

Italian Spinach and Ricotta Quiche

Prep: 25 minutes **Bake:** 50-55 minutes **Rest:** 20 minutes **Total:** 1 hour 35-40 minutes **Servings:** 8

Ingredients

Pastry crust

- 1 refrigerated pie crust or shortcrust pastry sheet (8-9 oz / 230-255 g)
- 1 teaspoon olive oil or butter, for greasing the pan

Spinach and ricotta filling

- 1 lb (454 g) fresh spinach
- 15 oz (425 g) whole milk ricotta cheese, well drained
- 2 large eggs
- 1/3 cup (35 g) freshly grated Parmigiano Reggiano
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon freshly ground black pepper

Instructions

1. Cook and drain the spinach Wash the spinach and remove tough stems. Add to a large covered skillet with 2 tablespoons water and cook over medium heat for 4-5 minutes until wilted. Cool slightly, squeeze out as much liquid as possible, chop finely, and let cool completely.

2. Make the filling Mix the well-drained ricotta and eggs until smooth. Stir in Parmigiano Reggiano, nutmeg, salt, and pepper. Fold in the cooled spinach. The filling should be thick rather than watery.

3. Prebake the crust - 15 minutes Preheat the oven to **350°F (180°C)**. Lightly grease a shallow 9-inch (23 cm) tart pan, preferably with a removable bottom. Line with pastry, press into the corners, trim the edges, and prick the base with a fork. Cover with parchment and pie weights. Bake on the center rack for **10 minutes**. Remove the parchment and weights and bake for **5 minutes more**, until the base looks dry and lightly set.

4. Fill the pastry shell Spoon the spinach and ricotta filling into the prebaked pastry and spread evenly. Smooth the surface with a spatula.

5. Bake the filled quiche - 35-40 minutes Return to the center rack at **350°F (180°C)** and bake for **35-40 minutes**, until the filling is set, the surface is lightly golden, and the pastry edges are golden. A gentle shake should reveal no liquid movement in the center.

6. Optional additional browning - 3-5 minutes If the center is set but the surface needs more color, move the quiche to a slightly higher rack at the **same 350°F (180°C)** for **3-5 additional minutes**. Watch closely to prevent overbrowning.

7. Rest and serve Remove from the oven, cool on a wire rack for at least **20 minutes**, then slice. Serve warm or at room temperature.

Helpful Tips

- **Remove moisture:** Squeeze the spinach very thoroughly and drain watery ricotta before mixing.

- **Pan choice:** A shallow 9-inch tart pan produces a thin crust and compact filling similar to the reference photograph.
- **Do not overbake:** Stop when the center is set; baking too long can make ricotta dry or grainy.
- **Frozen spinach:** Substitute approximately 8 oz (225 g) thawed frozen chopped spinach, thoroughly squeezed dry.

Full oven sequence: 10 minutes weighted crust + 5 minutes unweighted crust + 35-40 minutes filled quiche = **50-55 minutes** total baking; allow up to 3-5 minutes extra if browning is needed.