Don't overfill—they puff during baking.

Bake

- 31.** Bake for 22–28 minutes until:
- 32.** Golden on top
- 33.** Just set in the centre
- 34.** Slight wobble is fine
- 35.** Cool for 10 minutes before removing.