

Making Quark Isn't Rocket Science

Here's How to Do It at Home

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Table of Contents

Making Quark Isn't Rocket Science	i
Here's How to Do It at Home	i
Introduction.....	1
A Little Background on Quark	1
My Interest in Quark.....	1
Yogurt and Quark – Description and Comparison.....	1
Why Yogurt and Quark Are Good to Eat.....	1
Making Quark at Home	2
How to Make Yogurt and Quark.....	2
How to Make Yogurt or Quark Cheese.....	3
Where to Buy Quark, Yogurt, and Bacterial Cultures.....	4
My Quark Label.....	5
Flax Oil and Quark Recipes –Biochemical Miracle:.....	5
FOQ Cream (FOQ = Flax Oil and Quark).....	6
FOQ Sweet Cream.....	6
The Perfect Breakfast.....	6
Other Flax Oil and Quark Recipes.....	7
How to Fight Cancer with FOQ	7
About the Author	7

Introduction

There are two kinds of quarks. The first is a building block of electrons and only understood by nuclear physicists. That kind is not the subject of this article.

The other quark is a delicious, nutritious fermented milk product. Germans pronounce it “quark”. That, and to some extent its companion flax oil, is what I am writing about.

A Little Background on Quark

My Interest in Quark

In the early 1980’s I lived in Germany and ate lots of quark. I used to mix it with Meusli, a kind of granola, for breakfast. It’s delicious.

German nutritionist Johanna Budwig is famous for discovering the “biochemical miracle” known as the flax oil-quark-champagne protocol that is known to reverse the course of degenerative diseases like diabetes, heart infarction, arthritis, and cancer. I am interested in the causes and cures of cancer, and devoted a web site to it: <http://cancercure.ws>. So, naturally, I was delighted to discover that Budwig’s formula can actually cure cancer victims.

Her protocols or formulae are floating here and there around the web, but a lot of mystery surrounds the nature and use of “quark,” for you cannot buy it, particularly not under the name quark, in the typical American grocery store.

And so, I am writing this little article to open the kimono on quark. It won’t be a mystery any more. Here I shall describe quark, its similarity to and difference from yogurt, how to make it in your home kitchen, and its use in some wonderful recipes.

Yogurt and Quark – Description and Comparison

Yogurt is a smooth, viscous, sour fermentation of milk. Quark is a form of yogurt fermented from buttermilk starter culture. It has about the same texture and taste as yogurt, but is less sour. Yogurt and Quark are fermented from different bacteria that require different fermentation temperature and time. In short, quark bacteria are “mesophilic” and requires a lower fermentation temperature and longer fermentation time than the “thermophilic” yogurt bacteria.

Why Yogurt and Quark Are Good to Eat

Because both products are made from milk, they contain an abundance of protein and calcium. They also contain a significant amount of nutritional sulfur. In addition, they contain live bacteria that are good for the small intestine. The bacteria properly balance yeasts in the gut, consume lactose and produce lactic acids that and antibiotics that inhibit growth of bad bacteria, convert proteins into B vitamins, produce vitamin K (for healthy bone growth), and clean the *villi*, small fingers of tissue on the intestine lining that increase absorption of nutrients into the



Figure 1 Quart of Quark

blood stream, and that get clogged when the good bacteria are not present. You can get more details about the good bacteria from <http://www.horselanguage.com/probiotics.html>.

When the sulfurated amino acids of yogurt or quark are combined with Omega 3 essential fatty acids of flax oil, fish liver oil, and hemp oil, chased with champagne in the diet, and the body is illuminated daily with sunlight and nourished with fresh, raw, organic foods, these stimulate bioelectrical properties of cells that improve the ability of cells to respire, or “breathe” – take in utilize nutrients and oxygen, and expel toxins. That is why they are vital to reversing cellular-level degenerative diseases like cancer. According to one medical doctor:

“This diet is far and away the most successful anti-cancer diet in the world”. (Dr. Dan C. Roehm M.D. FACP, Oncologist & Cardiologist)

Your diet should include the foods in the Budwig protocol. For full details, read the relevant [books from Johanna Budwig](http://amazon.com) (<http://amazon.com>). One web site devoted to the Budwig protocol is http://www.healingcancernaturally.com/budwig_protocol.html.

Read more on dairy chemistry at http://www.evaporators.co.uk/pages/Dairy_products.htm.

Making Quark at Home

How to Make Yogurt and Quark

You can make your own yogurt by mixing two cups of powdered milk with a gallon of cow’s milk, heating it in a stainless steel or porcelain pot to 185°F to kill pathogens, cooling it to 110°F, stirring in a cup of starter culture, pouring it into sterilized 1-quart containers, letting it sit at the proper fermentation temperature for the proper fermentation time, then refrigerating it. You add the powdered milk to give the product more body. If you use goat’s milk instead of cow’s milk, the powdered milk is normally not needed. I leave the inoculated quark milk in the pot because I convert it to cheese.

I let my yogurt and quark ferment in the oven. For yogurt, I leave the light on, and for quark, I turn the light off. With the light on in my oven, the temperature can rise to 115° F, so I cycle it off it gets to 108° F and on when it drops to 97° F. For quark, I warm the oven to 95° F, then put the covered pot of inoculated milk in it and turn off the light. Then I leave it alone for 14 hours and check it.

Here is a summary of the production requirements:



Figure 2 Quark is Fermented for 14 to 18 hours at 80 to 85°F



Figure 3 Fermented Quark Sets but Stays Wet

1. Yogurt
 - a. Main Bacteria - *Lactobacillus bulgaricus*, *Lactobacillus acidophilus*, and *Streptococcus thermophilus*.
 - b. Culturing Temperature - 97-108° F (36-42° C). I like 105°F.
 - c. Culturing Time – 4 to 4 ½ hours
 - d. Taste – mild and sour

2. Quark
 - a. Main Bacteria – *Streptococcus cremoris*, and *Lactobacillus Lactis*
 - b. Culturing Temperature – 65-90° F (18-32° C). I like 85°F.
 - c. Culturing Time – 14 to 18 hours
 - d. Taste – rich and not so sour



Figure 4 Quark Being Labeled for Cheese

The finished product is set rather like Jello, but breaks apart easily. If you shake the quark container, the quark becomes buttermilk. Because it loses body so easily, it blends well with flax oil in the Budwig diet. However, quark becomes more usable in a variety of other recipes if you convert it to cheese.

You can read more details on a process at <http://www.evaporators.co.uk/pages/yoghurt.htm>.

How to Make Yogurt or Quark Cheese

You can convert milk into cheese by adding a coagulant that separates the milk solids (cheese) from the liquids (whey). A coagulant is an acid like lemon juice or rennet, a derivative of the stomach lining of goats and cows or of plants like the stinging nettle. In the case of quark and yogurt cheeses, the acid is a byproduct of fermentation caused by the bacteria, so you do not need to add any other coagulant.



Figure 6 Quark Drips Whey into Pan for 4-8 Hours to make Quark Cheese



Figure 5 Ladels of Quark Go into Fine-Mesh Nylon Bag

By reducing the amount of water in yogurt or quark, you can make into a soft, curdled cheese similar to a cross between cottage cheese and cream cheese, but softer and easier to spread.. You can make such a cheese by dumping a quart of yogurt into a fine-mesh nylon bag and letting it drip above a bowl for a day. The fluid that drips out is whey, and you'll get a cup or more from a quart of yogurt. Whey is nutritious. You can and should drink it.

I far prefer quark cheese to yogurt cheese because of flavor. The yogurt cheese is noticeably sour, to the point of being distracting. The quark cheese is not so tangy, and also has a richer taste.

You can get more details on cheese making at:

- <http://www.efr.hw.ac.uk/SDA/cheese1.html>
- http://www.agen.ufl.edu/~chyn/age4660/lect/lect_19/cheeses.htm
- <http://www.windward.org/ush/cheese.htm>
- http://www.evaporators.co.uk/pages/Dairy_products.htm.



Figure 8 Finished Quark Cheese



Figure 7 Quark Cheese Curds and Whey

Where to Buy Quark, Yogurt, and Bacterial Cultures

While Yogurt is available in any grocery store, Quark is hard to find. You can buy it on-line at <http://www.germandeli.com/040817010014.html> for less than \$6 a quark, I mean quart.

You might be able to purchase a dried culture of the Quark bacteria for \$50 or more from <http://www.dsmz.de/dsmzhome.htm> (for example, <http://www.dsmz.de/species/sp200956.htm>). You can incubate it and grow it at home in sterile milk.

You can also purchase “probiotics” from a health food store, and use the contents of several of the capsules to inoculate your sterile milk. A good on-line source for Sedona Labs iFlora Complete Acidophilus Formula is <http://healthydigestion.net/products/iFlora.html> (telephone 1-888-816-8804).

If you want to be scientific about it, you should seek a related microbiology college course, or intern at the nearest dairy farm.

My Quark Label

If you do make quark at home according to my recipe, here's a handy label to use on the containers.

<h1>Bob's Quark</h1> <p>Fermented Milk Product</p>	
Ingredients: Publix Whole Grade A Cow's Milk Albertson's Non-Fat Powdered Milk Friendship brand Buttermilk Sedona Labs IFlora Acidophilus Formula	
Bacteria in Cultures: <i>Streptococcus cremoris</i> <i>Lactobacillus Lactis</i> <i>Bifidobacterium bifidum</i> <i>Bifidobacterium breve</i> <i>Bifidobacterium infantis</i> <i>Bifidobacterium lactis</i> <i>Bifidobacterium longum</i> <i>Lactobacillus acidophilus</i> <i>Lactobacillus brevis</i> <i>Lactobacillus bulgaricus</i> <i>Lactobacillus casei</i> <i>Lactobacillus gasserii</i> <i>Lactococcus lactis</i> <i>Lactobacillus paracasei</i> <i>Lactobacillus plantarum</i> <i>Lactobacillus rhamnosus</i> <i>Lactobacillus salivarius</i> <i>Streptococcus thermophilus</i>	Nutrition Guide: <i>Vitamins A, D3, C</i> <i>Calcium</i> <i>Phosphorus</i> <i>Potassium</i> <i>Sodium</i> <i>Protein</i> <i>Sugars</i> <i>Fat</i>

Flax Oil and Quark Recipes –Biochemical Miracle:

German Nutritionist Johanna Budwig's original blood research related to curing degenerative diseases spanned at least 50 years and resulted in her discovery of the Flax Oil – Quark - Champagne (FOQC) formula. The formula is renowned as a "biochemical miracle" because of its ability to restore good health to people suffering from cardiovascular diseases, arthritis, diabetes, and cancer. To get the benefits, one needs to eat the Perfect Breakfast daily. Some people require significantly more FOQC daily to defeat the diseases. For more information, order one of [Budwig's books](#).

Flax oil and Linseed oil are one and the same – only the name is different. Flax oil is excellent for your health because it is a fast-burning fat, it contains Omega 3 and 6 (linoleic and linolenic) essential fatty acids, and it beneficially affects the electrical charges of body cells. It is best eaten in a homogenized mixture with quark.

Buy only cold pressed unrefined flax oil. Look for it in the cooler at the health food or vitamin store. Get a big bottle because you will be using it the rest of your life. It does not keep long, even refrigerated (about 3 weeks), unless it is frozen. I keep mine in the freezer. Barlean's brand has more solids in it, so it freezes hard. I would just keep that in the refrigerator.

FOQ Cream (FOQ = Flax Oil and Quark)

This cream is basic and can be used in a variety of recipes. It should be soupy rather than thick. You may use cottage cheese or yogurt if you don't have quark. Quark cheese is assumed. This recipe makes one serving

Homogenize in a blender:

- **1 tablespoon Flax oil*** per 100 pounds of body weight with
- **½ to 1 cup of low fat cottage cheese or yogurt.**
- 3 tablespoons of low-fat milk

Use in recipes for toppings, salad dressings, etc. I recommend cancer patients eat 8 tablespoons per day of barley and flaxseed mixed in with FOQ to eliminate tumors. After the tumor is gone, switch to 4 tablespoons a day.

FOQ Sweet Cream

This cream is intended as a topping for fruit dishes like the Perfect Breakfast below. This recipe makes one serving.

Stir together or homogenize in a blender:

- 1 serving FOQ Cream
- 3 tablespoons of low-fat milk
- 1 Tablespoon honey
- 1/2 teaspoon vanilla

The Perfect Breakfast

This is a nutritionally perfect breakfast that will energize you and keep you from getting hungry till lunch time. It is a known antidote to cancer.

Layer in a deep bowl:

- 2 Tablespoons ground flax seed*
- Drizzle with a 2 Tablespoons honey (or to taste)
- Handful of chopped fruit of the season (peaches, berries, apple, pineapple, banana, mango, etc)
- 3 or 4 heaping Tablespoons of chopped nuts (pecan, walnut, almond, etc. - *no* peanuts)
- 1 serving FOQ Sweet Cream

Top with:

- a shake of cinnamon powder

Chase with:

- 6 ounces of fine French Champagne (I recommend *Dom Perignon*)

Other Flax Oil and Quark Recipes

- **Variety Breakfast** – to the FOQ Cream, blend in bananas, lemon/orange juice (2 to 1), coconut, carob powder, or your favorite fresh fruit juice.
- **FOQ salad** – To the FOQ Cream stir in shredded carrot, shredded cucumber, chopped tomatoes, and herbs.
- **Green Goddess FOQ Salad Dressing** – into the FOQ Cream blend minced cucumbers, spinach, parsley, and dill.
- **Linseed Butter** – simmer a mashed garlic clove and quartered medium onion dill clear (not brown) in 8 oz coconut oil, discard onion and garlic, let oil cool, stir into 100 grams (about a cup and a half) *frozen* linseed oil, blend thoroughly, and put in freezer to harden. Makes a nutritious butter spread.

How to Fight Cancer with FOQ

In addition to Johanna Budwigs books on the subject (see the preceding topic *Why Yogurt and Quark Are Good to Eat*), read about how flax oil and cottage cheese defeat cancer in the book [How to Fight Cancer and Win](#) by cancer survivor Dr William L. Fischer, Fischer Publishing Corporation, Canfield, OH 44406, ISBN 0-915421-07-0. This is an excellent book about what cancer is, how it is encouraged by the wrong dietary fats, and both traditional and alternative treatments. It was first published in 1987, so that edition does not mention some of the more recent discoveries.

About the Author

Bob Hurt is a retired 35-year veteran of the computer industry who spends most of his discretionary time researching and writing about health, technology, politics, and religion. He lives with his lovely wife Maria in Clearwater, Florida. Occasionally he picks up his guitar to strum a few country or classical licks, or runs off with Maria on a foreign adventure. He is not a cancer victim. You can write to him through his web site: <http://bobhurt.com>.



Bob Hurt, Author

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