

## Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



1  
Ag 84L  
17-3

# Cheese

**IN  
YOUR  
MEALS**



---

*Issued by*

**BUREAU OF HUMAN NUTRITION  
AND HOME ECONOMICS**  
Agricultural Research Administration  
U. S. Department of Agriculture  
Washington, D. C.  
July 1943

U. S. GOVERNMENT PRINTING OFFICE 16-32218-5

---

For sale by the Superintendent of Documents, U. S. Government Printing Office  
Washington 25, D. C.—Price 5 cents

---

**U.S. DEPARTMENT OF AGRICULTURE**

Leaflet No. 262

Formerly AW1 16

## CHEESE TO PLEASE

---

SOME like it mild . . . some like it nippy. Some like it cooked . . . some like it "as is." But any way you take it—American cheddar cheese pleases most of the people most of the time.

### *Handy Food Package*

A lot of good things come in a small package of cheese. Its "contents" include protein of the best quality . . . calcium needed for bones and teeth . . . riboflavin of the vitamin B family. Cheese made from whole milk has vitamin A too.

### *Make It a Main Dish*

"Something to build meals around" is cheese. An egg-and-cheese combination, macaroni-and-cheese, or any dish with quite a bit of cheese in it belongs in the main-dish class. Like meat, eggs, fish—cheese has satisfying flavor and staying power.

Cheese also fits into meal plans in soups, salads, desserts. But remember, cheese is a concentrated food . . . far more than just a tidbit to top off an already complete meal.

### *Get the Good from Every Piece*

Waste no cheese. Use every little bit. Cut off only as much as you need each time . . . then store the rest tightly wrapped in paper or clean cloth. Use promptly before the cheese dries out. Cheese may mold without spoiling. If it does, cut off the mold and use the rest.

Go easy with the heat when you cook cheese. That way the cheese melts completely and spreads good cheese flavor through the whole dish. Cooked too quickly, cheese gets tough and stringy.

To speed up the melting and blending of cheese, get it into small pieces before you heat it. Break it . . . grate it . . . slice it . . . shave it thin. Whenever possible, mix the cheese into a sauce before adding it to other ingredients.

*Recipes in this leaflet serve 6.*

## SAUCE FOR A STARTER

---

With a smooth cheese sauce as a starter, you can build many kinds of dishes—dishes that give you plenty of leeway to adjust to current cheese supplies. For you can easily vary the cheese to make a sauce mild, rich, or in-between.

### *Cheese Sauce*

4 tablespoons fat	½ teaspoon salt
4 tablespoons flour	½ pound cheese, shaved
2 cups milk	thin (2 cups)

Melt the fat, blend in the flour. Add cold milk and salt. Heat and stir until thickened. Add the cheese. Stir until it melts.

*Serve over* bread or toast slices . . . boiled rice, hominy grits, macaroni, or spaghetti . . . boiled potatoes, cabbage, asparagus, onions, cauliflower, or broccoli.

### *Scalloped Vegetables*

Pour cheese sauce over fresh-cooked or left-over vegetables—snap beans, carrots, turnips, peas, corn. Put in a shallow baking dish, cover with bread crumbs, bake until crumbs are brown and the vegetables heated through.

### *Welsh Rabbit*

For an easily made rabbit that will not curdle make a cheese sauce as above and beat lightly till the cheese melts. Add onion and any other seasoning you wish. Beat 1 or 2 eggs well. Pour a little of the sauce into the egg, then pour all back into the sauce. Cook 2 or 3 minutes longer, then serve on toast or crackers.

### *Tomato Rabbit*

2 tablespoons fat	2 tablespoons flour
½ small onion, chopped	1 pint tomatoes
½ green pepper, chopped,	½ pound cheese, shaved
if desired	thin (2 cups)
½ cup finely cut celery, if	1 teaspoon salt
desired	2 eggs, well beaten

Melt fat in a heavy skillet. Stir in onion, celery, and pepper. Cook a few minutes, stirring frequently. Add the flour, tomatoes, cheese, and salt. Stir and cook over low heat until the mixture thickens and the cheese melts. Pour some of this mixture into well-beaten eggs. Pour all back into the skillet and cook until thickened and creamy. Serve on toast or crackers.

## CHEESE MAIN DISHES

### *Cheese Baked With Macaroni or other cereal*

Into a baking dish put cooked macaroni . . . spaghetti . . . coarse hominy . . . noodles . . . or rice. Pour a cheese sauce over it. If you wish, add bread crumbs to brown over the top. Bake in a moderate oven for about 30 minutes.

*Vary* by adding seasonings such as pepper, paprika, chopped pimiento, red or green pepper.

*Make it a more substantial dish* by adding slightly beaten eggs to the cheese sauce before pouring it over the macaroni or other cereal.

### *Fried Mush with cheese-and-tomato sauce*

Brown slices of cold corn meal mush in fat until crisp. Pour a tomato-and-cheese sauce over the mush.

Or make the tomato sauce plain and sprinkle grated cheese on top.

### *Cheese Fondue*

4 eggs, well beaten	¼ to ½ pound cheese, sliced thin (1 to 2 cups)
2 cups hot milk	1 tablespoon fat
2 cups soft bread crumbs	Salt to taste

Beat the eggs well. Mix the milk, bread crumbs, cheese, fat, and salt. Stir this mixture into the beaten eggs. Pour into a well-greased shallow pan and bake in a moderate oven for about 25 minutes—or until set and lightly browned on top. Serve at once.

### *Cheese Omelet*

Add grated cheese to your favorite omelet mixture before cooking. Or, spread thin slices of cheese over the omelet after it has cooked . . . but before you roll it to turn out on a hot platter.

### *Baked Eggs With Cheese*

Break eggs into a well-greased shallow baking dish. Dot with fat, sprinkle with salt and pepper. Cover with milk. Sprinkle with grated or shaved cheese and dry bread crumbs. Bake in a moderate oven until eggs are set and crumbs are brown.

## CHEESE MAIN DISHES

### *Cheese Souffle*

1½ cups milk	½ pound cheese, shaved thin (2 cups)
1 cup bread crumbs	¾ teaspoon salt
1 tablespoon fat	Pepper to taste
4 eggs	

Heat the milk, bread crumbs, and fat in a double boiler. For the crumbs, crumble up leftover pieces of bread and pack the measure well. Do not use fine, very dry crumbs. Add cheese to the hot mixture. Stir until the cheese has melted. Add this mixture to the well-beaten egg yolks. Season. Fold hot mixture into the stiffly beaten egg whites containing the salt. Pour into a greased dish, and bake in a moderate oven for 1 hour, or until set in the center.

### *Scrambled Eggs With Cheese*

Add grated cheese just before the egg-and-milk mixture goes into the pan. Cook very slowly so the cheese melts as the eggs cook.

### *Cheese, Corn, and Tomato*

3 tablespoons flour	2 cups cooked corn
3 tablespoons melted fat	2 teaspoons salt
1 onion, sliced	¼ to ½ pound cheese, cut thin (1 to 2 cups)
2 cups cooked tomatoes	

Brown the flour in a heavy skillet. Take flour from the skillet and blend with 2 tablespoons of the fat. Brown the onion in the remaining fat, add the tomatoes, corn, salt, and flour-fat mixture and cook for about 10 minutes. Stir in the cheese. When it has melted, serve on thin crisp toast.

### *Cheese Puff*

8 slices bread	2 cups milk
½ pound cheese, grated (2 cups)	½ teaspoon salt
3 eggs	Pepper, paprika, mustard, if desired

Fit four bread slices into the bottom of a greased baking dish. Sprinkle with half the cheese; cover with remaining bread. Beat eggs; add milk and seasonings; pour over the bread-and-cheese mixture and cover with remaining cheese. Set baking dish in a pan of hot water and bake in a moderate oven for about 40 minutes or until the custard is set and the bread is puffed up.

## TOASTED OR UNTOASTED

---

### *Cheese Toast*

$\frac{1}{2}$  to  $\frac{3}{4}$  pound cheese, 2 tablespoons water  
thinly sliced (2 to 3 2 eggs  
cups)  $\frac{1}{2}$  teaspoon salt  
1 cup milk  $1\frac{1}{2}$  teaspoons baking  
2 tablespoons flour powder

Shave cheese into thin, small pieces. Heat milk in a double boiler, thicken with flour, which has been mixed with water. Cook for 5 minutes. Add this sauce to the beaten eggs. Then add the cheese and salt. Cook slowly until cheese melts and the mixture is creamy. Let it cool. Then add baking powder.

Toast one side of the bread. Spread cheese mixture thickly on untoasted side—to the very edge. Brown delicately under a low broiler flame or in the oven. Serve hot from the oven. Makes enough for 10 to 12 slices.

### *Toasted on Crackers*

Grate cheese or slice it fine. Spread over crackers. Toast in the oven or under a low broiler flame until the cheese melts. Serve instead of a sweet dessert—or to make soups and salads more substantial.

### *Sandwiches—Untoasted*

Grate cheese or cut it fine. Then mix with one or more of the following as a sandwich filling and, if you wish, put in a leaf of lettuce or tender cabbage:

Chopped onion . . . Chopped carrot . . .  
Chopped pickle . . . Cooked beans . . . Celery,  
cut fine.

### *Sandwiches—Toasted*

Slice bread thin. Make into sandwiches with thin even slices of cheese. Toast slowly—in the oven . . . under a low broiler flame . . . or in a little fat in a heavy skillet.

*French-toasted.*—To make the sandwich even heartier, beat up 1 or 2 eggs with 1 cup of milk. Dip the sandwiches lightly into this—on both sides. Fry slowly in a little fat. Brown on both sides and serve hot.

## GOOD TO THE RIND

---

Every bit of cheese is good food . . . down to the rind. If cheese gets too hard to cut . . . grate it and keep it on hand in that form. Here are ways to use up odd pieces of grated cheese.

### *Cheese Muffins or Biscuits*

Add  $\frac{1}{2}$  cup grated cheese to the sifted dry ingredients in a family-sized muffin or biscuit recipe.

### *Cheese Pin Wheels*

Make biscuit dough by any standard recipe. Pat the dough out to one-fourth inch thickness. Spread grated cheese over the dough, then roll the dough up as for a jelly roll. Cut across the roll in half-inch slices. Bake like biscuits in a greased pan.

### *Potato Soup*

Add about  $\frac{3}{4}$  cup grated cheese to a quart or more of potato soup before ready to serve. Keep the soup hot and stir just long enough to melt the cheese. Do not boil.

### *Onion Soup*

Sprinkle grated cheese atop toast pieces in an onion soup made with meat broth.

### *Vegetable Salads*

Add small bits of cheese to a tossed green vegetable salad . . . to a potato salad . . . a kidney bean salad. Add grated cheese to salad dressing you serve over lettuce . . . sprinkle cheese over beet slices.

### *Happy Mealtime Ending*

One of the most satisfying endings to a meal—and easiest of desserts—cheese and crackers, with fruit, fresh, dried, or canned.