

Kefir cheese quiche with spinach and tomato



Serves 8

For the dough:

- 250 g (8,8 oz) flour
- 125 g (4,5 oz) soft butter
- 1 egg
- 50 ml (1,7 oz) water
- 1 pinch of salt

For the filling:

- 2 tbsp durum wheat semolina
- 2 small tomatoes
- 1 kg (35 oz) fresh spinach
- 1 tbsp olive oil
- 1 garlic clove
- freshly grated nutmeg
- 30 g (1 oz) sesame seeds
- 3 eggs
- 200 g (7 oz) kefir cheese
- 150 ml (5 oz) whole milk
- salt, ground pepper

Kefir cheese quiche preparation

Prepare dough: stir the flour and butter in a food processor or manually until you get a sandy mixture. Add the egg, water and salt, finish kneading until homogeneous. Wrap dough in foil and let cool for at least 2 hours.

Turn the oven on to 200 °C (390 °F). Fill a tin with dough. Prick the base with a fork, then sprinkle semolina all over the dough base. Set aside to cool.

Prepare the filling

Cut tomatoes into quarters, remove seeds, then cut them into large diced cubes. Sprinkle them with some salt and let them sweat in a colander.

Remove the stems from the spinach and rinse it well. Heat the oil in a large frying pan and add the garlic clove, peeled and crushed. When garlic begins to colour, throw it away, it has fulfilled its purpose which was to flavour the oil. Add the spinach in handfuls and let it dissolve. At the end of cooking, when the spinach is »fallen«, salt it slightly. Then drain it in a colander. Leave it to cool, then press it between your hands to drain most of the water out. Then season with salt, pepper and nutmeg.

Toast sesame seeds in a frying pan without added fat, stirring constantly until lightly golden brown. Do not toast sesame too long, pay attention to popcorn effect: the seeds popping out of the frying pan!

Beat together eggs and kefir cheese. Add the milk, salt and pepper.

Spread the spinach out in the tart base. Sprinkle it with sesame and spread the tomatoes. Pour the cheese mixture. Put at the bottom of the oven and bake for about 30 minutes, until the surface is well golden brown. 5 minutes after taking the tin out from the oven, turn it out. Serve hot or cold.

See more cheese recipes [here](#).

Products used to prepare this recipe:



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