

A recipe for healthy eating : Quorn myco-protein / The Quorn Information Service.

Contributors

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A RECIPE FOR



HEALTHY EATING

Quorn®
myco-protein

Quorn® myco-protein THE DELICIOUS NEW FOOD FOR HEALTHIER EATING

Quorn is a delicious new food that makes a versatile alternative to meat. Because it's harvested from a tiny plant, Quorn is full of dietary fibre and doesn't contain any animal fats or cholesterol. It's a good source of protein with remarkably few calories and yet, **there is nothing artificial about it.**

Quorn is ideal for all the family – it has a succulent texture and light savoury taste which combines well with other flavours. It is quick and easy to use, with no wastage during preparation, and no shrinkage during cooking. Use Quorn chilled or straight from the freezer; it can be microwaved, grilled, sautéed, baked or casseroled – you will still get the same delicious results in your own recipes but with the convenience of much shorter cooking times.

QUORN – THE HEALTHY NEW PROTEIN

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 21 kcals per 25g/1oz) and low in fat – Quorn contains no animal fats or cholesterol and less than ½ of the saturated fat of skinned roast chicken breast. In addition Quorn is high in fibre, containing as much dietary fibre as fresh green vegetables.

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

Nutrient	Typical per 100g	Nutrient	Typical per 100g
Energy	85 kcals/355 kJ	Fat (of which saturated 0.6g)	3.2g
Protein	12.3g	Sodium	0.2g
Carbohydrate	1.8g	Dietary Fibre	4.8g
(of which sugars is 0.8g)		Cholesterol	Nil

QUORN – THE VERSATILE, TASTY NEW FOOD

Quorn is already cooked and 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 stir fry or sauté recipe, or up to 15 minutes in sauces and casseroles, to allow the flavours to develop. Quorn readily picks up other flavours with which it is cooked; for strong flavours such as garlic and herbs use about half the amount normally required.

Quorn[®] myco-protein **HELPFUL HINTS**

CASSEROLES: Since Quorn is already cooked, casseroles can be prepared in half the time yet still be full of flavour. Simply follow your favourite recipe but reduce the cooking time to about 10-15 minutes. This should be just sufficient to allow the other ingredients to blend together and develop the sauce flavour.

STIR FRYING: Quorn is an ideal ingredient to use in stir fries and only needs a short cooking time of 2-3 minutes in a little oil. If a sauce is added it should then be cooked for a further 2-3 minutes to absorb maximum flavour.

MICROWAVING: Quorn can be microwaved on its own like any other ingredient. As a guide microwave 100g (4oz) of Quorn on high/full power (650W) for ½ minute and then stand for ½ 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.

FREEZING: 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.

MARINATING: Quorn has a mild flavour and an ability to absorb other flavours very easily. Unlike meat which needs up to 24 hours to marinate fully, Quorn only needs 30 minutes-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.

MEXICAN QUORN CASSEROLE

Preparation Time: 5 minutes.

Cooking Time: 30 minutes. Serves 4.

2 tablespoons oil
3 cloves garlic, crushed
2 teaspoons cumin, ground
1 teaspoon coriander, ground
1 large onion, finely diced
½ red pepper, diced
1 teaspoon sweet chilli sauce
(or ¼ teaspoon chilli powder)
½ teaspoon oregano
1 teaspoon red wine vinegar
1 teaspoon sugar
200g (1 small can) chopped tomatoes
2 teaspoons tomato purée
400ml (14fl oz) vegetable stock

Method:

1. Heat the oil in a saucepan over a moderate heat. Fry the garlic in the oil for 15 seconds stirring constantly, until it just begins to turn a light brown. **2.** Add the cumin and coriander, fry for 15 seconds and add the onion and red pepper. Sauté for 5 minutes taking care the spices do not stick. **3.** Add the chilli, oregano, vinegar, sugar, chopped tomatoes, tomato purée and stock. Simmer over a gentle heat for 20 minutes. If the mixture becomes too dry and starts to stick, add more water. **4.** Add the Quorn. Mix the cornflour to a smooth paste with 1 tablespoon of cold water and add to the mixture. Simmer for a further 2 minutes. **5.** Serve with boiled rice.



250g (9oz) Quorn
1 teaspoon cornflour

Suitable for freezing

Nutritional Information (per serving)

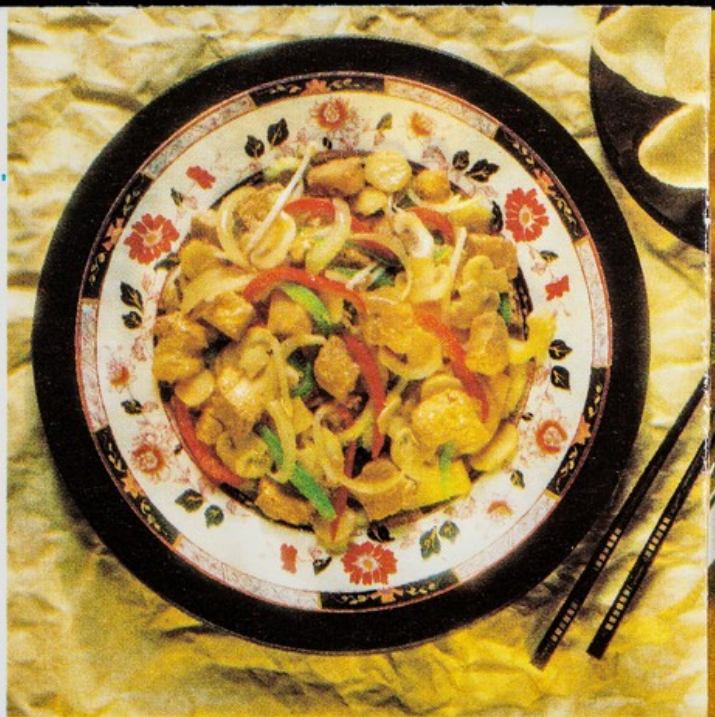
Energy 181kcal (756kJ) Protein 9.6g Fat 10.8g Dietary Fibre 4.4g

CHOP SUEY

Preparation Time: 40 minutes
(including marinating time).

Cooking Time: 15 minutes. Serves 4.

3 tablespoons dark soy sauce
2 tablespoons dry sherry
250g (9oz) Quorn
2 tablespoons vegetable oil
1 medium onion, sliced
1 large clove garlic, crushed
3cm (1 inch) root ginger, finely chopped
½ teaspoon Chinese five spice powder
2 sticks celery, sliced
½ red & ½ green pepper, sliced into strips
100g (4oz) mushrooms, sliced
50g (2oz) water chestnuts, sliced
50g (2oz) bamboo shoots
250g (9oz) fresh beansprouts



½ vegetable stock cube
1 tablespoon cornflour

Not suitable for freezing

Method:

1. Mix the soy sauce and sherry with the Quorn pieces and leave to marinate for 30 minutes. 2. Heat the oil in a large frying pan and stir fry the onion, garlic, ginger and five spice powder for 2 minutes. Add the celery and peppers and stir fry for a further 2 minutes. 3. Add the mushrooms, Quorn and marinade and stir fry for 3 minutes. Stir in the remaining ingredients, except the cornflour, and fry for 2 minutes. 4. Mix the cornflour to a paste with 5 tablespoons of cold water and stir into the vegetable mixture, stirring until the sauce thickens. 5. Serve immediately.

Nutritional Information (per serving)

Energy 212kcal (886kJ) Protein 13.5g Fat 9.5g Dietary Fibre 7.8g

MILD QUORN CURRY

Preparation Time: 5 minutes.

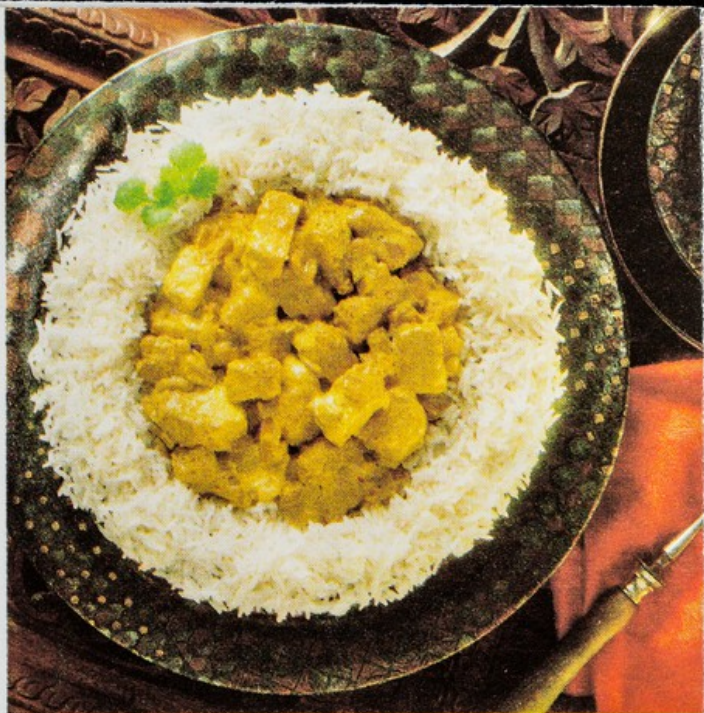
Cooking Time: 25 minutes. Serves 2.

*1 tablespoon vegetable oil
1 teaspoon cumin seeds
2 cloves garlic, crushed
1 medium onion, finely chopped
½ teaspoon ground ginger
1½ tablespoons mild curry powder
4 tablespoons natural yoghurt
284ml (½ pint) vegetable stock
2 teaspoons desiccated coconut
3 tablespoons double cream
125g (4½oz) Quorn
2 teaspoons cornflour*

Suitable for freezing

Method:

1. Heat the oil in a saucepan and fry the cumin seeds until they darken in colour. **2.** Add the garlic and onion. Fry for 3 minutes until golden brown. Stir in the ground ginger and curry powder and fry for 15 seconds, stirring to prevent sticking. **3.** Spoon in the yoghurt and boil vigorously for 1 minute. Add the vegetable stock and coconut. Bring to the boil, reduce the heat and simmer, uncovered for 15 minutes. Stir occasionally. **4.** Stir in the cream, Quorn and the cornflour which has been mixed to a paste with a little water. Bring to the boil, reduce the heat and simmer, uncovered for 3 minutes. **5.** Serve with boiled rice and Naan bread.



Nutritional Information (per serving)

Energy 347kcal (1447kJ) Protein 9.9g Fat 26.4g Dietary Fibre 4.3g

QUORN PIE

(With Carrots and Sweetcorn)

Preparation Time: 10 minutes.

Cooking Time: 35-40 minutes. Serves 4.

25g (1oz) vegetable margarine

1 medium onion, finely diced

250g (9oz) Quorn

25g (1oz) plain flour

142ml (¼ pint) vegetable stock

284ml (½ pint) semi-skimmed milk

75g (3oz) sweetcorn kernels

75g (3oz) carrots, cut into strips

50g (2oz) Cheddar cheese, grated

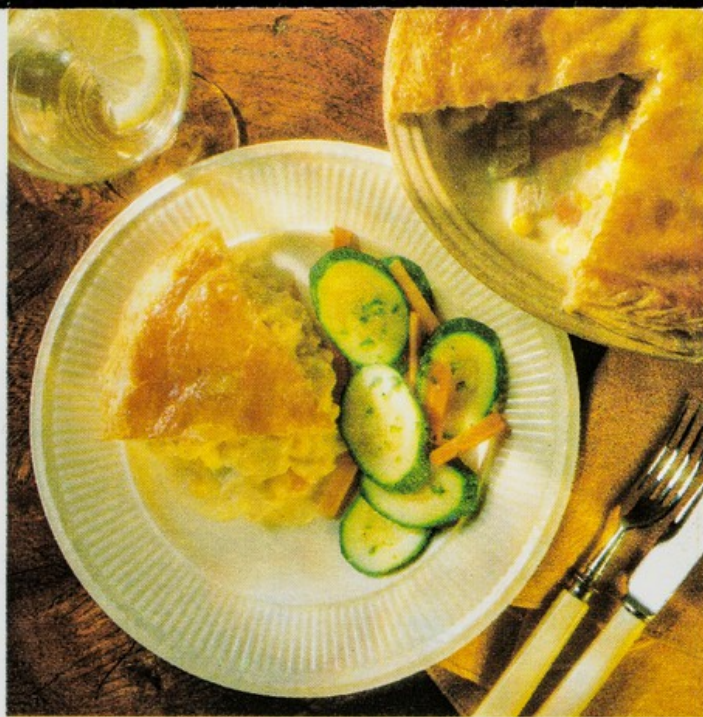
Salt and pepper

225g (8oz) puff pastry

beaten egg to glaze

Method:

1. Melt the margarine in a heavy based saucepan and fry the onion until soft. Add the Quorn and continue to fry for 2-3 minutes. 2. Add the flour and cook for 1 minute, stirring continuously. 3. Gradually stir in the milk and stock. Bring to the boil, stirring until thickened. 4. Add the sweetcorn and carrots and allow to heat through. 5. Stir in the cheese and allow to melt. Season to taste. Fill a 850ml (1½ pint) pie dish with the Quorn mixture and leave to cool. 6. Roll out pastry to 5cm (2 inches) wider than the top of the pie dish. Cut a 2½cm (1 inch) wide strip of pastry 7. Brush the rim of the dish with water, then press the narrow strip of pastry all around the rim. Brush this with water, then cover with the pastry lid, sealing the edges well. Trim and decorate the edges. 8. Brush with beaten egg and bake at 200°C, 400°F or Gas Mark 6 for about 20-25 minutes or until risen and golden brown. 9. Serve with a fresh green vegetable e.g. courgettes.



Not suitable for freezing

Nutritional Information (per serving)

Energy 442kcal (1847kJ) Protein 18.7g Fat 25.7g Dietary Fibre 6.5g



The delicious new food for healthier eating.

For more information about Quorn please contact:

The Quorn Information Service.

FREEPOST

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QUORN STROGANOFF

Preparation Time: 5 minutes.

Cooking Time: 18 minutes. Serves 3.

*1 tablespoon vegetable oil
1 onion, thinly sliced
250g (9oz) Quorn, roughly chopped
1 tablespoon Worcestershire sauce
1 teaspoon Dijon mustard
1 tablespoon brandy
200g (8oz) mushrooms, sliced thinly
142ml (1/4 pint) soured cream
salt and pepper*

Not suitable for freezing

Method:

1. Heat the oil in a frying pan and sauté the onion for 2 minutes. **2.** Add the Quorn, Worcestershire sauce and mustard. Stir well and sauté for a further 5 minutes. **3.** Pour in the brandy and add the mushrooms. Cook for 2 minutes. **4.** Reduce the heat and stir in the soured cream. Season to taste. Cook gently for 4 minutes. **5.** Serve with tagliatelle and a mixed green salad.



Nutritional Information (per serving)

Energy 215kcal (891kJ) Protein 13.0g Fat 14.7g Dietary Fibre 6.3g

QUORN KEDGEREE

Preparation Time: 25 minutes.

Cooking Time: 10 minutes. Serves 3.

50g (2oz) butter

1 medium sized onion, finely chopped

250g (9oz) Quorn, roughly chopped

1 teaspoon mild curry powder

200g (8oz) cooked brown rice

Juice of ½ lemon

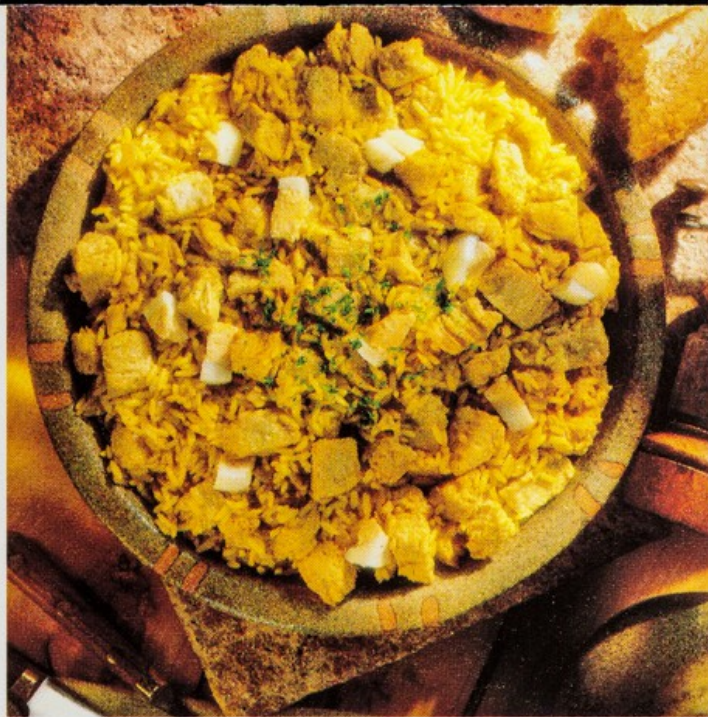
1 hard boiled egg, chopped

1 tablespoon sour cream

salt and pepper

chopped parsley to garnish

Not suitable for freezing



Method:

1. Fry the onion in butter until translucent, then add the Quorn and continue to sauté for 3-4 minutes. **2.** Add the curry powder and cook for 1-2 minutes. **3.** Stir fry the rice, lemon juice and egg until warmed through. **4.** Stir in the cream and season to taste. **5.** Sprinkle with chopped parsley to serve.

Nutritional Information (per serving)

Energy 340kcal (1419kJ) Protein 15.2g Fat 20.1g Dietary Fibre 5.5g

QUORN BOLOGNESE

Preparation Time: 10 minutes.

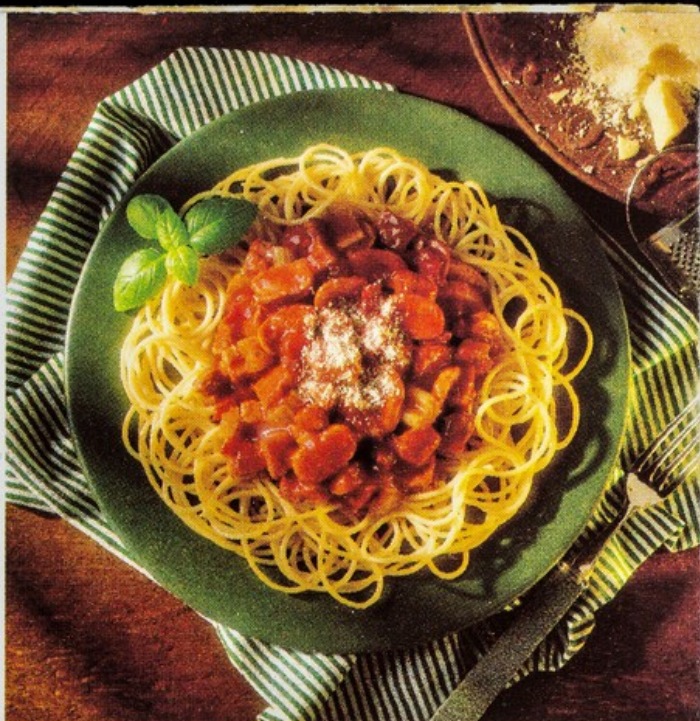
Cooking Time: 40 minutes. Serves 4.

*1½ tablespoons vegetable oil
1 medium sized onion, chopped
2 sticks celery, chopped
2 cloves garlic, crushed
142ml (¼ pint) medium red wine
250g (9oz) Quorn, roughly chopped
400g (16oz) can of chopped tomatoes
2 teaspoons tomato purée
2½ tablespoons pesto sauce
284ml (½ pint) vegetable stock
100g (4oz) button mushrooms, thinly sliced
salt
herb pepper*

Suitable for freezing

Method:

1. Heat the oil in a heavy based saucepan and lightly sauté the onion, celery and garlic until just soft. **2.** Add the wine. Bring to the boil and allow to reduce by half. **3.** Add the Quorn, tomatoes, tomato purée, pesto sauce and stock. Simmer for 10-15 minutes to reduce and thicken. Stir occasionally to prevent sticking. **4.** Add the mushrooms and simmer for 2-3 minutes. Season to taste. **5.** Serve with freshly cooked spaghetti and grated parmesan cheese.



Nutritional Information (per serving)

Energy 187kcal (779kJ) Protein 10.8g Fat 11.1g Dietary Fibre 5.5g

CREAMY QUORN BAKE

Preparation Time: 15 minutes.

Cooking Time: 30 minutes. Serves 4.

250g (9oz) Quorn, roughly chopped
6 tablespoons garlic mayonnaise
3 tablespoons low fat mayonnaise
3 tablespoons low fat natural yoghurt
2 sticks celery, chopped
50g (2oz) Cheddar cheese, grated
25g (1oz) flaked almonds
1 small onion, peeled and grated
100g (4oz) mushrooms, sliced
1 teaspoon lemon juice
salt and freshly ground black pepper
15g (½oz) margarine
50g (2oz) breadcrumbs



Not suitable for freezing

Method:

1. Mix the Quorn, mayonnaises and yoghurt together. Marinate for 10 minutes. 2. Stir in the next 6 ingredients, mixing well. Season with salt and pepper then spoon the mixture into a 850ml (1½ pint) heatproof casserole dish. 3. Rub the margarine into the breadcrumbs, using the tips of the fingers or a fork and use to cover the Quorn mixture. 4. Bake uncovered in a pre-heated oven 190°C, 375°F, Gas Mark 5, for about 30 minutes until the topping is a rich dark golden brown. 5. Serve with a crisp leaf salad.

Nutritional Information (per serving)

Energy 405kcal (1682kJ) Protein 15.3g Fat 31.9g Dietary Fibre 6.1g