

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor
Successful Cheese Cookery



SPENCE

Successful cheese cookery depends on brief heating at a low temperature. High temperatures and too-long cooking make cheese tough and stringy, and cause the fat to separate out. Some of the flavor is lost, too, when cheese is cooked too fast.

Shredding or dicing cheese before adding to other ingredients will help it to blend quickly. When making cheese sauce, stir in shredded cheese after the white sauce is completely cooked and heat only enough to melt the cheese.

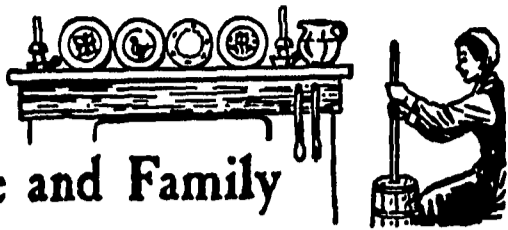
When making a cheese omelet, add the shredded cheese after the omelet is cooked — just before folding. Or if you are melting cheese alone do it in the top of a double boiler over simmering water.

Cheese melts under the broiler, if you are making open-face sandwiches, for instance. Place the sandwich so the cheese is 4 or 5 inches from the heat and broil just until cheese begins to melt.

Bake casserole dishes containing cheese at low to moderate temperatures. To prevent cheese toppings from toughening or hardening during baking, cover them with crumbs or add the cheese just a few minutes before removing food from the oven.

Soft, well-aged Cheddar cheese melts and blends with other ingredients more readily than less ripened varieties. Less of this type of cheese is needed because it has a more pronounced flavor. Process cheese also melts and blends readily, but has a much milder flavor.

When cheese is a principal ingredient foods come alive with flavor. Take your choice of



- 1 cup milk
- 6 eggs, separated
- 1 1/4 cups cooked rice

Melt butter in a 1-quart saucepan over medium heat. Add flour and seasonings. Stir until smooth, and cook 3 minutes. Remove from heat. Gradually add milk, stirring constantly. Return to heat. Cook until thickened. Add shredded cheese, stir until melted and well blended. Beat egg yolks until lemon colored and thick. Beat egg whites until stiff. Add 1/4 cup hot cheese sauce to egg yolks and mix well. Then mix egg yolk mixture into cheese sauce. Add rice. Fold in stiffly beaten egg whites. Pour egg-cheese mixture into a 2-quart casserole. Set casserole in a baking pan. Add hot water, 1/4 inch in depth, to pan. Bake in a slow oven (325 degrees) for 1 hour. Serve with mushroom or cheese sauce. 6 to 8 servings.

SWISS STEAK WITH CHEESE

- 1 1/2 pounds boneless beef round steak, 3/4 inch thick
- 1 teaspoon salt
- 1/4 cup flour, unsifted
- 1 cup water
- 3/4 teaspoon Worcestershire sauce
- 2 tablespoons chopped onion
- 2 cups cooked or canned tomatoes
- 1/2 cup chopped celery
- 1/2 cup shredded carrots
- 1/4 cup shredded sharp cheddar cheese

Trim excess fat from meat. Heat trimmings in a large fry pan to get enough drippings to just cover bottom of pan. Discard trimmings. Cut meat into six equal servings. Mix flour and salt. Pound flour into meat; set aside remaining flour. Brown meat in drippings. Place meat in a 1 1/2 quart casserole. Preheat oven to 325 degrees (slow). Blend remaining flour with drippings in fry pan. Add water slowly, stirring constantly. Heat mixture, stirring constantly, until slightly thickened. Add Wor-

cestershire sauce, onion, tomatoes, celery, and carrots. Pour mixture over meat. Bake covered, about 2 hours. Uncover and bake 1 hour longer, or until meat is tender. Sprinkle cheese over meat. Return to oven for about 3 minutes or just until cheese melts. Calories per serving: About 220. Serve with Brussels sprouts, pineapple and banana salad, and a pudding dessert.

SWISS CUSTARD PIE

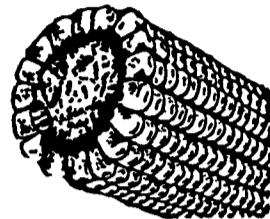
- 1 unbaked 9-inch pie shell
- 2 cups (8 oz.) Swiss cheese

- 1 tablespoon minced onion
- 5 eggs, slightly beaten
- 1 1/4 cups milk
- 1/4 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon nutmeg

Cover bottom of pie shell with Swiss cheese, overlapping slices; sprinkle with minced onion. In a bowl combine eggs, milk, salt, pepper and nutmeg; blend thoroughly. Pour over cheese in pie shell. Bake in a preheated 400 degree oven 35-45 minutes or until a knife inserted near center comes out clean. Allow (Continued on Page 20)

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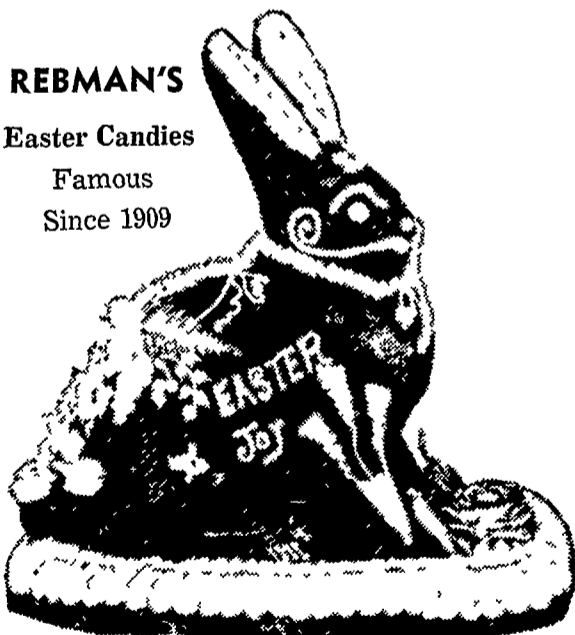
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CHEESE-RICE SOUFFLE

- 1 cup shredded Cheddar cheese
- 1/2 stick (1/4 cup) butter
- 1/4 cup flour
- 1 1/2 teaspoons salt
- 1 teaspoon dry mustard

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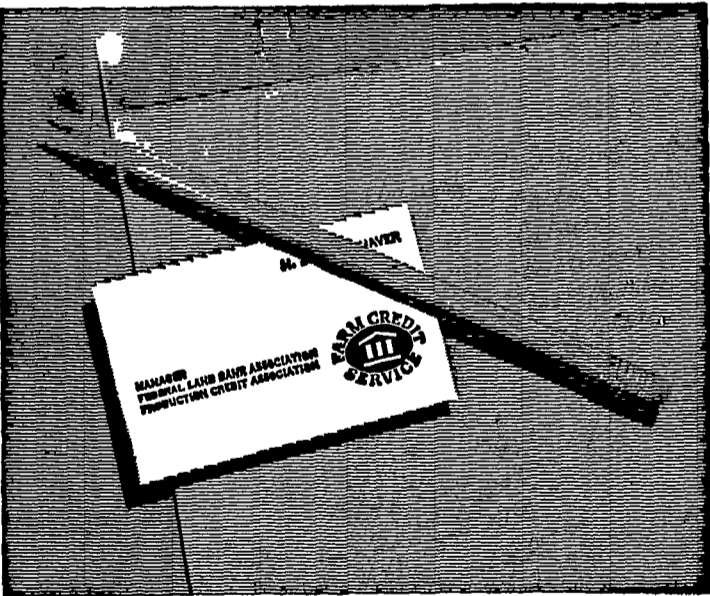
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