

Courtesy of Bistro Niko

MAINS Bistro Niko

Quiche Florentine from Bistro Niko

By Sarra Sedghi · Rough Draft Atlanta, 7/21/2026

Ingredients

DOUGH

- [ ] 5 1/2 cups all-purpose flour, divided into 2 3/4-cup portions
- [ ] 1/2 tsp salt
- [ ] 2 sticks unsalted butter, plus 5 Tbsp cold, diced, and unsalted butter
- [ ] 2/3 cup cold water

CUSTARD

- [ ] 1 cup milk
- [ ] 1 cup heavy cream
- [ ] 3 entire eggs
- [ ] 2 egg yolks
- [ ] Salt, to taste
- [ ] White pepper, to taste
- [ ] Pinch of nutmeg

FILLING

- [ ] 1 shallot, minced

Directions

1. **Make the dough:** Combine 2 3/4 cup flour, salt, and butter in a mixer and mix at low speed until it forms a paste. Increase to medium speed and mix until there are no traces of butter left in the dough.
2. Add second half of flour and mix on lowest speed until mealy. Add water and mix until dough comes together and is homogenous.
3. Divide into two pieces and allow to rest refrigerated for at least 1 hour and 30 minutes.
4. **Bake the crusts:** Bake the crusts with pie weights for 30 minutes at 350 degrees. Remove weights and bake for an additional 8 to 10 minutes, until golden brown.
5. **Prep the filling:** Sweat shallots and leeks with olive oil. Add spinach and season with salt and pepper. Cook until wilted.
6. Strain and squeeze until dry. Hand chop finely. Combine goat, Gruyere, and Provolone cheeses in a mixing bowl.
7. **Make the custard:** Warm the milk and heavy cream with salt and white pepper. Temper the eggs and yolks with the warm cream mixture. Let cool.

- [ ] 1 leek, sliced
- [ ] 1.5 lbs spinach
- [ ] 1 cup grated Gruyere
- [ ] 1 cup grated Provolone
- [ ] 3 oz goat cheese

8. **Fill the crusts:** Scatter half of the goat cheese and Gruyere/Provolone mix in a pre-baked pie shell. Add half of the leeks and spinach. Cover with custard mix. The pie shell should be filled to the brim.
9. Repeat with remaining filling and batter in the other pie shell.
10. **Bake the quiche:** Bake at 350 degrees for 45 minutes, until egg custard is set (Shake slightly, checking to make sure the center is firm), or a small knife inserted in the center comes out clean.

The story

This week, we're sharing the recipe for the quiche Florentine from Bistro Niko in Buckhead.

Quiche, as we know it today, first appeared during the 19th century. But due to the ingredients used at the time, the dish was more akin to tarte flambée, with a thinner, crispier crust.

In culinary terms, "Florentine" does not refer to Florence in Italy, but rather an inhabitant of the city and her favorite vegetable. When Catherine de' Medici (yes, of those Medicis) married French king Henry II in 1533, she supposedly brought along a legion of chefs and spinach from Florence. Historians argue that de' Medici's preferred cooking style shaped – maybe even created – what's now known as French cuisine.

Making the quiche dough for this recipe is time-consuming, Bistro Niko Executive Chef Gary Donlick said. He suggests making the dough in advance and refrigerating or freezing it. To save even more time, opt for a store-bought pie shell.

"Prebaking the pie shell is the most important part of the cooking process [and] ensures the bottom crust is cooked and crisp," he added.

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