

Carrboro

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Recipe of the Week

May 5, 2007

Two Toppings for Strawberries Using Fromage Blanc and Quark *from Sheila Neal, Market staff*

Fromage blanc is a “fresh white cheese, lightly fermented and of varying fat content.” Quark is a “fresh curd cheese made from skimmed milk and is consumed by Germans on a very large scale.” So says Alan Davidson about both quark and fromage blanc in his *Penguin Companion to Food*. Chapel Hill Creamery makes these cheeses from time to time and both are excellent with fruit. To give you an idea how they compare to more familiar items, I would say fromage blanc is like yogurt and quark is like cream cheese.

Fromage Blanc Sweetened with Honey

Ingredients

1 cup fromage blanc*
2 tablespoons honey*
2 teaspoons lemon juice
Pinch of salt
Lemon verbena or mint*

Procedure

Combine the fromage blanc, honey, lemon juice, and salt. Mix gently yet thoroughly. Snip in some lemon verbena or mint. Use on cereal, fruit, poundcakes, chiffon cakes, parfaits or fools. These recipe doubles and triples well.

Quark with Brown Sugar and Pecans

Ingredients

1/2 cup quark*
1/2 cup sour cream
2 tablespoons + 2 teaspoons brown sugar
1/2 teaspoon best vanilla extract
Pinch of salt
1/2 cup pecans,* toasted and coarsely chopped

Procedure

Combine all ingredients gently yet thoroughly. This one is firmer than the recipe above. Also good to use on top of fruit, between layers of a cake, and on toast or bagels.

*Available at Market