



Recipe:
**Spinach & Gruyère
Sheet-Pan Quiche**

Blast-frozen at peak freshness, baked to order.
Clean custard, crisp crust, zero waste.

Why This Quiche Is Made for Blast Freezing

Quiche is notoriously hard to freeze well—which makes it the perfect proof point. This fully baked, sheet-pan quiche is blast frozen at peak quality, sliced clean while frozen, and baked to order. The result is a smooth, creamy custard with no weeping, cracking, or graininess, plus perfect portions and zero waste. A simple, restaurant-ready example of how blast freezing protects delicate egg-based dishes and delivers consistent results every time.

Ingredients

(1 full sheet pan, ~24 squares)

Crust

- 2 lb pâte brisée or par-baked laminated crust sheet
- Dock well; blind bake until just set (not browned)

Custard

- 24 whole eggs
- 2 qt heavy cream
- 1½ Tbsp kosher salt
- 1 tsp white pepper
- Pinch nutmeg

Fill (example)

- 2 lb sautéed spinach (well-squeezed)
- 1½ lb grated Gruyère
- Optional: caramelized onion or bacon

Equipment

- Sheet pans (full or half) with parchment
- Blast chiller with blast freezing mode (target core to 0°F)
- Product probe
- Chef's knife or band saw for frozen slicing (knife works fine at this thickness)

Method (optimized for a blast chiller)

1. Bake Once — Fully Set

- Fill blind-baked crust evenly.
- Bake at 325–335°F until custard is just set in the center (no jiggle, no browning).
- Pull hot pan and immediately move to blast chilling/freezing workflow.

2. Blast Chill → Blast Freeze

- Blast chill phase: pull pan rapidly through the danger zone.
- Blast freeze phase: continue cycle until core reaches 0°F.
- Once frozen solid, wrap or pan-seal and label.

3. Frozen Portioning

- While fully frozen:
 - Trim edges
 - Cut into perfect squares (clean, sharp edges)
- Re-wrap portions or tray up for service

Service Options (pick one)

Option A — Bake-to-Order

- Place frozen square in pan
- Bake 325°F until hot through (no thawing)
- Finish with herb salad or crème fraîche

Option B — Combi / Reheat

- Steam-assist reheat for ultra-silky custard
- Plate immediately

Result: custard stays smooth, no liquid purge, no rubbery egg

Alternate Flavor Sets (quick ideas)

- Mushroom–Thyme–Fontina
- Ham & Swiss Croque-Quiche
- Roasted Tomato–Goat Cheese
- Green Chile & Cheddar Breakfast Quiche



Finish your delicacy to restaurant-quality perfection with a PrepRite[®] blast chiller. Offered in multiple self-contained and modular sizes—learn more at everidge.com/brand/preprite.

 **PREPRITE**[®]
BY EVERIDGE[®]