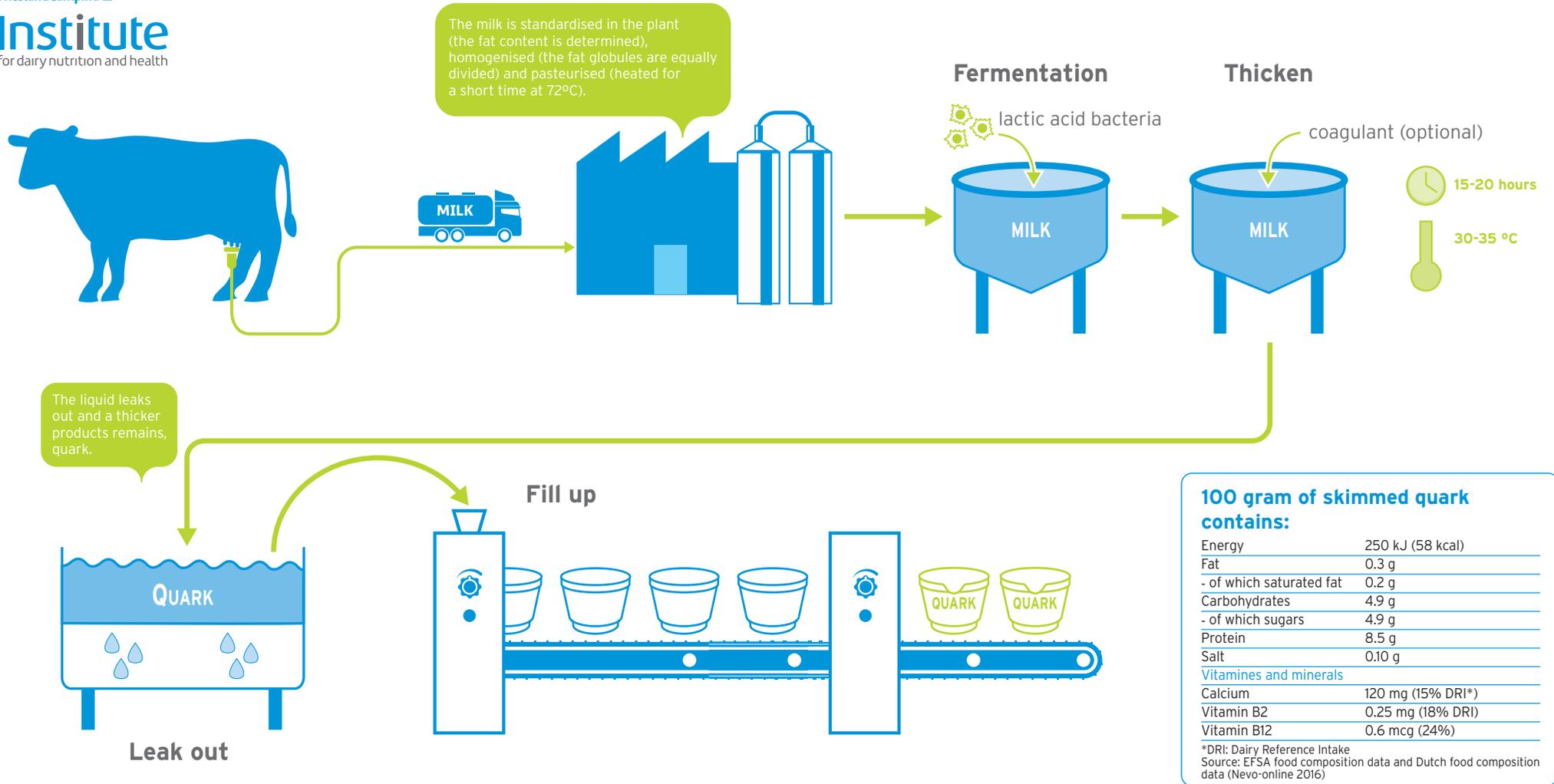


# How is quark made?



## What is the difference between quark and cheese?

Quark is actually a type of fresh cheese however there are two important differences in the production process which makes it distinctive from cheese. In the case of quark the liquid leaks out whereas with cheese the liquid is pressed out. Following this process, quark is ready for use whereas Dutch-type cheese and other hard cheeses like cheddar, still needs to mature for at least four weeks.

## Did you know that

 Milk contains about 3.5 grams of protein per 100 millilitres? As a result of the liquid leaking out during the preparation process, quark contains almost three times as much protein as milk does.

 The characteristics of the quark depends on the composition of the milk, the type of lactic acid bacteria and the temperature and duration of the fermentation. For instance, full-fat quark is made from full-fat milk and skimmed quark from skimmed milk.

 Quark is called 'fromage frais' ('white cheese') in French? This is another name for the same product.