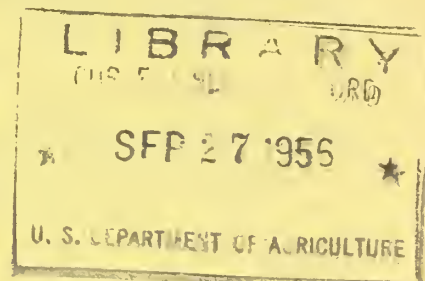


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10036-D

Reserve
A 389.9
R 31

Recipes Featuring *Cheese*

Cheese is so popular that a cook can be pretty sure of a welcome for a dish that features cheese.

More than a billion pounds of cheese are made in the United States every year, and about three-fourths of this is the type named Cheddar. People in this country often call this type American Cheddar because it is so widely used and liked. In flavor it ranges from mild to sharp or tangy, and in color from almost white to yellow-orange.

Cheddar cheese, made from sweet whole milk, contains in concentrated form the many different nutrients that whole milk provides. So, when you feature cheese in a dish, the family eats some of the milk that is so valuable in the diet. To single out 3 nutrients: Milk is our leading source of calcium, one of the chief minerals needed for good bones and teeth. An ounce and a half of Cheddar cheese has as much calcium as a cup of milk. Cheddar cheese contains almost all of the protein in milk--which is high-quality protein like that in meat, fish, poultry, and eggs. And it contains worth-while amounts of the B vitamin riboflavin, which is sometimes short in the foods families choose.

United States Department of Agriculture
x U.S. Agricultural Research Service
Human Nutrition Research Branch
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ARS 61-4

MAIN DISHES

Cheeseburgers

1 pound ground beef
2 tablespoons chopped onion
3/4 teaspoon salt
6 1-ounce slices cheese
6 hamburger buns

Mix beef, onion, and salt. Shape into patties. Place on a greased baking pan. Flatten with a spatula. Bake at 400°F. (hot oven) for 15 minutes.

Place patties on heated buns and top with a slice of cheese. Return to oven for 5 minutes to heat. Six servings.

Cheese Meat Loaf

2 slices bread
1/3 cup milk
2 tablespoons chopped onion
3 tablespoons chopped celery
10 ounces ground beef
1/2 cup shredded cheese
3/4 teaspoon salt
3/4 teaspoon worcestershire sauce
1-1/2 teaspoons chopped parsley
2 eggs, slightly beaten

Soak bread in the milk. Combine bread mixture with the rest of the ingredients. Mix well. Pack in a greased loaf pan. Bake at 375°F. (moderate oven) for 1 hour and 10 minutes. Six servings.

Cheese Potato Casserole

3 cups diced, cooked potatoes
1-1/2 tablespoons butter or margarine
3 tablespoons all-purpose flour
1 teaspoon salt
2 cups hot milk
1-1/2 cups shredded cheese
2 tablespoons dry bread crumbs
1 teaspoon melted butter or margarine

Place potatoes in a baking pan or casserole. Melt the fat; blend in flour and salt. Add milk and cook until thickened, stirring constantly. Add cheese and blend. Pour cheese sauce over potatoes.

Mix bread crumbs with the melted fat. Sprinkle over the potato mixture. Bake at 350°F. (moderate oven) for 30 minutes or until brown. Six servings.

Cheese-Rice-Luncheon Meat

2 tablespoons fat
1 tablespoon chopped green pepper
1 tablespoon chopped onion
1-1/2 teaspoons all-purpose flour
3/4 cup milk
1-1/4 cups shredded cheese
2-1/4 teaspoons powdered dry mustard
8 ounces (1-1/3 cups) cubed luncheon meat
2 cups cooked rice, unsalted

Melt the fat. Add green pepper and onion, cook until light brown. Blend flour with the fat mixture; gradually stir in milk and cheese. Cook until thickened, stirring constantly.

Remove cheese mixture from heat. Add mustard, luncheon meat, and rice. Pour into a baking pan or casserole. Bake at 350°F. (moderate oven) for 40 minutes. Six servings.

Turkey, Macaroni, and Cheese

1-1/4 cups shell macaroni
2 cups boiling water
1/4 teaspoon salt
3 tablespoons fat
1/4 cup all-purpose flour
1 teaspoon salt

1/4 teaspoon marjoram
2 cups hot milk
3 tablespoons chopped pimiento
1-1/4 cups diced, cooked turkey
2/3 cup shredded cheese

Cook the macaroni in the boiling salted water for 14 minutes. Drain and rinse. Melt the fat and blend in flour and seasonings. Stir in the hot milk. Cook until thickened.

Combine macaroni, pimiento, turkey, and 1/2 cup of the cheese. Pour into a baking pan. Sprinkle remaining cheese on top. Bake at 350°F. (moderate oven) for 30 minutes. Six servings.

Scrambled Eggs and Cheese

6 eggs
1/2 teaspoon salt
1/2 cup hot milk

1/2 cup shredded cheese
2 tablespoons fat

Beat eggs slightly. Add salt, milk, and cheese and mix. Melt fat in heated fry pan; pour in egg-cheese mixture. Cook slowly, stirring occasionally. When eggs are thickened serve at once. Six servings.

Carrot-Cheese-Rice Casserole

2-1/2 cups grated raw carrots
3/4 cup boiling water
3 eggs, beaten
1-1/2 tablespoons melted butter
or margarine

2 cups cooked rice
1 tablespoon chopped onion
1-1/2 cups shredded cheese
1/2 teaspoon salt
1/2 teaspoon worcestershire sauce

Parboil grated carrots 5 minutes in boiling water. Drain well and save liquid to use in the sauce.

Combine all ingredients, blend well. Pour into well-greased baking dish or casserole.

Set in pan of hot water and bake at 325°F. (slow oven) for 30 minutes or until set.

Serve with a white sauce with cooked green peas added.

Six servings.

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10039-D

Baked
Frankfurters
with Cheese

1/2 pound frankfurters, cut in 1/2 inch slices	1/4 teaspoon minced garlic
1-1/2 cups cooked tomatoes	1 cup shredded cheese
1/4 cup chopped green pepper	2 cups cooked rice
1/2 cup chopped onion	1/2 teaspoon salt

Combine all ingredients. Pour into greased baking pan. Cover and bake at 400°F. (hot oven) for 50 minutes. Uncover and bake 15 minutes longer. Six servings.

Macaroni, Cheese, and Dried Beef

1 tablespoon butter or margarine	1 cup shredded cheese
1-1/2 tablespoons all-purpose flour	1 cup macaroni
1 teaspoon salt	2-1/4 cups boiling water
1-1/2 cups hot milk	3/4 teaspoon salt
1/2 teaspoon powdered dry mustard	1-1/2 ounces dried beef, chopped

Melt the fat; blend in flour and salt. Stir into hot milk. Cook until thickened, stirring constantly. Add mustard and cheese; stir until blended.

Cook macaroni in boiling salted water for 11/4 minutes. Drain. Rinse with water to remove excess starch.

Combine macaroni, cheese sauce, and dried beef. Pour into a baking pan or casserole. Bake at 350°F. (moderate oven) for 1 hour or until brown. Six servings.

Variation: For macaroni and cheese, increase cheese to 1-1/2 cups and omit dried beef.

Cheese Rarebit

1/4 cup butter or margarine	Few grains paprika
1/4 cup all-purpose flour	2 cups hot milk
1/4 teaspoon salt	3 cups shredded cheese
1/4 teaspoon powdered dry mustard	1 egg, beaten

Melt the fat; blend in flour, salt, mustard, and paprika. Add to the hot milk and cook until thickened, stirring constantly. Blend in the cheese. Remove from heat and add the egg. Reheat. Serve on toast or cooked rice. Six servings.

Cheese-Rice Special

1/4 cup canned mushrooms, stems
and pieces
1 tablespoon chopped onion
1/4 cup chopped blanched almonds
1 tablespoon butter or margarine
1/2 cup uncooked rice

2 tablespoons finely chopped parsley
1/2 cup shredded cheese
1-3/4 teaspoons salt
1 teaspoon meat extract
1-1/2 cups boiling water and
mushroom liquid

Drain the mushrooms; save the liquid. Lightly brown the mushrooms, onion, and almonds in the fat. Add rice, parsley, and shredded cheese. Mix thoroughly. Place mixture in a baking pan or casserole. Add salt and meat extract to the water and mushroom liquid and pour over the rice mixture. Cover. Bake at 375°F. (moderate oven) for 45 minutes to 1 hour, or until rice is done. Six servings.

Fish Baked in Cheese Sauce

2 tablespoons butter or margarine
3 tablespoons all-purpose flour
3/4 teaspoon salt
1/8 teaspoon nutmeg
1/2 teaspoon powdered dry mustard

1 cup hot milk
3/4 teaspoon lemon juice
1/2 cup shredded cheese
2 pounds fish fillets (haddock,
perch, flounder, or sole)

Melt the fat and blend in flour, salt, nutmeg, and mustard. Stir in the milk; cook until thickened, stirring constantly. Add lemon juice and cheese. Stir until cheese is melted.

Place fish fillets in greased baking pan or casserole. Cover with cheese sauce. Bake at 375°F. (moderate oven) for 45 minutes. Six servings.

Potato-Cheese Surprise

3 cups mashed potatoes
1 egg, well-beaten
3/4 teaspoon salt
1/2 teaspoon finely chopped onion
1/2 cup shredded cheese
6 tomato slices
1/4 cup dry bread crumbs
2 tablespoons melted butter
or margarine
1/2 teaspoon salt

Combine potatoes, eggs, salt, onion. Mix well. Shape into 6 patties and place on a greased baking pan. Make a depression in each pattie and fill with cheese. Cover with a slice of tomato. Mix bread crumbs with the fat and salt and sprinkle over tomato.

Bake at 350°F. (moderate oven) for 30 minutes. Six servings.

10033-D





10034-D

SALADS

Potato Cheese Salad

2 cups diced, cooked potatoes	2 tablespoons chopped onion
2 hard-cooked eggs, coarsely chopped	1-1/2 cups diced cheese
1 teaspoon salt	1/2 cup mayonnaise
1/2 cup coarsely chopped celery	1/4 cup sweet pickle juice

Combine all ingredients. Chill for 30 minutes to allow potatoes to absorb dressing. Serve on crisp salad greens; garnish with sliced pickle, if desired. Six servings.

Cheese-Kidney Bean Salad

1 cup diced cheese	3/4 teaspoon salt
1-1/3 cups cooked kidney beans	1 hard-cooked egg, diced
1/3 cup chopped sweet pickle	3 tablespoons mayonnaise
1/2 cup diced celery	1-1/4 teaspoons prepared mustard
1 tablespoon chopped onion	1-1/4 teaspoons pickle liquid

Combine all ingredients. Toss lightly. Refrigerate 30 minutes to blend flavors. Serve on crisp salad greens. Six servings.

SANDWICH FILLING

Egg-Cheese Sandwich Filling

1/2 cup shredded cheese	4 teaspoons chopped sweet pickle
2 hard-cooked eggs, finely chopped	1-1/2 teaspoons lemon juice
1/8 teaspoon paprika	2 teaspoons cooked salad dressing
1/4 teaspoon salt	

Combine all ingredients, mixing well. Six sandwich fillings.

BREADS

Cheese Rolls

2/3 cup milk
2 tablespoons shortening
1/4 cup sugar
2-1/4 teaspoons salt
2/3 cup lukewarm water

1 package active dry yeast, or
1 cake compressed yeast
4 cups all-purpose flour
1-1/3 cups shredded cheese

Scald milk; add shortening, sugar, and salt, and cool to lukewarm. Place water in a large bowl; add yeast. Stir after 10 minutes. Combine milk and yeast mixtures; add 2 cups flour and beat well. Add more flour to make a soft dough; blend in the cheese.

Turn out dough on a lightly floured board and knead until smooth and satiny (or mix in mixer at low speed for 12 minutes). Form dough into a smooth ball. Place in a greased bowl and turn so as to grease top. Cover and let rise in a warm place for about 1 hour or until doubled in size.

Shape dough into rolls; place on lightly greased pans and let rise until doubled in size. Bake at 400°F. (hot oven) for 10 minutes. Two and one-half dozen 1-ounce rolls.

Cheese Biscuits

2 cups all-purpose flour
1 tablespoon baking powder
3/4 teaspoon salt

1/2 cup shredded cheese
1/3 cup shortening
About 3/4 cup milk

Sift dry ingredients together 3 times. Add shredded cheese. Cut in the shortening until well blended. Add enough milk to make a soft dough.

Turn out on a lightly floured board. Roll to 1/2 inch thickness. Cut with a biscuit cutter or into squares with a knife. Place on a baking sheet and bake at 425°F. (hot oven) for 12 to 15 minutes. Twelve 2-inch biscuits.

10037-D



CHEESE IN A SAUCE, A VEGETABLE DISH, A DESSERT

Cheese Sauce

1/4 cup butter or margarine 2 cups hot milk
1/4 cup sifted all-purpose flour 1-1/2 cups shredded cheese
1/2 teaspoon salt

Melt the fat; blend in the flour and salt. Stir in the milk. Cook until thickened, stirring constantly. Add the cheese and stir until melted. Serve over cooked vegetables such as broccoli, cabbage, onions, or eggplant.

Mexican Cheese-Potato Balls

1-1/2 cups hot mashed potatoes 1 teaspoon grated onion
2 eggs, beaten 1 teaspoon milk
1/4 teaspoon chili powder 1/2 cup shredded cheese
1/2 teaspoon salt 1/2 cup dry bread crumbs
1/8 teaspoon powdered dry mustard

Combine potatoes, eggs, seasonings, and milk. Blend cheese and bread crumbs. Add one-half to the potato mixture. Shape into balls and roll in remaining cheese-crumbs mixture. Fry in deep fat at 380°F. until golden brown. Drain. Six servings.

Cheese-Apple Crisp

1 quart sliced pared apples 1/4 cup rolled oats
1 teaspoon lemon juice 1/2 teaspoon cinnamon
2 tablespoons water 1/8 teaspoon salt
3/4 cup brown sugar 1/4 cup butter or margarine
1/4 cup nonfat dry milk 1 cup shredded cheese
1/3 cup all-purpose flour

Arrange apples in greased baking pan. Combine lemon juice and water; pour over the apples.

For the topping, combine sugar, dry milk, flour, rolled oats, cinnamon and salt. Work in the fat and cheese to form a crumbly mixture.

Cover apples with topping and press down firmly. Bake at 350°F. (moderate oven) for 30 to 40 minutes or until apples are tender. Six servings.