

Quiche with Red Peppers and Spinach
“Quiche Meets Whole Wheat,” By Martha Rose Shulman
The New York Times, April 25, 2014

Total Time: about 1-1/2 hours (including prebaking tart shell and baking the quiche)
Yield: 6 generous servings

Note: I used a pie crust recipe by Stella Parks, [Buttery, Flaky Pie Crust](#)

Ingredients

2 tablespoons extra-virgin olive oil
1 medium-size onion (yellow or spring onion), chopped
2 large garlic cloves, or 1 small bulb green garlic, peeled and minced
Salt to taste
2 large red bell peppers (about $\frac{3}{4}$ pound), seeded and cut in thin 1-inch strips
1 teaspoon chopped fresh thyme leaves
1 generous bunch spinach, stemmed, washed in 2 changes of water, and coarsely chopped
Freshly ground pepper to taste
2 egg yolks
2 whole eggs
1 (9-inch) [whole wheat pâte brisée pie crust](#), fully baked and cooled
Freshly ground pepper
 $\frac{2}{3}$ cup milk
2 ounces Gruyère, grated ($\frac{1}{2}$ cup)
1 ounce Parmesan, grated ($\frac{1}{4}$ cup)

Preparation

1. Preheat oven to 350 degrees.
2. Heat oil over medium heat in a large, heavy skillet and add onion. Cook, stirring, until tender, about 5 minutes, and add a generous pinch of salt, the garlic, peppers and thyme. Cook, stirring often, for 5 minutes, then turn the heat to medium low and continue to cook for 5 to 10 minutes more, until peppers are very tender and sweet.
3. Turn up heat to medium-high and, a handful at a time, add spinach and stir until each handful wilts. If there is liquid remaining in the pan turn up the heat and stir while you let it cool off. Remove from heat and transfer to a bowl. If you are making filling a day ahead, refrigerate uncovered.
4. Beat together egg yolks and eggs in a medium bowl. Set tart pan on a baking sheet for easy handling. Using a pastry brush, lightly brush bottom of the crust with some of the beaten egg and place in oven for 5 minutes.
5. Add salt (I use $\frac{1}{2}$ teaspoon), pepper, and milk to the remaining eggs and whisk together.
6. Spread pepper and spinach mixture in an even layer in the crust. Stir together cheeses and sprinkle in an even layer on top. Very slowly pour in the egg custard over the filling. If your tart pan has low edges, you may not need all of it to fill the shell, and you want to avoid the custard spilling over. Place quiche, on baking sheet, in the oven and bake for 30 to 35 minutes, until set and just beginning to color on the top. Remove

from oven and allow to sit for at least 10 minutes before serving. Serve hot, warm or room temperature.

7.

Tip - Advance preparation: The filling will keep for a couple of days in the refrigerator. Keep uncovered so that liquid evaporates (otherwise the liquid will dilute the custard). The quiche will keep for 3 or 4 days in the refrigerator.

Whole Wheat Pie Dough
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By Marth Rose Shulman

Total Time: about 1 hour, plus chill time

Yield: 2 9-inch pastry shells, 6 to 8 servings each

Ingredients

222 grams French-style butter such as Plugrá (8 ounces, 1 cup), at room temperature

175 grams whole-wheat flour or whole-wheat pastry flour (approximately 1½ cups less 1 tablespoon)

175 grams unbleached all-purpose flour (approximately 1½ cups less 1 tablespoon)

7 grams fine sea salt (1 teaspoon)

92 grams water (6 tablespoons)

Special Equipment: Pie weights

Note: You may want to line your quiche shell with parchment or foil and add pie weights before baking to prevent the crust from shrinking.