

Quark : German cheese / Tesco.

Contributors

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Publication/Creation

[Cheshunt] : Tesco, 1994.

Persistent URL

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RECIPES

from
TESCO



QUARK

GERMAN CHEESE



0002 28/2/94

QUARK

GERMAN CHEESE



German Quark is delicious, nutritious and very versatile. You can eat it on its own, as a dip or topping. It lends its own special texture and flavour to both sweet and savoury dishes, giving a low calorie alternative to higher fat dairy products like cream, and it's the essential ingredient in a real German baked cheesecake.

Quark low fat soft cheese is made from skimmed milk. It's completely natural - there are no artificial preservatives or colourings used, and it's a good source of protein and minerals.

FILO PARCELS WITH APRICOTS & RAISINS

SERVES: 6
Cooking Time: 15 minutes
Temperature: 200°C / 400°F / Gas Mark 6

INGREDIENTS
6 Sheets of Filo Pastry
25g (1oz) Sunflower Margarine, melted
75g (3oz) Dried Ready-to-eat Apricots, finely chopped
50g (2oz) Raisins
1/4 x 5ml sp (1/2 tsp) Mixed Spice
6 x 15ml sp (6 tbsp) Quark
Icing Sugar to Sprinkle

METHOD

1. Lay out 1 sheet of filo pastry, brush with sunflower margarine. Fold into a triangle.
2. Mix the apricots, raisins, mixed spice and quark together. Place a 15ml sp or tablespoon of the mixture in the centre of the pastry.
3. Wrap the pastry up to form a parcel. Continue with the remaining sheets.
4. Place on a baking tray and brush with the remaining margarine.
5. Cook in the centre of a pre-heated oven for 15 minutes or until browned and crispy. Sprinkle with icing sugar before serving.



CURRIED POTATO & SPINACH LAYER

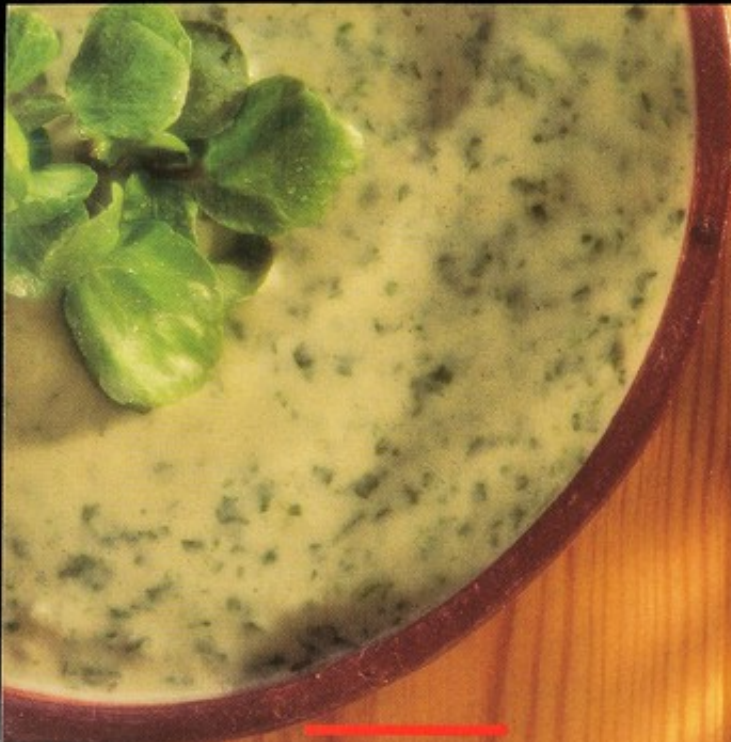
SERVES: 4
Cooking Time: 55 minutes
Temperature: 190°C / 375°F / Gas Mark 5

INGREDIENTS
900g (2lb) Medium sized Potatoes, peeled and thinly sliced
2 x 5ml sp (2 tsp) Curry Paste
200g Carton Quark
2 x 15ml sp (2 tbsp) Milk
125g (4oz) Fresh Spinach, finely chopped
Salt and Ground Black Pepper

METHOD

1. Cook the potatoes for 3 minutes in boiling water.
2. Mix the curry paste, quark and milk together.
3. Layer the potatoes and spinach in an ovenproof dish and season as you go. Pour a little of the quark mixture over each layer. Finish with a layer of potatoes.
4. Cover and cook for 40 minutes, uncover and cook for a further 15 minutes.





WATERCRESS SOUP

SERVES: 4

INGREDIENTS

- 2 x 75g Packets Watercress
- 25g (1oz) Sunflower Margarine
- 1 Medium Onion, chopped
- 25g (1oz) Flour
- 900ml (1 1/2 pt) Semi Skimmed Milk
- Salt and Ground Black Pepper
- 200g Carton Quark

METHOD

1. Remove any rough stalks from the watercress and roughly chop the remaining ingredients.
2. Melt the margarine and fry the onion for 2-3 minutes. Add the watercress and cook for one minute.
3. Stir in the flour and cook for 1-2 minutes. Gradually blend in the milk and simmer until slightly thickened. Season with salt and pepper. Simmer gently for 15 minutes.
4. Process for 1-2 minutes or until smooth. Re-heat gently and stir in the quark. If the soup is a little thick add more milk.

All lines subject to availability.
Some lines in larger stores only.

CHICKEN WITH PEPPERS

SERVES: 4

INGREDIENTS

- 2 x 15ml sp (2 tbsp) Olive Oil
- 2 Cloves Garlic, crushed
- 4 Skinless, boneless Chicken Breasts, cut into bite sized pieces
- 1 Small Onion, finely chopped
- 1 Red Pepper, de-seeded and chopped
- 1 Green Pepper, de-seeded and chopped
- 125g (4oz) Quark
- Salt and Ground Black Pepper
- Pinch Cayenne Pepper

METHOD

1. Heat the oil in a large, heavy based frying pan.
2. Add the garlic, chicken and onion. Cook for 5-6 minutes.
3. Add the peppers and cook for a further 4-5 minutes. Stir in the quark and seasoning.
4. Sprinkle with cayenne pepper before serving.

