

# The essential ingredient for European baking: Quark

By Susie Iventosch



A finished batch of quark

Photo Susie Iventosch

In January 2013, we featured Andy Scheck's Apple Quark Cake in this column. Andy is the publisher of the Lamorinda Weekly and among his many talents he's an excellent cook! He has a collection of recipes that he learned from his mom, Anneliese, and occasionally, he brings these treats to the weekly editorial meetings for the paper. I hear rave reviews about them and am sorry that I'm not a regular at those meetings. He uses quark as a key ingredient in his baked goods as well as in other dishes like cucumber salad and cheesecake.

Quark is technically a cheese that is used in European baked goods, especially in Andy's native

Germany. He says that quark is the primary ingredient that makes German cakes different. It looks kind of like a thick Greek yogurt, but it's made from heated sour milk or buttermilk instead of milk with bacteria added, which is how yogurt is made. Typically, quark is higher in protein and lower in sodium than yogurt.

A few weeks ago, I received an email from Andy telling me that the quark he'd been using in the states, while good, was different than what he was used to in Europe. So, he began researching how to make his own quark and after a few tries, he came up with a formula for the perfect quark. He was so excited about it and told

his wife, Wendy, that he could hardly wait for cherries to arrive at the farmers' market so he could make a quark cake with these seasonal fruits. As soon as cherries popped up at the market, he made the cake and he sent me that recipe, too, which will be featured in the next issue of the paper. In the meantime, you can try your hand at making quark, so you'll have the perfect quark for his cake recipe in a couple of weeks.

It does require the use of a yogurt maker, and Andy bought the Dash Yogurt Maker, which he found on Amazon for about \$23. I took the idea from him, and purchased my own yogurt maker and have now made my first batch of quark, which was super easy and absolutely delicious! It simply requires heating up 2 quarts of low-fat buttermilk and then pouring it into the yogurt maker for 8 hours. Then, you strain the quark in the sieve provided with the machine for 8-12 hours. Voila! According to Andy, quark will last in the refrigerator for about a week and a half. I used my quark in place of plain yogurt for a horseradish-quark sauce to accompany grilled steak, as well as in a wonderfully delicious goat cheese cheesecake. Quark is also good simply topped with fresh fruit for breakfast or a light dessert.

## Quark Recipe

(Makes approximately 2 to 3 cups of quark)

### INGREDIENTS

- 2 quarts 2% low-fat buttermilk
- Yogurt Maker

### DIRECTIONS

Heat buttermilk in a metal pot just until it begins to separate and is near, but not yet boiling. Pour the buttermilk into the container of the yogurt maker and process for about eight hours. There is an eight-hour setting on the Dash yogurt maker, which makes this step very easy.

After eight hours, your buttermilk will look like soft yogurt. You then pour it into the strainer provided with the yogurt maker, or if yours doesn't have one, then use a metal strainer, to allow the liquid to drip out. Allow the quark to strain for eight to 12 hours on the counter, at room temperature. The quark will look very thick at this point and will make 2-3 cups. Place in a covered container and keep refrigerated until ready to use.

Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com). If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.



You can find most of the recipes published in the Lamorinda Weekly on our website. Click Food tab.

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# Lamorinda Arts Council hosts first Arts Affair

By Sora O'Doherty



Mina Lim from the Lamorinda Idol competition. Photos Sora O'Doherty



Dancers from the Joy in Motion Dance School, a nonprofit organization sponsored by the LAC, entertain the crowd.

The Lamorinda Arts Council invited the public to join them in an Arts Affair, a party celebrating the arts June 6 at the Orinda library. Cocktails were offered by the Art of Mixology award winner, Portia Battistini from the Cooperage, along with hors d'oeuvres by Genuine Goodness. The Rob Evans Quartet played throughout the event on the upper patio level of the library. Inside, the audience was treated to musical and dance numbers by the Lamorinda Idol singers and Joy in Motion dancers and a poem by Poet Laureate Amy Glynn. According to board member Meredith Friedman, Joy in Motion was one of original arts partners helped by the LAC as a way to support and foster the arts. Guests could also enjoy an exhibition of photographs by

the Contra Costa Camera Club on the walls of the library gallery, which is curated by LAC.

The gavel of the presidency was passed from Lawrence Kohl to Jenny Staelin, who presented Kohl with a gift in appreciation of his four and a half years at the helm. Staelin has been with the LAC for seven years, starting as secretary and working her way up to president. Board member Michelle Hoffmann, who organized the event, introduced Kohl with words of high praise for his leadership and as a person. She lauded his integrity, his ability to inspire, his strong communication skills, and his ability to lead or to give someone else the lead, and his strong decision-making abilities.

Kohl used his speech to recognize the many contributions to LAC over the years. He took over the presidency of the Orinda Arts Council from Susan Garrel, and worked in a strategy group including Steve Harwood, organizer of the Lamorinda Idol competition, which led to the creation of the Lamorinda Arts Council that includes Lafayette and Moraga in addition to Orinda. Meredith Friedman crafted the group's mission statement: to ignite and sustain artistic expression and appreciation for all ages. Teresa Onoda brought together people from all three towns voting unanimously to become the Lamorinda Arts Council. Erling Horn gathered 60-year-old documents and filed the state and federal paperwork to effect the change. Michelle Bea

designed the logo. The LAC also has some employees, whom Kohl acknowledged: CPA Susan Hurrell and Managing Director Meredith Friedman. He also thanked, among others, Treasurer Sue Farmer, and Neela Pakyel for revising the bylaws. He recognized new projects, ShortDocs, the Poet Laureate program, the Art of Mixology, and the new Arts Affair. Other LAC programs include High School Visual Arts Competition and the Arts in Bloom Festival.

The LAC is a group of volunteers and donors who develop and produce events, partner with professional organizations and artists, give financial support and awards, and advocate for a vibrant, local culture of visual, performing, and literary arts.

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