50 WONDERFUL WAYS to use CHEESE

FROM THE TEST KITCHEN OF THE AMERICAN DAIRY ASSOCIATION
Through the ages, people in many countries of the world have enjoyed cheese.

But it has taken American science and know-how applied to famous Old World formulas, to produce the finest cheeses the world has ever known.

Cheese is a versatile, dramatic dairy product which lends its own distinctive flavor to foods in which or with which it is used. It is an economical, protein-packed food. Its many varieties afford an appetizing range of flavors from mild to nippy. Textures ranging from soft and spreadable to hard and grateable make cheese adaptable to use in virtually any part of the menu.

The Home Service Department of the American Dairy Association has carefully selected and thoroughly tested the recipes in this book to assure you, the American Homemaker, a variety of practical yet tantalizing dishes using various cheeses.

We hope you'll use these recipes regularly to add variety to your everyday menu and distinction to your "company" meals.

The cheese chart on pages 16 and 17 will help you to identify the various cheeses and to select them for specific use.
A Wonderful Way to use CHEESE...as a gift

A gift that's delightfully different—CHEESE! The symbol of good living and gracious giving, cheese is a satisfying favor for family and friends; a remembered pleasure for business acquaintances, whether given at Christmas or for any occasion throughout the year.

To make the gift giving of cheese easy, a number of companies now specialize in packing and distribution of a wide variety of cheese boxes. For a list of firms offering gift cheese packages write:

AMERICAN DAIRY ASSOCIATION
20 North Wacker Drive, Chicago 6, Ill.
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II. VEGETABLE DISHES

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AMERICAN DAIRY ASSOCIATION
20 North Wacker Drive
Chicago 6, Ill.

Please send free illustrated literature and prices of various Special Cheese Gift Packages.

Name ____________________________________________________________

Address _________________________________________________________

City ___________________________ Zone _____ State ________________

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20 North Wacker Drive, Chicago 6, Ill.
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Baked Cheese Pastries

Cooky sheet, lightly floured
Preheated 425° oven
1/2 cup (1 stick) butter, softened
2 cups prepared biscuit mix
1 cup firmly packed shredded Cheddar cheese

Blend butter, Cheddar cheese and prepared biscuit mix thoroughly. On waxed paper, shape in roll, wrap and chill in refrigerator. When ready to use, cut 1/4-inch thick slices and place on cooky sheet. Sprinkle tops with any of the following: sesame, poppy, caraway, dill or celery seeds; oregano and parsley leaves; and/or dried minced onion. Bake 5-8 minutes or until golden. Allow to stand overnight.

NOTE: Pastry may also be frozen. Thaw partially before slicing to bake.

Parmesan Cheese Balls

Yield: approx. 25

2 slices white bread, crusts removed
1/2 cup milk, scalded
2/3 cup grated Parmesan cheese
1 teaspoon flour
1 egg
Pinch of cayenne pepper

Place white bread in saucepan. Pour scalded milk over bread and set aside until lukewarm. Place pan over low heat and stir until pasty. Remove from heat. Mix in cheese and flour. Blend egg into mixture; add cayenne pepper. If consistency seems too moist, add 1 tablespoon bread crumbs or cracker meal. Allow mixture to cool. Make into 3/4-inch balls, using a teaspoon, and deep-fry in 350° fat until golden brown.

CHILI-CHEESE APPETIZERS

Chili-Cheese Spread

Yield: 3/4 cup

1 cup finely shredded sharp Cheddar cheese
2 tablespoons chili sauce

Combine ingredients and mix until well blended. Spread on crackers and broil until cheese melts.
Hot Cheese Tartlets

Muffin pans, very small          12-18 small tarts         Preheated 425° oven
1/2 pound sharp Cheddar cheese, 1/4 teaspoon paprika
    cubed                      1/4 teaspoon Worcestershire sauce
1 tablespoon cream or milk       Pie crust (1/2 box pie crust mix)
1/2 teaspoon dry mustard         Grated Parmesan cheese

Melt Cheddar cheese in saucepan over very low heat. Add milk or cream, mustard, paprika and Worcestershire sauce and mix well. Roll out pie crust dough and cut into 2 3/4-3 inch rounds. Line very small muffin pans, forming small shells. Bake 10-12 minutes. Pour hot cheese mixture into shells and top with Parmesan cheese. Return to oven 3-5 minutes or until tops are bubbly.

Variations: Place in bottom of baked tartlets any one of the following before pouring over the hot cheese mixture:
- cube of sweet pickle, stuffed olive slice, piece of salami, crumbled cooked bacon, slice of cocktail onion.

Cheese Puffs

Cooky sheet               Yield: 40-48    Preheated 350° oven
1/2 cup (1 stick) butter, softened                     Dash of cayenne pepper
2 cups shredded sharp Cheddar cheese                  1 cup flour
1/2 teaspoon Worcestershire sauce

Mix together butter, Cheddar cheese and seasonings. Mix in flour. Shape into smooth ball, wrap in waxed paper and chill. Taking from refrigerator about 1/4 of mixture at a time, shape into balls about size of large marbles, flouring the hands to make rolling easier. Place on ungreased cooky sheet about 2 inches apart. Bake 12-15 minutes. These will spread a little. Serve piping hot. The dough may be rolled in advance and kept refrigerated until baking, or stored in freezer to be brought out and baked as desired.

Popcorn Parmesan

Yield: 1 quart

1 quart popped corn          1/4 cup (1/2 stick) butter, melted
1/4 cup grated Parmesan cheese          Salt

Toss hot, freshly popped corn with Parmesan cheese and melted butter. Salt to taste.
Special Cheese Tray Idea

Football fans will tear down the grandstand—if you build it with cheese! This platter, with a simple football field design on green paper, with cheese and olives ingeniously used as players, makes a perfect snack tray for before and after game parties. The clever hostess can develop similar ideas for other events.

Chili-Cheese-Bacon Spread

Yield: ¾ cup

1 cup finely shredded sharp Cheddar cheese  1 tablespoon minced onion
2 tablespoons chili sauce  1 tablespoon finely chopped green pepper
2 slices bacon, fried crisp and crumbled

Combine all ingredients and mix until well blended. Spread on crackers and broil until cheese melts.

Cheese Spice Gems

Buttered muffin pans, medium size

14-16 muffins  Preheated 400° oven
1/2 cup buttermilk
1 egg, well beaten
1/4 cup (1/2 stick) butter, melted
1 cup shredded Cheddar cheese
1/4 cup chopped raisins or dates, if desired

Buttered muffin pans, medium size
2 cups flour
1 tablespoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ginger
1/2 cup molasses

Sift together flour, baking powder, baking soda, salt and ginger. Stir molasses and buttermilk into beaten egg; then add to dry ingredients along with butter, Cheddar cheese and raisins. Mix only until flour is moistened. Fill muffin pans about 2/3 full. Bake 12-15 minutes. Serve piping hot with plenty of butter.
Cheese Corn Sticks

Iron corn stick pan, well-buttered 12-14 corn sticks Preheated 425° oven
1 1/2 cups yellow corn meal 1 cup milk
1/2 cup flour 1 egg, beaten
3 tablespoons sugar 1/4 cup (1/2 stick) butter, melted
1 tablespoon baking powder 1/4 pound Cheddar cheese, cubed
1/2 teaspoon salt

Sift together corn meal, flour, sugar, baking powder and salt. Blend milk, egg and butter; stir into dry ingredients just to moisten. Add Cheddar cheese. Spoon into corn stick pans and bake 18-20 minutes. Serve hot.

Sesame Cheese Biscuits

Cooky sheet 10 biscuits Preheated 500° oven
1 package refrigerated baking powder 3/4 cup grated Parmesan cheese
1/4 cup (1/2 stick) butter, melted 3 tablespoons sesame seeds

Dip biscuits in melted butter. Mix Parmesan cheese and sesame seeds in a shallow pan; roll each biscuit in mixture, coating both sides well. Place on ungreased cooky sheet and bake 8 minutes.

Cheese Yeast Bread

2 Buttered loaf pans, 2 loaves Preheated 375° oven
3 1/2 x 7 1/2 x 2 1/2 inches
2 cups milk 2 teaspoons salt
3 cups shredded Cheddar cheese 1 cake compressed yeast
1/4 cup sugar 5 1/2 cups flour
2 tablespoons butter Butter, melted

In a saucepan, scald milk. Add 2 cups of the cheese, sugar, butter and salt. Stir until cheese melts. Cool to lukewarm. Add crumbled yeast. Let stand 3 minutes. Stir well, then add remaining 1 cup of cheese and all but 1/2 cup of flour. Mix thoroughly. Turn out on board or pastry cloth sprinkled with remaining 1/2 cup flour. Knead until dough is smooth and satiny. Place in large well-buttered bowl; brush top with melted butter. Cover with a cloth and put in warm place to rise until double in bulk. Punch dough, cut in half. Knead each half about 10 times. Shape into 2 loaves and place in bread pans. Cover with cloth and again let rise until almost double in bulk. Bake 45 minutes, or until done. Remove immediately from pans. Place on wire rack to cool.
Cheese Date Nut Loaf
Buttered loaf pan, 3 1/2 x 7 1/2 x 2 1/2 inches  1 loaf  Preheated 325° oven
3/4 cup boiling water  1 teaspoon baking soda
1/2 pound dates, finely chopped  1/2 cup sugar
2 tablespoons butter  1 egg, well beaten
1 3/4 cups flour  1 cup shredded Cheddar cheese
1/4 teaspoon salt  3/4 cup chopped walnuts

Pour boiling water over dates and butter. Let stand 5 minutes. Sift together flour, salt, baking soda and sugar. Add cooled date mixture, beaten egg, Cheddar cheese and nuts. Mix only until blended. Spoon mixture into pan. Let stand 20 minutes. Bake 50-60 minutes. Turn out on rack to cool.

Cheese Onion Soup
4-6 servings
1/4 cup (1/2 stick) butter  1/8 teaspoon pepper
1 1/3 cups chopped onion  3 cups milk
2 tablespoons flour  1 1/2 cups shredded sharp Cheddar cheese
1 teaspoon salt

Melt butter in saucepan; add onion and saute until lightly browned. Stir in flour, salt and pepper. Gradually add milk and cook, stirring constantly, until mixture begins to thicken. Add Cheddar cheese and continue to stir until cheese melts. Heat to serving temperature, but do not boil. Serve at once.

Cheese Tuna Chowder
4-6 servings
1/4 cup (1/2 stick) butter  1 teaspoon salt
1 medium onion, chopped  1/4 teaspoon pepper
1/4 cup chopped green pepper  3 cups milk
1/2 cup chopped celery  1 cup (7 oz. can) tuna, flaked
2 tablespoons flour  2 cups shredded sharp Cheddar cheese

Melt butter in saucepan. Add onion, green pepper and celery; simmer until tender. Blend in flour, salt and pepper. Gradually add milk and cook, stirring constantly, until soup thickens. Add tuna fish and Cheddar cheese, stirring until cheese melts and soup is serving temperature. Serve at once and top with additional shredded Cheddar cheese, if desired.
Asparagus Cheese Soup

6 servings

1/4 cup (1/2 stick) butter 1 1/2 quarts milk
1/4 cup flour 2 packages frozen asparagus, cooked, drained and diced
1 tablespoon salt 3 cups shredded Cheddar cheese
Dash of freshly grated nutmeg Paprika
Dash of pepper

Melt butter and blend in flour, salt, nutmeg and pepper. Gradually add milk and cook, stirring constantly, until slightly thickened. Add asparagus and Cheddar cheese and continue to stir until cheese melts. To serve, garnish with paprika and a little more shredded Cheddar cheese or grated Parmesan cheese.

Top Hat Cheese And Corn Souffle

Casserole, 2-quart 5-6 servings Preheated 350° oven

1/4 cup (1/2 stick) butter 1/8 teaspoon garlic salt
1/4 cup flour 1/2 teaspoon Worcestershire sauce
2 cups (1-lb. can) yellow cream style corn 1 1/2 cups shredded Cheddar cheese
1/3 cup milk 1/2 cup shredded Provolone cheese
1/4 teaspoon salt 5 large egg yolks, slightly beaten

In a saucepan, melt butter and blend in flour until smooth. Add corn, milk, salt, garlic salt and Worcestershire sauce and cook, stirring constantly, until thickened. Add cheeses and stir until melted. Blend egg yolks into sauce. Cool slightly. Gently stir 1/4 of egg whites into cheese sauce. Carefully fold remaining egg whites into sauce until just blended. Pour into ungreased casserole and bake 45-50 minutes. Serve immediately.
Cheeseroni Casserole

Buttered casserole, 2-quart         6 servings       Preheated 350° oven

1 7-ounce package elbow macaroni
2 cups shredded sharp Cheddar cheese
1 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon oregano, crumbled
1 small onion, sliced thin
1 1/2 cups (1 tall can) evaporated milk
2 tablespoons grated Parmesan or Romano cheese
1 tomato, cut in 8 wedges

Cook macaroni according to package directions. Rinse with hot water and drain. Place half the macaroni in casserole. Cover with half the Cheddar cheese. Mix salt, pepper and oregano; sprinkle half over cheese. Separate onion slices into rings and place half on top of cheese layer. Pour about half the evaporated milk over onions. Repeat each layer. Sprinkle Parmesan cheese on top. Bake 20 minutes. Place tomato wedges on top of casserole. Return to oven and continue baking 10 minutes longer.

Veal Parmegiania

Square baking dish, 9-inch        4 servings

2 eggs
1 teaspoon salt
1/8 teaspoon pepper
3/4 cup fine, dry bread crumbs
1/4 cup grated Parmesan cheese
4 veal chops
3 tablespoons butter
2 tablespoons butter
1/3 cup chopped onion
1/4 cup finely chopped green pepper
1 cup (8-oz. can) tomato sauce
1/4 teaspoon sweet basil
Salt and pepper
1 1/2 cups shredded Mozarella cheese

Beat eggs; add salt and pepper. Mix bread crumbs and Parmesan cheese. Dip veal chops in egg, then in bread crumb mixture. Melt the 3 tablespoons butter in skillet. Brown veal chops in butter and cook slowly until meat is done. While veal is cooking, prepare Tomato Sauce. In a small saucepan, melt the 2 tablespoons butter and saute onion and green pepper. Add tomato sauce and sweet basil. Season to taste with salt and pepper. Simmer 10 minutes. When chops are done, arrange in baking dish. Pour Tomato Sauce over them and top with Mozarella cheese. Broil until cheese is melted and lightly browned.
Devil-Of-A-Cheese Supper

Baking dish, 8 x 8 x 2 inches  5-6 servings  Preheated 325° oven
2 cups shredded Swiss cheese  4 eggs, slightly beaten
2 2¼-ounce cans deviled ham  2 cups milk
2 tablespoons prepared mustard  1 teaspoon sesame seeds
8 slices bread, toasted and buttered  ½ teaspoon caraway seeds

Mix Swiss cheese, deviled ham and mustard together. Spread mixture on four slices of toast, approximately ½ cup for each and top with remaining four slices. Quarter sandwiches diagonally and arrange in three rows in baking dish, standing crust sides down. Combine eggs and milk; pour over sandwiches. Sprinkle sesame and caraway seeds over top. Bake 45 minutes. NOTE: This casserole may be made ahead and refrigerated until ready to bake. It may also be baked and frozen, which would only require thawing and heating for service.

Southwestern Enchilada Dinner

Mexican Sauce:
4 servings

3 cups (3 8-oz. cans) tomato sauce  1½ teaspoons chili powder

Simmer tomato sauce and chili powder together, stirring occasionally, while making tortillas.

Tortillas:
1 cup milk  ½ teaspoon salt
¾ cup cornstarch  2 eggs, beaten
½ cup white or yellow cornmeal  2 tablespoons butter, melted

OR:
Commercially packaged tortillas

Mix milk and cornstarch to a smooth paste. Add milk-cornstarch mixture, cornmeal and salt to eggs. Stir in butter. Pour 3 tablespoons of the mixture for each tortilla into a buttered, heated 6-inch skillet. Brown on one side; turn and brown other side. Yield: 12 tortillas.

Filling:
1 cup shredded Cheddar cheese  1 cup chopped onion
1 cup shredded Brick cheese

Mix shredded cheeses and onion together.

For Mexican style Enchiladas, dip tortillas, one at a time, in Mexican Sauce. Place one tortilla on buttered baking sheet, sprinkle generous amount of cheese-onion mixture on it; repeat twice so as to have a stack of three layers. Make three more stacks. Heat in preheated 350° oven 10 minutes. Just before serving, top each with a fried egg sunny side up. Pass any remaining Mexican Sauce.
### Everyday CHEESE USE CHART

<table>
<thead>
<tr>
<th>NAME</th>
<th>COLOR, TEXTURE, FLAVOR</th>
<th>SHAPE</th>
<th>USE</th>
<th>HOW TO STORE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Romano</td>
<td>Yellow-white, Hard, granular, Piquant.</td>
<td>Circular or grated.</td>
<td>Grated or in wedges.</td>
<td>Grated on soups, breads, spaghetti; in cooked foods.</td>
</tr>
<tr>
<td>Parmesan</td>
<td>Yellow-white, Hard, sharp flavor.</td>
<td>Grated or in wedges.</td>
<td>Grated on soups, breads, spaghetti; in cooked foods.</td>
<td>Cured, keeps indefinitely.</td>
</tr>
<tr>
<td>Mozzarella</td>
<td>Non-ripened soft cheese. White stretchy cheese — when served hot becomes chewy.</td>
<td>Round ball or braid form.</td>
<td>Sliced; in cooked foods.</td>
<td>Refrigerated, covered. Keeps for about 7 days.</td>
</tr>
<tr>
<td>Provolone</td>
<td>Light yellow, smooth and somewhat plastic, mellow smoky flavor.</td>
<td>Peanut-shaped or sausage-shaped.</td>
<td>Appetizers; Sandwiches; in cooked foods; Desserts.</td>
<td>Refrigerated, wrapped to retain moisture.</td>
</tr>
<tr>
<td>Ricotta</td>
<td>White, sweet, cottage-type cheese. Non-ripened soft cheese.</td>
<td>Similar to cottage cheese.</td>
<td>Appetizers; Salads; in cooked foods; Desserts.</td>
<td>Refrigerated, wrapped to retain freshness.</td>
</tr>
<tr>
<td>Muenster</td>
<td>Creamy with edible white crust. Soft, Full, ammoniacal flavor.</td>
<td>Pie-wedges or round cake.</td>
<td>On crackers or with fruit, for appetizers or desserts.</td>
<td>Refrigerated to store. Serve room temperature.</td>
</tr>
</tbody>
</table>

### Chart Key
- **1. Provolone**
- **2. Mozzarella**
- **3. Cheddar Cheese Spread**
- **4. Cheddar Pineapple**
- **5. Camembert**
- **6. Cheese Spread**
- **7. Soft-Ripened Variety**
- **8. Grated Parmesan**
- **9. Limburger Spread**
- **10. Cottage Cheese**
- **11. Blue Cheese**
- **12. Brick**
- **13. Swiss**
- **14. Cheddar**
- **15. Port Du Salut**
- **16. Parmesan**
- **17. Processed American**
- **18. Packaged Cheddar Wedge**
- **19. Edam**
- **20. Mozzarella**
- **21. Sliced Packaged Processed**
- **22. Spreadable Cheese Food**
- **23. Cream Cheese**
- **24. Muenster**

**CHERT DESCRIPTION**
- **CHEDDAR**
  - Ranges white to orange. Semi-hard. Mild to sharp in flavor depending upon aging. America's most popular cheese.
  - Generally circular. Sold in weighed wedges, slices and blocks.
  - Appetizers; Sandwiches; Salads; in cooked foods; Desserts.
  - Refrigerated, wrapped to retain moisture.

- **BLUE**
  - Blue-veined; crumbly. Sharp, salty flavor.
  - Foil-wrapped wedges or 6-inch rounds.
  - Appetizers; Salads; Salad Dressings; in cooked foods; Desserts.
  - Refrigerated, wrapped to retain moisture.

- **SWISS**
  - Light yellow, large holes; nut-like sweet flavor.
  - Slices; circular, or loaf blocks.
  - Appetizers; Sandwiches; Salads; in cooked foods.
  - Refrigerated, wrapped to retain moisture.

- **BRICK**
  - Creamy yellow; semi-soft with small holes. Mild to sharp flavor.
  - Loaf or brick.
  - Appetizers; Sandwiches; Salads; in cooked foods.
  - Refrigerated, wrapped to retain moisture.

- **CREAM**
  - White, soft and smooth. Mild, delicately flavored.
  - Package or loaf.
  - Appetizers; Sandwiches; Salads; in cooked foods; Desserts.
  - Refrigerated, wrapped to retain moisture.

- **GOUDA**
  - Spherical with flat ends.
  - Appetizers; Salads; In cooked foods; Sliced; Desserts.
  - Refrigerated, wrapped to retain moisture.

- **EDAM**
  - Leaf or cannon ball.
  - Appetizers; Salads; in cooked foods; Desserts.
  - Refrigerated, wrapped to retain moisture.
Dolmades American Style

(Cabbage Bundles in Tangy Golden Cream)

Buttered baking dish 6 servings Preheated 375° oven

12 large cabbage leaves 2 cups cooked rice
1/2 cup chopped onion 2 teaspoons salt
1/2 cup (1 stick) butter, melted 1/2 teaspoon basil
2 pints frozen oysters, thawed and drained 2 cups shredded Cheddar cheese

Parboil cabbage leaves 10 minutes and drain. Meanwhile, sauté onion in butter until tender; remove. In remaining butter heat oysters until edges curl. Mix rice, salt, basil and Cheddar cheese together. Blend onion, oysters and butter into cheese-rice mixture. Put about 1/3 cup of this mixture into each cabbage leaf; wrap together and secure with a wooden pick. Place in baking dish and cover with half the sauce. Bake 15 minutes. Top with remaining sauce and serve immediately.

TANGY GOLDEN CREAM:

2 cups dairy sour cream 2 tablespoons lemon juice
2 cups shredded Cheddar cheese

In a saucepan, blend together sour cream and Cheddar cheese. Stirring constantly, warm over low heat until cheese melts; stir in lemon juice.

Swiss Fondue

6 servings

1 pound Swiss cheese, shredded 1/4 teaspoon freshly grated nutmeg
3 tablespoons cornstarch 2 cups buttermilk
1/2 teaspoon salt 1 clove garlic
1/4 teaspoon white pepper 1 loaf French bread

Toss Swiss cheese with cornstarch, salt, white pepper and nutmeg. In a saucepan or chafing dish heat buttermilk with garlic clove over low heat. When hot, remove garlic and add Swiss cheese; stir constantly until cheese is melted. Serve from chafing dish or casserole over a warmer. Each person serves himself from the common dish, dipping chunks of French bread, which are speared on long forks, into cheese sauce.
Chicken Divine

6 ramekins

6 servings

1 bunch fresh, OR 2 packages frozen broccoli, cooked and drained

1 1/2 pounds stewed OR canned chicken

Sauce:

1/4 cup (1/2 stick) butter

1/4 cup flour

2 cups chicken stock OR 1 can cream of chicken soup

1/4 cup crumbled Blue cheese

1/2 teaspoon marjoram

Salt and pepper to taste

1/2 cup whipped cream, whipped

1 cup grated Parmesan cheese

Paprika

In a saucepan melt butter and blend in flour. Gradually add chicken stock or cream of chicken soup, undiluted and cook, stirring constantly, until thickened. Add Blue cheese, marjoram and season to taste. Stir until cheese is melted. Remove from heat and allow to cool slightly. Fold in whipped cream. Divide broccoli among ramekins. Cover with half the sauce. Top with chicken, placing slice of breast on top. Add 1/2 cup of Parmesan cheese to remaining sauce and pour over chicken. Sprinkle with remaining Parmesan cheese. Add a dash of paprika. Brown under broiler and serve immediately.

Saucy Tuna Cook-In

6 servings

6 tablespoons butter

6 tablespoons flour

3 cups milk or equal amounts of milk and cream

1/4 cup chopped onion

3 tablespoons chopped pimiento

1 1/3 cups shredded Gruyere cheese

1 cup grated Parmesan cheese

1 tablespoon monosodium glutamate

1/2 cup (4-oz. can) button mushrooms, drained

1 cup (7-oz. can) chunk-style tuna fish, drained

In a saucepan melt butter and blend in flour until smooth. Gradually add milk and cook, stirring constantly, until sauce is thickened. Add onion, pimiento, Gruyere and Parmesan cheeses and monosodium glutamate. Stir until cheeses are melted. Add mushrooms and tuna fish. Serve hot on Cheese-Toasted Bite Size Shredded Wheat Biscuits,* toasted rusks or English muffins.

*CHEESE-TOASTED BITE SIZE SHREDDED WHEAT BISCUITS

In a shallow baking pan, mix 2 1/2 cups bite size shredded wheat biscuits with 1 cup shredded Cheddar cheese. Spread out and bake in a 250° oven about 1 hour, checking every 15 minutes to mix thoroughly. NOTE: Makes a very nice chafing dish casserole.
## Baked Eggplant With Cheese

Casserole, 1/2-quart  
4 servings  
Preheated 350° oven

**Tomato Sauce:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons butter</td>
<td>1 medium-size eggplant, peeled</td>
</tr>
<tr>
<td>2 tablespoons chopped onion</td>
<td>1 egg, beaten</td>
</tr>
<tr>
<td>1 6-ounce can tomato paste</td>
<td>1/4 cup milk</td>
</tr>
<tr>
<td>1 1/2 cups water</td>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>1/2 - 3/4 cup fine crumbs</td>
</tr>
<tr>
<td>1/4 teaspoon pepper</td>
<td>1/2 cup (1 stick) butter</td>
</tr>
<tr>
<td></td>
<td>1 1/2 cups shredded sharp Cheddar cheese</td>
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</tbody>
</table>

Melt butter in small saucepan and saute onion. Add tomato paste, water, salt and pepper; simmer 5 minutes. Remove from heat. Cut eggplant into 1/2-inch slices. Mix egg, milk and salt. Dip slices of eggplant into egg mixture, then into crumbs. Melt butter in frypan and saute eggplant slices until golden brown. Arrange alternate layers of eggplant, cheese and tomato sauce in casserole. Top with additional shredded Cheddar cheese and bake 20-30 minutes.

## Hearty Baked Cheese Tomatoes

4-6 servings  
Preheated 350° oven

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-6 large, firm tomatoes</td>
<td>1 tablespoon parsley flakes</td>
</tr>
<tr>
<td>1/2 pound Cheddar cheese, cubed</td>
<td>1/2 cup chopped cashew nuts</td>
</tr>
<tr>
<td>1 cup toasted bread cubes</td>
<td>2 tablespoons butter, melted</td>
</tr>
<tr>
<td>1/2 teaspoon nutmeg</td>
<td>1/4 cup finely chopped onion</td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td>1 cup diced tomato pulp</td>
</tr>
</tbody>
</table>

Core tomatoes and scoop out insides; sprinkle lightly with salt. Combine Cheddar cheese, bread cubes, nutmeg, salt, parsley flakes, nuts, butter, onion and tomato pulp. Fill tomatoes with cheese mixture and wrap each in aluminum foil. Bake 15 minutes.

If grilling outside, stand a green onion in center of each tomato. Wrap in foil with green stem shooting out the top. Place on grill over hot coals for about 15 minutes or until cheese melts.
Cheese-Caraway Sauce For Cooked Cabbage

Yield: 1⅓ cups (6 servings)

<table>
<thead>
<tr>
<th>2 tablespoons butter</th>
<th>1½ cups milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons flour</td>
<td>1½ cups shredded sharp Cheddar cheese</td>
</tr>
<tr>
<td>¼ teaspoon salt</td>
<td>2 tablespoons caraway seeds</td>
</tr>
<tr>
<td>⅛ teaspoon pepper</td>
<td>1 medium head cabbage, cut in wedges</td>
</tr>
<tr>
<td>Few drops Worcestershire sauce</td>
<td></td>
</tr>
</tbody>
</table>

Melt butter in saucepan. Blend in flour, salt, pepper and Worcestershire sauce. Gradually add milk and cook, stirring constantly, until sauce is smooth and thickened. Add Cheddar cheese and stir until melted. Stir in caraway seeds. Meanwhile, cook cabbage until just tender. Serve Cheese-Caraway Sauce with cooked cabbage wedges.

Parmesan Potato Sticks

Buttered shallow baking pan 6 servings Preheated 425° oven

<table>
<thead>
<tr>
<th>2 packages frozen French-fried potato sticks</th>
<th>1 teaspoon onion salt Paprika</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ cup (1/2 stick) butter, melted</td>
<td>½ cup grated Parmesan cheese</td>
</tr>
</tbody>
</table>

Arrange frozen potato sticks in a single layer in pan. Brush with melted butter and sprinkle with onion salt and paprika. Bake 20-25 minutes. Remove from oven and sprinkle with Parmesan cheese, shaking pan so potatoes are evenly coated. Serve immediately.

Swiss Vegetable Custard

Buttered baking dish, 3-4 cup 4 servings Preheated 375° oven

<table>
<thead>
<tr>
<th>1½ cups sliced yellow summer squash</th>
<th>Dash of cayenne pepper</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ cups sliced, fresh broccoli</td>
<td>½ cup nonfat dry milk</td>
</tr>
<tr>
<td>½ cup (1 stick) butter, melted</td>
<td>1 egg, well beaten</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>½ cup shredded Swiss cheese</td>
</tr>
<tr>
<td>¼ teaspoon dry mustard</td>
<td>⅛ cup grated Parmesan cheese</td>
</tr>
</tbody>
</table>

Blue Cheese Pear Salad

4 servings

2 pears, fresh
1 apple
Orange or lemon juice
1/2 cup (2 oz.) Blue cheese, crumbled
Lettuce

Salad Dressing:

1/2 cup dairy sour cream
2 tablespoons chili sauce
1 teaspoon lemon juice
1 teaspoon sugar
1/4 teaspoon salt
Dash of white pepper
Paprika

Quarter and core fruit, dip in orange or lemon juice to prevent darkening. For each salad slice 2 pear quarters into 3 wedges each and 1 apple quarter into 4 wedges. Spread Blue cheese between alternating wedges and arrange fan shaped on a lettuce leaf. Top with dressing made by blending sour cream with remaining ingredients.

Hearty Supper Salad

6 servings

1 cup elbow macaroni
2 cups diced cooked ham or lunchmeat
1/2 cup chopped sweet pickle
1 1/2 cups diced sharp Cheddar cheese
1 cup chopped celery

1 small onion, chopped
1/2 cup chopped sweet pickle
1/2 cup dairy sour cream
2 tablespoons prepared mustard

Cook macaroni in boiling salted water until tender, according to package directions. Rinse and drain. Put in mixing bowl with ham, Cheddar cheese, celery, onion and pickle. Blend together sour cream and mustard. Add to macaroni mixture. Toss until well blended. Chill thoroughly before serving.

Swiss Apple Salad

4-6 servings

4 medium red eating apples
2-3 tablespoons lemon juice
1 cup (4 oz.) diced Swiss or Gruyere cheese
1 cup diced celery

1/8 teaspoon salt
1 cup dairy sour cream
4-6 lettuce cups

Quarter and core apples; dice. Sprinkle with lemon juice to keep from darkening. Add cheese, celery, salt and sour cream. Blend well. Serve in crisp lettuce cups. Garnish with watercress sprig, if desired.
Caesar Salad

Salad Dressing:

- 1/2 cup salad oil
- 1 garlic clove, quartered
- 1 1/2 teaspoons salt
- 1 teaspoon dry mustard
- 3/4 teaspoon pepper

Combine all ingredients in a jar with a tight fitting lid. Cover. Shake well and refrigerate at least overnight.

Salad:

- 1/2 green pepper, cut in thin strips
- 1/2 cucumber, sliced
- 1 small head lettuce
- 1/2 head endive
- 1 bunch watercress
- 6 radishes, sliced
- 1 cup grated Parmesan cheese
- 1 cup (5 oz.) Blue cheese, crumbled
- 2 cups buttered and toasted croutons
- 1 egg
- 1 can anchovy fillets, drained

At serving time combine well chilled greens in a large bowl. Strain garlic from salad dressing and add with cheeses and croutons to greens. Drop in raw egg and toss until well mixed. Garnish with anchovy fillets and serve immediately.

Golden Salad Mold

Salad Dressing:

- 1/4 cup vinegar
- 1/2 cup diced orange sections
- 1/2 cup coarsely grated raw carrots
- 1 cup shredded Cheddar cheese
- 1 tablespoon Blue cheese, crumbled

Mix together gelatine, sugar and salt. Drain crushed pineapple and heat 1/2 cup of juice; add to gelatine mixture. Stir until gelatine mixture is dissolved. Add orange juice and vinegar. Chill until slightly thickened. Fold in oranges, carrots and cheeses. Pour into mold; chill until firm. Unmold on leaf lettuce and garnish with halved orange slices and mint sprig, if desired.
Camembert Salad

4 servings

1 small head lettuce
1/4 pound Camembert cheese, cubed
1/2 cup shredded Cheddar cheese
1/2 cup dairy sour cream
2 tablespoons chili sauce

Place 4 lettuce cups in salad bowl or on plate. Coarsely chop or shred remaining lettuce. Toss with cheeses and fill lettuce cups. Top with dressing made by blending sour cream with remaining ingredients.

Blue Cheese Sour Cream Dressing

Yield: 1 1/2 cups

1/4 cup cream
1 cup dairy sour cream
3/4 cup (3 oz.) Blue cheese, crumbled

1/4 teaspoon salt
2 tablespoons chili sauce
1/8 - 1/4 clove garlic, minced

Blend cream, sour cream and Blue cheese together. Add salt, chili sauce and garlic and mix well. Pour into a jar, cover tightly and refrigerate until ready to serve.

Cheese French Dressing

Yield: approx. 1 1/2 cups

1/2 cup salad oil
1/4 cup white vinegar
1/4 cup sugar
1/4 cup catsup
1/2 teaspoon salt
1/4 teaspoon white pepper
1/2 teaspoon dry mustard
2 tablespoons grated onion
1 cup shredded Cheddar cheese

Combine all ingredients and mix well. Especially good on wedges of lettuce.

Easy-Do Blue Cheese Dressing

Yield: 1 1/3 cups

Mix together to a paste 1/2 cup crumbled Blue cheese and 3 tablespoons heavy cream. Add 1 cup basic French dressing and whip together thoroughly.
Fruit Cheese Salad Dressing

Yield: approx. 1 1/2 cups

1 cup dairy sour cream
1/4 cup drained crushed pineapple
3/4 cup shredded Cheddar cheese
1 tablespoon lemon juice

Blend together sour cream, Cheddar cheese, pineapple and lemon juice. Serve on a combination fruit salad.

sandwiches

Cheese Hamburger Deluxe

Sauce: 4 servings

1/4 cup (1/2 stick) butter
1/4 cup flour
2 cups milk
1 1/2 cups shredded Cheddar cheese
1/2 teaspoon salt
Dash of cayenne pepper
1 teaspoon Worcestershire sauce

4 slices toast
4 slices Swiss cheese
4 hamburgers, cooked
4 slices bacon, cooked
4 slices sweet onion
4 slices tomato
Sliced pimiento olives

In a saucepan, melt butter and blend in flour until smooth. Add milk gradually and cook, stirring constantly, until thickened. Add Cheddar cheese, salt, cayenne pepper and Worcestershire sauce; stir until blended. Top each slice of toast with Swiss cheese, hamburger, bacon, onion and tomato. Pour hot cheese sauce over sandwich and garnish with sliced olives.

Ham And Chicken Cheesewiches

Sauce: 6 sandwiches

1/4 cup (1/2 stick) butter
1/4 cup flour
1 teaspoon dry mustard
1/2 cups milk
1 teaspoon Worcestershire sauce
1 1/2 cups shredded sharp Cheddar cheese
1 cup diced cooked ham
6 slices toast OR 6 rusks
6 large slices white chicken or turkey meat OR
1 jar boned chicken

Melt butter in saucepan. Blend in flour and dry mustard. Gradually stir in milk and Worcestershire sauce and cook, stirring constantly, until sauce is thickened. Add Cheddar cheese, stirring until melted. Add ham and heat thoroughly. Put slices of chicken or turkey on toast or rusks. Serve with the hot cheese and ham sauce.
Frank 'N Cheese Toasties

Yield: 2 cups spread

- 1/2 pound sharp Cheddar cheese
- 1/2 pound frankfurters, cooked
- 1/2 cup catsup
- 1 egg, beaten
- 1 tablespoon pickle relish
- 2 teaspoons prepared mustard
- 8 sandwich or wiener buns, split and buttered
- 1 cup shredded sharp Cheddar cheese

Put the 1/2 pound of Cheddar cheese and frankfurters through food grinder, using medium coarse blade. Mix with catsup and cook over very low heat until cheese melts. Add egg and cook 2 more minutes. Remove from heat and add relish and mustard. Spread on toasted buns, sprinkle 1 tablespoon of shredded Cheddar cheese on top of each and serve at once; or spread on buns, sprinkle 1 tablespoon of shredded Cheddar cheese on top of each and broil 2-3 minutes.

NOTE: This spread will keep several weeks in a covered jar in refrigerator.

Golden Baked Triple Cheese Sandwich

Buttered baking dish 6 servings Preheated 375° oven

- 12 slices stale, buttered bread
  - (4 each of rye, dark whole wheat, white)
- 2 thick slices each of: Brick, Cheddar, Swiss cheeses
- 2 cups milk
- 1 teaspoon salt
- Dash of cayenne pepper
- 1 tablespoon Worcestershire sauce
- 4 eggs, slightly beaten
- 2 cups shredded Cheddar cheese
- Paprika
- 6 tomato slices (optional)
- Parsley garnish

Place 6 slices of buttered bread (2 each of rye, whole wheat and white) in baking dish; place slices of Swiss cheese on rye bread, Brick cheese on whole wheat bread and Cheddar cheese on white bread. Place remaining slices of bread on cheese layer, corresponding to type of bread. If preparing ahead, cover with damp towel or waxed paper and refrigerate. Add milk, salt, cayenne pepper and Worcestershire sauce to eggs; mix well. Pour over sandwiches. Cover with shredded Cheddar cheese and sprinkle with paprika. Bake about 20 minutes or until sandwiches puff. For added color, tomato slices may be put on sandwiches 5 minutes before end of baking period. Garnish with parsley.
Double Decker Sandwiches

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>sandwiches</td>
</tr>
<tr>
<td>Preheated 425° oven</td>
<td></td>
</tr>
</tbody>
</table>

8 hard rolls  
Butter, softened  
8 slices boiled ham OR  
2 cups ham salad  
8 slices Swiss cheese  
1/4 cup crumbled Blue cheese

Split hard rolls in thirds — carefully slice off tops, then slice rest of roll in half. Spread each cut surface of roll generously with butter. Place ham slice in bottom section of roll, or spread with 1/4 cup ham salad. Top with next section of roll, then a slice of Swiss cheese. Sprinkle 1/2 tablespoon Blue cheese on top of Swiss cheese; cover with top of roll. Wrap sandwiches in aluminum foil. Refrigerate until needed. Heat over hot coals 15-20 minutes or in oven 15-20 minutes. Serve at once.

CHEDDAR DOUBLE DECKERS: Substitute slices of aged Cheddar cheese for Swiss cheese and omit Blue cheese.

Cheese Crumble Apple Pie

<table>
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<tbody>
<tr>
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Pie plate, 9-inch  
1 package pie crust mix  
1/2 cup sugar  
1/2 cup firmly packed brown sugar  
3/4 teaspoon cinnamon  
3 tablespoons butter  
2 cups shredded Cheddar cheese  
3 pounds cooking apples, peeled and sliced  
1 tablespoon flour  
Freshly grated nutmeg

Crumble Topping: Measure 1 cup of pie crust mix and combine with sugars and cinnamon. Cut in butter thoroughly. Set aside.

Mix 1 cup Cheddar cheese into remaining pie crust mix. Blend with 2-2 1/2 tablespoons water. Roll dough and line pie plate. Place apples in pastry lined pie plate, sprinkling flour evenly through them. Sprinkle with nutmeg and cover with half of crumble mixture. Sprinkle remaining 1 cup Cheddar cheese over all. Top with remaining crumble mixture. Bake about 40 minutes or until apples are tender.
Cheese Bull’s Eyes

Cooky sheet 4 dozen cookies  Preheated 350° oven
1/2 cup (1 stick) butter  1 teaspoon vanilla
1/2 cup firmly packed dark brown sugar  1 1/4 cups flour
1/3 cup peanut butter, creamy style  2 teaspoons baking powder
1 egg  1/2 teaspoon salt
1 cup shredded Cheddar cheese  Assorted jams

Cream together butter and brown sugar. Blend in peanut butter, egg, Cheddar cheese and vanilla. Sift together flour, baking powder and salt; stir into creamed mixture. Lightly flour hands and roll dough into 1-inch balls. Place on cooky sheet and make thumb-print indentation on each. Bake 12-15 minutes. Fill centers with assorted jams.

Cherry Cheese Tarts  8 servings

2 cups (No. 2 1/2 can) sour, pitted, drained cherries
1 cup juice (drained cherry plus orange)
1 cup sugar
1/4 cup cornstarch
1/8 teaspoon salt
1/4 teaspoon allspice

1/8 teaspoon ground cloves
1 tablespoon lemon juice
8 baked tarts OR 9-inch baked pie shell
1 cup shredded Cheddar cheese
1/2 pint whipping cream
3 tablespoons confectioners sugar

Drain juice from cherries and add enough orange juice to make 1 cup. Combine sugar, cornstarch, salt, allspice and cloves and stir into juice. Cook, stirring constantly, until thickened. Remove from heat and stir in cherries and lemon juice. Cool. Sprinkle bottom of warm tart shells with Cheddar cheese and pour in cherry filling. Just before serving, whip cream and fold in confectioners sugar. Spoon over tarts.

Peek-A-Boo Peaches

Shallow baking dish, 4-5 cup  4-6 servings  Preheated 350° oven
2 cups sliced peaches, canned, fresh or frozen
1 cup sugar
2 tablespoons lemon juice
1 1/2 cups flour
1 teaspoon salt
1/8 teaspoon cayenne pepper

1/2 cup (1 stick) butter, reserving 2 tablespoons
1 cup shredded Cheddar cheese
1/4 cup drained peach juice
Ginger, ground

Mix peaches, sugar and lemon juice and set aside. Sift together flour, salt and cayenne pepper. Cut in butter until mixture is crumbly; mix in Cheddar cheese. Add peach juice, 1 tablespoon at a time, blending with a fork to make pastry dough. Form into a ball and roll out on lightly floured board about 3/8-inch thick. Cut in 1/2-inch strips. Place peaches in baking dish and make a lattice topping with cheese pastry strips. Dot with reserved 2 tablespoons butter and sprinkle with ginger. Bake 40 minutes and serve warm with ice cream.
<table>
<thead>
<tr>
<th>Cheese</th>
<th>Best with</th>
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<tbody>
<tr>
<td><strong>Cheddar</strong></td>
<td>tart Jonathan apples.</td>
</tr>
<tr>
<td><strong>Swiss</strong></td>
<td>tangy Greening apples and slender green</td>
</tr>
<tr>
<td></td>
<td>Finger grapes.</td>
</tr>
<tr>
<td><strong>Blue</strong></td>
<td>sweet, juicy Anjou pears or spicy, cinnamon-</td>
</tr>
<tr>
<td></td>
<td>colored Bosc pears.</td>
</tr>
<tr>
<td><strong>Brick</strong></td>
<td>sweet-sour Tokay grapes.</td>
</tr>
<tr>
<td><strong>Gouda</strong></td>
<td>Golden Delicious apples.</td>
</tr>
<tr>
<td><strong>Soft-Ripened Variety</strong></td>
<td>deep purple Ribier grapes.</td>
</tr>
<tr>
<td><strong>Provolone</strong></td>
<td>sweet Bartlett pears.</td>
</tr>
</tbody>
</table>
50 WONDERFUL WAYS to use CHEESE

FROM THE TEST KITCHEN OF THE AMERICAN DAIRY ASSOCIATION