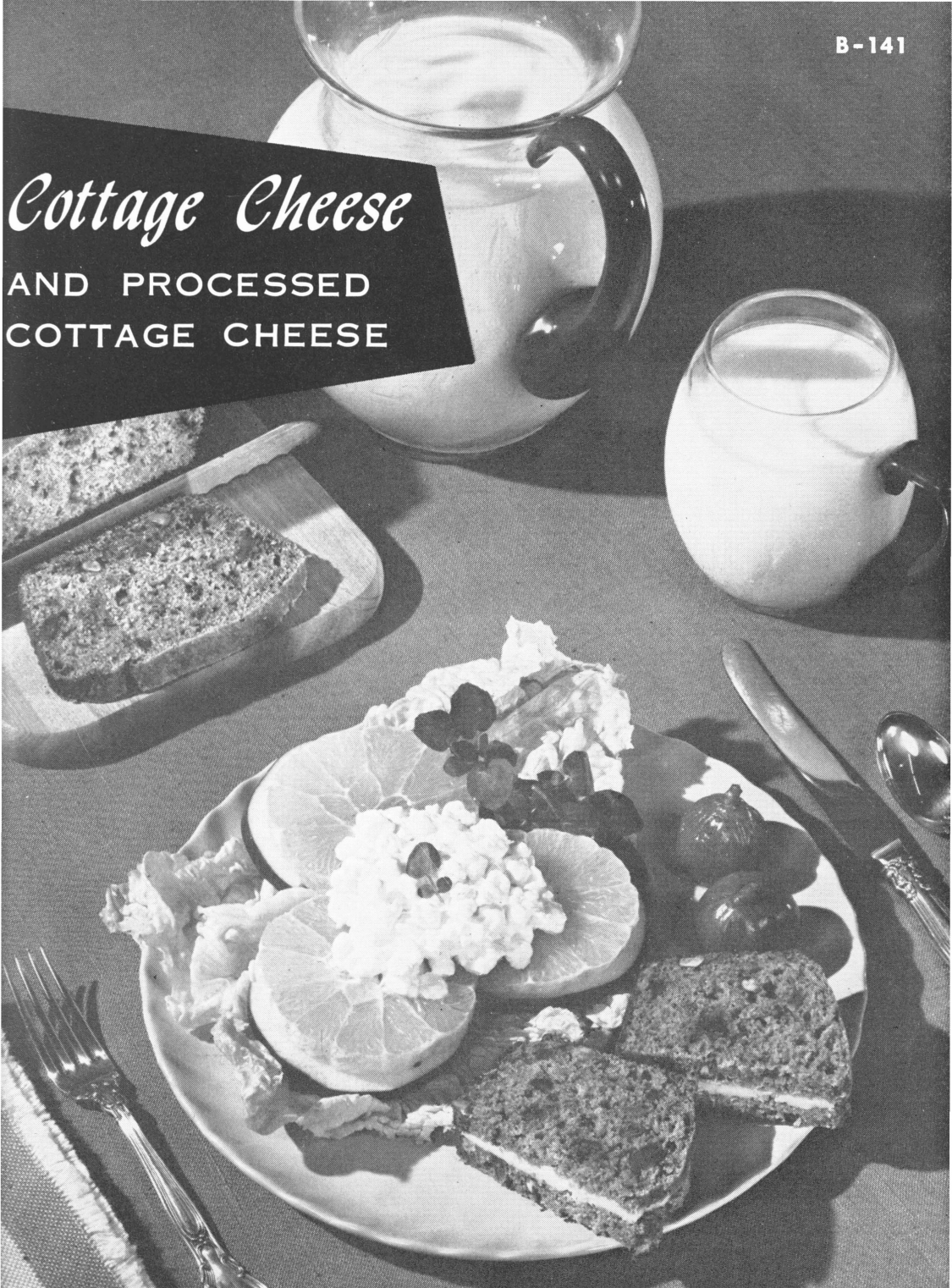


Cottage Cheese

AND PROCESSED
COTTAGE CHEESE



Acknowledgments

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Cottage Cheese and Processed Cottage Cheese

Extension Foods and Nutrition Specialists
Extension Dairy Husbandmen
The Agricultural and Mechanical College of Texas

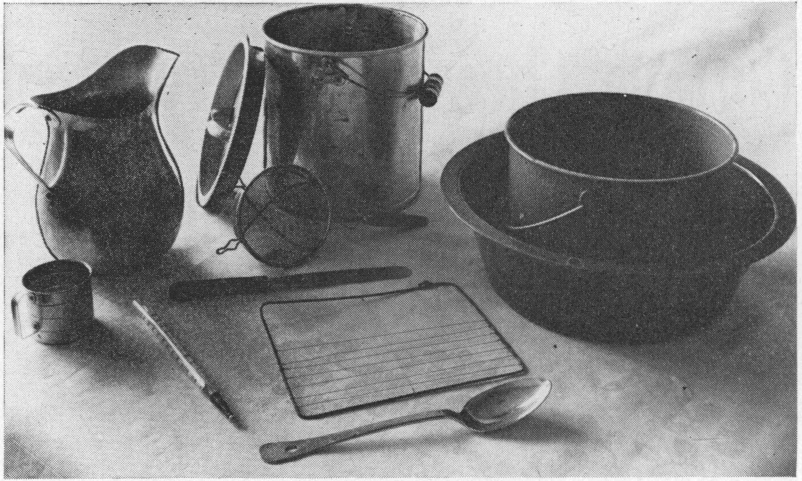
COTTAGE CHEESE, sometimes called "pot cheese" and Dutch cheese or Schmierkase, is a soft, uncured cheese made from fresh skim milk or reconstituted nonfat dry milk solids. It may be made at home or purchased at the market as large curd (popcorn style) or small curd (country style). Cottage cheese comes creamed, containing four percent or more of fat, and dry curd without cream.

Cottage cheese contains very little sugar and, when made from skim milk, has practically no fat. It is an excellent source of complete protein for building, repairing and maintaining body tissue. Two cups of cottage cheese contains as much protein as 10 cups of milk. One and one-half cups of cottage cheese contain the same amount of calcium as 1 cup of milk. Calcium is needed for building and repairing bones and teeth. Cottage cheese is also a good source of phosphorus for good bones and teeth and riboflavin for proper growth, good vision and healthy skin. The more cream added to cottage cheese, the higher the calorie value for energy and the more vitamin A for proper growth and good vision.

You get a pound of food for every pound of cottage cheese you buy. There is no waste. It is low in cost and ranks well with meat and eggs as a concentrated protein food. It fits well into any meal, whether appetizer, dessert, main dish or salad. It combines well with other foods to make appetizing and attractive hot and cold dishes.

How to Make Cottage Cheese

Cottage cheese may be made from fresh skim milk or reconstituted nonfat dry milk solids. A gallon of milk will make approximately 1 pound of cottage cheese.



Equipment needed for making cottage cheese.

EQUIPMENT NEEDED

- | | |
|---|---|
| 1 dairy thermometer | 1 thin cup towel or 1 yard cheese cloth |
| 1 dish pan | Measuring spoons |
| 1 rack or heavy cloth | 1 long spatula or butcher knife |
| 1 measuring cup | 1 pitcher |
| One round straight-sided pan which holds 1¼ to 1½ gallons | 1 curd knife |
| 8 snap clothespins | 3 cup towels |

RECIPE

- | | |
|---|------------------------|
| 1 gallon sweet skim milk | Cold water |
| ½ cup firm clabber or cultured buttermilk | 1½ teaspoon salt |
| | ¼ to ½ cup sweet cream |

1. Pour milk in a 1½-gallon pan and adjust temperature to about 75° F.
2. Add ½ cup cultured buttermilk or firm clabber. Mix thoroughly.
3. Keep the milk near 75° F. 12 to 14 hours or until it forms a firm curd.
4. Cut through the curd with a spatula every ¾ inch and then cut through in the other direction. See No. 4 under "Do's, Don'ts, and Hints" for making a wire "knife" to cut the curd horizontally.
5. Let the curd set for 10 minutes, undisturbed.
6. Pour slowly into the cut curd, 1 to 2 quarts of water that is 110° to 120° F.

7. Place the pan containing the curd on a rack in a dish pan containing warm water and heat slowly, stirring very carefully. Allow at least 30 minutes for heating the curd to 110° to 120° F.

8. Place a few cubes of cheese in cold water to test for firmness. When cubes are firm, hold their shape and contain little whey, cooking is complete.

9. Pour curd into a thin sack or two layers of cheese cloth, using snap clothespins to fasten cloth to sides of pan. If curd is acidic, pour cold water through it. Repeat if necessary until excess acid is removed.

10. Drain until curd is quite dry.

11. Put cheese in pan or mixing bowl, add salt and cream if desired and mix carefully to prevent breaking the cubes. Store in refrigerator until ready to use.

DO'S, DON'TS, AND HINTS

1. Adjust temperature of milk to 75° F. by placing container in a larger pan of cool or warm water. Use a dairy thermometer.

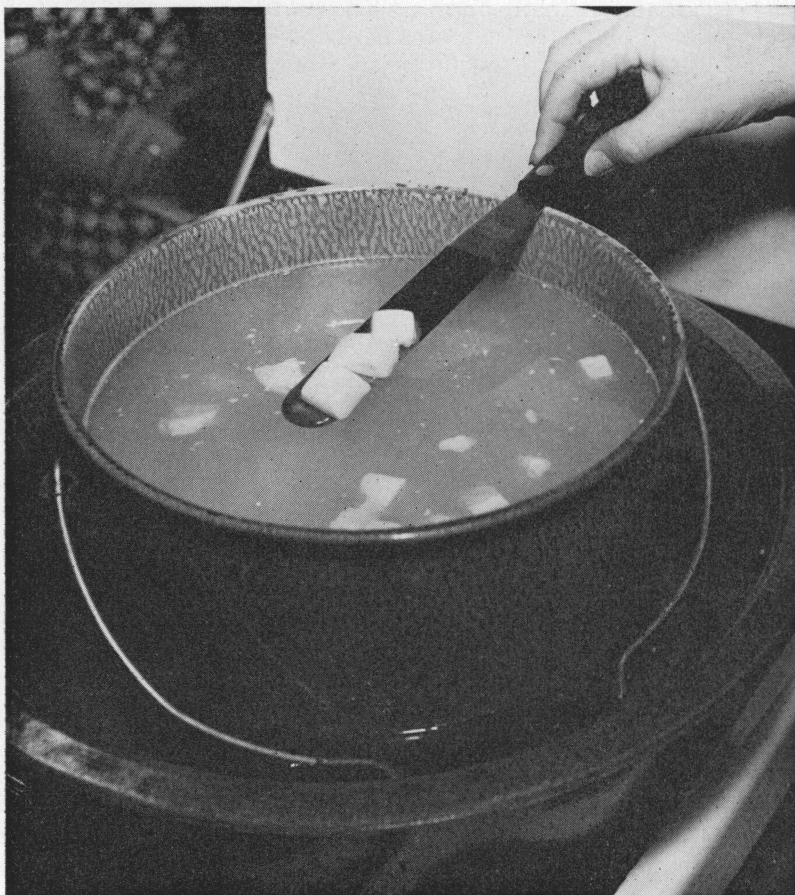
2. Firm clabber may be made at home. Boil a milk bottle or glass jar. Cool but do not dry. Next milk right into the bottle or transfer milk from milk pail or bulk cooler. The udder of the cow must be thoroughly clean and dry. As soon as bottle is filled, put on the lid. Keep this milk at 70° to 80° F. until it clabbers well. Then put it in the refrigerator until ready for use. This clabber can be used for about a week as a starter for making curd.

3. The curd is ready to cut when it makes a clean break when the thermometer is put into it and lifted out gently. Cut curd before it gets too firm to avoid sharp acid flavor and curd that is too firm.

4. Cut the curd into uniform-size cubes so that all pieces when shrunk, will be about the same size. A curd knife can be made from a noncorrodible heavy steel wire that is bent into a rectangle shape to fit the width of the pan. Then put fine wires across it $\frac{3}{4}$ inch apart.

5. The water that is added to the curd makes more liquid in which to stir the cubes and helps prevent their breaking.

6. Washing high-acid curd well with clear, cold water not only sweetens the curd but causes it to become moldy less rapidly.



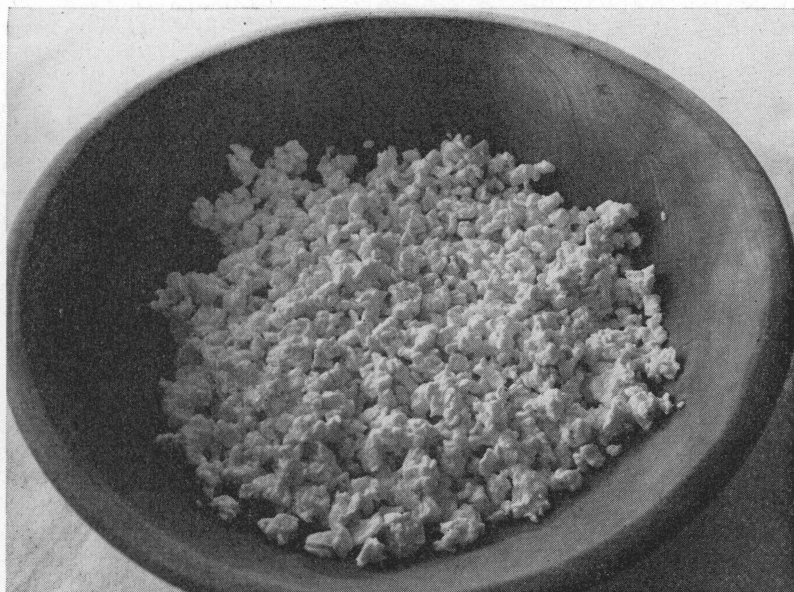
This is how the cubes of curd should look.

7. If the curd is elastic or rubbery, it probably was heated too fast or too long, or may have been cut too soon.

8. Always use clean utensils that have been rinsed free of all remnants of soap and dried quickly in a clean place. Do not use rusty or badly dented metal containers.

9. Do not attempt to use colostrum or old milk for cheesemaking. The curd will be fragile and hard to handle.

10. If the curd floats in the whey, the milk used probably was gassy, caused by unclean milk or unclean milking methods. If curd floats when made from reconstituted non-fat dry milk, prevent thereafter by adding to a quart of water, a teaspoon of lemon juice or vinegar before the powdered milk is added.



This is how the curd looks after having been drained.

APPETIZERS

COTTAGE CHEESE DIP

1½ cups creamed cottage cheese ½ teaspoon lemon juice
1 tablespoon milk or sour cream ½ teaspoon finely minced onion
Salt and pepper to taste

Mash, whip or sieve cottage cheese. Add remaining ingredients and mix together. Serve with crackers, pretzels, corn or potato chips.

Variations: Add any one of the following: minced chives, green onions, watercress, parsley, chopped pickles, celery, radishes, nuts, grated carrots, celery seed, caraway seed, marjoram, raisins, applebutter, marmalade, jelly, jam, chili sauce or catsup.

COTTAGE CHEESE NUTS

1 cup cottage cheese 2 tablespoons cream
¼ cup mayonnaise ¼ cup pecans, chopped

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

COTTAGE CHEESE SPREAD

1 cup cottage cheese 1 tablespoon catsup
2 tablespoons creamed butter 1 teaspoon vinegar or
1 teaspoon sugar lemon juice
½ teaspoon mustard Crackers
½ teaspoon salt

Mix cottage cheese with creamed butter. Add seasonings and mix well. Spread on crackers and serve with salads.

DESSERTS

PINEAPPLE REFRIGERATOR CHEESE CAKE

Butter Crumb Crust:

2 cups fine Graham cracker crumbs	$\frac{1}{4}$ cup sugar
	$\frac{1}{2}$ cup melted butter

Mix ingredients. Save one-third of the crumbs to garnish top. Press rest of crumbs against bottom and sides of a 9-inch spring type pan.

Cheese Filling:

2 tablespoons unflavored gelatin	2 cups creamed cottage cheese, sieved
$\frac{1}{2}$ cup cold water	1 cup (9 ounce can) crushed pineapple with the syrup
2 eggs, separated	3 tablespoons lemon juice
$\frac{1}{2}$ cup sugar	1 tablespoon grated lemon rind
1 teaspoon salt	1 cup whipping cream, whipped
$\frac{1}{2}$ cup milk	

Soften gelatin in cold water. Beat together egg yolk, $\frac{1}{4}$ cup of the sugar, salt and milk. Cook over medium heat stirring constantly, until custard thickens. Remove from heat and add softened gelatin. Stir until gelatin is dissolved. Cool. Add cottage cheese, pineapple, lemon juice and lemon rind. Next, fold in the beaten egg whites to which the remaining $\frac{1}{4}$ cup of sugar has been added gradually. Last, fold whipped cream into pineapple mixture. Pour into crust. Sprinkle remaining crumbs around the edge. Chill in refrigerator until set. If desired, garnish with sliced strawberries and pineapple chunks. Serves 10 to 12.

EASY-DO CHEESE CAKE

1 cup fine Graham cracker or Zwieback crumbs*	2 eggs
$\frac{2}{3}$ cup sugar	$\frac{1}{8}$ teaspoon salt
$\frac{3}{4}$ teaspoon cinnamon, if desired	2 tablespoons flour
$\frac{1}{4}$ cup melted butter	1 $\frac{1}{2}$ cups creamed cottage cheese
2 tablespoons chopped nut meats, if desired	$\frac{1}{2}$ cup light cream
	2 teaspoons lemon juice

Mix together crumbs, 3 tablespoons sugar, cinnamon and butter. Mix one-half cup of this crumb mixture with nut meats; reserve for topping. Press together remaining crumb mixture to bottom and sides of 8-inch spring form pan or layer cake pan. Beat eggs until thick and lemon colored; gradually beat in remaining sugar. Add salt, flour, cottage cheese and cream; beat with rotary egg beater until thor-

*13 Graham crackers or 16 slices of Zwieback make 1 cup of crumbs.



Easy-do cheese cake.

oughly mixed. Add lemon juice; blend well. Strain mixture through fine sieve. Pour into pan; sprinkle crumb-nut mixture over top. Bake at 350° F. for 35 minutes. Turn off heat; open oven door and allow cake to cool an hour. Chill. Remove from pan. Serves 6.

FRUIT TREAT TOPPING

1 cup cream cottage cheese	1 tablespoon sugar
1 tablespoon cream	1 teaspoon vanilla
	Cinnamon, if desired

Beat cottage cheese with a rotary or electric mixer until smooth. Add remaining ingredients except cinnamon and mix well. Sprinkle cinnamon on top for good flavor. Serve over sweetened fresh, frozen or canned fruits, such as strawberries, peaches, pears, cranberries or cherries. Serves 4.

COTTAGE CHEESE TARTS

6 baked tart shells	¼ cup sour cream
1½ cups cottage cheese, sieved	¼ teaspoon salt
1 teaspoon lemon rind	½ teaspoon lemon juice
2 tablespoons confectioners sugar	Cherry, raspberry or blueberry preserves
¼ teaspoon vanilla	

Blend cottage cheese with all other ingredients except the preserves and fill baked tart shells. Just before serving, gar-

nish with the preserves to add color as well as flavor. Serves 6.

MAIN DISHES

TWO-IN-ONE CASSEROLE

1 pound ground beef	2 teaspoons Worcestershire sauce
1/2 pound ground pork	2 teaspoons salt
1 medium onion, chopped	1/4 teaspoon pepper
1/4 cup butter	1/2 12-ounce package medium
2 cans condensed tomato soup	noodles, cooked and drained
1 cup cottage cheese	1 cup buttered bread crumbs

Brown meat and onion slightly in butter in frying pan. Add soup, cottage cheese and seasonings. Simmer for 15 minutes. Arrange layers of cooked noodles and meat mixture in a buttered baking dish (12" x 8" x 2"). Top with buttered crumbs. Bake at 350° F. 25 minutes. Serves 8.

COTTAGE CHEESE—LIMA BEAN LOAF

2 cups cooked lima beans (drained thoroughly)	1 small can pimientos
1 1/2 pounds or 3 cups cottage cheese	1 cup bread crumbs
	1 teaspoon salt
	1/8 teaspoon pepper
	1 can condensed tomato soup

Put beans, cottage cheese and pimientos through meat chopper, using coarse blade. Mix well. Add bread crumbs and seasonings and form into a roll. Bake in slightly greased pan, uncovered at 350° F., for about 30 minutes. Heat the tomato soup. Pour over the loaf and bake 15 minutes longer. Slice and serve with the tomato sauce. Serves 6.

SPINACH AND COTTAGE CHEESE CASSEROLE

1/2 cup finely chopped onion	2 eggs, slightly beaten
2 tablespoons butter	1/4 teaspoon nutmeg
1 1/2 cups chopped, cooked spinach, or 1 package frozen chopped spinach, cooked	1/4 teaspoon pepper
	1 cup creamed cottage cheese
	1 teaspoon salt
	1/2 cup buttered crumbs

Cook onion in butter until soft. Mix with remaining ingredients, except the buttered crumbs, and place in a shallow, buttered 8-inch casserole. Top with crumbs. Bake 35 minutes at 350° F. Serves 4 to 6.

CURRIED COTTAGE CHEESE AND EGGS IN RICE NESTS

2 tablespoons butter	1/2 teaspoon onion juice
2 tablespoons flour	1 1/2 cups cottage cheese
3/4 cup milk	Salt and pepper
1 teaspoon curry powder	6 hard-cooked eggs
	Hot cooked rice

Melt butter in a double boiler. Add flour and mix well. Add milk gradually. Cook, stirring constantly, until thick-

ened. Add curry powder, onion juice, cottage cheese, and salt and pepper to taste. Fold in the diced eggs, reserving six slices for garnish. Reheat. Serve on nests of rice. Serves 6.

TUNA-CHEESE BAKE

2 cups cottage cheese	1/4 teaspoon pepper
1 7-ounce can tuna fish	3/4 teaspoon celery salt
1/2 cup dry bread crumbs	2 eggs, beaten
1/2 teaspoon salt	2 tablespoons butter
	Dash of steak sauce

Combine cheese, tuna, 1/4 cup bread crumbs and seasonings. Blend into beaten eggs. Place in oiled casserole (1 quart). Sprinkle with remaining crumbs, buttered. Set in pan of hot water; bake at 375° F. about 30 minutes or until mixture is firm. Serves 4.

COTTAGE TIMBALES WITH TOMATO SAUCE

Timbales

1 1/2 cups cottage cheese	1 teaspoon minced onion
1 1/2 cups cooked rice	3/4 teaspoon salt
1 cup finely diced or chopped cooked meat	1/4 cup milk
1 tablespoon chopped green pepper	3 eggs, slightly beaten

Combine cottage cheese, rice, meat, green pepper, onion, salt, milk and eggs. Blend. Fill well-oiled custard cups with the mixture and set in a shallow pan of water. Bake in a 350° F. oven for about 45 minutes, or until a knife inserted in the center comes out clean. Unmold and serve with tomato sauce.

Sauce

2 tablespoons butter	1/2 teaspoon sugar
2 tablespoons flour	Salt and pepper to taste
1 1/4 cups tomato juice	

Melt butter in a small saucepan. Add flour and blend. Add tomato juice. Cook, stirring until smooth and thickened. Season with sugar, salt and pepper. Serve over cottage timbales. Serves 6.

ASPARAGUS AU GRATIN BROIL

2 tablespoons chili sauce	spears, cooked
1 tablespoon prepared mustard	1/2 cup crushed saltine crackers
6 slices rye toast, buttered	3 tablespoons butter, melted
2 cups cottage cheese, large curd	3/4 cup shredded cheddar cheese
1 package frozen asparagus	

Mix together chili sauce and mustard; spread on buttered toast. On each slice of bread, spoon 1/3 cup of cottage cheese and top with 4 asparagus spears. Brown cracker

crumbs in the melted butter and sprinkle 4 teaspoons over each sandwich. Finally, top each with 1½ tablespoons of cheddar cheese and place in preheated broiler until cheese melts. Serves 6.

DAIRY LUNCH PLATE

Place a slice of pineapple on a bed of lettuce. Cover with ¼ to ½ 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.

SALADS AND SALAD DRESSINGS

ZESTY STUFFED TOMATOES

6 large firm tomatoes	½ cup chopped celery
¼ cup chopped green pepper	½ cup mayonnaise
1 small onion, minced	2 cups creamed cottage cheese
2 tablespoons chopped stuffed olives	¼ teaspoon Worcestershire sauce
Salt and pepper	Paprika

Wash and hollow center of each tomato keeping the tomato pulp. Turn tomatoes up-side down to drain. Chill. Dice tomato pulp and drain. Combine drained tomato pulp with rest of ingredients, except paprika. Fill tomatoes with the mixture, sprinkle top with paprika and chill thoroughly. Prepare far enough in advance so the flavors in the filling are well blended. Serves 6.

LIME COTTAGE CHEESE SALAD

1 package lime-flavored gelatin	1 medium cucumber, peeled and grated
1 cup boiling water	½ teaspoon seasoned salt
¾ cup cold water	2 tablespoons minced onion
¼ cup lemon juice	1 cup creamed cottage cheese
¼ cup mayonnaise or salad dressing	

Dissolve gelatin in boiling water. Stir in cold water and lemon juice. Chill until partially set. Add remaining ingredients. Blend well. Pour into 5-cup mold which has been oiled or dipped into cold water and chill until set. Unmold on salad greens. Serves 6.

PEACH SALAD

4 large peach halves	Paprika
1½ cups cottage cheese	Lettuce
2 tablespoons chopped nuts	



Individual fruit salad.

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. Serves 4.

COTTAGE CHEESE BALLS

1½ cups cottage cheese	1 teaspoon salt
2 sprigs parsley, if desired	¼ cup cream or salad dressing
Paprika	Lettuce

Combine cheese, salt, parsley and cream. Shape into balls (about 2 tablespoons to a ball). Chill. Place three balls on a bed of lettuce for an individual serving. Garnish with paprika. Serves 4.

COTTAGE CHEESE AND BEET SALAD

1½ cups cottage cheese	1 tablespoon minced onion
Salt	1 tablespoon minced green pepper
Pepper, if desired	Lettuce
	6 medium beet pickles

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.



Serve-yourself salad tray.

SERVE-YOURSELF SALAD TRAY

Try these combinations for attractive, easy salad trays:

Arrange cottage cheese and walnut-stuffed cooked prunes in the hollow of peach halves on lettuce leaf.

Mix cottage cheese, coarsely chopped nuts, cooked prunes and a bit of mayonnaise. Use as topping on peach halves or other fruit on lettuce leaf.

Place peach half, rounded side down, on a slice of pineapple and fill the peach hollow with cottage cheese.

Add finely cut chives and/or drained, crushed pineapple to cottage cheese. Fill two peach halves with the mixture

and put halves together for a "stuffed peach" serving on lettuce leaf.

Have a choice of salad dressings and crackers for accompaniment for salads.

LAYERED PERFECTION SALAD

1 tablespoon gelatin	1/2 cup shredded carrot
4 tablespoons cold water	1/2 cup finely shredded or chopped cabbage
3/4 cup boiling water	1 1/2 cups cottage cheese
1 tablespoon sugar	1 teaspoon minced green onion
1/4 teaspoon salt	Salt to taste
2 tablespoons vinegar	Salad greens
1/2 cup chopped celery	Salad dressing

Divide gelatin into two equal portions and soften each in 2 tablespoons of cold water for 5 minutes. Add boiling water to one portion and stir until dissolved. Add sugar, salt and vinegar and set container in cold water or ice to chill until the consistency of unbeaten egg white. Fold in celery, carrot and cabbage and pour into six individual gelatin molds, filling almost half full. Chill until firm. Set second portion of gelatin in container into a pan of hot water and stir until dissolved. Add cottage cheese, minced onion and salt to taste. Pour on top of cabbage mixture and chill until firm. Unmold on beds of salad greens or in crisp lettuce cups and garnish with mayonnaise or desired salad dressing. Serves 6.

COTTAGE CHEESE VEGETABLE DRESSING

1 cup cottage cheese	1/4 teaspoon paprika
2 tablespoons vinegar	1/4 teaspoon prepared mustard
3 tablespoons sugar	4 tablespoons catsup
1/4 teaspoon salt	

Combine ingredients and blend well. Makes 1 1/4 cups.

COTTAGE CHEESE FRUIT DRESSING

1/2 cup cottage cheese	1/2 teaspoon salt
1/2 cup cream	1 tablespoon honey or sugar
1/2 cup lemon juice	1 tablespoon chopped chives
	Dash of paprika

Beat ingredients together until smooth. Makes 1 1/2 cups.

SANDWICHES

COTTAGE CHEESE-EGG SPREAD

4 hard-cooked eggs, chopped	2 teaspoons prepared mustard
1 1/2 cups creamed cottage cheese	1 tablespoon Worcestershire sauce
1/2 cup finely chopped celery	Butter
1 1/2 teaspoons seasoned salt	12 to 16 slices bread

Combine ingredients and mix well. Chill 1 to 2 hours before spreading on buttered bread. Makes 2½ cups spread or 6 to 8 sandwiches.

COTTAGE CHEESE SANDWICHES

8 to 12 slices whole wheat bread	1 cup cottage cheese
Butter	2 carrots or 1 cucumber, grated
2 sprigs parsley	Cream, if needed

Spread bread with softened butter and sandwich filling made by mixing cottage cheese, grated carrots or cucumber and parsley. Add cream, if necessary to spread. Makes 4 to 6 sandwiches.

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 cup cottage cheese	¼ teaspoon salt
Cayenne pepper	¾ cup milk

Beat eggs and add salt and milk. Make sandwiches with cottage cheese that has a little cayenne pepper added. Dip sandwiches into egg mixture and brown on both sides in hot fat. Serve hot. Makes 3 sandwiches.

TOASTED COTTAGE CHEESE SALAD SANDWICHES

4 slices rye bread	2 tablespoons chopped green pepper
1 cup creamed cottage cheese	1 tablespoon finely chopped onion
1 teaspoon salt and dash pepper	4 large, thin slices of tomato
¼ cup chopped celery	2 tablespoons butter

Blend the cottage cheese, salt, pepper, celery, green pepper and onion. Toast bread on one side; butter the other side and spread the cottage cheese mixture. Top each with a tomato slice. Place under broiler about 5 minutes or until tomatoes are soft. Serve hot. Makes 4 sandwiches.

DOUBLE CHEESE DELIGHT

18 slices sandwich bread	CHEESE SALAD FILLING
Softened butter	2 cups finely diced sharp cheese
6 lettuce leaves	½ cup chopped pimento-stuffed olives
COTTAGE CHEESE FILLING	⅓ cup diced celery
2 cups large-curd cottage cheese, 1-pound carton	½ teaspoon garlic powder
2 tablespoons finely chopped parsley	½ cup mayonnaise or salad dressing
1 tablespoon minced onion	

Combine cottage cheese, parsley and onion. Mix well. Let stand at least 1 hour to allow flavors to blend. For

cheese salad filling, combine cheese, olives, celery, garlic powder and mayonnaise or salad dressing. Mix well. Let stand at least 1 hour to allow flavors to blend. To assemble sandwiches, spread all bread slices on one side with butter. Spread cottage cheese filling on 6 slices. Top with lettuce leaves. Cover with 6 bread slices, buttered side down. Spread top side of bread slices with butter or margarine. Spread with cheese salad filling and top with remaining bread slices. Secure with wooden picks and cut each sandwich diagonally into halves. Serve with wedge of ripe tomato. Makes 6 sandwiches.

Processed Cottage Cheese

Processed cottage cheese may be made from dry cottage cheese. The consistency of processed cottage cheese depends on the dryness of the curd and the thickness of the cream used. If the curd is very dry and the cream very thick, the cheese may be sliced. If the cream is thin and the curd less dry, the cheese will be of a spreading consistency.

EQUIPMENT NEEDED

1 double boiler
1 long-handled spoon

1 refrigerator dish

Equipment as listed on page 4 for cottage cheese.

RECIPE

Cottage cheese from 1 gallon milk	½ cup thick sweet cream
1 teaspoon soda	3 tablespoons grated sharp cheese, if desired
1 teaspoon salt	Cheese coloring, if desired
¼ cup butter	

1. Follow the directions as given for making cottage cheese, on page 4, except: a. After clabber is heated to between 110° to 120° F. keep it at that temperature 15 to 30 minutes. b. After curd is cooked, drain it drier than you would for cottage cheese.

2. Put dry curd in top part of a double boiler.

3. Add soda, salt and butter to curd. Mix well and let stand 2 hours.

4. Add ¼ cup cream to curd mixture.

5. Put hot water in lower part of double boiler and place top part of double boiler with curd mixture in it over the hot water. Keep the water over a low flame and do not let it boil. This will help to keep the cheese from being tough.

6. Stir curd as it melts.
7. After curd mixture is smooth, add cheese coloring if desired. Dissolve about $\frac{1}{8}$ of a cheese coloring tablet in 2 tablespoons of water.
8. Add sharp cheese and stir until smooth. For variety in flavor add caraway seed or 3 tablespoons of chopped pimiento.
9. Add remaining sweet cream just before removing cheese from heat. Beat until smooth and pour into a buttered refrigerator dish.
10. Place cheese in refrigerator and keep 5 to 7 days before using.

MAIN DISHES

ITALIAN POLENTA

1 cup yellow corn meal	3 tablespoons flour
4 cups milk	2 cups tomato juice
$\frac{1}{2}$ cup chopped processed cheese	1 small onion, chopped
1 teaspoon paprika	Garlic salt
$\frac{1}{4}$ pound hamburger	Salt and pepper

Cook yellow corn meal in milk 1 hour in a double boiler. Remove from heat and add processed cheese and paprika. Pour into casserole and bake at 350° F. 40 minutes.

Cook hamburger meat in its own fat 15 minutes. Add flour and stir until smooth. Add tomato juice, onion, garlic salt, salt and pepper. Simmer about 10 minutes. Serve meat sauce poured over baked polenta while hot.

CHEESE SAUCE

4 tablespoons butter	$\frac{1}{2}$ teaspoon salt
4 tablespoons flour	2 cups processed cottage cheese
2 cups milk	

Melt the butter, blend in the flour. Add 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. Put in shallow baking dish, cover with bread crumbs, bake until crumbs are brown and the vegetables are heated through.

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.



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