

For The Farm Wife

(Continued from Page 14)

HAM AND CORN CASSEROLE

- 1/4 cup finely chopped green pepper
 - 1/4 cup finely chopped onions
 - 2 tablespoons butter or margarine
 - 2 tablespoons flour
 - 1 teaspoon salt
 - 1/4 teaspoon paprika
 - 1/4 teaspoon dry mustard
 - 1 cup milk
 - 1/2 cup seasoned stuffing croutons
 - 2 cups diced, cooked ham
 - 2 cups (1 pound can) drained whole-kernel corn
 - 1 egg, slightly beaten
 - 1 1/2 cups seasoned stuffing croutons
 - 2 tablespoons butter or margarine, melted
- Cook green pepper and onions in heated butter until soft but not browned. Stir in flour and seasonings. Add milk

gradually, stirring constantly; cook until thickened, stirring occasionally. Remove from heat. Stir in 1/2 cup croutons, ham, corn and egg; mix well. Pour mixture into greased 1 1/2 quart casserole or baking dish.

Crush 1 1/2 cups croutons to make about 1/2 cup crumbs; toss with butter. Sprinkle over corn and ham mixture. Bake in moderate oven (350 degrees) about 25 minutes. 6 servings.

NOTE: 2 cups sliced dried beef, cut into strips, or 1 cup grated Cheddar cheese may be substituted for ham.

HAM AND CHEESE TIMBALES SUPREME

- 2 cups canned ham, diced
- 1 cup milk
- 4 eggs, beaten
- 1 cup shredded sharp cheddar cheese
- 1 1/2 cups cooked rice
- 2 tablespoons chopped parsley

- 1 tablespoon finely chopped onion
 - 1/4 teaspoon dry mustard
 - 1/4 teaspoon pepper
- Add milk to eggs in bowl. Add remaining ingredients and mix well. Spoon mixture lightly into well-buttered custard cups. Place custard cups in a pan of hot water 1 inch deep. Bake in a moderate oven (350 degrees) until firm, about 50 minutes. Let cool 1 or 2 minutes, then carefully unmold. Serve hot with Cheese Sauce.

CHEESE SAUCE

- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1/4 teaspoon dry mustard
- 1 1/2 cups milk
- 1 1/2 cups shredded sharp cheddar cheese

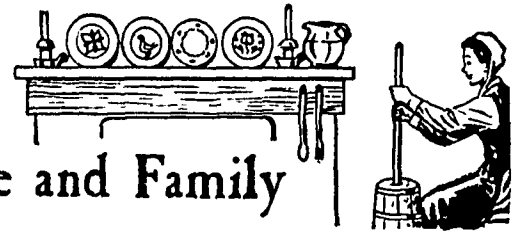
Melt butter or margarine in a saucepan. Blend in flour and dry mustard. Cook and stir over low heat until mixture is smooth and bubbly. Gradually add milk and cook, stirring constantly, until smooth and thickened. Blend in cheese and stir until cheese is melted. Makes about 2 cupfuls of sauce.

HAM 'N EGG PUDDING

- 1 cup diced cooked ham
- 2 cups milk, scalded
- 2 tablespoons butter or margarine, melted
- 2 cups soft bread crumbs
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 6 eggs, separated

Combine ham, milk, butter, and semihard cheeses, such as Blue, may develop mold

For the Farm Wife and Family



Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist

Cheese Facts Worth Knowing

Cheese is an economical source of protein, calcium, and vitamin A. There is no waste to cheese.

The flavor, color, texture, and shape of cheese are determined by how the cheese is made, aged, and cut.

Cheese is a versatile food and can add glamour to any menu. For main courses, cheese can be used in casseroles with eggs, rice, macaroni, seafood, or vegetables. A colorful tray of cheese cubes and crackers or fruit makes a different and nutritious dessert.

When a recipe calls for cheese, it usually refers to the Cheddar type. Well-aged or process Cheddar cheese blends easily with other ingredients in sauces or casseroles. Cooking temperature should be low to prevent cheese from becoming tough and stinky.

Refrigerate all types of cheese to prevent spoilage. Soft cheese, such as cottage and cream, are perishable. Plan to use these soon after buying.

Hard cheeses, such as Cheddar, and semihard cheeses, such as Blue, may develop mold

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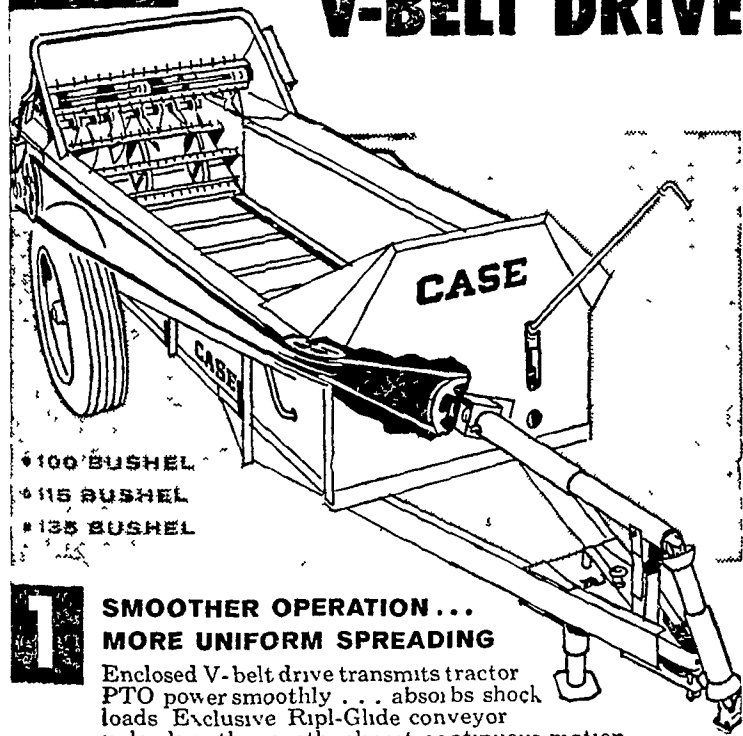
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