

CHAPTER IV

Cheese

CHEESE is made out of the solid ingredients of milk. It is a very cheap source of protein for our diet as well as furnishing lime, phosphorus and vitamins. It is a very concentrated food and is best used with cereals and vegetables in made dishes. Grated cheese is easier to digest. The flavor of cheese depends on the manner of ripening and this process helps to make the harder cheeses more digestible. Care should be taken to read the label on packages and jars of cheese to determine whether they are of American or foreign manufacture. Imported cheeses have to sell for a higher price than those of the same name manufactured in the United States, even tho the food value is the same.

Kinds of Cheese: Cheese is made from whole milk, skimmed milk and whole milk to which cream is added. Skim milk cheese must be so labeled.

American or Cheddar cheese is sold under a variety of names, as "Long Horn," "Daisy," etc.

Imported cheeses include Edam, Parmesan, Roquefort, Stilton, Camembert, Brie and many others. Many of these cheeses are now being manufactured in the United States, as the Swiss, Roquefort, etc.

Among the soft cheeses American Neufchatel and Philadelphia cream are of American manufacture.

USES OF CHEESE

Main or "staying" dish in a meal.

Toasted on bread or crackers.

Combined with milk and eggs as souffles and rarebits.

Combined with some starchy food as rice, potatoes, spaghetti, macaroni, vermicelli and dry bread.

Cottage cheese may be used as a salad, the main dish, or in sandwiches.

Storage of Cheese: Cheese should be kept in a cool, dry place. Soft cheeses should be kept covered.

Using Cheese Left-overs:

Small pieces of cheese may be dried and grated for use as flavoring in many scalloped dishes, as cauliflower and potatoes.

Hard cheeses may be softened by adding cream to them after grating.

Seasonings, as pimento, may also be added, making the cost much less than seasoned cheeses bought in jars and packages.

CHEESE RECIPES**CHEESE FONDUE**

1½ c. hot milk	4 eggs
1½ c. soft stale bread crumbs	⅓ lb. grated cheese
1 tbsp butter or other fat	½ tsp. salt

Mix hot milk, bread crumbs, salt and cheese; add the yolks thoroly beaten; into this mixture cut and fold the whites of the eggs beaten until stiff. Pour into a buttered baking dish and cook 30 minutes in a moderate oven (350° F.).

EGGS WITH CHEESE

4 eggs	Salt, pepper and paprika to taste
½ c. cream	½ c. grated cheese
1 tbsp. butter	

Melt the butter and add the unbeaten eggs one by one; add cream, seasonings and cheese. Heat and stir until cheese is melted and serve on buttered toast.

CHEESE PUDDING

8 slices bread	1½ c. grated cheese
4 eggs	Salt and pepper
1 qt. milk	

Butter thin slices of bread and place flat in baking dish. Between slices put salt, pepper and grated cheese. Beat eggs in milk, pour over bread, sprinkle cheese on top and bake in moderate oven (350° F.) for half an hour. Serve immediately.

CHEESE DREAMS

Butter lightly thin slices of bread from which crust has been removed and sprinkle with grated cheese. Arrange as a sandwich, then dip into a mixture of one beaten egg and ¼ c. of milk, seasoned with salt and pepper. Fry in deep fat to a golden brown, or saute in butter in the skillet until it is a golden brown on each side.

MACARONI AND CHEESE

1 c. macaroni broken into	2 tbsp. flour
1 inch pieces	$\frac{1}{2}$ lb. grated cheese
1 c. milk	Salt, pepper, paprika to taste
2 tbsp. butter	

Cook macaroni in a large amount of boiling salted water until tender, turn into a colander and rinse with cold water to prevent pieces from sticking together. Make sauce as follows: melt butter, add flour and seasonings, then milk, and cook thoroly, add part of the cheese and stir until melted. Arrange alternate layers of macaroni and cheese in a buttered baking dish. Pour sauce over and cover with soft bread crumbs which have been buttered. Reheat in oven before serving or until crumbs are browned.

WELSH RABBIT

1 tbsp. butter	$\frac{1}{2}$ tsp. each salt, mustard and
1 tbsp. flour	paprika
1 c. milk	Few grains cayenne pepper
$\frac{1}{2}$ lb. grated cheese	

Melt butter, add flour and milk gradually, cook, stirring, until thick and smooth. Add cheese and stir until it is melted. Season, and serve at once on crackers or toasted slices of bread.

PIMENTO CHEESE ROAST

2 c. cooked lima beans	3 c. bread crumbs
$\frac{1}{2}$ lb. grated cheese	Butter
1 egg	Seasonings to taste
2 pimentos	

Drain liquid from beans and run thru a meat chopper; mix with cheese, cut the pimentos very fine and add to the cheese mixture. Add seasonings, egg slightly beaten, and enough bread crumbs to make the mixture stiff enough to shape into a roll. Roll in bread crumbs and bake in a moderate oven (350° F.) until brown, basting with melted butter and water. Serve very hot with tomato sauce.

TO ACCOMPANY SALAD

Grated cheese may be moistened with cream until of such a consistency it can be molded. Strawberries may be shaped out of it and rolled in red sugar to give right color. Also carrots may be shaped from it. Either may have a sprig of parsley at the top. These are attractive additions to a salad plate.

CHEESE STRAWS

Roll pie paste one-fourth inch thick, sprinkle with grated cheese, salt and paprika. Fold over several times, roll again

and sprinkle with cheese, salt and paprika. Repeat the process three or four times, then roll again and cut into strips about one-third inch wide. Bake in a hot oven (400° F.) and serve with salad, soup or chocolate.

CHEESE SAUCE

1 c. white sauce No. 1 4 tbsp. grated cheese

Place white sauce in the top of a double boiler, add grated cheese and allow to heat until cheese is melted. Season with salt and paprika. Cheese sauce may be served with rice, macaroni, stewed celery and cauliflower.