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Mesophilic German Quark Instructions

Step-by-Step Instructions for Rehydrating and Culturing German Quark

Making homemade German Quark is easy and produces a creamy, smooth, and mildly tangy cheese. Below are the steps to activate your **½ tsp dehydrated mesophilic German Quark culture** and culture it into delicious quark.

What You'll Need:

- **½ tsp dehydrated mesophilic German Quark culture**
- **½ cup fresh milk** (whole milk for a creamier quark)
- **A clean glass jar or container**
- **A lid or breathable cloth** to cover the jar
- **Thermometer** (optional)
- **1 tablespoon of cultured quark** (reserved for the next batch)
- **Oven** (to maintain a warm environment)

Instructions:

Step 1: Prepare the Milk

1. Pour **½ cup of fresh milk** (whole milk works best for a creamier quark) into a clean glass jar or container.
2. Gently warm the milk to **80°F (27°C)** by either heating it on the stove or letting it sit at room temperature. If you have a thermometer, use it to monitor the milk's temperature. If not, just ensure the milk is warm, not hot to the touch.

Step 2: Add the Culture

1. Sprinkle **½ tsp of dehydrated mesophilic German Quark culture** over the surface of the warm milk.
2. Let the culture sit on the milk for **1-2 minutes** to rehydrate.
3. Stir gently to fully incorporate the culture into the milk. Make sure the culture is evenly distributed throughout the milk.

Step 3: Culture the Quark

1. Cover the jar loosely with a lid or breathable cloth to allow air circulation while the milk cultures.
2. Place the jar in a warm environment to culture for **up to 48 hours**, or until the milk thickens and develops a creamy texture. The milk should reach a creamy consistency, similar to yogurt or custard.

Tip: The longer you leave it, the thicker and tangier the quark will become, but it can take up to 48 hours to reach the desired consistency.

Step 4: Warm the Oven

1. Preheat your oven to **80°F (27°C)**. Once the oven has reached the desired temperature, **turn it off**.
2. Place your jar of cultured milk into the warm oven and let it sit for **30-45 minutes**. This step ensures the quark stays warm, which helps it set and develop its creamy consistency.

Step 5: Chill the Quark

1. Once the quark has set in the oven, remove the jar and place it in the refrigerator.
2. Chill for at least **6 hours**. This cooling process allows the quark to firm up and develop its full flavor. Use a yogurt strainer to strain whey and achieve a thicker quark.

Step 6: Save Starter for the Next Batch

1. Once your quark has chilled, **set aside 1 tablespoon of the cultured quark** in a separate container. This will act as your starter culture for the next batch.
2. For the next batch, combine the reserved **1 tablespoon of quark** with **1 cup of fresh milk** and follow the same steps above. For each batch you make, use 1 tablespoon of quark for every **1 cup of milk** you want to culture.

Important Note on Storing the Culture:

- After your first three back-to-back batches, you can store the quark in the refrigerator between cultures.
- **Make sure to culture your quark again within 7 days** to maintain its quality and active cultures. If you don't culture it within a week, the starter may lose its potency.

Enjoying Your Homemade Quark

After chilling, your German Quark is ready to enjoy! It has a mild tangy flavor and a smooth, creamy texture, perfect for spreading on bread, mixing with fruits, or using in recipes. Quark is versatile and can be used as a substitute for cream cheese or yogurt in many dishes.