

**Quorn bourgignon : serves 12 / The Quorn Kitchen.**

**Contributors**

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# Quorn Bourgignon

SERVES 12

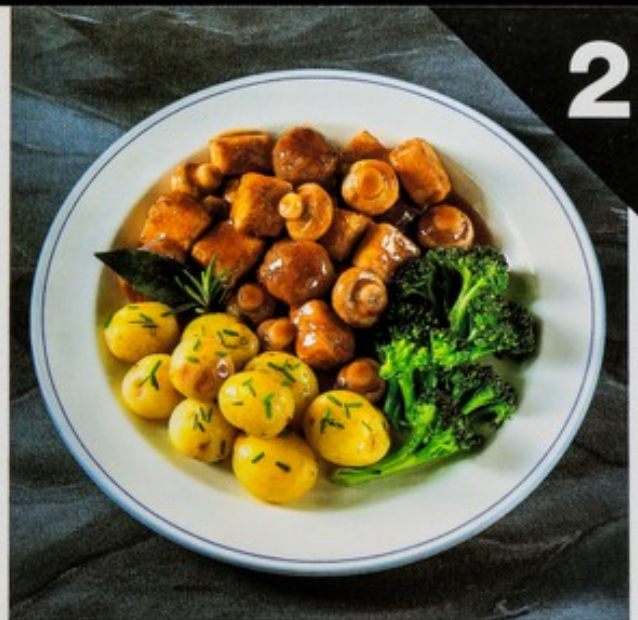
## Ingredients

- 125g (4½ oz) butter
- 700g (1lb 9oz) shallots/pickling onions, peeled
- 45g (1½ oz) dark brown sugar
- 500ml (18fl oz) water
- 2½ tablespoons olive oil
- 650g (1lb 7oz) Quorn
- 500ml (18fl oz) full bodied red wine
- 375ml (13½fl oz) hot vegetable stock
- 2 bay leaves
- 2 bouquet garni
- 5 cloves of garlic, crushed
- Freshly ground black pepper
- 300g (11oz) button mushrooms
- 2 tablespoons cornflour

## Information

- Not suitable for freezing
- If a deeper colour is required, add a teaspoon of gravy browning to the Quorn mixture, prior to thickening
- Typical nutritional value per serving (213g/7½ oz):

kcal	kJ	Protein	Fat	Carbo- hydrate	Dietary fibre
231	961	8.3g	12.9g	14.2g	3.2g



## Method

- 1 Melt half the butter and gently fry the shallots until golden brown.
- 2 Dissolve the sugar in 500ml (18fl oz) of boiling water. Pour over the onions. Simmer for 20-25 minutes, shaking the pan occasionally until all the water has evaporated leaving a rich, dark syrup that coats the onions.
- 3 In a separate pan, heat the oil and the remaining butter. Fry the Quorn until it begins to brown.
- 4 Pour in the wine and stock. Bring to the boil. Add the bay leaves, bouquet garni, garlic and seasoning.
- 5 Reduce the heat and simmer for 10 minutes. Add the mushrooms and simmer for a further 5 minutes.
- 6 Mix the cornflour to a smooth paste with a little water. Stir into the Quorn mixture to thicken. Simmer for 5 minutes.
- 7 Add the onions and syrup to the Quorn mixture and heat through gently.
- 8 Remove the bay leaves and bouquet garni.
- 9 Serve with a sprinkling of chopped parsley on a bed of white rice or noodles.



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As it comes from a tiny relative of the mushroom, Quorn contains no animal fats or cholesterol and there is nothing artificial about it. A good source of protein and fibre with remarkably few calories, Quorn is ideal for all your customers.

Cooking with Quorn is quick, easy and economical. There's no wastage during preparation, no shrinkage during cooking and Quorn can be used straight from the freezer. It can be baked in casseroles, pies or flans, stir-fried, sautéed, grilled or microwaved.

We invite you to try our recipe or to create one of your own favourites with this exciting new ingredient.

For more information, please contact:

The Quorn Kitchen, FREEPOST  
Ashford, Kent, TN23 2WY.

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## 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 20 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.

### 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 15-20 minutes of cooking.

### Stir-Frying

Quorn is ideal in stir-frys and only needs a short cooking time of 5-10 minutes in a little oil. If sauce is added it should then be cooked for a further 3-5 minutes to absorb the flavours.

### 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. For best results, use defrosted Quorn and grill for 4-5 minutes each side.

### Marinating

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

### Microwave

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

### 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, provided the recipe is suitable, but do not re-freeze the ingredient alone.

## Nutrition

Quorn is both wholesome and nutritious.

- Ounce for ounce, as much protein as an egg
- Low in calories - only 21kcal per 25g/1oz
- Quorn contains no animal fats and no cholesterol
- Less than half the saturated fats of skinned roast chicken breast
- Weight for weight, as much fibre as fresh green vegetables
- Contains no artificial additives
- Suitable for vegetarians

Nutrient	Typical value per 100g
Energy	86k calories/360k Joules
Protein	11.8g
Carbohydrate	2.0g (of which sugars 0.8g)
Fat	3.5g (of which saturated 0.6g)
Sodium	0.24g
Dietary fibre	4.8g
Cholesterol	Nil

