

Quorn myco-protein : the ingredient : delicious new recipes for healthier eating / Quorn Information Service.

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Quorn
myco-protein

THE INGREDIENT

*Delicious new
recipes for
healthier
eating*



THE VERSATILE NEW FOOD

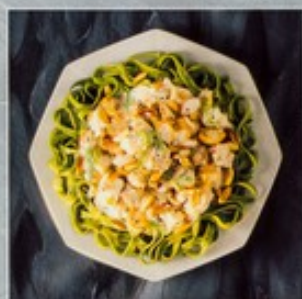
Quorn is a delicious new food for healthier eating that allows you to add more choice and variety to your menus. Quorn is ideal for all your customers - it has a succulent texture and light, savoury taste which combines readily with other flavours. It is quick and easy to use, with no wastage during preparation and no shrinkage during cooking. Conveniently, it can be used straight from the freezer and baked in casseroles, pies or flans, stir fried, sautéed, microwaved or grilled.

Because it comes from a tiny plant, Quorn is full of dietary fibre and contains no animal fats or cholesterol. It is a good source of protein with remarkably few calories, yet there is nothing artificial about it. We hope that this leaflet will inspire you to use this versatile and exciting new ingredient in your own favourite recipes. The following quantities in these recipes are calculated for servings of twelve portions.

QUORN AND ALMONDS

INGREDIENTS

85g / 3oz Butter/Margarine	100g / 3½ oz Egg Yolks
350g / 12½ oz Onions - finely chopped	85g / 3oz Almonds - blanched, split & toasted
210g / 7½ oz Button Mushrooms - sliced	½ level tsp Salt
32g / 1oz Cornflour	1 level tsp Black Pepper - freshly ground
520ml / 18½ fl oz Semi-skimmed Milk	
525g / 1lb 2½ oz Quorn	
2 level tsp Ground Ginger	
2 level tsp Grated Nutmeg	
370g / 13oz Natural Yoghurt	
250ml / 9fl oz Single Cream	



METHOD

- 1 Sauté the onions in butter until pale golden. Add the mushrooms and cook lightly.
- 2 Mix the cornflour with a little of the milk and stir it into the vegetables. Gradually add the remaining milk, stirring until the sauce thickens.
- 3 Add the Quorn, ginger and nutmeg. Bring to the boil, reduce the heat and simmer for 3 minutes.
- 4 Beat the yoghurt, cream and egg yolks together. Stir into the Quorn mixture, cooking over a low heat until the sauce warms through and thickens. Do not boil.
- 5 Stir in the toasted almonds and season to taste.
- 6 Serve on a bed of green Tagliatelle and scatter toasted flaked almonds on top.

NUTRITIONAL INFORMATION Typical Value Per Serving (7½oz/213g)

kcal	kJ	Protein	Fat	Carbohydrate	Fibre
261	1086	11.9g	19.5g	10.5g	3.9g

* Not suitable for freezing.

TIKKA MASALA

INGREDIENTS

55g / 2oz Sunflower Oil	240g / 8½ oz Natural Yoghurt
880g / 1lb 15oz Onion - diced	15g / ½ oz Vegetable Bouillon
45g / 1½ oz Garlic Purée	½ level tsp Salt
40g / 1½ oz Ginger Purée	¼ level tsp Black Pepper - freshly ground
13g / ½ oz Ground Cumin	15g / ½ oz Lemon Juice
2 level tbs Ground Coriander	320ml / 11 fl oz Single Cream
4 level tsp Garam Masala	525g / 1lb 2½ oz Quorn
3 ½ level tsp Chilli Powder	15g / ½ oz Fresh Coriander - chopped.
270g / 9½ oz Canned Tomatoes - chopped	
130g / 4 ½ oz Tomato Purée	



METHOD

- 1 Fry the onions, garlic and ginger in oil for 5 minutes. Add the dried spices and cook for a further 5 minutes.
- 2 Purée the mixture until smooth, return to the pan and stir in all the remaining ingredients, except the Quorn and fresh coriander. Bring the mixture to the boil.
- 3 Stir in the Quorn and simmer for 8 minutes.
- 4 Mix in the fresh coriander before serving.
- 5 Serve with pilau rice and naan bread.

* Suitable for freezing.

NUTRITIONAL INFORMATION Typical Value Per Serving (7½oz/213g)

kcal	kJ	Protein	Fat	Carbohydrate	Fibre
177	737	9.7g	11.4g	9.5g	3.7g

PROVENÇAL

INGREDIENTS

110g/4oz Aubergines - diced	1.05kg/2lb 5oz Canned Tomatoes - chopped
3 tbs Vegetable Oil	85g/3oz Tomato Purée
240g/8½ oz Onions - diced	160ml/5½ fl oz Water
2 level tsp Garlic - crushed	30g/1oz Vegetable Bouillon
110g/4oz Green Peppers - diced	1 level tsp Dried Basil
110g/4oz Red Peppers - diced	2 Bay Leaves
110g/4oz Yellow Peppers - diced	540g/1lb 3oz Quorn
	15g/½ oz Cornflour



METHOD

- 1 Prepare the aubergines - salt and rinse well after 30 minutes.
- 2 Sauté the onions, garlic, peppers and aubergines in oil until softened.
- 3 Add the tomatoes, tomato purée, water,

- 4 bouillon and herbs. Bring to the boil. Stir in the Quorn, cover and simmer for 10 minutes.
- 5 Thicken the sauce with cornflour.
- 6 Serve with boiled white rice or garlic bread and salad.

* Suitable for freezing.

NUTRITIONAL INFORMATION Typical Value Per Serving (7½oz/213g)

kcal	kJ	Protein	Fat	Carbohydrate	Fibre
124	520	8.1g	6.0g	8.1g	3.7g

COUNTRY QUORN PIE

INGREDIENTS

70g/2½ oz Margarine	195g/7oz Canned Pimento - drained and sliced
250g/9oz Onions - sliced	¾ level tsp Salt
490g/1lb 1½ oz Button Mushrooms - sliced	¾ level tsp Black Pepper - freshly ground
90g/3oz Plain Flour	495g/1lb 1½ oz Quorn Puff Pastry
3 level tsp Paprika	
2 Vegetable Stock Cubes	
700ml/1pt 4½ fl oz Hot Water	
135ml/5 fl oz Double Cream	



METHOD

- 1 Sauté the onions in margarine for 2 minutes. Stir in the mushrooms and sauté for a further 2 minutes.
- 2 Add the flour and paprika. Cook for 3 minutes.
- 3 Dissolve the stock cubes in hot water and stir into the vegetable mixture, stirring until the sauce thickens.
- 4 Add the cream,

- 5 pimento, seasoning and Quorn. Bring to the boil, reduce heat and simmer for 5 minutes.
- 6 Pour the mixture into the pie dish. Cover with puff pastry lid and cook at Gas Mark 7/425°F/220°C for 25-35 minutes.
- 7 Serve with scrubbed new potatoes and vegetables.

NUTRITIONAL INFORMATION Typical Value Per Serving (7oz/198g Filling only)

kcal	kJ	Protein	Fat	Carbohydrate	Fibre
179	745	7.7g	11.6g	9.9g	3.5g

* Pie filling suitable for freezing.

CHILLI CON QUORN

INGREDIENTS

1½ tbs Sunflower Oil	2 tbs Brown Sugar
495g/1lb 1½ oz Onion - chopped	1½ tbs Worcestershire Sauce
15g/½ oz Garlic Purée	1 level tsp Salt
Chilli Powder 3 level tsp	½ level tsp Black Pepper - freshly ground
2 heaped tsp Dried Oregano	300ml/11 fl oz Water
1½ level tsp Ground Cumin	2 heaped tsp Plain Flour
½ level tsp Paprika	2 heaped tsp Cornflour
155g/5½ oz Green Pepper - diced	3 level tsp Mustard Powder
580g/1lb 4½ oz Canned Tomatoes - chopped	510g/1lb 2oz Quorn
70g/2½ oz Tomato Purée	365g/13oz Canned Kidney Beans - drained.



METHOD

- 1 Sauté the onion and garlic in oil for 3 minutes.
- 2 Stir in the chilli powder, oregano, cumin and paprika. Cook for 3 minutes.
- 3 Add the green peppers, tomatoes, tomato purée, sugar, Worcestershire sauce, seasoning and water. Mix well. Bring to the boil, reduce the heat and simmer, covered, for 10 minutes.
- 4 Blend together the

- 5 flour, cornflour and mustard, mixing to a paste with a little water. Use to thicken sauce.
- 6 Stir in the Quorn and kidney beans. Cook for 8 minutes.
- 7 Serve with plain boiled rice and salad or as a jacket potato filling.
- 8 **Vegetarian Version:** Substitute Worcestershire sauce with Vegetarian Worcestershire sauce.

NUTRITIONAL INFORMATION Typical Value Per Serving (7½oz/213g)

kcal	kJ	Protein	Fat	Carbohydrate	Fibre
117	493	9.2g	3.7g	12.4g	5.3g

* Suitable for freezing.

GREEK QUORN KEBABS

INGREDIENTS

965g/2lb 2oz Quorn - defrosted	2 level tbs Mixed Dried Herbs
170g/6oz Green Pepper - cubed (large)	¾ level tsp Salt
170g/6oz Red Pepper - cubed (large)	1 level tsp Black Pepper - freshly ground
170g/6oz Yellow Pepper - cubed (large)	25g/1oz Vegetable Bouillon
170g/6oz Baby Tomatoes - cut in half	Sauce
Marinade	70g/2½ oz Margarine
75ml/2½ fl oz Olive Oil	70g/2½ oz Plain Flour
850ml/1½ pints Water	450ml/15½ oz Water
110g/4oz Redcurrant Jelly	25g/1oz Vegetable Bouillon
75ml/2½ fl oz Worcestershire Sauce	140g/5oz Tomato Paste



METHOD

- Combine all marinade ingredients in a saucepan. Bring to the boil. Add the Quorn, reduce heat and simmer for 4 minutes. Remove pan from heat, cover and leave to marinate for 1 hour in cool place.
 - Drain the Quorn, reserving the marinade. Thread the Quorn, peppers and tomatoes alternately onto skewers.
 - Melt the margarine, add the flour and cook for 2 minutes. Remove from the heat and gradually stir in the water, bouillon and tomato paste. Add the reserved marinade. Return the pan to the heat and bring sauce to the boil, stirring until thickened.
 - Brush each kebab with sauce. Place under a hot grill for 5-10 minutes, turning occasionally.
 - Serve kebabs on a bed of white and wild rice with the remaining sauce.
- Vegetarian Version:** Substitute Worcestershire sauce with Vegetarian Worcestershire sauce.

NUTRITIONAL INFORMATION Typical Value Per Serving (3 kebabs)

kcal	kJ	Protein	Fat	Carbohydrate	Fibre
261	1095	12.8g	14.8g	17.6g	4.9g

* Not suitable for freezing.

HELPFUL HINTS

Quorn is already cooked and does not need a lot of further cooking. Simply add to your chosen recipe straight from the freezer and heat through for up to 15 minutes to allow the flavours to mingle.

NB Quorn readily picks up other flavours with which it is cooked; for strong flavours such as garlic and herbs use about half the normal amount.

1 Casseroles: Since Quorn is already cooked, casseroles can be prepared in half the time yet still be full of flavour. Combine all other ingredients and cook to develop the flavours. Add frozen Quorn for the last 10-15 minutes of cooking.

2 Stir-Frying: Quorn is ideal in stir fries and only needs a short cooking time of 5-7 minutes in a little oil. If sauce is added it should then be cooked for a further 2-3 minutes to absorb the flavours.

3 Grilling: Quorn is low in fat and so it should first be marinated or brushed with a little oil or glaze to prevent it from drying out. Grill for 4-5 minutes.

4 Marinating: Quorn needs only 30 minutes - 1 hour to marinate, but is best defrosted first.

5 Microwave: Quorn can be microwaved in recipe dishes. Times will be dependent on type of model used.

6 Freezing: Quorn is most conveniently used from frozen. However, if defrosted first, reduce cooking times slightly. Once thawed, Quorn should be stored in the refrigerator and used within 24 hours. Quorn can be re-frozen after cooking providing the recipe is suitable, but do not re-freeze the ingredient alone.

NUTRITION

Quorn is wholesome and nutritious. It is a good source of vitamins and minerals and, ounce for ounce, contains as much protein as an egg. It is low in calories (with only 21kcal per 25g/1oz) - Quorn contains no animal fats or cholesterol and less than 1/2 of the saturated fat of skinned roast chicken breast. In addition, Quorn is high in fibre, containing as much dietary fibre, by weight, as fresh green vegetables.

Quorn contains NO ARTIFICIAL ADDITIVES and is suitable for most vegetarians.

Nutrient	Energy	Protein	Carbohydrate	Sodium	Fat	Dietary Fibre	Cholesterol
TYPICAL VALUE per 100g	85kcal 355kJoules	12.3g	1.8g	0.2g	3.2g	4.8g	Nil

For more information about Quorn please contact

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