

Quark



Quark is a spreadable cheese made with yogurt. I make a quick version at home with plain, nonfat yogurt that I use in place of sour cream. It's very simple to make. You just need to let it sit out for 3-4 hours on the countertop.

Time required: 3-4 hours

Preparation Time: 5-10 minutes - Serves: 4-6

Organize Your Ingredients!

Notes on Organizing

Nothing to prep here. You'll need a 2 C. measure, a sieve and a # 4 coffee filter.

Quark

3 C. Plain, nonfat yogurt

Assembly Instructions

1. Place the coffee filter in the sieve and set over the 2 C. measuring bowl. Spoon 3 C. yogurt into the filter and let stand on the counter for 3-4 hours.
2. The semi-clear liquid (whey) will separate from the yogurt and drain into the measuring bowl. It's actually nourishing so I save the whey and use it in soups and sauces.
3. The thick sour cream-like yogurt left in the filter works beautifully in place of sour cream for sauces and dips.

Store the quark in a container in the fridge.

