

CARMELIZED ONION AND SPINACH QUICHE

Serving 6 | Prep Time 20 mins | Cook Time 1 hr 15 mins

CRUST INGREDIENTS

1 ¼ cups Gwenyn Hill Turkey Red Bolted Wheat Flour

1 ½ tsp sugar

½ tsp salt

4 oz cold Organic Valley Unsalted Butter

¼ cup cold milk

1-2 Tbsp cold water

1 egg for egg wash

FILLING INGREDIENTS

8 eggs

½ cup Organic Valley whole milk

½ tsp salt

1 cup goat or sheep cheese

2 medium onions sliced thinly

½ pound spinach chopped

2 Tbsp Organic Valley salted butter

DIRECTIONS

- Make the pie crust. Combine the flour, sugar, and salt in a large bowl. Add the cubed butter and toss to coat. Use a pastry cutter or fork to break butter up into ¼ inch size piece. Mixture is supposed to be flaky. Place in the freezer for 15 minutes to chill.
- Remove from freezer and add milk. Use a spatula or wooden spoon to bring the mixture into a ball. Add water 1 tsp at a time if necessary. Wrap in plastic wrap or parchment paper. Place in fridge to chill.
- Make the filling.
- Caramelized onions take time and patience, low and slow is the key to getting perfect caramelization without burning
- In a large heavy bottomed skillet on medium – low heat, melt butter then add thinly sliced onions, sauté for 25-30 minutes stirring often until onions are a golden color

- Add chopped spinach and another Tbsp of butter, turn off heat when spinach is bright green and wilted
- Preheat oven to 400F
- Remove pie dough from refrigerator
- On a lightly floured surface, roll out the dough into a 12 inch circle. Transfer dough to a 9-inch pie pan. Trim off the extra dough.
- Blind bake for 15 minutes, cover crust with a sheet of parchment paper and add your pie weights or dried beans
- Turn down oven to 350F
- Whisk eggs together and add milk, salt and cheese, whisk again to combine thoroughly. Add caramelized onions and spinach and combine
- Pour filling into crust, brush egg wash on crust and bake for 45 minutes or until the middle is firm
- Allow to cool for 10 minutes before serving