

The delicious new food with a natural taste for dressing up... : Quorn myco-protein / The Quorn Kitchen.

Contributors

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



The
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Quorn
myco-protein

QUORN – THE DELICIOUS NEW FOOD FOR HEALTHIER EATING

Quorn® myco-protein is a delicious and wholesome new food, which makes a versatile alternative to meat in many of your favourite dishes. It is used in an increasing range of dishes available from supermarkets and restaurants and now you can buy Quorn to cook your own favourite dishes at home.



Quorn is vegetable in origin; a distant relative of the mushroom. It has a succulent texture and light savoury taste which combines well with any of the herbs, spices or sauces you may use. Stir fries, casseroles, quiches and many others are all delicious ways of cooking with Quorn. It is quick and easy to

use, with no wastage during preparation and no shrinkage during cooking.

For the health conscious, Quorn is low in fat, a good source of protein and dietary fibre and contains no cholesterol. Ounce for ounce Quorn contains as much protein as an egg and as much dietary fibre as fresh green vegetables.

...The simple recipe for healthier eating

So why not try cooking with Quorn yourself – it's easy. To make it even simpler we've included a 35p money off coupon for your next purchase. You'll find Quorn the Ingredient in the chiller cabinets in most major supermarkets in the London area. To get you started, you'll find a few recipes in this leaflet and even more in the free recipe booklet in every pack of Quorn.

If you would like to know more about Quorn please contact:
The Quorn Kitchen.

FREEPOST, Ashford, Kent
TN23 2WY.

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35p OFF

Save 35p when you buy Quorn®

To the Consumer:

This coupon can only be used in part payment against Quorn the Ingredient when purchased in any store where stocked and presented with the product at the checkout. Only one coupon per purchase. Coupon valid until 31.3.93.

To the Retailer:

Marlow Foods will redeem the coupon for 35p plus normal handling allowances if you have accepted it from your customer in part payment against the product stated on this coupon. Coupon redemption to Marlow Foods, Dept 681, NCH, Corby, Northants, NN17 1NN before 30.6.93.



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QUORN SUPREME

(Serves 4)

INGREDIENTS

25g (1oz) Butter
1 Medium Onion, finely chopped
1 Clove Garlic, crushed
250g (9oz) Quorn Chunks
150g (5oz) Mushrooms, sliced
1 Medium Carrot, cut into thin strips
100g (4oz) Broccoli, broken into small florets
425ml (¾ pint) Vegetable Stock
1 tablespoon Wholegrain Mustard
1 tablespoon Brandy (optional)
2 tablespoons Cornflour
150ml (¼ pint) Single Cream
Salt and freshly ground Black Pepper

PREPARATION TIME

15 minutes

COOKING TIME

15 minutes

METHOD

- 1**
Melt the butter in a large saucepan.
- 2**
Fry the onion and garlic until softened.
- 3**
Add the Quorn, mushrooms, carrot and broccoli and sauté for 4-5 minutes, stirring occasionally.
- 4**
Stir in the stock, mustard and brandy and simmer for 5-6 minutes.
- 5**
Remove the pan from the heat. Mix the cornflour with a little water and add to the pan. Return the pan to the heat to thicken the sauce.
- 6**
Add the cream, season to taste and heat through gently.
- 7**
Serve immediately with rice or a jacket potato. Garnish with chopped parsley.

** Not suitable for freezing

NUTRITIONAL INFORMATION

(per serving)

Energy 227 kcal (944 kJ) Protein 11.4g
Fat 14.1g Carbohydrate 13.6g Dietary Fibre 6.0g



CHILLI CON QUORN

(Serves 4)

INGREDIENTS

- 1 teaspoon Olive Oil
- 1 Medium Onion, chopped
- 1 Green Pepper, de-seeded and chopped
- 1 teaspoon Mild Chilli Powder
- ½ teaspoon Ground Cumin
- 400g (14 oz) Tin Chopped Tomatoes
- 1 tablespoon Tomato Puree
- 1 teaspoon Sugar
- Pinch of Salt
- 5fl.oz (¼ pint) Vegetable Stock
- 250g (9 oz) Minced Quorn
- 220g (7½oz) Tin Red Kidney Beans, drained
- 1 tablespoon Flour

PREPARATION TIME

10 minutes

COOKING TIME

15 minutes

METHOD

1

Heat the oil in a large pan. Add the onion, green pepper, chilli powder and cumin and fry gently until soft.

2

Add the tomatoes, tomato puree, sugar, salt and vegetable stock. Simmer for 3-4 minutes.

3

Stir in the Quorn and kidney beans and simmer for 3-4 minutes.

4

Mix the flour with a little water, to a smooth paste. Stir into the mixture and allow to thicken, approximately 2 minutes.

5

Serve immediately with boiled rice.

** Suitable for freezing

NUTRITIONAL INFORMATION

(per serving)

Energy 142 kcal (596 kJ) Protein 11.4g
Fat 5.2g Carbohydrate 13.4g Dietary Fibre 4.2g



SWEET & SOUR QUORN STIR FRY

(Serves 4)

INGREDIENTS

- 1 Egg White, lightly beaten
- 2 tablespoons Cornflour
- 1 Clove Garlic, crushed
- 1 teaspoon finely chopped Fresh Ginger
- 3½ tablespoons Light Soy Sauce
- 1 teaspoon Sugar
- 250g (9oz) Quorn Chunks
- 3 tablespoons Vegetable Oil
- 1 Red & 1 Green Pepper, deseeded and cut into strips
- 100g (4oz) Beansprouts
- 227g (8oz) Tin Pineapple Cubes, plus Juice
- 3 tablespoons Tomato Ketchup
- 1 tablespoon Malt Vinegar
- 2 teaspoons Honey

PREPARATION TIME

15 minutes (excluding marinading)

COOKING TIME

10 minutes

METHOD

1

Fold 1 tablespoon cornflour, garlic, ginger, ½ tablespoon soy sauce and the sugar very gently into the egg white.

2

Add the Quorn and stir well to coat each chunk. Leave to marinate for 15-30 mins.

3

Heat the oil in a wok or large pan. Add the coated Quorn and stir fry for 3-4 mins until golden brown.

4

Add the peppers and cook for another 2-3 mins.

5

Stir in the beansprouts and pineapple cubes.

6

Mix together the juice from the pineapple, 3 tablespoons soy sauce, tomato ketchup, vinegar, honey and 1 tablespoon cornflour. Add to the Quorn mixture & cook for another 3-4 mins until it thickens.

7

Serve immediately with egg fried rice.

** Not Suitable for freezing

NUTRITIONAL INFORMATION

(per serving)

Energy 254 kcal (1004 kJ)	Protein 10.8g
Fat 13.1g	Carbohydrate 24.7g
	Dietary Fibre 4.1g



QUORN BOLOGNESE

(Serves 4)

INGREDIENTS

2 teaspoons Olive Oil
1 Medium Onion, finely chopped
2 Cloves Garlic, crushed
1 Bayleaf
1 teaspoon Dried Oregano
1 tablespoon Tomato Puree
400g (14oz) Tin Chopped Tomatoes
125 ml (4fl. oz) Red Wine
Salt & Pepper
250g (9oz) Minced Quorn
1 tablespoon Flour

PREPARATION TIME

10 minutes

COOKING TIME

15 minutes

METHOD

1

Heat the oil in a large pan, add the onion and garlic and fry until the onion is soft and golden brown.

2

Add the bayleaf, oregano, tomato puree, chopped tomatoes, red wine and seasoning. Simmer for 2-3 minutes.

3

Add the Quorn and simmer for a further 5 minutes.

4

Mix the flour to a smooth paste, with a little water. Stir into the mixture to thicken.

5

Serve immediately with spaghetti and grated Parmesan cheese.

**Suitable for freezing

NUTRITIONAL INFORMATION

(per serving)

Energy 113 kcal (470 kJ) Protein 9.2g
Fat 4.3g Carbohydrate 6.2g Dietary Fibre 4.2g