

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Cottage Cheese "Concoctions" . . .



SPENCE

Did you realize how versatile a food cottage cheese is? Served as it comes from the container it is excellent with fruits or vegetables in salads. Add a few ingredients to it and cottage cheese becomes an appetizing dip or spread. Combine it with other ingredients and you have delectable breads, entrees and desserts.

Creamy white and refreshing cottage cheese is at its flavor peak when used soon after purchase. Store it only for a short time, making sure the container is tightly covered. A variety of cottage cheeses are available to suit your taste and preference. You may purchase it as large or small curd. You may also buy it as creamed or dry or as

the variety which is homogenized with cream whipped into it. The dry variety must often be specially ordered.

Here are some recipes to show you just how cottage cheese can be used in a variety of dishes.

COTTAGE SPOON BREAD

- 1 3/4 cups milk
- 1/2 cup corn meal
- 1 teaspoon salt
- 1 tablespoon sugar
- 3 egg yolks slightly beaten
- 3 tablespoons butter
- 1 cup small curd cottage cheese
- 3 egg whites
- Melted butter

In a medium-sized saucepan scald milk. Add corn meal and cook, stirring constantly, until thickened. Mix in salt and sugar. Blend a small

amount with plenty of melted butter. (Serves 6.)

CARRY-ALONG CASSEROLE

- 1 8-oz. package wide noodles
- 2 tablespoons butter
- 2 pounds ground beef
- 2 cups (2 8-oz. cans) tomato sauce
- 2 tablespoons flour
- 2 cups small curd cottage cheese
- 1 cup dairy sour cream
- 1 teaspoon salt
- 1/2 cup chopped green onions
- 2 tablespoons chopped green pepper
- 1/4 cup chopped ripe olives

Cook noodles according to package directions. Drain. In a skillet melt butter; then brown meat. Drain excess drippings; stir in tomato sauce and flour; simmer 10 minutes. Mix together cottage cheese, sour cream, salt, onion, green pepper and olives. Place half of noodles in a buttered 3-quart baking dish; spread on all the cottage cheese mixture. Top with remaining half of noodles and cover with ground beef mixture.

Bake 30 minutes in a 350 degree oven. Let stand about 10 minutes before serving. Makes 12 servings.

NOTE: This casserole can be frozen.

STUFFED TOMATOES WITH COTTAGE CHEESE PIQUANT

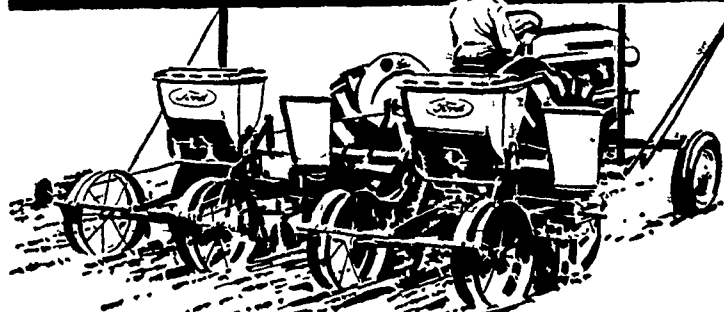
- 2 cups cottage cheese, drained
 - 1/2 cup chopped green pepper
 - 1/2 cup chopped celery
 - 1/4 cup sliced green onions
 - 1 large grapefruit, peeled and diced
 - Salt and pepper to taste
 - 8 small tomatoes
 - Salad greens
- Sieve cottage cheese. Add green pepper, celery, onions, grapefruit and seasonings; blend. Peel tomatoes, if desired; quarter each, cutting only halfway to center. Sprinkle lightly with salt and fill

each with cottage cheese mixture. Chill thoroughly. Serve on salad greens.

ORANGE-COTTAGE PUDDING

- 1/4 cup softened butter or margarine
 - 1/4 cup sugar
 - 2 eggs
 - 1/2 cup milk
 - 1 cup sifted flour
 - 1/4 teaspoon salt
 - 1 cup small curd cottage cheese
 - 2 teaspoons grated orange peel
 - 2 oranges, peeled, cut into bite-sized pieces (1 cup)
- (Continued on Page 15)

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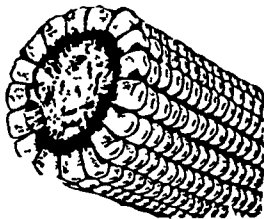


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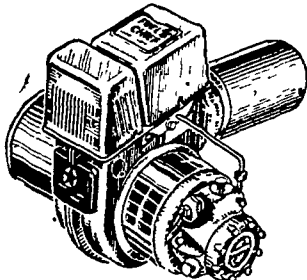
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