

*Cottage Cheese
and
Processed Cottage Cheese*



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Cottage Cheese and Processed Cottage Cheese

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Cottage cheese tastes good whether you live in a cottage, a hut, a mansion or any other kind of a home. It is easy to make and tastes best when it is fresh. It is low in cost and ranks well with meat and eggs in food value.

The things shown in this picture are needed for making cottage cheese:



This is the entire list of things you will need for making cottage cheese:

- | | |
|---|--------------------------------|
| 1 dairy thermometer | Stove |
| 1 dish pan | Measuring spoons |
| 1 rack or heavy cloth | 1 long spatula or butter knife |
| 1 measuring cup | 1 pitcher |
| 8 snap clothes pins | 1 curd cutter |
| 1 thin cup towel or 1 yard cheese cloth | 3 cup towels |
| 1 round pan that will hold $1\frac{1}{4}$ to $1\frac{1}{2}$ gallons. It should have straight sides and be about 8 or 9 inches across. | |

Here is the recipe for making cottage cheese:

1 gallon sweet skim milk	1½ t. salt
½ c. good firm clabber or cultured buttermilk	1 c. cream
Cold water	

Here are the directions for making cottage cheese:

Put one gallon of fresh, clean, separated milk in the pan or bucket that holds about 1½ gallons. Cool or warm the milk to about 75 degrees F. by setting the container in a larger pan of water. Use a dairy thermometer to tell when the milk is 75 degrees.

You need ½ cup good firm clabber, and this is an easy way to make it. Take a milk bottle or glass jar and boil it. Then cool it. Do not dry it. Next milk right into the bottle. As soon as bottle is filled, put on the lid. Keep this milk at 70 to 80 degrees F. until it clabbers well. As soon as the milk is clabbered, put it in the refrigerator. Keep it there until ready to use. This can be used for about a week as a starter for making curd.

Measure ½ cup good firm clabber or you can use cultured buttermilk. Pour clabber through a strainer into the gallon of milk. Stir the milk well.

Keep the milk as near 75 degrees F. as you can until it forms a good firm curd. Put your thermometer into the curd, and then lift it out gently. If curd makes a clean break it is ready to cut.

Cut across the curd with a spatula every inch and then cut across the other way. Take a curd knife that looks like the one in the picture, put it in the cheese and turn it around once. Remove it. This curd knife can be made from a coat hanger that is bent. Then fine wires can be put across it one inch apart. Now your curd is cut into cubes.

Let the cheese set 10 minutes. Do not stir. This will help to keep the cubes from breaking as they are heated. Slowly pour one quart to ½ gallon water that is 110 to 120 degrees F. into the cheese. This is a little hotter than luke warm. This water adds more liquid in which to stir the cubes and helps prevent their breaking.

This picture shows how the cubes of curd should look.



Place the pan containing the cubed cheese in a dish pan that has a rack in the bottom. Pour warm water into the dish pan and heat water slowly. Take at least 30 minutes to heat the cheese to 110 to 120 degrees F.

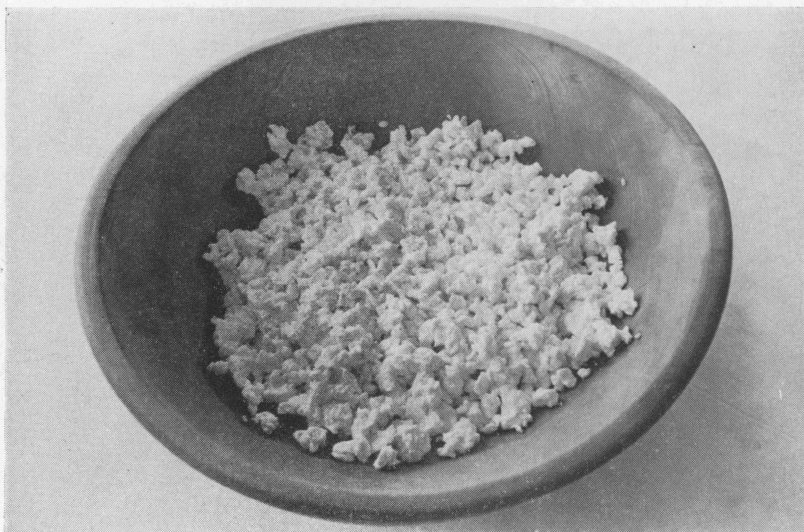
To test to see when the curd has been heated enough, place a few cubes of cheese in cold water. If cubes are firm, hold their shape and contain little whey, they have been cooked enough.

Fasten a thin sack or two layers of cheese cloth on a dish pan using 8 snap clothes pins. Pour the curd into this. If curd is quite sour, pour cold water through it.

Drain until curd is quite dry.

Put curd in a pan, add about 1 teaspoon of salt to one pound of cheese. One-fourth to one-half cup of cream may be added now, too. Keep the cheese in your refrigerator until ready to use.

This is the way the curd looks after it is drained.



Some Ways to Use Cottage Cheese

WITH SALADS

Cottage Cheese Snacks

2 c. cottage cheese
2 T. mayonnaise

2 T. salted peanuts, chopped
Potato chips

Combine cheese, mayonnaise, and peanuts; mix thoroughly. Spread on each potato chip. Serve immediately.

Cottage Cheese Nuts

1 c. cottage cheese
 $\frac{1}{4}$ c. mayonnaise

2 T. cream
 $\frac{1}{4}$ c. pecans chopped

Combine cheese, mayonnaise and cream; mix well. Shape into balls size of a walnut, roll in nut meats. Serve on a toothpick.

Cottage Cheese Spread

1 c. cottage cheese	½ t. salt
2 T. creamed butter	1 T. catsup
1 t. sugar	1 t. vinegar or lemon juice
½ t. mustard	Crackers

Mix cottage cheese with creamed butter. Add catsup, vinegar or lemon juice, sugar, mustard, and salt. Spread on crackers and serve with salads.

IN SALADS AND SALAD DRESSINGS

Peach Salad

4 large peach halves	Paprika
1½ c. cottage cheese	Lettuce
2 T. chopped nuts	

Place drained peach halves, pit up, on lettuce leaves. Fill cavity with cottage cheese. Garnish with paprika. Pears, apricots or pineapple may be used in the same way.

Cottage Cheese Balls

1½ c. cottage cheese	1 t. salt
2 sprigs parsley, (if desired)	½ c. cream or salad dressing
Paprika	

Combine cheese, salt, parsley and cream. Shape into balls (about 2 T. to a ball). Chill. Place three balls on a bed of lettuce for an individual serving. Garnish with paprika.

Stuffed Tomatoes

4 medium sized tomatoes	Salt
1½ c. cottage cheese	Paprika
Lettuce	

Remove stem core of tomato. Cut in sixths two-thirds through the tomato. Spread each section. Place on lettuce leaf. Salt. Fill center with cottage cheese. Garnish with paprika. Parsley makes an attractive garnish too.

Cottage Cheese and Beet Salad

6 medium sized beet pickles	1 T. minced onion
1½ c. cottage cheese	1 T. minced green pepper
Salt	Lettuce
Pepper, if desired	

Season cottage cheese with salt, onion and green pepper. Place on lettuce leaves. Slice beet pickles and place on edge of mound of cottage cheese.

Cottage Cheese Salad Dressing

1 clove garlic	1 t. salt
½ green pepper, chopped	¼ t. paprika
2 radishes, chopped	3 T. lemon juice
2 hard-boiled egg yolks, mashed	½ c. buttermilk
6 T. cottage cheese	

Rub inside of bowl with garlic. Mix green pepper, radishes, and egg yolks in bowl. Then add cottage cheese, salt, paprika, lemon juice and buttermilk. Mix well. Pour over lettuce or any green salad.

IN SANDWICHES

Cottage Cheese Sandwiches

Whole wheat bread	1 c. cottage cheese
Butter	2 carrots, grated
2 sprigs parsley	

Spread bread with softened butter and sandwich filling made by mixing cottage cheese, grated carrots and parsley. Add cream, if you need to do so to make the cheese spread.

These foods mixed with cottage cheese make good sandwiches; bits of bacon and finely chopped onion and pepper, olives and nuts, pickles or relishes which have been drained.

Cheese Dreams

6 slices bread	1 egg
1 c. cottage cheese	¼ t. salt
Cayenne pepper	¾ c. milk

Beat eggs and add salt and milk. Cut bread thinner than usual. Spread with cottage cheese that has had a little cayenne pepper added to it. Dip sandwiches into egg mixture and brown on both sides in hot fat. Serve hot.

IN MAIN DISHES

Cottage Cheese Casserole

2 c. cottage cheese	2 eggs, beaten
1 c. bread crumbs	2 T. soft butter
½ t. soda	1 c. roasted peanuts
1 c. drained canned peas	1 t. salt

Mix ingredients except the peas. Grease casserole dish well and sprinkle with bread crumbs. Put in half the mixture, then a layer of the peas. Add the rest of the mixture. Cover with the bread crumbs and dot with butter. Bake in a moderate oven 45 minutes.

Dairy Lunch Plate

On a bed of lettuce place a slice of pineapple. Cover with $\frac{1}{4}$ to $\frac{1}{2}$ cup cottage cheese, seasoned with salt, pepper and moistened with cream. Cover with another slice of pineapple and top with a spoonful of the cheese. Arrange slices of avocado, grapefruit sections, tomato wedges, and strips of lean broiled bacon attractively around pineapple. Serve with French dressing. American cheese cubes and bananas cut in half, lengthwise, or sliced may be added.

Cottage cheese and milk are featured in the picture below.



Cottage Cheese and Eggs

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|----------------------|--------------------|
| 1 c. cottage cheese | 6 hard-boiled eggs |
| 2 c. hot white sauce | Parsley |
| 4 slices toast | |

Add cottage cheese to hot white sauce and allow to boil for two minutes. Mix well, and pour over hardboiled eggs that have been sliced or cut in quarters. Garnish with parsley.

IN DESSERTS

Cottage Cheese Pie

- | | |
|-------------------------------|----------------------------------|
| 2 c. cottage cheese | 3 T. sugar |
| 4 T. cream | 2 t. lemon rind |
| 1 egg white | 2 T. chopped pecans (if desired) |
| 6 individual pie shells—baked | ¼ c. whipping cream |

Mix cottage cheese, sugar, cream and grated lemon peel. Add white of egg well beaten. Pile in pie shells and top with whipped cream.

“Whys”

Here are some “whys” you will want to make and use cottage cheese:

1. It is good to eat.
2. It can be served attractively in many different ways.
3. It is a good muscle building food.
4. It contains calcium for bones and teeth.
5. It contains riboflavin of the Vitamin B family.

Processed Cottage Cheese

These things are needed for making processed cottage cheese:

Those things needed for making cottage cheese.

- 1 double boiler.
- 1 long handled spoon.
- 1 refrigerator dish.

Here is the recipe for making processed cottage cheese:

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|---|---|
| Curd from 1 gallon of good firm clabber | ¼ c. butter |
| 1 t. soda | Cheese coloring—if desired |
| ½ c. thick cream | 3 T. well flavored cheese that has been grated (if desired) |

Here are the directions for making processed cottage cheese:

Follow the directions as given for making cottage cheese except: (1) After you heat the clabber to between 110 and 120 degrees F. you keep it at this temperature from 15 to 30 minutes. (2) You drain it drier than you do for cottage cheese.

When the curd is quite dry put it in the top part of a double boiler. Add $\frac{1}{4}$ cup of butter, 1 teaspoon salt and 1 teaspoon soda to the curd. Mix well and let stand two hours. Add $\frac{1}{4}$ cup sweet cream to the curd. Put hot water in lower part of double boiler. Put top part of double boiler with curd mixture in it over the hot water. Keep the water over a low flame and see it does not boil. This will help to keep the cheese from being tough. Stir the curd as it melts. It will become smooth.

After it is smooth you can add cheese coloring if you like. Dissolve about $\frac{1}{8}$ of a cheese coloring tablet in 2 T. water. Pour part of the coloring into the cheese and mix. Add only enough color to give it the color you like. You may then add 3 tablespoons of well flavored cheese that has been grated. Stir it until it is smooth. You may like to add 3 tablespoons finely chopped pimientos or some caraway seed to the cheese. Just before removing from the fire add $\frac{1}{4}$ cup of sweet cream. Beat until smooth and pour into a buttered dish to mold. You may like to use a refrigerator dish. Keep the cheese in a refrigerator from five to seven days before using. If the cream that you used was thick, you should be able to slice the cheese. If, the cream was thin and curd less dry, then you can use the cheese for a spread.

Here Are Some Ways To Use Processed Cottage Cheese

IN SANDWICHES

Mix 2 tablespoons crushed pineapple with 1 cup processed cottage cheese.

Mix 1 tablespoon chopped olives and 1 tablespoon chopped nuts with 1 cup processed cottage cheese.

Mix 1 tablespoon finely cut pimientos with 1 cup processed cottage cheese.

Grate cheese, put on toast or crackers. Put under broiler until it melts.

IN MAIN DISH

Italian Polenta

1 c. yellow corn meal	2 c. tomato juice
4 c. milk	Garlic salt
½ c. grated or chopped processed cheese	Salt and Pepper
¼ lb. hamburger	1 small onion
3 T. flour	

Cook 1 cup of yellow corn meal one hour in a double boiler. Remove from stove and add ½ cup grated or chopped processed cheese and 1 teaspoon paprika. Pour into casserole and bake in moderate oven 40 minutes.

Cook ¼ pound hamburger meat in its own fat for 15 minutes. Add 3 T. flour to this, stir it until smooth. Then add 2 cups tomato juice, one small onion, a little garlic salt and salt and pepper. Let all simmer about 10 minutes.

Remove polenta from oven and serve hot. Sauce may be served from a pitcher.

Cheese Sauce

4 T. fat	2 c. grated cheese
2 c. milk	4 T. flour
½ t. salt	

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.

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