



# 9 Healthy (And 3 Not So Healthy) Quark Recipes You Need to Try

Now that you're aware of the [health benefits](#) of quark - and why it trumps both Greek yoghurt *and* cottage cheese - it's time to try it out.

Fortunately, its unique texture makes it *perfect* for cooking in both sweet and savoury dishes.

In fact, you can just swap it for yogurt in any recipe.

Here are 12 delightful quark recipes I've adapted from other sites, including **how to make it at home yourself...**

**Warning:** *They may not all be that healthy for you... but they're delicious!*



# 1. Home-Made Quark from Milk

Total cooking time: 3 days

Makes: 680g (1.5lb) of quark

See the original recipe [here](#) (which includes very helpful diagrams).

Quark is made by warming soured milk until it curdles.

As the milk we drink is pasteurised, it needs some help to turn sour. For this reason you need to use kefir or buttered milk to make your own quark.

Full-fat milk will produce a tastier and creamier end product, so whole milk is recommended.



## Ingredients

- 16 cups of whole milk
- 4 cups of plain kefir or cultured buttermilk
- Cheese cloth (a cotton cloth used for straining)

## Method

1. Pour milk into an oven safe pot and then add all of the kefir or buttermilk.
2. Set aside for 2-3 days to sour in a warm place. You want the milk to become the same consistency as kefir or buttermilk (different milks will sour differently, which is why time varies).
3. When the soured milk is ready, heat oven to 325 F (163 C) and place the pot in. After 25 mins remove pot from oven and let it cool down to room temperature.
4. Arrange your colander (a bowl-shaped kitchen utensil with holes in it used for draining) over a big pot and line it with 3-4 layers of cheesecloth. Carefully pour content of the pot into the colander (you can do it portion by portion to allow liquid to drain easier).
5. Leave it be for some time to allow liquid to drain. Then carefully pick up ends of cheesecloth to drain remaining liquid. This leaves you with the quark.
6. Secure ends of cheesecloth with a knot, gently squeeze additional liquid from the quark and hang it over a pot or sink to drain for a further 10-12 hours (you can also put it under small pressure, such as under a pot with water, to speed up the process).
7. Now unwrap fresh quark from cheesecloth and store in fridge, eat, or use in other recipes.

## 2. Creamy Quark Porridge with Honeyed Berries

Serves 4.

See the original recipe [here](#).

This creamy quark porridge with honeyed berries recipe is a breakfast favourite that's tantalisingly creamy, yet surprisingly low in calories.



### Ingredients

- 250g mixed berries such as blueberries and raspberries
- 3 tbsp honey
- 150g porridge oats
- 750ml water
- 200g plain or flavoured quark

### Method

1. First make the compote: Place the berries and honey in a small pan and gently bring to the boil, simmering gently until the berries have softened. Remove from the heat and leave to cool.
2. To make the porridge: Place the oats and water together in a non-stick pan and bring to the boil. Reduce the heat and simmer over a gentle heat for 4-5 mins, stirring occasionally until the mixture has thickened.
3. Add in quark and stir in until the mixture is smooth and creamy. Remove from the heat.
4. Serve in bowls, topped with the compote.

# 3. Cashew Butter Green Smoothie

Serves 1.

See the original recipe [here](#).

This green smoothie has two layers: the first with banana and cashew butter and the second with avocado and spinach.

Together they make one filling, vegan green smoothie.

I've swapped out yoghurt for quark, which you can do for just about any recipe.



## Ingredients

### *Cashew layer:*

- 1 banana
- ¼ cup cashew butter
- 1 tbsp chia seeds
- ¼ cup unsweetened almond milk

### *Green layer:*

- ½ banana
- ½ avocado
- ½ cup quark
- ¼ cup unsweetened almond milk

## Method

1. Mix the cashew ingredients together in a blender (banana, cashew butter, chia seeds, milk) and blend until smooth.

2. Pour into a glass.
3. Rinse out the blender, but don't wash it completely (you can if you want, but it's not necessary).
4. Place the green ingredients together into the blender (banana, avocado, quark, milk) and blend until smooth.
5. Slowly pour the green mixture overtop the cashew butter layer.
6. Enjoy!

## 4. Blissful Banana-Quark Smoothie Bowl

Serves 1.

See the original recipe [here](#).

A European breakfast made quick, nutritious and delicious.



### Ingredients

- 1 banana
- 4 tbs (125 ml) quark
- 3-4 tbs granola
- 1 tbs blueberries
- Couple of white grapes
- Other toppings you favour

### Method

1. Slice the banana and cut the apple. Put the quark, banana and apple (except for a couple of pieces to put on top) in your blender and blend until smooth.
2. Pour it into a bowl and top with the muesli, the rest of the banana and apple, blueberries and any additional toppings you like.

# 5. Spinach, Banana, and Quark Smoothie

Serves 1.

See the original recipe [here](#).

In this smoothie recipe, the creamy texture and mild flavour of quark balances out the earthiness of fresh spinach.

The banana is all that is needed for a mellow sweetness and the almond milk helps to blend the smoothie for easy sipping.

Five ingredients, healthy and wholesome, this smoothie snack will keep you satisfied.



## Ingredients

- 3-5 cubes of ice
- 1 banana
- 1 cup quark
- 2 cups fresh spinach
- ½ cup almond milk, unsweetened

## Method

1. To make, add all ingredients to the blender in order listed above and blend until smooth.
2. Feel free to squeeze in a bit of honey or maple syrup if you'd like it to be a bit sweeter.

## 6. Dark Chocolate Quark Cheesecake

Serves 8-10.

See the original recipe [here](#).

Deep, dark, smooth, chocolaty, this is a Dark Chocolate Quark Cheesecake that is light and addictive.

It tastes divine the next day, and maybe even better the day after.



### Ingredients

- 200g digestive biscuits, crushed
- 75g butter, melted

### *Filling*

- 200g or 1 cup quark
- 200ml cream
- 150g brown sugar
- 150g dark couverture chocolate (at least 52% cocoa), finely chopped or melted
- 1 vanilla bean, scraped (or 1 tsp pure vanilla extract)
- 10g cornstarch
- 25g good quality cocoa
- 2 eggs

### *Topping*

- 50g dark couverture chocolate, grated into curls

### Method

1. Preheat the oven to 180 C (356 F).
2. Line the base of an 8-inch loose bottomed tin with parchment, and wrap the outside with foil.
3. Mix the biscuit crumbs with melted butter and press it into the bottom of the tin. Bake at 180C (356 F) for 12-15 minutes.
4. Cool completely, then paint with melted chocolate.

### *Filling*

5. Place all filling ingredients in the bowl of the food processor. Whiz until mixed through and smooth.
6. Pour batter into prepared tin, and bake at 170C (338 F) for approximately 1 hour. The top should feel set when you gently touch it. Allow to cool completely in the oven, an hour or so.
7. Remove and chill covered in fridge overnight. Unmold before serving.
8. Top with dark chocolate curls, or roasted balsamic strawberries over unsweetened cream.

## 7. Hot and Spicy Quark Chicken

Serves 4.

See the original recipe [here](#).

This succulent and healthy dish will add a little spice to your family meals.

Using quark instead of Greek yoghurt substantially reduces the calories.



### Ingredients

- 250 g quark
- 1 tbsp paprika
- 1 tbsp Dijon mustard
- 1 tbsp chilli powder
- 1 tbsp Tabasco sauce



- 1 lemon, juice only
- 4 chicken breast fillets, cut into large chunks
- 1 green pepper, cored and cut into chunks
- 2 small red onions, cut into wedges
- 4 tomatoes, quartered
- 1 tbsp olive oil
- 4 large flour tortilla wraps, or 8 small

*For the BBQ quark sauce*

- 250 g quark
- 1 tbsp Tabasco sauce

## Method

1. To make the marinade, mix the quark, spices, seasoning and lemon juice together in a large bowl. Add the chunks of chicken and stir well until coated all over, leave to marinate for at least 1 hour or overnight if time allows.
2. Preheat a heavy griddle pan for 5 mins. Toss the vegetables in the oil, then griddle cook them for 4 mins, turning until they are charred on all sides. Transfer to a bowl and keep warm.
3. Add the chunks of chicken to the griddle and cook for 8-10 mins, turning the chunks occasionally until they are nicely charred on the outside and cooked through. Add the vegetables and keep warm.
4. Warm the tortillas on the griddle pan. Make the sauce by mixing the tabasco sauce with the quark in a bowl. Serve the chicken and vegetable with the tortillas and sauce.

## 8. Spicy Nacho Dip With Avocado, Quark and Goat Cheese

Serves 2.

See the original recipe [here](#).

This spicy and cheesy twist on standard guacamole is full of healthy fats (avocado) and high in protein too (quark).



### Ingredients

- 1 ripe avocado
- 3-4 tablespoons of quark
- 2 tablespoons of goat cheese (or gorgonzola)
- 2 garlic cloves
- chili pepper flakes
- 1 teaspoon lime juice
- 1 teaspoon of chia seeds
- salt and pepper
- optional spices : hemp seeds, onion powder, garlic powder, cayenne powder, paprika powder, curry powder.

### Method

1. Mash the avocado first and then add everything else.
2. Mix and serve on nachos, in tacos or burritos, or on salad.

# 9. Herb Omelette With Quark Filling and Cherry Tomatoes

Serves 3-4.

See the original recipe [here](#).

Surprise someone with a light and refreshing take on eggs for breakfast.



## Ingredients

- 1 bunch of spring onions
- 1 bunch of parsley
- 8 eggs
- 130ml milk
- salt
- freshly ground pepper
- 4 tablespoons butter
- 300g cherry tomatoes
- 500g quark
- 1 tsp lemon juice

## Method

1. Wash the spring onions, cut off the ends and cut the spring onions into thin rings.
2. Wash the parsley, shake dry and chop finely.
3. Whisk the eggs with the milk and season with salt, pepper and nutmeg.
4. Mix half of the spring onions and parsley.
5. Heat the butter in a pan and fry four portions omelettes.
6. Wash and halve the cherry tomatoes.
7. Mix together the quark with the lemon juice, the remaining spring onions, parsley and tomatoes, season with salt and pepper to taste.
8. Spread the quark on the omelette, fold it and serve.

# 10. Raspberry Chia Quark Peanut Butter “Lollies”

Makes 6-8 lollies

See the original recipe [here](#).

Quark for creamy texture. Tick.

Raspberries for taste and colour. Tick. Chia seeds for nutrition. Tick.

Peanut butter... just because peanut butter tastes awesome. Tick.



## Ingredients

- 125g raspberries, washed
- 2 tbsp water
- 250g quark
- 2 tbsp chia seeds soaked in 10 tbsp rose water
- ¼ tsp ground cardamom
- 4 tbsp chunky peanut butter
- 2 tbsp sugar
- Honey to taste (original says agave nectar but honey is much better for you).

## Method

1. Soak the chia seeds in rose water for roughly four hours until they have swelled and taken in the rose water.
2. Mix the raspberries, water and sugar together and put them in a non-stick pan and heat them on a low heat until they are mushy in consistency. If the berries are pulpy in consistency, then mash them a little until they soften. Allow the berries to cool.
3. In a separate bowl mix the quark, peanut butter, cardamom and chia seeds. Mix them well until all the ingredients are evenly distributed. The peanut butter tends to carry natural sweetness, but you can also sweeten the quark to your taste with honey. Remember that the berries are sharp and sweet and so don't let the quark sit too blandly alongside the berries. Put the quark mixture in the fridge.
4. In your lolly moulds, evenly layer the raspberry mixture between the lolly moulds and then freeze it for a couple of hours to create the fruity layer.
5. Now create the nutty and creamy layer by evenly layering the quark mixture between the moulds and then freeze them overnight.

# 11. Cheddar and Jalapeño Quark Cornbread

Serves 10.

See the original recipe [here](#).

A warming centrepiece, perfect for any family meal or gathering.

Using quark as an alternative to crème fraiche reduces the total number of calories by 20%.



## Ingredients

- 150g cheddar cheese, grated
- 400g cornmeal, fine
- 2 tsp baking powder
- 1 pinch sea salt
- 250g quark
- 275g canned sweetcorn, puréed
- 175g coconut oil
- 2 medium free range eggs, beaten
- 1 onion, diced
- 60g brined jalapeño peppers, chopped

## Method

1. Preheat the oven to 180 C (356 F). Lightly oil and line a 20cm round cake tin.
2. Place the cornmeal, baking powder and salt in a large bowl and mix together.
3. Place the sweetcorn in a large jug and use a stick blender to process until puréed but not completely smooth. Add the quark, coconut oil, eggs, onion and half the jalapeño peppers and mix together.
4. Add the wet ingredients to the cornmeal, mixing until there are no lumps. Pour half the mixture into the cake tin and sprinkle over half the grated cheese.
5. Top with the remaining mixture and add the rest of the cheese and jalapeños.
6. Bake for 35-40 minutes, or until golden on top and a skewer comes out clean.

# 12. Rhubarb and Quark Strudel

Serves 8.

See the original recipe [here](#).

Who isn't looking for more ways to cook with rhubarb? Delicious.



## Ingredients

### *Rhubarb Filling*

- 400g rhubarb
- 100g sugar
- ½ vanilla pod (or vanilla extract as an alternative)
- 1 orange, zest and juice

### *Quark Filling*

- 200g quark
- 40g eggs (1 large egg)
- 50g sugar
- 7g semolina flour
- 7g cornstarch
- 2g lemon zest
- 40g raisins
- 20ml milk

## Method

### *Rhubarb Filling*

1. Cut rhubarb in roughly half inch chunks.
2. Toss with rest of the ingredients and soak overnight.
3. Place in an oven proof bakeware and bake in a 300 F (149 C) oven covered with foil for 15-20 minutes or until tender. Stir every 10 minutes or so.

### *Quark Filling*

4. Mix all ingredients together till smooth.
5. To Assemble: Preheat your oven to 375 F (190 C). Roll the puff pastry into a square the size of 10 inches x 16 inches with a thickness of 2-3 mm.

6. Cut the sheet into 2 pieces, 6 inches x 16 inches (top layer) with the remaining being 4 inches x 16 inches (bottom layer).
7. Spread the quark filling on top of the 4 inches x 16 inches puff pastry sheet, making sure to leave a border of half an inch on each side. Evenly spread a layer of the cooked the rhubarb on top of the quark filling.
8. Brush the borders of the puff pastry slightly with water.
9. Cover the strudel with the remaining puff pastry strip (6 inches x 16 inches).
10. Lightly brush the egg wash over the top of the strudel (1 egg, 20ml milk, pinch of salt) and sprinkle generously with a mixture of cinnamon sugar on the top.
11. Pierce the top of the strudel with a fork (to let the steam escape the pastry) or cut slants evenly into the pastry using a scissor.
12. Place the strudel on a lined baking sheet and bake the strudel for 30-40 minutes or until golden brown.
13. Serve warm with vanilla ice cream or leave at room temperature before serving.

