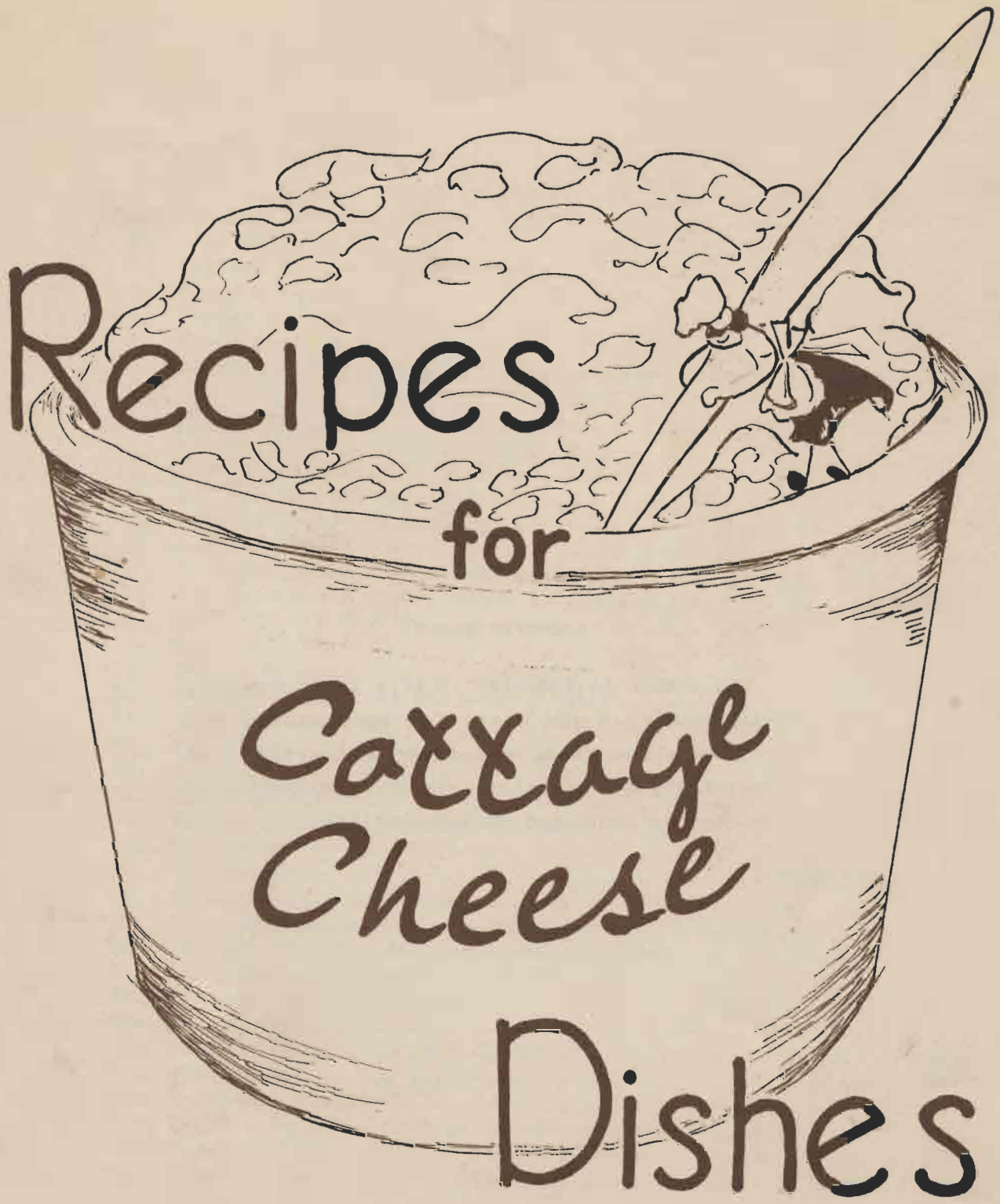

Recipes for Cottage Cheese Dishes

Bulletin 249 June 1957

V.P.I. AGRICULTURAL EXTENSION SERVICE
BLACKSBURG, VIRGINIA

Acknowledgement

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Cottage Cheese Recipes

Prepared by G. J. Nageotte
Associate Extension Dairy Specialist

INTRODUCTION

Cottage cheese, sometimes called pot cheese and also Dutch cheese or Schmierkase, is a soft, uncured cheese made from skim milk or from reconstituted nonfat dry milk. It is available on the market in two forms: (1) large cured particles, resembling kernels of pop corn, which in some localities is called "pop corn style"; and (2) small-grained cottage cheese which is often called "country style" or "farm style."

Usually some cream is mixed with cottage cheese curd before it is marketed or consumed. To be legally called "creamed" cottage cheese the mixture must contain at least 4% milk fat. In many localities, cottage cheese is marketed flavored with chopped vegetables or with chives.

Nutritionists recognize cottage cheese as a highly nutritious food. Its acceptance by consumers, however, has been exceedingly slow. In the year 1935, people in Virginia ate about one-tenth of a pound per person. By 1955, consumption had increased to approximately three-fourths of a pound of cottage cheese per person. People in some other states are eating more than 10 pounds per person per year.

A recent survey, made by the V.P.I. Department of Dairy Science, on the quality of cottage cheese manufactured and sold in Virginia revealed that the quality of the product was very high. It is assumed, then, that the public is not aware of the importance of cottage cheese as an inexpensive, highly nutritious food.

Actually, cottage cheese is a concentrated form of milk. One pound of cottage cheese contains as much protein as 2½ quarts of milk. This protein is complete. Because it contains all the essential amino acids for building, repairing, and maintaining body tissue, cottage cheese is particularly desirable for growing children. It is also an ideal food for adults. Creamed cottage cheese is about equal to milk as a source of vitamins and minerals.

Cottage cheese is easily digested and readily assimilated. Because of its high nutritive value and low calorie content, it is an important food for the person desiring to lose weight. One ounce of creamed cottage cheese supplies only about 38 calories.

Like other dairy foods, cottage cheese has no waste. You get a pound of food for every pound you buy.

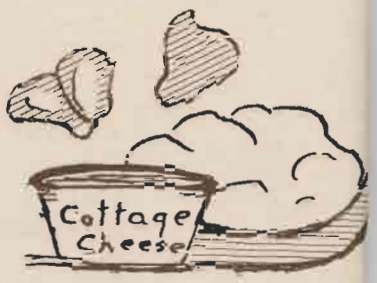
People who enjoy its slightly tart flavor find cottage cheese a welcome food for meatless meals and an ideal low-calorie-high-protein food for healthy, nutritious dieting.

Cottage cheese is popular when used "as is" any time of the year. Fresh, cold cottage cheese furnishes the homemaker with an easily prepared, appetizing dish to serve for lunches and for hot weather snacks.

In addition to its concentrated food value, cottage cheese is a very versatile food. It can be served in a variety of tempting ways because it combines nicely with almost any type of food.

This collection of recipes will suggest to the homemaker many tempting ways of using and serving cottage cheese. Try them and enjoy the treat!

Cottage Cheese Appetizers



1. Cottage Cheese "Dips" or Dunks"

Basic Dip

Mix together 1 1/2 cups creamed cottage cheese (mashed, whipped, or sieved) with 1 tablespoon milk or sour cream, 1/2 teaspoon lemon juice, 1/2 teaspoon finely minced onion, and salt and pepper to taste. Serve dip with melba rounds, wheat crackers, pretzels, crisp rye wafers, or with potato chips.

Variations

Once you master the basic dip, experiment with flavorful additions. To 1 1/2 cups of the basic dip, add any one of the following to suit your own taste:

Seasonings:

- minced chives
- garlic salt
- chili sauce or catsup
- minced green onions

Spices:

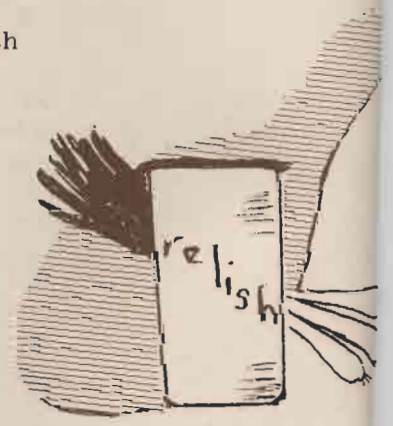
- marjoram
- celery seed
- caraway seed

Sweets:

- applebutter
- marmalade, jelly, or jam
- chopped sweet pickles

Vegetable greens:

- finely sliced celery and radishes
- finely chopped watercress or parsley
- chopped raw cauliflower and broccoli buds
- grated carrots with added raisins



Nuts:

- chopped peanuts
- other chopped nuts

2. Cottage Cheese Rolls

- 1 cup cottage cheese
- 1/2 teaspoon Worcestershire sauce
- 2 tablespoons chili sauce
- salt and pepper
- 12 slices dried beef

Mix cheese, sauces, and seasonings. Spread on beef. Roll and fasten with toothpicks.

3. Avocado Dunk

- 1 cup sieved cottage cheese
- salt and pepper
- pickle relish
- horseradish
- 1 avocado, mashed
- graded onion
- cream or mayonnaise

Blend cottage cheese well with mashed avocado and seasoning. An electric mixer will do this easily. Thin with cream or mayonnaise.

Appetizers (continued)

4. Cottage Canape Spread

2 cups sieved cottage cheese
few drops of onion juice
1 tablespoon bouillon paste (or 2 cubes dissolved in 2 tablespoons of boiling water)

Drain excess moisture from cottage cheese and force through fine sieve. Combine with bouillon paste and onion juice and beat vigorously to blend. Chill until ready to use. Use as a spread on crisp wafers.

5. Stuffed Celery

Fill crisp stalks of celery with seasoned cottage cheese. Arrange them petal fashion on a round chop plate and fill the center with olives.

6. Cheese and Bacon Spread

Cook 4 slices of lean bacon until crisp, drain well, and chop. Mix with 1 tablespoon finely minced onion, 1 cup cottage cheese, 2 teaspoons minced parsley, dash of red pepper or tabasco and salt to taste.

7. More Cheese Spreads

Mash or sieve 1 cup creamed cottage cheese with 2 tablespoons sour cream (or milk) and add one of the following: (with salt and pepper to taste):

1/2 cup mashed blue cheese
1/4 cup deviled ham
1/2 cup minced ripe olives
1 tablespoon horse-radish

FRESH HERB & COTTAGE CHEESE SPREAD

8. Combine

1 lb. dry cottage cheese
2 tablespoons cream
1 tablespoon salad oil
1 teaspoon chopped basil
1 teaspoon chopped tarragon
1 teaspoon chopped parsley
1 teaspoon salt
(1 teaspoon dill seed)

Place in a covered jar in the refrigerator for 24 hours.

Cottage Cheese Salads

1. Two-Decker Salad

Lime Layer

2 packages lime-flavored gelatin
3 cups hot water
1 1/2 lbs. cottage cheese, well drained
2 tablespoons mayonnaise
1 tablespoon chopped onion
1 tablespoon vinegar or lemon juice
1/4 cup horse-radish

Dissolve gelatin in hot water. Chill until partially set. Beat until light. Stir in remaining ingredients. Pour into 2½ quart mold which has been well oiled or rinsed with cold water. Chill until set.

Tomato Layer

4 cups fresh cooked or canned tomatoes
1/3 cup chopped onion
1/4 cup chopped celery leaves
1 bay leaf
2 whole cloves
1 teaspoon salt
2 tablespoons brown sugar
2 tablespoons (2 envelopes) unflavored gelatin
1/4 cup cold water
3 tablespoons lemon juice
2 hard-cooked eggs, sliced

2. Deviled Cottage Eggs

4 hard-cooked eggs, shelled
1/4 teaspoon dry mustard
2 teaspoons vinegar
1 tablespoon chopped olives
1 tablespoon pickle relish
1/2 to 3/4 cup cottage cheese with chive
1/4 teaspoon salt
1/8 teaspoon pepper

Cut eggs in half lengthwise. Remove yolks. Mash yolks. Add mustard, vinegar, chopped olives, and relish. Add cottage cheese, mix well; season with salt and pepper. Refill egg whites with mixture, piling it high. Sprinkle with paprika, if desired. Serve in lettuce cups.

3. Cottage Cheese Salad Ring

2 tablespoons plain, unflavored gelatin
1/2 cup cold water
2 pounds cottage cheese
1 cup cream or top milk
2 tablespoons lemon juice
1 teaspoon onion juice
1/4 teaspoon paprika
Salt to taste

Soften gelatin in cold water; dissolve over hot water. Mix cottage cheese, cream, lemon juice, onion juice, paprika, and salt; add dissolved gelatin. Turn into a ring mold that has been rinsed with cold water; chill until firm. Unmold on crisp salad greens and fill center of ring with desired fruit or vegetable salad. Serve with mayonnaise or French dressing. Serves 8.

4. Avocado Salad

Peel the avocados, cut each in half lengthwise, and remove the pits. For each serving place half of an avocado on curly endive. Fill the center with cottage cheese to which has been added some tart French dressing.

5. Cottage-Cheese-Filled Tomatoes

6 medium tomatoes
2 cups dry cottage cheese
1/4 cup mayonnaise or salad dressing
3 tablespoons chopped pickle
1 tablespoon minced onion
3 tablespoons chopped pimento
3 tablespoons chopped walnut meats

Peel tomatoes; cut slices from top and scoop out center. Sprinkle with salt; invert to chill. Combine remaining ingredients and mix well; fill tomato cups. Chill thoroughly. Serve on lettuce with additional mayonnaise. Serves 6.

6. Cottage Cheese Potato Salad

3 cups cooked diced potatoes
1/2 cup diced celery
1 tablespoon chopped green pepper
1 tablespoon chopped pimento
2 tablespoons minced onion
2 tablespoons chopped pickle
1 cup mayonnaise
1 teaspoon salt
1/8 teaspoon pepper
1 teaspoon dry mustard
1 tablespoon lemon juice
1 cup creamy cottage cheese

Combine potatoes, celery, green pepper, pimentos, onion, and pickle. Chill. Blend mayonnaise, seasonings, and lemon juice. Pour over potato mixture; add cottage cheese and toss lightly. Serves 6 to 8.

7. Chive Cheese Mold

1 package lemon-flavored gelatin
1 cup hot water
1 cup cold water
1/2 large avocado
1 cup chive cottage cheese
6 tablespoons mayonnaise
1/3 cup chopped pecan meats

Dissolve flavored gelatin in hot water. Add cold water. Chill until syrupy. Mash avocado; mix with cottage cheese, mayonnaise, and nutmeats, and add to thickened gelatin. Pour into mold and chill. Garnish with orange slices or segments. Serves 6.

8. Gingerale Fruit Mold

1 cup hot water
1 package lemon-flavored gelatin
3/4 cup gingerale
1 cup fruit cocktail, drained
juice of 1/2 lemon

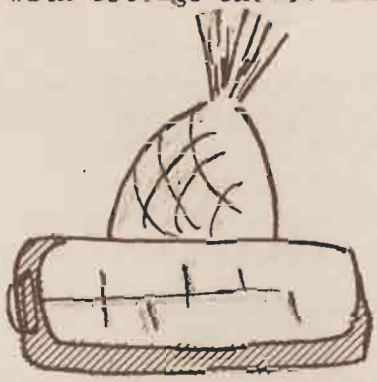
Filling

1 cup cottage cheese
1/4 cup pecans
4 maraschino cherries, sliced
1 tablespoon cream
1 tablespoon mayonnaise

(cont'd next page)

Gingerale Fruit Mold (cont'd)

Stir hot water into gelatin until dissolved. Chill until cool but not thickened. Stir gingerale, fruit cocktail, and lemon juice into cooled gelatin; pour into ring mold rinsed in cold water. Chill until firm. At serving time, combine cottage cheese, pecans, cherries, cream and mayonnaise. Unmold fruit gelatin ring; fill center with cottage cheese mixture. Serves 6.



9. Frozen Cheese and Pineapple Salad

1 1/2 cups cottage cheese
3/4 cups whipping cream
1/2 teaspoon salt
3/4 cup drained, shredded pineapple
1/2 cup finely sliced dates
1/4 cup mayonnaise or salad dressing
3 tablespoons lemon juice

Drain off excess moisture from cheese and beat with fork or electric mixer until smooth. Whip cream until stiff. Then fold in cheese. Add seasonings, well-drained pineapple, and dates; pour into a waxed paper-lined freezing tray of the refrigerator. Freeze at coldest temperature. Cut into slices, arrange on salad greens, and serve with additional dressing. (Allow about 3 hours for freezing salad.) Serves 6.

10. Cottage Cheese and Strawberry Salad

2 cups cottage cheese
2 cups sliced strawberries
3 tablespoons honey
French dressing

Dressing

1/3 cup salad oil
3 tablespoons lemon juice
1/2 teaspoon salt
1/3 cup strained honey

Beat together oil, lemon juice, and salt. Add honey slowly while beating. Mix cottage cheese, strawberries, and French dressing. Put on lettuce leaves. Garnish with mayonnaise and whole strawberry.

11. Molded Fruit Salad

1 package lemon-flavored gelatin
1 cup hot water
1/2 cup creamy cottage cheese
1 cup heavy cream, whipped
1/2 cup broken walnut meats
1/2 cup maraschino cherries, quartered
1 cup crushed pineapple, well drained

Dissolve gelatin in hot water. Chill until partially set. Fold in cottage cheese and whipped cream, walnuts, cherries, and pineapple. Pour into 1-quart refrigerator tray. Chill until firm. Cut in squares to serve. Serves 8.

12. Peach Party Loaf

2 packages lemon-flavored gelatin
1/4 teaspoon salt
1 cup hot canned peach syrup
1 1/2 cups hot grapefruit juice
1 1/2 cups drained sliced canned cling peaches
2 tablespoon chopped pimento
1 1/4 cups cottage cheese
1/2 cup chopped celery
2 tablespoons chopped parsley
1 1/2 teaspoon grated onion
1/2 teaspoon salt
salad greens

Dissolve gelatin and 1/4 teaspoon salt in hot syrup and fruit juice. Cool until slightly thickened. Arrange peaches and pimento in bottom of oiled 9 x 5 x 3 inch loaf pan and cover with half the gelatin mixture. Chill until firm. Add cottage cheese, celery, parsley, onion, and 1/2 teaspoon salt to remaining gelatin and blend. Turn into pan over firm peach layer. Chill until firm. Unmold on crisp greens. Serve in slices. Makes 8 to 10 servings.

13. Cottage Cheese Ring

1 tablespoon unflavored gelatin
1/4 cup cold water
1 1/2 cups cottage cheese
2 1/2 tablespoons Roquefort cheese
1/4 teaspoon salt
1/4 teaspoon paprika
1/2 cup heavy cream, whipped
fruit salad

Soften gelatin in cold water; dissolve over hot water. Press cottage and Roquefort cheese through sieve and mix thoroughly with gelatin, salt, and paprika. Fold in whipped cream. Pour into ring mold and chill until firm. Unmold and fill center with fruit salad. Serve with mayonnaise mixed with whipped cream. Serves 6.

14. Crown Salad

Fill lettuce cups with shredded lettuce and top with cottage cheese softened with peach juice. Make three slits in each well-drained peach half, leaving an uncut portion as a base. Spread each peach apart on the cottage cheese to form points of a crown. Top each point with a bit of red cherry.

15. Tomato Aspic with Cottage Cheese

3 cups stewed tomatoes
1 stalk celery
1 clove
salt
1/2 cup cold water
1 onion, sliced,
1 bay leaf
1 teaspoon sugar
2 tablespoons unflavored gelatin

Cook tomatoes with seasoning. Soak gelatin in cold water and add to hot mixture. Strain and allow to cool. When cool, place half of the mixture in a greased ring mold and chill until firm. Cover with cottage cheese. Pour in other half of aspic and chill until firm again. Slice and serve on individual plates of crisp lettuce. Dress with tablespoon of mayonnaise, adding a dash of paprika if desired.

16. Cheese and Lettuce Roll-Up

1 cup cottage cheese
1/4 teaspoon salt
mayonnaise to moisten
1/2 cup chopped stuffed olives
1/2 cup walnut meats

Roll spoonful of mixture in a large crisp lettuce leaf; slip a ring of green pepper around the center to hold it closed. Chill. Then serve with garnish of tomato wedges and cumcumber slices. Enough filling for 6 rolls.

17. Garden Cheese Filling

Mix together 1 cup cream-style cottage cheese, 2 tablespoons finely grated raw carrot, 1/2 teaspoon finely chopped green pepper, 1/2 teaspoon finely chopped chives (or 1/2 teaspoon chopped parsley and 1/2 teaspoon grated onion may be used for the chives). Fill into lettuce leaf (as in Number 16)

18. Fruit Salad Combinations

Combine fruits, such as fresh peaches, watermelon and cantaloupe balls. You can also combine sliced citrus fruits with fresh or canned peaches, sliced pineapple or pears stuffed with cottage cheese and garnished with strawberries, apple, celery, nuts or raisins. Serve with mayonnaise or California salad dressing. (See cottage cheese dressing).

19. Jellied Fruit and Cheese Salad

2 packages lime gelatin
3 1/2 cups hot water
1 cup shredded cabbage
1/2 cup dried celery
1/2 pound package process cheddar cheese, diced
6 canned or fresh pear halves
6 canned or fresh apricot halves
Maraschino cherries

Dissolve gelatin in hot water. Chill until slightly thickened. Add cabbage, celery, and cheese; mix well. Pour in 9 inch ring mold which has been well oiled or rinsed with cold water. Chill until firm. Arrange pear halves in center of mold on bed of greens; garnish with maraschino cherries. Cut apricot halves in two and arrange around edge of mold with watercress. Serve with mayonnaise or fruit dressing. Makes 6 servings, 2/3 cup each.

20. Jellied Cucumber Ring with Cottage Cheese

2 packages lemon-flavored gelatin
2 1/2 cups grated cucumber and juice (if tender, don't peel)
2 tablespoons grated onion
1/4 cup vinegar
1/2 teaspoon salt
1 1/2 cups boiling water

Dissolve gelatin in boiling water. Add vinegar and salt. Cool. Add onion and cucumber. Pour in oiled ring mold and chill until firm. Turn out on large chilled plate. Fill center with 4 cups of cottage cheese that has been seasoned with 1 1/2 teaspoons of chopped chives. (Also 1/4 cup cream, if needed). Garnish with sliced cucumbers and lettuce.

21. Lime and Cantaloupe Fruit Salad

Drain one No. 2 1/2 can pear halves. Add 1 cup chopped mint leaves to 5 cups water and 1 cup pear syrup. Bring to a boil slowly and boil 1 minute. Pour over 3 packages of lime flavored gelatin and stir until the gelatin is dissolved. Let it stand 15 minutes to bring out the flavor. Then strain to remove the mint. Chill the gelatin until thick but not set. Add 2 cups diced canned pears and 1 cup honeydew melon or firm cantaloupe balls. Use a ball scoop or a 1/2 teaspoon size measuring spoon for making balls. Pour into a 2-quart mold; chill until set.

Unmold and serve with cottage cheese snowcaps and salad greens. This salad including the snowcaps, can be made one day and served the next. Serves 6 to 8.

22. Cottage Cheese Snowcaps

Soften 1 envelope unflavored gelatin in 1/4 cup cold water. Heat over hot water until the gelatin is dissolved. Stir this into 2 cups dry cottage cheese that has been mixed with 3/4 cup rich milk or cream. Add 1/2 teaspoon salt and mix well. Pour into small individual molds. Chill until firm. Turn out and serve with lime fruit salad.

23. Frozen Fruit Salad

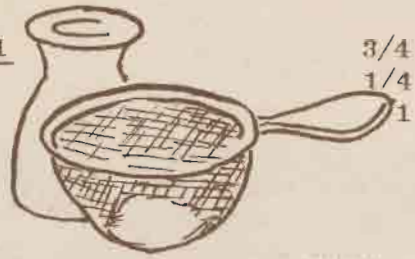
#2 1/2 can fruit cocktail
#1 can pineapple
1 egg
1 tablespoon flour
1 tablespoon butter
1/4 teaspoon salt
1 tablespoon lemon juice
1 tablespoon sugar
1/4 cup cream or powdered milk (whipped with 1 tablespoon lemon juice, 1 tablespoon sugar and 1/4 cup water.)

Drain pineapple and fruit cocktail. Measure pineapple juice and cocktail juice to make 1 1/2 cups. Melt butter in saucepan. Add flour. Stir until smooth. Add juice to beaten egg. Stir into flour and butter mixture. Cook until thick (about 4 minutes). Add tablespoon lemon juice. Cool. Fold in stiffly beaten cream or powdered milk. Mix lightly with fruits. Pour in refrigerator tray with divisions. The squares of salad are easy to serve.

24. Tossed Greens - Cottage Cheese

Use about equal quantities of lettuce and a darker green as kale, mustard greens, or romaine. Tear or shred the needed quantity. Add chopped green peppers or chopped water-cress for a deeper green color. Use chopped onion as desired. Mix cream-style cottage cheese with about equal quantity of mayonnaise (blend with sour cream if available) and use salt and pepper; add to the greens and toss until all greens are coated. Serve on lettuce leaves or on hot buttered toast. Shredded cabbage can be used in place of the lettuce.

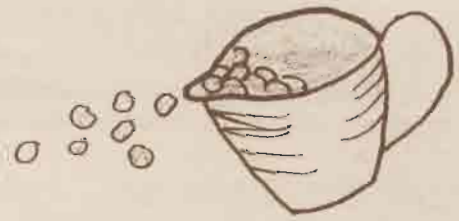
25. Cheese Bowl



3/4 cup sieved cottage cheese
1/4 pound Roquefort cheese, sieved
1 tablespoon sour cream, few drops
Worcestershire sauce
crackers

Mix cottage cheese, Roquefort cheese, and sour cream just enough to blend. Add Worcestershire sauce to taste. Serve in bowl. Six servings. Pass crackers.

26. Cranberry Blizzard



1 pound whole cranberries
2 cups water
2 cups granulated sugar
2 tablespoons plain gelatin
1/2 cup cold water

Boil cranberries 5 minutes in 2 cups water. Stir in sugar; boil 5 minutes longer. Soften gelatin in 1/2 cup cold water; dissolve in hot cranberries. Pour into oiled 8-inch ring mold. Chill overnight. Unmold on large salad plate; garnish with crisp lettuce. Pile creamy cottage cheese in center of ring. This recipe is fine for buffet suppers with chicken or turkey. Serves 8.

27. Apple-Celery-Cottage Cheese

Dice tart apples leaving bits of red peel for color. Dice equal quantity of crisp celery. Combine thoroughly with mayonnaise mixed with equal quantity of cottage cheese. (Blend the mayonnaise with sour cream if available.) Sharpen with lemon juice if desired. Dot with seedless raisins. Add nuts, if available. Serve on lettuce or celery leaves.

28. Peach or Pear-Cottage Cheese

Use halves of peaches or pears, either fresh or canned. Fill the cavities of the fruit with cottage cheese mixed with finely chopped nuts. Then put fruit halves together. Serve on shredded lettuce on individual salad plates. Pass fruity dressing made by thinning cream-style cottage cheese with a little fruit juice.

29. Baked Orange-Cottage Cheese

Bake orange slices, following your favorite recipe. Arrange the slices on lettuce leaves and top them with cottage cheese. Garnish with nuts, if available. Use dressing or not as desired.

30. Winter-Salad Combinations

Number 1

2 cups cottage cheese
1 cup pickled beets, cubed

Mix, add salad dressing, and serve on crisp lettuce.

Number 2

1 cup chopped cabbage
1/2 cup chopped celery
1 cup chopped apple
(red peeling may be left on)

Mix with cottage cheese salad dressing (see cottage cheese dressing) and serve on lettuce or a small cabbage leaf.

31. Pink and Silver Mold

2 envelopes unflavored gelatin
1 1/4 cups water
1 can (1 1/4 cups) condensed tomato soup
1/2 cup cottage cheese
1 tablespoon grated onion
1/2 cup mayonnaise
2 cans Maine sardines, drained and broken (3¼ or 4 ounce size)
2 tablespoons lemon juice

Soften gelatin in 1/4 cup water. Heat 1/4 can soup; add gelatin and dissolve. Stir dissolved gelatin into remaining soup and 1 cup water. Add cheese and mix until smooth. Chill until slightly thick; add lemon juice, onion, mayonnaise, sardines. Rinse a 1 1/2 quart mold with cold water; pour in mixture and chill until firm. Unmold, cut, and serve on crisp salad greens. Serves 6.

32. Molded Plum and Cottage Cheese Salad

1 can (no. 303) blue plums
1 package orange flavored gelatin
plum syrup plus enough water to make 1 cup
1 cup creamed cottage cheese
1/2 cup chopped celery
1/2 cup chopped pecans
2 tablespoons lemon juice
1/2 cup chilled whipping cream

Drain plums and save syrup. Cut plums in halves. Remove pits. Place plum halves fairly close together in the bottom of an 8" ring mold or in 8 individual molds. Empty gelatin into medium sized bowl. Heat syrup and water to boiling. Add to gelatin and stir until dissolved. Chill gelatin until it begins to thicken, then add the cottage cheese, celery, pecans, and lemon juice. Whip cream until it will hold a stiff peak. Fold into chilled gelatin mixture. Spoon carefully over plums. Chill until firm, about 2 or 3 hours. When ready to serve, unmold on a chilled platter. Garnish with orange and grapefruit slices if desired. Makes 6 or 8 servings.

33. Cottage Cheese with Fresh Fruit Salad

2 cups cottage cheese
1 teaspoon salt
1 teaspoon lemon juice
1/4 cup chopped pecans
3 pineapple slices.
1 cantaloupe, cut in round slices
2 oranges
2 bananas
1 pint sweet fresh cherries or
1 pint strawberries

Add salt and lemon juice to cottage cheese. Fold in part of chopped pecans. Turn into a bowl that has been rinsed with cold water and place in refrigerator to chill. Just before serving, unmold on a large salad plate. Surround with lettuce cups filled with fresh fruits - melon rounds, orange sections, banana slices (soaked in lemon or pineapple juice), pineapple sections and red cherries or strawberries. Serves 6.

34. Buffet Salad

2 cups cooked potatoes, diced
1 cup cooked meat or lunch meat, diced.
1 cup cooked peas
1/2 cup finely chopped celery
salad greens
1/4 cup dill pickle, diced
salt & pepper
1 cup creamed cottage cheese
1/2 cup mayonnaise or salad dressing

Combine all ingredients except cottage cheese and mayonnaise and chill thoroughly. Add cottage cheese and mayonnaise and toss lightly together. Serve on salad greens, or serve salad around a mound of cottage cheese.

35. Peanut-Prune-Cottage Cheese Salad

Pit and chill 12 cooked prunes. Combine 1/2 cup cottage cheese, 2 tablespoons chopped peanuts, 1 tablespoon grated orange rind, add salt to taste. Moisten this mixture with mayonnaise and stuff into the prunes. Serve on salad greens, allowing 3 stuffed prunes to a person.

36. Pineapple Party Salad

1 can crushed pineapple (No. 2½)
1 pkg. lemon gelatin
1 pkg. lime gelatin
1 cup cottage cheese
1 cup mayonnaise
1/2 cup coarsely chopped blanched almonds
1/4 teaspoon salt

Drain syrup from crushed pineapple. To the syrup add water to make 2 cups. Heat liquid; remove from heat and add lemon and lime gelatin. Stir until dissolved. Chill until partially thickened. Add drained pineapple, cottage cheese, mayonnaise, almonds, and salt. Mix lightly. Pour into lightly oiled ring mold (6 cup size) or into individual molds. Chill until firm. Serve on lettuce with mayonnaise. Makes 8 to 10 servings.

37. Tropical Cottage Cheese Salad

1 pkg. strawberry gelatin
1 pkg. lemon gelatin
1 no. 2 can (2½ cups) peach halves and juice
3/4 cup pineapple chunks
1/4 cup pineapple juice
2 cups creamed cottage cheese
salad greens

Dissolve strawberry gelatin in 1 cup boiling water; add one cup cold water. Pour half of mixture into lightly buttered 1½ quart mold or bread pan and chill. Keep remaining strawberry gelatin mixture at room temperature. Drain fruit. Add water to fruit juice, if necessary, to make 2 cups. Bring 1/2 cup of this liquid to boiling point. Add lemon gelatin and dissolve. Add remaining 1½ cups of fruit liquid; cool. Stir in 1/2 cup pineapple chunks and 1½ cups cottage cheese. Pour onto the firm strawberry gelatin in mold; chill. When set, cover with rest of strawberry gelatin. Chill several hours or overnight. Unmold on greens. Garnish with peach halves filled with remaining cottage cheese and pineapple chunks. Serves 12.

38. Cucumber Cottage Cheese Salad

2 cups cottage cheese
1/2 cup sour cream
1/4 cup chopped chives
1/2 cucumber, diced
1 tablespoon chopped watercress
salt and pepper
crisp lettuce

Mix cottage cheese and sour cream lightly with a fork. Add vegetables, season with a few grains of salt and pepper, and shape into mounds. Place on lettuce leaves and garnish with watercress. Serves 4.

39. Cranberry and Cottage Cheese Salad

1 quart cranberries
2 cups sugar
1 cup heavy cream
3 cups dry cottage cheese

Wash cranberries and pick out any imperfect ones; force through a food chopper and arrange cranberry puree and all but 1 tablespoon of the sugar in alternate layers in a saucepan and allow to stand 10 minutes, or until some of the juice is drawn out. Then place over low heat until juice flows freely; increase heat to moderate and cook 6 to 8 minutes, stirring constantly. Turn into a shallow pan (about 9 x 9 x 1½ inches); cool, cover, and chill until firm. About ½ hour before serving time, whip cream until stiff. Add the remaining sugar and fold into cottage cheese. Spread mixture evenly over cranberries and return to refrigerator. To serve, cut into squares and place on leaves of lettuce. Serves 8.

40. Cranberry Sauce Salad

1 can strained cranberry sauce
12 oz. pkg. cottage cheese
1/2 cup mayonnaise

Method: Slice cranberry sauce making 14 slices. Place 7 slices on leaf of lettuce. Heap cottage cheese on top of each slice of cranberry sauce. With a decorative cookie cutter (animal or flower design) cut out remaining slices and place these on top of cottage cheese. To make dressing, sieve left over pieces of cranberry sauce and mix with mayonnaise, and serve with Cranberry Salad.

41. Orange Cottage Cheese Salad

2 pkgs. orange gelatin
3½ cups water
2 oranges, peeled and sliced
1½ cups cottage cheese
mayonnaise
watercress

Method: Dissolve gelatin in two cups boiling water. Add 1½ cups cold water. Place in refrigerator until slightly jelled. Beat with rotary egg beater or electric mixer until foamy. Add cottage cheese and mix well. Pour into ring mold that has been brushed with vegetable oil. Chill well. Unmold on chop plate, garnish with orange slices and watercress. Serve with mayonnaise.

Cottage Cheese Salad Dressings

1. Cottage Cheese Vegetable Dressing

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

Combine all ingredients and blend well.

2. California Salad Dressing

2 egg yolks
1/2 cup lemon juice
2 tablespoons sugar
2 cups whipped cream or powdered milk

Beat egg yolks, add lemon juice and sugar. Cook in double boiler until thick. Cool. Fold in 2 cups whipped cream or powdered milk just before serving. The cooked mixture may be kept a week in the refrigerator, but do not add whipped cream or milk until ready to serve.

3. Cottage Cheese Salad Dressing

1 cup cottage cheese
2 tablespoons mayonnaise
1/4 teaspoon paprika
1 teaspoon Worcestershire sauce
salt and pepper to taste

Combine all ingredients and blend well. Makes about 1 cup dressing.

4. Cottage Cheese Fruit Dressing

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

Beat all ingredients together until smooth.

Breads

1. Cottage Pancakes

1 cup sifted flour
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon sugar
2 egg yolks, slightly beaten
1 cup milk
2 tablespoons melted butter
2 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, salt and sugar, and sift again. Combine egg yolks and milk. Add gradually to flour mixture, beating only until smooth. Add shortening. Fold in egg whites. Bake on hot greased griddle. Spread with creamy cottage cheese, topped with strawberry preserves.

2. Filled Cheese Rolls

1 cake fresh yeast
1/4 cup lukewarm water
3/4 cup milk
2 tablespoons butter
1/4 cup sugar
1 teaspoon salt
1 egg beaten
3 cups sifted all-purpose flour

Filling

1 cup cottage cheese
1/2 cup peanut butter, crunch style

Soften yeast in lukewarm water. Heat milk to boiling point. Remove from heat and add butter, sugar, and salt. Cool to lukewarm; add yeast and egg. Stir in flour, making a soft dough. Knead until satiny; place in a bowl and cover with a damp cloth. Allow to rise until doubled in size, about 1 to 1½ hours. Punch dough down and let it rest 10 minutes before rolling out 1/4 inch thick. Spread with filling; roll it up as for jelly roll, and cut off 1-inch slices. Place cut side down on greased baking sheet 1 inch apart. Cover. Let rise until light. Bake in hot oven (400°F.) 15 to 20 minutes.

3. Cottage Cheese Blintzes

Batter

2 eggs
1 cup water
dash of salt
4 tablespoons flour

Beat two eggs. Add water and salt. Pour into flour slowly, stirring vigorously to obtain a smooth, thin batter. Pour about one tablespoon of batter into a small slightly greased frying pan, spreading very thin over the entire bottom. Cook over low heat on one side only, until it will hold its shape, but does not brown. Turn out on cloth or paper and repeat with the rest of the batter.

(continued on next page)

Cottage Cheese Blintzes (continued)

Filling

1 egg
1 1/2 cups cottage cheese
1 tablespoon melted butter
1/4 teaspoon salt
1 teaspoon sugar
1/4 teaspoon cinnamon
1/4 cup raisins (if desired)

Beat egg well. Add cottage cheese, melted butter, and seasoning. If desired, add 1/4 cup raisins. Place 1 heaping tablespoon of the cheese mixture on each blintze. Fold the edges over the filling and press in well. Cook in butter until brown on both sides. Serve with sour cream.

4. Cottage Cheese Crisps

1 cup sifted all-purpose flour
1/4 teaspoon salt
1/2 teaspoon baking powder
1/3 cup butter or substitute
1 tablespoon milk
1/2 cup cottage cheese
Paprika
1/2 teaspoon celery seed (optional)

Sift together flour, salt, and baking powder. Cut in butter. Add milk to cottage cheese. Then stir into flour mixture. Round dough upon floured board and roll it to 1/8 inch thickness. Cut into 1/2 inch strips. Place strips on baking sheet and brush with milk; sprinkle with paprika and celery seed. Bake in hot oven (425°F.) 10 to 20 minutes until lightly browned.

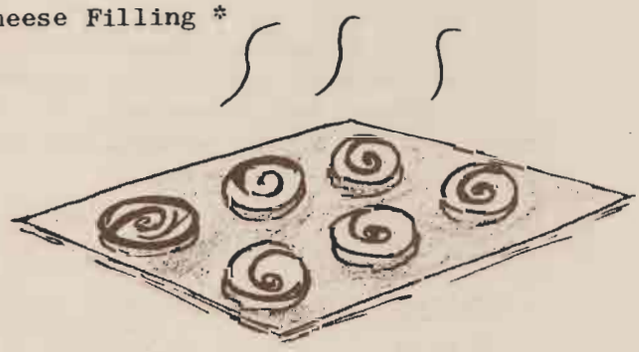
5. Sirniki (Russian Cheese Cakes)*

1 lb. dry cottage cheese
4 tablespoons sour cream
1 egg
1 tablespoon sugar
1 tablespoon flour

Mix all. Shape into flat cakes, roll in flour, and sauté in butter until light brown. Can be served with salad. Serves 4 to 6.

* Sumption and Ashbrook, Cooking with Magic.

6. Crispy Yeasty Dough with Cottage Cheese Filling *



Dough

1/2 cup butter
3 cups flour
3 egg yolks
6 tablespoons sour cream
2 tablespoons sugar
1/4 teaspoon sugar
1 cake yeast
1 tablespoon water

Work the butter into the flour. Add the egg yolks and cream. Mix well. Add the rest in order, the yeast having been softened in the water. Let rise one hour. Roll thin. Spread very lightly with butter. Fold the sides over to the center and the ends to the center, envelope fashion. Roll thin. Fold again and roll thin. Cut in shapes and put on an ungreased baking sheet 2 inches apart. Let rise one hour. (continued on next page)

* Sumption and Ashbrook, Cooking with Magic.

6. Crispy Yeasty Dough with Cottage Cheese Filling (continued)

This dough may be used in a number of ways. Small shapes may be put together with filling between. The dough may be rolled thin, covered with filling, and rolled as for jelly roll; cut in pieces and baked as pinwheels; or triangles of dough may be spread with filling and rolled from the wide to the narrow end to form horns or crescents. Brush them with beaten egg white and sprinkle with anise or poppy seed. Bake in moderately hot oven (275° F) for 20 to 30 minutes.

Cottage Cheese Filling

2 cups cottage cheese
1/2 teaspoon salt
3 beaten eggs
1 grated lemon rind
1/2 cup raisins
1 tablespoon sugar (optional)

Mix in order to a stiff paste.

7. Cottage Cheese Turnovers *

Turnovers

1 cup sour cream
2 beaten eggs
1/2 cup melted butter
2 teaspoons salt
3 cups flour
2 teaspoons baking powder

Mix in order given. Roll dough 1/4 inch thick. Cut in 4-inch squares. Put a spoonful of filling on each. Fold edges together to form triangles. Moisten and pinch well to hold the filling. Prick the tops once. Bake on a greased baking sheet in a moderate oven (350°F.) for 30 to 45 minutes.

Filling

1 cup cottage cheese
1 cup grated yellow cheese
1/4 cup melted butter
1 beaten egg
1 teaspoon salt

Mix all well.

These turnovers should be used soon after baking. They are fine with salad, beverages, and soups. Makes 2 dozen.

* Sumption and Ashbrook, Cooking with Magic.

Sandwiches

1. Toasted Cottage Cheese Salad Sandwich

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

Blend the cottage cheese, salt, pepper, celery, green pepper, and onion together. Toast bread on one side; butter the other side and spread with 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.

2. Tomato-Cottage Cheese

Spread sandwich bread - white or brown with butter and then with cottage cheese. Sprinkle with salt and pepper or with seasoning salt, and minced onion, if desired. Place a slice of ripe tomato over the cheese, and cover this with a leaf of lettuce. Omitting the lettuce, these sandwiches can be broiled for about 5 minutes, thus heating through for quick serving on table.

3. Sardine or Peanut Butter-cottage Cheese

Mix thoroughly chopped sardines or kipper snacks or grated tuna or peanut butter together with cottage cheese. Proportion is about two sardines to one cup of the cheese. Spread between buttered slices of whole wheat or any kind of brown bread, inserting a leaf of lettuce.

4. Herbs-Cottage Cheese

1 pint small-curd cottage cheese
2 tablespoons cream
1 tablespoon salad oil
1 teaspoon chopped fresh thyme
1/2 teaspoon chopped sweet basil
1 teaspoon finely chopped parsley
salt

Mix thoroughly together, cover, chill overnight, and use as a spread, preferably on whole wheat bread, next day.

5. Muffin-Tomato-Bacon-Cottage Cheese

For hot sandwiches split and butter English muffins, to the number needed, then spread with a mixture of cottage cheese and grated sharp Cheddar cheese. Top with a thin slice of tomato. Toast under broiler. Serve immediately with a garnish of broiled bacon.

Main Dishes

1. Cottage Cheese Scalloped Potatoes

Butter casserole. Alternate layers of thinly sliced potatoes and creamed cottage cheese (cup for cup). Season potato layers with salt. Cover and bake in moderate oven (350°F.) for one hour or until potatoes are tender. Uncover last 15 minutes. One cup of each serves 2 or 3.

2. Salmon-Cottage Cheese Supreme

1/2 tablespoon gelatin
2 tablespoons cold milk
1/4 cup hot milk
3 cups sieved cottage cheese
1/2 teaspoon minced onion
1/2 teaspoon salt

Soak gelatin in cold milk and dissolve in hot milk. Combine with remaining ingredients. Chill until mixture begins to thicken. Pour into cold mold. Serves 8 to 10.

3. Cottage Cheese Luncheon Salad

2 envelopes plain gelatin
1 No. 2 can (2½ cups) crushed pineapple
1 pint of cottage cheese
3/4 cup mayonnaise
1/2 pint heavy cream (whipped)
1 tablespoon sugar
1 cup chopped walnuts
1 green pepper, chopped
1 small can pimento (4 oz) chopped

Drain 1/2 cup of syrup from pineapple into heat proof measuring cup; add gelatin and let stand 5 minutes to soften. Then set cup in small pan of hot water and heat until gelatin is melted. Combine with remaining syrup and pineapple, cottage cheese, sugar, walnuts, green pepper, and pimento. Whip cream and fold in last. Pour into large loaf pan (or spoon into 12 individual molds). Chill in refrigerator several hours or overnight. Garnish with watercress and radish roses. Cut into slices and serve on lettuce with some of the garnish. Serves 12.

4. Baked Macaroni and Cottage Cheese

1/2 lb. pkg. macaroni
3 tablespoons butter
6 tablespoons flour
2 cups tomatoes
1 teaspoon salt
1 onion, finely chopped
1 egg, beaten
1 1/2 cups creamed cottage cheese
pepper
buttered crumbs

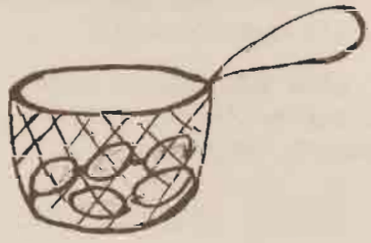
Cook macaroni in 2 or 3 qts. rapidly boiling salted water until tender. Drain and pour into buttered casserole. Melt butter in saucepan and blend in flour; cook over low heat until mixture is brown. Remove from heat and add tomatoes, salt, onion, beaten egg, cottage cheese, and pepper. Pour over macaroni, stirring slightly to distribute. Sprinkle with buttered bread crumbs. Bake in moderate over (350°F) for 45 minutes. Serve immediately. Serves 6.

5. Cottage Cheese Tuna Casserole

2 cups cottage cheese
2 cups cooked rice
2-7 oz. cans tuna
1/3 oz. can chopped mushrooms, with liquid
1 can cream of mushroom soup
pepper, garlic salt, or other seasonings.
salt to taste

Combine one cup of the cheese with the rest of the ingredients, mixing well. Pour into 1½ quart baking dish. Cover with remaining 1 cup cottage cheese and dash of paprika. Bake at 325°F. for 45 minutes. Garnish with parsley. Serves 8.

6. Cottage Cheese Croquettes



2 cups cottage cheese
2 cups bread crumbs
1/2 cup nut meats, chopped
1/4 teaspoon paprika
2 tablespoons chopped onion
2 tablespoons chopper green pepper
1 teaspoon salt
1 1/2 cup milk
1/2 cup crumbs
1 egg
2 tablespoons milk

Combine the cottage cheese and crumbs with the nut meats and seasonings. Add the milk and mix well. Form mixture into croquettes, mold. Dip in a mixture made of the egg and 2 tablespoons milk, then in crumbs. Fry in deep fat. Serve with a cream sauce.

7. Cottage Cheese Loaf

1 cup cottage cheese
1 cup bread crumbs, (or 1/2 cup cooked rice or other leftover cereal and 1/2 cup of crumbs)
1/4 cup peanut meats
1/4 cup peanut butter
1/2 teaspoon powdered sage
1/2 teaspoon powdered thyme
1 tablespoon milk
1 teaspoon salt
1/4 teaspoon pepper
1/3 teaspoon soda
1 or 2 tablespoons chopped onion

Combine all ingredients well. Shape into a loaf or into small cakes and fry. Serve either plain or with tomato sauce.

8. Stuffed Potatoes Oregano

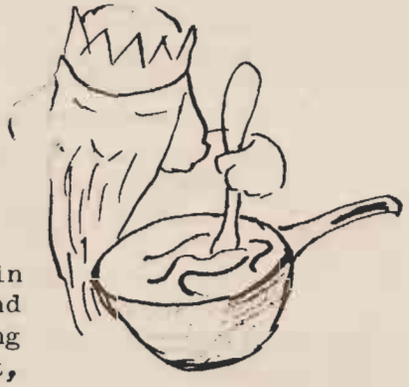
Bake two large potatoes. Cut in half lengthwise and scoop out the potato into a mixing bowl. Mash or whip well; then beat in 2 tablespoons soft butter, 1 cup creamed cottage cheese, 1/4 teaspoon oregano, salt and pepper to taste. Heap mixture into the potato shells; do not smooth the tops. Sprinkle with paprika and bake in moderate over 375°., 15 to 20 minutes. Serves 4.

9. Spinach and Cottage Cheese Casserole

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

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

10. Neptune's Chowder



1 (8 oz.) can salmon
1 cup milk
2 tablespoons butter
2 tablespoons chopped onion
2 tablespoons flour
2 cups creamed cottage cheese

Drain salmon; add liquid to milk. Melt butter in heavy saucepan; add onion; cook until tender. Blend in flour. Add milk and cook over low heat, stirring until thickened. Add remaining ingredient. Reheat, stirring constantly. As mixture heats, it thins to right consistency. Season with salt and pepper to taste. Serve piping hot. Garnish with chopped parsley, if desired. Serves 4.

11. Cheese Lasagne

8 ounces lasagne noodles or any wide noodles
2 8 oz. cans tomato sauce
2 cups creamed cottage cheese
1/2 teaspoon basil
1 teaspoon salt
1/4 teaspoon Worcestershire
1/4 cup finely chopped onion
1/2 pound processed American cheese, thinly sliced
1/4 cup grated Parmesan or Romano cheese
1/2 cup buttered bread crumbs

Cook noodles in boiling salted water until tender; drain and rinse. Mix tomato sauce with the cottage cheese, basil, salt, Worcestershire sauce, and onion. Arrange alternate layers of noodles, American cheese and sauce mixture in buttered 2½ quart casserole. Top with crumbs mixed with grated cheese. Bake in moderate oven, 375°F., for about 25 minutes. Serves 6 to 8.

12. Cottage Cheese - Lima Bean Loaf

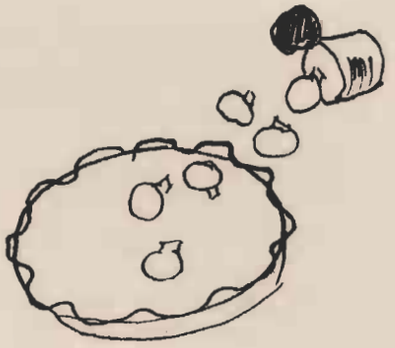
2 cups cooked lima beans (drain thoroughly)
1 1/2 pounds cottage cheese
1 small can pimientos
1 cup bread crumbs
1 teaspoon salt
1/8 teaspoon pepper
1 can condensed tomato soup

(continued on next page)

Cottage Cheese - Lima Bean Loaf (continued)

Put beans, cottage cheese, and pimientos through a meat chopper, using course 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 about 15 minutes longer. Slice and serve with the tomato sauce.

13. Mushroom Pie



- 2 tablespoons butter
- 1/4 cup diced onion
- 2 cups hot cooked potatoes
- 1 3 oz. can chopped broiled mushrooms
- 1 pound creamed cottage cheese
- 1/2 cup sour cream
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon gravy maker
- 2 eggs, well beaten
- 1 9-inch pastry shell, unbaked

Melt butter in small saucepan. Add onion. Cook over moderate heat five minutes, stirring occasionally. Meanwhile cook and sieve potatoes. Stir in mushrooms, cheese, sour cream, salt, pepper, gravy maker, and onions. Mix thoroughly. Fold in beaten eggs. Pour into unbaked shell. Bake at 375°F., about one hour, or until puffy and brown. Serve hot as main dish.

14. French Cottage Cheese Pie

- 1 unbaked 9-inch pie shell
- 2 cups cottage cheese
- 3 1/4 cups sour cream
- 2 cups hot mashed potatoes
- 1 teaspoon salt
- 3 tablespoons finely chopped onion
- 3 tablespoons chopped pimiento
- 2 eggs, well beaten
- 1 1/2 tablespoons butter

Blend cottage cheese and sour cream together. Beat in mashed potatoes. Mix thoroughly. Add salt, onion, pimiento. Fold in beaten eggs. Pour into unbaked pie shell. Dot with butter. Bake in moderate over (350°F.) 1 1/4 hours, until golden brown. Serve hot as main dish. (Many French families like this pie cold, with mixed green salad and a hot soup.)

15. Curried Cottage Cheese and Eggs in Rice Nests

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

(continued on next page)

Curried Cottage Cheese and Eggs in Rice Nests (continued)

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

16. Tuna-Cheese Pinwheels

1 batch biscuit dough or mix

Filling

1 green onion, with stem, minced
1 7-oz. can flaked tuna
1 cup cottage cheese

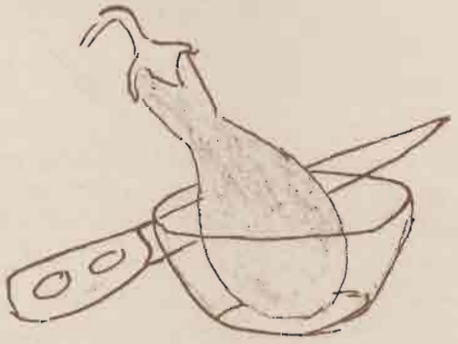
Mushroom Sauce

1 4-oz. can mushrooms, with juice.
1 small onion
2 tablespoons butter
2 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper
1 1/2 cups milk

Make your favorite biscuit dough or prepared mix. Combine onion, tuna, cottage cheese. Roll dough 1/4 inch thick. Spread with tuna mixture; roll as for jelly roll. Cut in 1/2 inch slices; place 1 inch apart on greased cookie sheet. Bake 20-25 minutes at 250°F.

Sauce: Chop mushroom and onion; saute in butter. Shake flour and seasonings in small jar with mushroom juice. Add to mushroom and onion; blend in milk. Stir constantly over low heat until thickened. Pour over pinwheels, allowing 2 per serving. Serves 6.

17. Cottage Cheese and Egg Plant Casserole



1 egg plant
1 cup cottage cheese (dry)
3 slices bread
1/2 onion, sliced
1 green pepper, chopped
1 whole pimiento, chopped
pepper and marjoram
1 egg
2 tablespoons butter
paprika
1/2 teaspoon salt

Peel and cube the egg plant. Put in a sauce pan with 1/2 cup water and cook covered for 15 minutes. Add unbeaten egg and 2 slices bread, flaked. Stir in cottage cheese, onion, and seasoning. Pour into buttered casserole. Flake 1 slice bread over top, dot with butter, and sprinkle with paprika. Bake in 350°F. oven for 45 minutes. Serves 4-6.

18. Macaroni Romanoff

Two kinds of cheese, cottage and a sharp Cheddar type, give this macaroni dish unexpected flavor. It is complete enough for the main part of a meal, a recipe that you will use frequently.

- 3 cups cooked macaroni
- 1 cup cottage cheese
- 1 cup sour cream
- 1/4 cup chopped onions
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 4 drops Tabasco sauce
- 2 tablespoons chopped parsley
- 1/4 cup grated Cheddar-type cheese

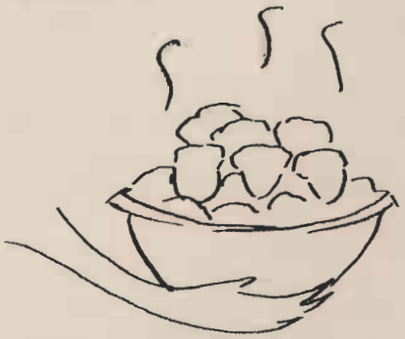
Combine all ingredients except grated cheese. Place in greased casserole. Sprinkle with cheese. Bake in a moderate oven (350°F.) about 40 minutes. Serves 4 to 6.

19. Tuna-Cheese Bake

- 2 cups cottage cheese
- 1 can tuna (7 oz.)
- 2 eggs, beaten
- 1/2 teaspoon salt
- 1/2 cup dry bread crumbs
- 1/4 teaspoon pepper
- 3/4 teaspoon celery 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 in moderate over (375°F) about 30 minutes or until mixture is firm. Serves 4.

20. Cottage Cheese Puffs



- 1 cup sieved cottage cheese
- 1 cup dry bread crumbs
- 3/4 teaspoon salt
- 1/4 teaspoon onion salt
- 1 teaspoon chopped parsley
- 1/2 cup chopped peanuts
- 1 egg, beaten

Combine cottage cheese, 3/4 cup bread crumbs, salt onion salt, parsley and peanuts with beaten egg; mix well. Shape into patties; roll in remaining bread crumbs. Bake in greased muffin tins in hot oven (400°F.) 10 minutes. Served with spicy Spanish sauce.

21. Cottage Cheese Rarebit

- 4 tablespoons butter
- 2 tablespoons flour
- 1/2 teaspoons dry mustard
- 2 cups buttermilk
- Salt and pepper to taste
- dash cayenne
- 1/2 cup cottage cheese

Melt the butter in a saucepan. Add flour and mustard, blending well. Then slowly stir in the buttermilk. Cook slowly for about three minutes. Then add the cottage cheese and other seasonings. One hard-boiled egg, chopped fine, may also be added. Serve on hot buttered toast.

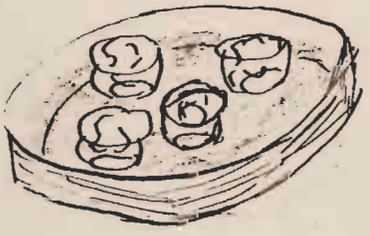
22. Cottage Timbales

1 1/2 cups cottage cheese
1 1/2 cups cooked rice or fine noodles
1 cup finely diced or chopped cooked meat
1 tablespoon chopped green pepper
1 teaspoon minced onion
3/4 teaspoon salt
1/4 cup milk
3 eggs, slightly beaten
1 1/4 cups tomato juice
2 tablespoons butter
1/2 teaspoon sugar
2 tablespoons flour
salt and pepper to taste.

Combine cottage cheese, rice or cooked noodles, meat, green pepper, onion, salt, milk, and eggs. Blend. Fill well-oiled custard cups with the 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

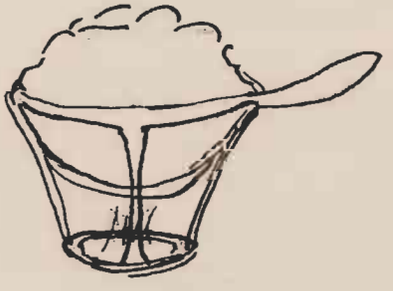
Melt butter in a small saucepan. Add flour and blend. Add tomato juice. Cook, stirring until smooth and thickened. Season with sugar, salt and pepper. Serve over cottage timbales. Serves 6.



23. Cottage Cheese Souffle

1 cup cottage cheese
1/4 cup buttermilk
1 cup soft bread crumbs
3 eggs
4 tablespoons butter
3 tablespoon flour
1/4 teaspoon salt
1/2 teaspoon baking soda
dash cayenne

Melt butter in skillet. Add flour, salt and cayenne. mix thoroughly. Add all the buttermilk at once and stir until smooth. Then add the cottage cheese, soda, and bread crumbs. Beat the eggs until they are light and fluffy and add them to the cheese mixture. Pour into a well greased baking dish, for about 30 minutes at 350°F. Serve at once with a hot cheese sauce, made by adding snappy American or Cheddar cheese to a medium white sauce.

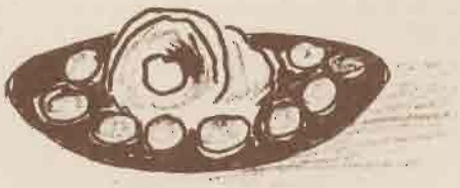


24. Cheese-Stuffed Onions

6 medium onions
3/4 cup cottage cheese
2 tablespoons finely chopped green pepper
6 slices bacon cut in strips and fried crisp
1 teaspoon salt
1/8 teaspoon pepper
1/4 cup buttered bread crumbs
4 strips pimiento

Peel onions. Cook in boiling salted water until just tender (about 20 minutes). Drain and cool. Remove centers, leaving a thin shell. Chop 1/2 cup of centers coarsely. Combine with cottage cheese, green pepper, bacon, salt, and pepper. Mix well. Stuff onion shells and place in greased baking dish. Garnish with bread crumbs and pimiento. Pour 1 teaspoon bacon drippings over each onion. Cover and bake in moderate oven (350°F.) for 20 minutes. Uncover and brown 10-15 minutes. Serves 6.

25. Sweet Potato-Cottage-Cheese Cups



2 pounds large sweet potatoes
3 large oranges
1 cup cottage cheese
1/4 teaspoon ginger
1 teaspoon salt

Boil sweet potatoes. Peel and mash thoroughly. Cut oranges in halves. Remove pulp. Discard white pith and membrane. Combine orange segments and juice with ginger, cottage cheese, and mashed sweet potatoes. Fill orange shells. Broil in slow oven 350°F. until glazed. Serve immediately. Sensational with buffet ham. Serves 6.

26. Cottage Cheese Omelet

4 eggs, separated
1/2 teaspoon salt
1/8 teaspoon pepper
3/4 cup cottage cheese
1/4 cup milk
3 tablespoons chopped canned pimiento
1 tablespoon butter
2 tablespoons chopped parsley

Beat egg yolks until thick; add salt, pepper, milk, cheese, and pimiento. Fold in stiffly beaten egg whites. Place butter in skillet. Heat well and add onelet. Cook slowly until omelet is firm and browned on bottom. Bake in moderate oven 350°F. 10 to 15 minutes or until browned on top. Crease, fold, slip onto hot platter and garnish with parsley. Serves 6.

27. Dried Beef-Cottage Cheese Roll-Ups

1 cup cottage cheese
2 tablespoons chili sauce
1/2 teaspoon Worcestershire sauce
12 slices dried beef

Mix the ingredients. If mixture is too thin, add crumbled Roquefort cheese. Spread mixture on the slices of dried beef; roll into bundles; pin with toothpicks.

28. Cottage Creamed Eggs

3 tablespoons butter
3 tablespoons flour
salt and pepper to taste
1 cup milk
1/2 teaspoon minced pimiento
1/4 teaspoon Worcestershire sauce
2 hard cooked eggs, sliced
1 cup cottage cheese

Melt butter. Blend in flour, salt, pepper. Gradually stir in milk. Cook until thick and smooth, stirring constantly. Season with pimiento and Worcestershire. Add sliced eggs and cottage cheese. Heat. Serve on buttered toast.

29. Mashed Potato and Cheese Puff

Mash potato thoroughly with desired milk and seasoning. Blend about 1 part cottage cheese to 4 parts potato. Place in casserole. Dust with paprika and brown in oven. Add chopped parsley as garnish, before serving.

30. Tuna Cheese Casserole

1 1/2 cups creamed cottage cheese
1 can (7 oz.) tuna flaked
1/2 cup bread crumbs
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon celery salt
1/2 teaspoon Worcestershire sauce
2 eggs, beaten
2 tablespoons butter

Combine cheese, tuna, 1/4 cup crumbs, and seasonings. Blend in beaten eggs. Put in buttered 1 quart casserole. Top with remaining crumbs mixed with melted butter. Bake at 350°F. about 35 minutes or until firm. Serves 4.

31. Cottage Cheese Pineapple Fritters

1 cup sifted flour
2 teaspoons baking powder
3/4 teaspoon salt
1 cup cottage cheese
3/4 cup drained, canned, crushed pineapple
1 egg separated

Sift flour, baking powder and salt together. Combine mashed cottage cheese, pineapple, and slightly beaten egg yolk. Mix well. Stir into dry ingredients, mixing just enough to moisten. Fold in stiffly beaten egg white and drop by teaspoons into hot deep fat (360°F.). Fry until brown. Serves 6.

32. Cottage Cheese Blintz Cakes

1 1/2 lbs. cottage cheese
1/4 teaspoon salt
2 egg yolks, beaten
1 tablespoon butter
1 tablespoon sugar
1 cup milk
4 eggs, well beaten
1 cup sifted flour

Press cheese through colander and add next 4 ingredients. Combine milk, salt, and eggs. Stir in flour gradually and beat until smooth. Heat heavy 6-inch skillet and grease with oil. Pour only enough batter to make a very thin pancake, tipping pan from side to side to make pancake as large and thin as possible. Bake on one side only until top is bubbly and toss onto board, fried side up. When a number have been fried in this manner, place a rounded tablespoon of cheese mixture in center of each pancake; fold over from both sides, then into envelop shape. Proceed in this manner until all the batter has been used; then just before serving, fry on both sides or bake until brown. Serve hot with sour cream or sprinkle with sugar and cinnamon. Serves 6.

33. Cottage Cheese with Hungarian Noodles (Galuska) *

2 cups flour
2 eggs
1 teaspoon salt
2 tablespoons cold water
1/4 cup melted butter
3/4 cup sour cream
1 lb. heated cottage cheese (creamed)
1/4 lb. fresh pork or bacon

Put flour in a bowl. Drop the next three ingredients into the middle and work with the hands until a hard dough is formed. Roll very thin and cut into noodles or little squares. Drop them in boiling, salted water. Cook until tender. Drain. Add the butter and sour cream. Toss together and put in the center of a serving dish. Surround the mound with cottage cheese and sprinkle the cooked pork or bacon over the top. Serves 6.

* Sumption and Ashbrook, "Cooking with Magic."

Cottage Cheese Desserts

1. Cottage Cheese Torte

20 graham crackers
3/4 cup sugar
1/4 cup butter, melted
1 pound cottage cheese
2 tablespoons flour
1/2 teaspoon vanilla
1/4 teaspoon salt
2 eggs and 1 egg yolk
1/2 cup cream
1/4 cup milk
1 teaspoon grated lemon rind

Mix together thoroughly crackers (rolled fine), 1/4 cup sugar and melted butter. Remove about 1/4 cup for top. Press remaining mixture over bottom and sides of pie plate. Bake in moderate oven (350°F.) for 5 minutes. Put cottage cheese through a sieve. Add mixture of 1/2 cup sugar, flour, and salt. Beat eggs and yolk until light and thick; add cream, milk, lemon rind. and vanilla; add to cottage cheese mixture and mix well. Pour into prepared pie shell and sprinkle reserved crumbs over top. Bake in moderate oven (350°F.) for 25 to 30 minutes. Makes 6 to 8 wedges.

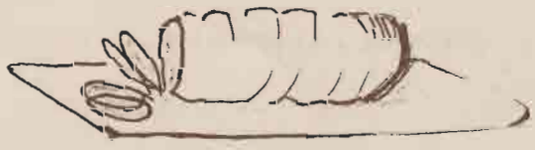
2. Cottage Cheese Prune Whip

2 egg whites
dash of salt
6 tablespoons sugar
1 cup cooked prunes, drained and pitted
1 cup cottage cheese
1 to 2 tablespoons lemon juice

Beat egg whites with salt. When whites are almost stiff, gradually beat in sugar and about half the prunes. Fold in rest of prunes and cottage cheese. Add lemon juice to taste. Chill. Serve shortly after making. Makes 6 servings.

3. Cottage Cheese Nut Cookies

1/2 cup butter
1/2 cup brown sugar
1/2 cup sieved cottage cheese
1/2 cup chopped nut meats
1 teaspoon vanilla
2 cups sifted flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt



Cream butter and brown sugar until fluffy. Blend in cottage cheese. Stir in nuts and vanilla. Sift flour with baking powder and salt and mix all ingredients well. Dough will be stiff. Form into rolls 2 inches in diameter. Wrap in waxed paper and chill 5-6 hours. Cut 1/4 inch slices. Bake on greased cookie sheet for 25 minutes at 350°F.

4. Cottage Cheese Cup Custards

3 eggs or 6 egg yolks
6 tablespoons sugar
1/4 teaspoon salt
1 cup cottage cheese
dash of nutmeg
2 cups milk
1/2 teaspoon lemon extract
1 teaspoon vanilla
1/2 cup shredded coconut (if desired)

Beat eggs with fork. Add all ingredients except coconut and nutmeg, stirring until sugar is dissolved. Pour into individual custard cups or in shallow 1 quart casserole. Sprinkle with coconut, if you wish, pressing it down into custard. Dash top generously with nutmeg. Set cups or casserole in shallow pan containing hot water one inch deep. Bake at moderate heat (325°F.) for 35 to 45 minutes, or until just firm when tested with tip of knife. (If knife comes out clean, custard is done.) Cool, then chill. Makes 6 to 8 servings.

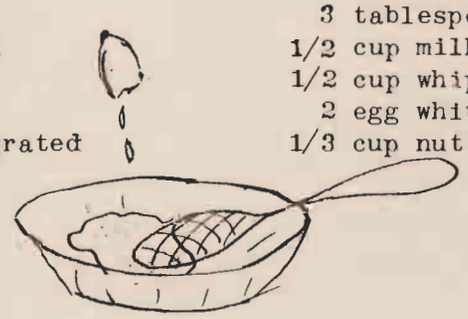
5. Cheese Custard Pudding

2 cups cottage cheese
4 eggs, beaten slightly
1 quart milk, scalded
3 tablespoons flour
1/2 teaspoon salt
1/2 cup sugar
1 teaspoon vanilla extract
1/4 teaspoon almond extract

Put cottage cheese through a sieve. Beat eggs together slightly. Add scalded milk, stirring to blend. Mix dry ingredients; add sieved cottage cheese. Gradually stir in milk-egg mixture; add vanilla and almond extract. Pour into a well-buttered 8-inch glass baking dish. Place in a pan of hot water and bake in a moderate oven, (325°F.) for 1½ hours or until a knife inserted in the center comes out clean; let cool. Serves 6 to 8.

6. Lemon-Cottage Cheese Custard

1/2 cup melba toast crumbs, rolled and sifted
1 cup sugar
1/4 cup butter, melted
2 egg yolks
juice of 1 lemon
rind of 1 lemon, grated
1/4 teaspoon mace
1/4 teaspoon salt
2 cups cottage cheese
3 tablespoons flour
1/2 cup milk
1/2 cup whipping cream
2 egg whites
1/3 cup nut meats, chopped



Combine crumbs, 1/2 cup sugar, and butter; line buttered baking dish. Beat egg yolks with remaining sugar. Add lemon juice and rind, mace, and salt, then cottage cheese and flour blended with milk. Mix all thoroughly and sieve. Add whipped cream and stiffly beaten egg whites. Mix lightly and pour into crumb-lined baking dish. Sprinkle with nut meats. Set in pan of hot water and bake in a moderate oven (325° to 350°F.) 1 hour. Serve cold with whipped cream or crushed strawberries. Serves 8.

7. Spiced Cottage Cheese Cookies (In these refrigerator cookies the cheese provides the liquid content)

1/2 cup shortening
1/2 cup sugar, brown or granulated
1 egg
1 3/4 cup sifted all-purpose flour
1/2 teaspoon soda
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/4 teaspoon each nutmeg and cloves
1/3 cup cottage cheese, (sieved

Cream shortening and sugar together; beat in egg. Sift flour with soda, salt, and spices into bowl; add cottage cheese. Stir together to make a stiff dough. Form into roll; wrap in waxed paper and chill well in the refrigerator. Slice thin, and bake in a moderate oven (375°F.) 10 minutes or until lightly browned. Makes about 2½ dozen cookies.

8. Cottage Cheese Cup Cakes

1/2 cup butter
2 cups brown sugar, firmly packed
grated rind of 1 lemon
1 egg
2 cups sifted cake flour
1 teaspoon salt
1 cup chopped raisins
2 cups creamed cottage cheese (or 2 cups dry cottage cheese plus 3 tablespoons milk)
1/2 teaspoon soda

Cream butter and one cup of the brown sugar until light and fluffy. Add lemon rind and egg and beat well. Add cottage cheese and second cup of brown sugar and mix thoroughly. Sift flour once, measure, and resift with the dry ingredients. Blend with cottage cheese mixture. Fold in raisins. Bake in greased muffin pans at 350°F., for 30 minutes, or until done. Serve warm. makes about 2 dozen cupcakes.

9. Cottage Cheese Pie

1 pound cottage cheese
1/3 cup sugar
1/4 cup milk
3 eggs, beaten
1/2 cup chopped raisins or dates
1/2 teaspoon salt
rind and juice of one lemon
1 teaspoon melted butter
pastry

Press the cheese through a fine sieve. Add the other ingredients and stir the mixture until it is well mixed. Line a deep pie tin with pastry and bake the crust until it is a delicate brown. Fill with the cheese mixture. Bake in a moderate oven until the mixture is firm in the center, about 15 to 20 minutes. A crumb crust may be used in place of the pastry crust.

10. Fruit Cheese Pie

1 unbaked 9-inch pastry shell
1 1/2 cups thinly sliced raw apples
2 eggs
3/4 cup cottage cheese
1/2 cup sugar
1/2 cup cream
1/8 teaspoon salt
1 teaspoon grated lemon rind
3 tablespoons sugar
1/2 teaspoon cinnamon
dash of nutmeg

Line a pie pan with pastry and cover the bottom with the sliced apples. Beat the eggs slightly, add the cottage cheese, 1/2 cup sugar, cream, salt, and lemon rind. Mix 3 tablespoons of sugar with the cinnamon and nutmeg. Sprinkle this over the apples; then cover them with the cottage cheese mixture. Bake in a moderately hot oven (425°F.) 10 minutes; reduce the heat to a moderate oven (350°F.) and bake 30 minutes longer.

11. Raisin-Cottage Cheese Pie

1 pound cottage cheese
1/3 cup sugar
1/4 cup milk
3 eggs, beaten
1/2 teaspoon salt
1/2 cup chopped raisins or dates
rind and juice of 1 lemon
1 teaspoon melted butter
1/2 recipe pastry

Press cheese through a fine sieve. Add next 7 ingredients and stir until well mixed. Line a deep pie pan with pastry and bake in hot oven (450°F.) until crust is very light brown. Fill with cheese mixture and continue baking in moderate oven (350°F.) until filling is firm, 15 to 20 minutes. Makes 1 (9-inch) pie.

12. Melody Pie

Lemon Pastry Shell

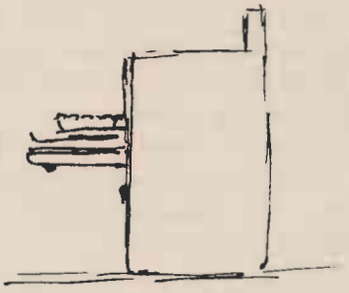
1 cup sifted flour
1/4 teaspoon salt
1/4 cup shortening
1/2 teaspoon grated lemon rind
1 1/2 tablespoons lemon juice
1 tablespoon ice water
2 teaspoons beaten egg yolk

Sift together flour and salt. Cut in shortening and lemon rind. Beat together lemon juice, water, and egg yolk. Stir lightly into flour mixture. Form into ball; wrap in waxed paper and chill. Roll out dough and line 9-inch pie plate. Prick well; bake 10 to 15 minutes in moderately hot oven (425°F.)

Filling

Line shell with 1 pint creamed cottage cheese, mixed with 1 tablespoon grated lemon rind. Fill with No. 2½ can fruit cocktail, chilled and drained. Garnish with mint. Serves 8.

13. Buttermilk Pie

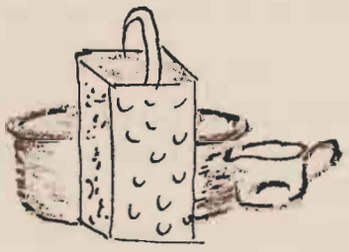


2 eggs
1/2 cup melted butter
2 tablespoons flour
1 cup sugar
2 teaspoons vanilla
2 teaspoons lemon juice or
1 teaspoon grated lemon rind
1 1/2 cups buttermilk
1/2 pound cottage cheese
pastry

Beat egg yolks slightly; add butter, and beat until thoroughly blended. Beat in flour, 1/2 cup sugar, vanilla, lemon juice, buttermilk, and cottage cheese that has been pressed through a sieve. Beat egg whites. Add 1/2 cup sugar gradually. Beat until egg whites are stiff; fold into mixture. Pour into 9-inch pie pan lined with pastry; bake in a hot oven (450°F.) for 15 minutes; then lower temperature to slow (300°F.) and continue baking 40 minutes or until set. Chill before serving. Note: there's an abundance of filling here so you should roll out the pastry until the circle is about 4 inches larger than the top diameter of the pie plate. Fit the pastry into the pan, then trim with shears, leaving a 1½ inch overhanging border. Fold this border up and make an upright double-fold rim; flute with fingers.

14. Cottage Cheese Cake No. 1

2 cups fine melba toast crumbs
1 1/2 cups sugar
1 teaspoon cinnamon
1/2 cup melted butter
6 eggs
1 1/2 tablespoons lemon juice
1/2 teaspoon salt
1/2 cup coffee cream
3 cups cottage cheese sieved
1/4 cup flour
2 teaspoons grated lemon rind
1/4 cup chopped nuts
1 teaspoon vanilla



Combine crumbs with 1/2 cup sugar, cinnamon, and butter. Reserve 3/4 cup of mixture for top and press balance into bottom of a 9-inch pie pan. Beat eggs and add sugar gradually. Add lemon juice, salt, cream, cheese, and flour. Mix well. Add rind. Pour into pie tin and sprinkle with reserve crumbs. Bake 1 hour in moderate oven (350°F.). Chill and remove from pan.

15. Cottage Cheese Cake No. 2

2 cups zwieback crumbs
2 tablespoons butter
2 tablespoons sugar
2 cups dry cottage cheese
1 1/3 cups cream
1 tablespoon flour
1/4 teaspoon lemon extract
1 cup sugar
1/2 teaspoon salt
1/3 teaspoon nutmeg
3 eggs, separated
grated rind of 1/2 lemon
1/2 teaspoon vanilla

(continued on next page)

Blend zwieback with softened butter and 2 tablespoons sugar. Press all but 1/4 cup of mixture firmly against bottom and sides of a 9" spring form pan. Press dry cottage cheese through sieve. Combine cheese with remaining ingredients, except whites of eggs and mix well. Beat egg whites until stiff but not dry, and fold into batter. Pour into crumb lined pan and sprinkle top with remaining zwieback crumbs. Bake in a moderately slow oven, 325 degrees, for about 1 hour or until custard is set in center and delicately browned. Serves 8.

16. Cottage Cheese Cake No. 3

- 2 cups crushed cornflakes
- 1/2 cup melted butter
- 1 cup sugar
- 1 1/2 teaspoon grated lemon rind
- 2 1/2 cups of cottage cheese
- 3 eggs
- 3/4 cup cream
- 1/4 cup chopped walnuts
- 1/2 teaspoon salt
- 1 1/2 teaspoons cinnamon
- 3 tablespoons flour
- 2 tablespoons lemon juice

Mix crumbs, melted butter, and 1/2 cup sugar. Pack all but 1 cup of crumb mixture on bottom and sides of well buttered 9" pan. Press cottage cheese through a sieve. Combine eggs and remaining 1/2 cup sugar. Beat until light. Add cream, salt, and cinnamon, flour, lemon juice, lemon rind, and cottage cheese. Mix well. Pour into crumb lined pan. Sprinkle lightly with remaining 1/2 cup crumbs and nuts. Bake in moderate oven 325 degrees, for one hour. Turn off heat and let remain in oven 1 hour. Chill. Remove from pan.

17. No-Bake Cheese Cake No. 1

Filling

- 2 tablespoons unflavored gelatin
- 1/4 cup cold water
- 4 eggs, separated
- 1 cup table cream
- 3/4 cup sugar
- 2 cups cottage cheese, sieved
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- juice of 2 lemons
- grated peel of 1 lemon
- 1/2 cup heavy cream, whipped

Crust

- 2 cups graham cracker or zweiback crumbs
- 1/2 cup melted butter
- 1/4 cup confectioner's sugar

Soften gelatin in water for 5 minutes. In the top of the double boiler, beat egg yolks slightly; stir in softened gelatin, table cream, and sugar. Cook over boiling water, stirring constantly, until the mixture coats a spoon. Remove from heat; stir in cottage cheese, salt, vanilla, lemon juice and peel. Cool. Fold in cream. While filling is cooling, combine ingredients for crust; take out 1/3 of mixture and set aside. Use remainder of crumbs to line bottom and sides of a spring mold or deep 9-inch layer cake pan. Pour filling into pan. Sprinkle remaining crumbs on top. Chill several hours before serving.

18. No-Bake Cheese Cake No. 2 (Party size 10-12 servings.)

Mix together 2 envelopes Knox unflavored gelatin, 1 cup sugar, and 1/4 teaspoon salt in the top of a double boiler. Beat together 2 egg yolks and 1 cup of milk; add to gelatin mixture. Cook over boiling water, stirring constantly until gelatin is dissolved and mixture thickens, about 10 minutes. Remove from heat; add 1 teaspoon grated lemon rind; cool. Stir in 3 cups creamed COTTAGE CHEESE sieved, 1 tablespoon lemon juice, 1 teaspoon vanilla. Chill, stirring constantly until mixture mounds slightly when dropped from a spoon. While mixture is chilling, make crumb topping as follows: Mix 2 tablespoons melted butter, 1 tablespoon sugar, 1/2 cup graham cracker crumbs, 1/4 teaspoon cinnamon, and 1/4 teaspoon nutmeg; set aside.

Into chilled gelatin mixture fold 2 egg whites, stiffly beaten, and 1 cup heavy cream whipped. Turn into 8" spring form pan* and sprinkle top with crumb mixture. Chill until firm.

* If desired, use square loaf pan. Line with wax paper, and press crumb mixture in bottom. For family size of 5 to 6 servings, use half gelatin mixture but full amount of crumb mixture in 8 or 9" pie pan.

19. Low Calorie No-Bake Cheese Cake (Serves 10)

- 2 envelopes unflavored gelatin
- 3/4 cup sugar
- 1/4 teaspoon salt
- 2 egg yolks
- 1 cup milk (skim)
- 3 cups cottage cheese, sieved or beaten in mixer
- 4 tablespoons lemon juice
- 1 tablespoon grated lemon rind
- 1 teaspoon vanilla
- 1/4 cup sugar
- 2 egg whites
- 1 cup dry milk whipped with 1 cup ice water

1. In top of double boiler, mix well sugar, gelatin, and salt.
2. Add egg yolks and skim milk to gelatin mixture. Cook over boiling water, stirring to dissolve gelatin and thicken custard (about 10 minutes). Remove from heat.
3. Add cottage cheese, lemon juice and rind, and vanilla to custard.
4. Chill, stirring occasionally until mixture mounds slightly when dropped from a spoon.
5. Gradually add sugar to egg whites and beat until very stiff. Whip dry milk and water. Fold egg and whipped milk into cheese mixture; then spoon into pan, 8 or 9 inches square, lightly covered with crumb topping or line pan with waxed paper. Sprinkle crumb mixture on top of cheese cake.

Topping:

- 2 tablespoons melted butter
- 1 tablespoon sugar
- 1/2 cup finely crushed graham cracker crumbs
- 1/4 teaspoon cinnamon
- 1/2 teaspoon nutmeg

1. Mix together thoroughly all ingredients.
2. Sprinkle on bottom and top of cheese cake mixture.
3. Chill until firm. (continued)

Low Calories No-Bake Cheese Cake (serves 10) - (continued)

250 calories for each serving of this No-Bake Cheese Cake, if divided into ten pieces. Each serving provides 1/5 of the daily adult need of calcium and 1/3 of the protein needed daily.

20. Cottage Cheese Crumb Cake

3 cups cottage cheese
1 pint of cream
1 1/2 cups sugar
1/8 teaspoon salt
5 eggs
1 1/2 cup bread or cake crumbs
3 tablespoons melted butter
nutmeg

Drain cheese and press through fine sieve. Add cream slowly, then the sugar, salt, and the unbeaten eggs, one at a time, beating vigorously all the while. Beat the mixture for 2 or 3 minutes after adding each egg. Grease a pan, 9 inches in diameter and 2 3/4 inches deep. Mix the crumbs and the melted butter and line the bottom and sides of the pan with them. Pour in the mixture; sprinkle nutmeg over it. Bake in a slow oven (325°F.) for 1½ hours or until firm and well browned. To test when done, insert a knife blade into the center of the cake. If it comes out clean, the cake is done; if milky, it is not cooked enough. This cake is easier to slice when cooled.

21. Cheese Bread Pudding

2 cups bread cubes
1 cup cottage cheese
1 1/2 cups milk
1/4 cup melted butter
2 eggs, beaten
1 tablespoon lemon juice
1/4 cup sugar
1/4 teaspoon salt
1/4 teaspoon grated lemon rind

Combine bread with cottage cheese, milk, and melted butter. Add remaining ingredients and pour into buttered casserole. Bake in moderate oven (325°F.) one hour or until a knife inserted in center comes out clean. Serve hot or cold with cream. Serves 6.

Spiced - Omit lemon juice and rind. Add 1/2 teaspoon allspice, 1/4 teaspoon mace, 1/4 teaspoon cloves, and 3/4 cup seeded raisins. Increase sugar to 1/2 cup.

22. Cherry Pie with Cottage Cheese Lattice

Bake your favorite tart cherry pie without top crust. Cover with cottage cheese forced through a pastry tube in a lattice pattern.

23. Cheese Pastry

1/2 cup butter
1 cup sifted flour
1/4 lb. cottage cheese

Cut butter into flour; add cheese and mix to a smooth dough. Chill thoroughly. Roll into desired shapes. Makes one (9 inch) single crust pie.

24. Cottage Cheese Apple Pie

1/2 recipe plain pastry
1 1/2 cups thinly sliced apples
2 eggs
1/2 cup cottage cheese
3/4 cup sugar
1/2 cup cream
1/8 teaspoon salt
1 teaspoon grated lemon rind
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg

Line pie pan with pastry and cover with apples. Beat eggs slightly. Add cottage cheese, 1/2 cup sugar, cream, salt, and lemon rind. Mix remaining sugar with cinnamon and nutmeg and sprinkle over apples. Then cover with egg and cheese mixture. Bake in hot oven (425°F.) 10 minutes. Reduce temperature to 350°F. and bake 30 minutes longer. Makes one deep (9 inch) pie.

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