

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

Contributors

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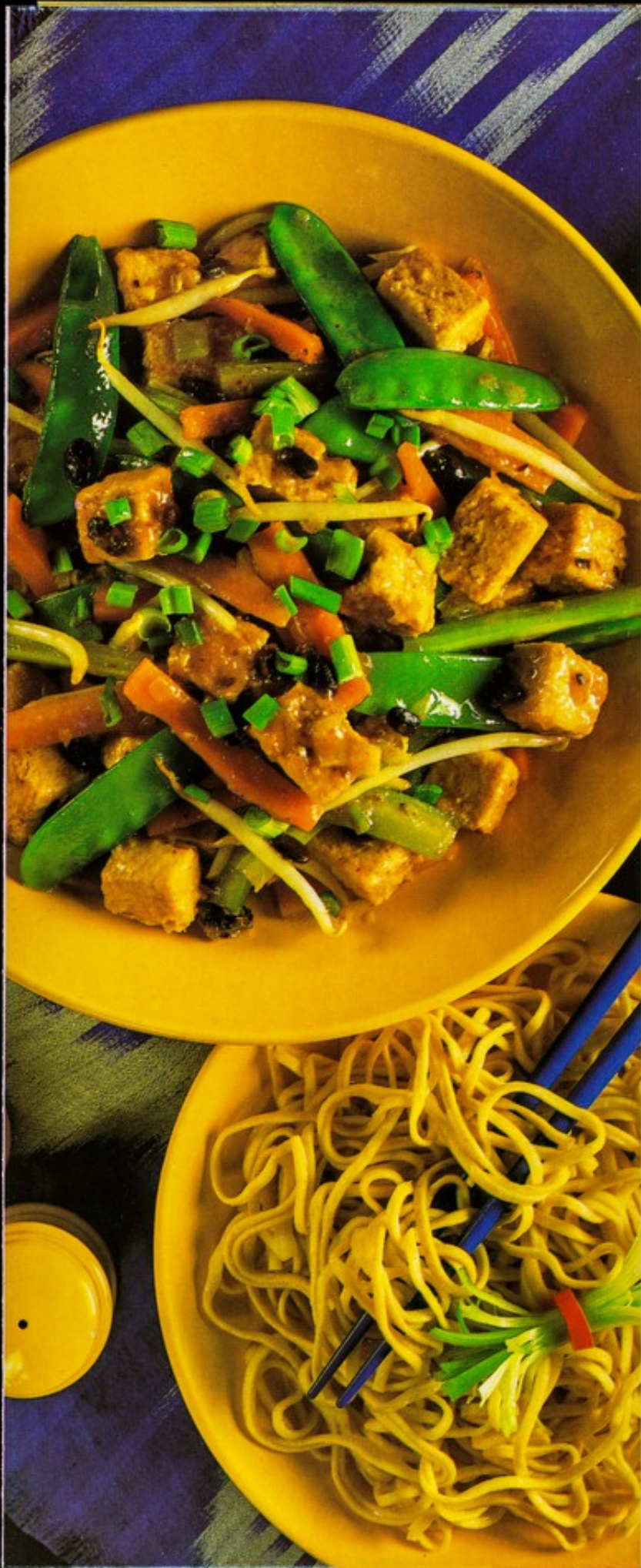
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The
delicious
new food
with a
natural
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for
dressing
up...

Quorn[®]
myco-protein



...The simple recipe for healthier eating

Quorn[®] 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 full of dietary fibre, low in fat, a good source of protein and contains no cholesterol.

Ounce for ounce Quorn contains as much protein as an egg and as much dietary fibre as fresh green vegetables.

So why not try cooking with Quorn yourself – it's easy. 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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STIR FRY QUORN IN BLACK BEAN SAUCE

(Serves 4)

INGREDIENTS

15 ml (1 Tablespoon) Vegetable Oil
2 Cloves Garlic, crushed
4 Spring Onions, sliced
1 Medium Carrot, sliced into sticks
1 Stick Celery, sliced into sticks
100g (4oz) Mange-tout
50g (2oz) Beansprouts
250g (9oz) Quorn
160g (5½oz) Jar Black Bean Sauce
for stir frying
60ml (4 Tablespoons) Water

PREPARATION TIME

10 minutes

COOKING TIME

15 minutes

METHOD

1

Heat the oil in a wok or large frying pan.

2

Stir fry the garlic for 30 seconds. Add the spring onions, carrot, celery and mange-tout. Stir fry for 4 minutes.

3

Stir in the beansprouts and Quorn. Cook for a further 3 minutes.

4

Blend the sauce and water together. Stir into the Quorn mixture, ensuring all the ingredients are evenly coated. Cook for 3 minutes.

5

Serve immediately with egg noodles or rice.

NUTRITIONAL INFORMATION

(per serving)

Energy 139.6 kcal (584.2 kJ) Protein 9.7g
Fat 5.3g Carbohydrate 13.9g Dietary Fibre 5.7g



QUICK TOMATO QUORN

(Serves 4)

INGREDIENTS

15ml (1 Tablespoon) Olive Oil
250g (9oz) Quorn
1 Medium Onion, chopped
100g (4oz) Button Mushrooms, sliced
475g (16¾oz) Jar Tomato Flavoured Sauce
for spaghetti bolognese
5ml (1 Teaspoon) Worcestershire Sauce
Salt and Pepper

PREPARATION TIME

5 minutes

COOKING TIME

15 minutes

METHOD

- 1**
Heat the oil in a large saucepan.
Saute the Quorn and onion,
cooking until the onion softens.
- 2**
Add the mushrooms and saute for
3 minutes.
- 3**
Stir in the tomato sauce and
Worcestershire sauce.
- 4**
Bring the Quorn mixture to the
boil, reduce the heat and simmer
for 5 minutes. Season to taste.
- 5**
Serve with pasta or baked
potatoes and salad.

NUTRITIONAL INFORMATION

(per serving)

Energy 149.4 kcal (625 kJ) Protein 9.9g
Fat 5.6g Carbohydrate 14.9g Dietary Fibre 4.0g

CREAMY QUORN CASSEROLE

(Serves 4)

INGREDIENTS

30 ml (2 tablespoons) Vegetable Oil
250g (9oz) Quorn
1 Small Onion, chopped
100g (4oz) Mushrooms, sliced
198g (7oz) Tin Sweetcorn
300ml (½ pint) Vegetable Stock
30ml (2 Tablespoons) Dry White Wine
30ml (2 Tablespoons) Wholegrain Mustard
2.5ml (½ Teaspoon) Ground Cumin
50g (2oz) Full Fat Soft Cheese
15ml (1 Tablespoon) Cornflour
Salt and Pepper
30ml (2 Tablespoons) Half Fat Cream

PREPARATION TIME

10 minutes

COOKING TIME

15 minutes

METHOD

1
Heat the oil in a large saucepan.
Saute the Quorn and onion,
cooking until the onion softens.

2
Stir in the mushrooms, saute for a
further 3 minutes.

3
Add the next six ingredients and
bring to the boil, stirring
continuously.

4
Blend the cornflour to a paste with
a little water.
Stir into the Quorn mixture,
continue stirring until the sauce
thickens. Season to taste.

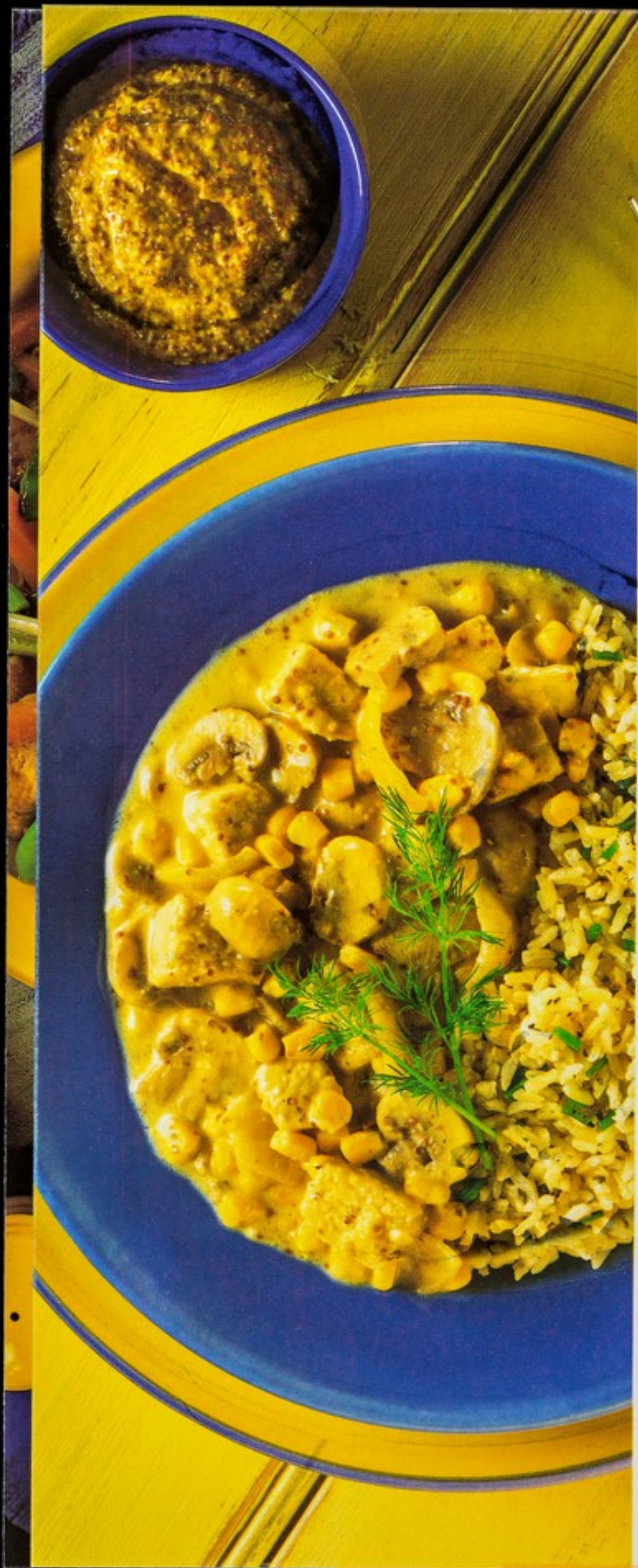
5
Remove from the heat and stir
in the cream.

6
Serve with wholegrain rice.

NUTRITIONAL INFORMATION

(per serving)

Energy 219.6 kcal (915.8 kJ) Protein 12.5g
Fat 13.1g Carbohydrate 13.1g Dietary Fibre 6.4g





SPICY QUORN PASTA

(Serves 4)

INGREDIENTS

- 30 ml (2 tablespoons) Vegetable Oil
- 1 Medium Onion, chopped
- 2 Cloves Garlic, crushed
- 2.5ml (½ Teaspoon) Hot Chilli Powder
- 2.5ml (½ Teaspoon) Ground Cumin
- 250g (9oz) Quorn
- 1 Medium Green Pepper, chopped
- 397g (14oz) Tin Chopped Tomatoes
- 213g (7.5oz) Tin Kidney Beans
- 5ml (1 Teaspoon) Sugar
- 150g (5oz) Pasta Spirals, (dry weight), cooked
- 75g (3oz) Vegetarian Cheddar Cheese, grated (optional)

PREPARATION TIME

15 minutes

COOKING TIME

25 minutes

METHOD

- 1 Heat the oil in a large saucepan. Saute the onions and garlic until soft.
- 2 Add the chilli powder and ground cumin. Fry for 1 minute.
- 3 Stir in the Quorn and green pepper. Saute for 5 minutes.
- 4 Add the tomatoes, kidney beans and sugar. Bring to the boil, reduce the heat and simmer for 5 minutes.
- 5 Stir in the cooked pasta. Transfer to a heatproof serving dish. Sprinkle the cheese over the top and place under a hot grill until the cheese melts and turns a golden brown colour.
- 6 Serve with a green salad.

NUTRITIONAL INFORMATION

(per serving - with cheese)

Energy 409 kcal (1717.3 kJ) Protein 24.9g
Fat 13.9g Carbohydrate 49.3g Dietary Fibre 13.9g
(per serving)

Energy 329.3 kcal (1387.6 kJ) Protein 20.1g
Fat 7.2g Carbohydrate 49.3g Dietary Fibre 13.9g