

Quark

On May 18th, on day 60 of the Rev.'s messages, after I joined him as the Church Mouse, I listed 10 items that you might want to consider if we find a shortage of meat this fall and winter. One such item is Quark (not the sub-atomic particle). Quark has long been used by dieters as an alternative to more fatty creams and yogurts and a source of healthy protein.

Quark is officially a cheese, thanks to its soft dairy nature. It looks a little bit like yogurt and can be swapped into all sorts of recipes to cut back on fat or calories when replacing things like yogurt or cream. It's made from milk that has been altered by the addition of lactic acid. This acidification causes the whey in the milk to split from the curd, and then the solids can be gathered up and turned into Quark. Quark is said to have originated as far back as the 14th century in Central Europe. Quark is low in calories and fat and makes a great baking substitute if you're trying to keep on top of eating a little bit better. Quark is mild and creamy, and neither sweet nor sour. It is healthy thanks to its high ratios of protein. This means it is really filling without being as fattening as ingredients like cream.