

Cooking with Quorn : Quorn, the versatile, tasty new food / Quorn Information Service.

Contributors

Marlow Foods. Quorn Information Service.

Publication/Creation

[Place of publication not identified] : Quorn Information Service, [1992?]

Persistent URL

<https://wellcomecollection.org/works/hgd44pqv>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

COOKING WITH QUORN

QUORN - THE VERSATILE, TASTY NEW FOOD

GENERAL POINTS

- * Quorn the Ingredient takes virtually no preparation, it's quick and it's easy and you will still get the same delicious results in your favourite recipes.
- * Since Quorn is already fully cooked, it does not need a lot of further cooking.
- * Simply add to your chosen recipe and heat through for as little as 4-5 minutes in a recipe like a stir fry or saute, or up to 15 minutes in sauces and casseroles. This should be just long enough to allow the flavours to mingle.
- * Quorn readily picks up other flavours with which it is cooked. As a guideline, with strong flavours such as garlic and herbs, use about half the amount normally required.

* Microwaving

Quorn can be microwaved on its own like any other ingredient. As a guide, microwave 100g (4oz) Quorn on high/full power (650w) for $\frac{1}{2}$ minute and then stand for $\frac{1}{2}$ minute.

* Grilling

To grill Quorn, first marinate or brush each piece with a little oil or a glaze to prevent it from drying out. Grill for 2-3 minutes, or until heated through.

* Marinating

Since Quorn has a mild flavour and an ability to absorb other flavours well, it is well suited to marinating.

Unlike meat which needs up to 24 hours to marinate fully, Quorn only needs 30 minutes to 1 hour.

It is important to note that Quorn picks up certain strong flavours such as garlic, wine and herbs very readily. With these ingredients, add about half the amount normally required.

* Portion Size

Quorn has a high fibre content which can make it quite filling in some recipes. As a guide, 1 pack (250g) will serve 3-4 people, depending on the recipe.

FACTSHEET 2 THE QUORN INFORMATION SERVICE

STORAGE OF QUORN

* CHILLED STORAGE

Quorn should be kept refrigerated and used within 2 days of purchase.

* FROZEN STORAGE

Quorn freezes very successfully and will keep in the freezer for up to 3 months.

To defrost, place Quorn in the refrigerator overnight. Alternatively, Quorn can be cooked straight from the freezer by adding it to a recipe and heating it through for about 10-15 minutes. Once thawed, Quorn should be stored in the refrigerator and used within 24 hours.
Do not re-freeze.