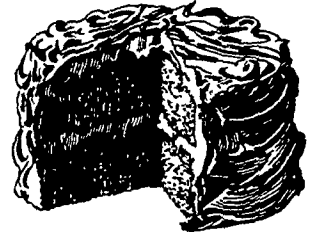


Home On The Range



Name 3 people you know who don't like cheese

Hard to do isn't it? Now if the choice was spinach, yogurt, or even something as tasty as lamb, you probably could answer the question.

It's hard to name three people who don't like cheese because there are so many tastes in the cheese world alone. But, whether it's mild or sharp, yellow or white, cheese, in one form or another, seems to please.

According to the United Dairy Association, cheese as a food is almost as old as milk, from which it's made. It dates to about 4000 B.C. in a story familiar to many about the shepherd who carried milk in a pouch from a sheep's stomach.

And then, as now, people recognize the delicious taste of cheese.

HAM-MACARONI CASSEROLE

2 c. cooked elbow macaroni
2 1/2 c. cubed baked ham
1 can sliced mushrooms, drained
1/4 c. sliced pimiento stuffed olives
1/2 c. chopped onion
1 1/2 c. dairy sour cream
2 T. prepared mustard
1 to 2 t. caraway seed
1 t. Worcestershire sauce

1/8 t. pepper
1/4 c. shredded Cheddar cheese
Preheat oven to 350 degrees. Combine macaroni, ham, mushrooms, olives and onions in a large mixing bowl. Combine sour cream, mustard, caraway seed, Worcestershire sauce and pepper in a small bowl; pour mixture over ham and blend thoroughly. Pour into 2-quart casserole. Bake 30 to 35 minutes. Remove from oven and sprinkle with cheese. Bake just until cheese is melted, about 3 minutes. Serve immediately.

CHEESE SAUCE

2 T. butter
2 T. flour
2 c. milk
1/2 c. grated cheese
1/2 t. Worcestershire sauce
1/2 t. salt

Melt butter. Add flour and stir constantly. While stirring, slowly add milk. Heat and stir till mixture thickens and boils. Add remaining ingredients and stir till dissolved. Delicious served over green vegetables or potatoes.



What's macaroni without cheese? Not much. Those tubes of pasta with their firm-to-the-tooth texture need the creaminess that naturally melting cheese provides, and its flavor too. When you're looking for an easy casserole, macaroni and cheese fit the ticket. Try it.

CHEESE BUTTER

1 c. butter, softened
1 1/2 t. seasoning, Italian herb
1/4 t. garlic powder
1/4 t. pepper
2 c. cheese, Cheddar, shredded
2 t. lemon juice

In mixer bowl, beat together butter and seasonings with whip or paddle at medium speed until fluffy, 3 to 5 minutes. Thoroughly blend cheese and lemon juice into butter mixture. Store covered, in refrigerator. Form into log shape on wax paper and refrigerate, then serve on crackers or melted on your favorite meats and vegetables.

VEGETABLE DIP

18-oz. pkg. cream cheese
1 c. sour cream
2 t. grated onion
1/8 t. garlic salt
2 t. Worcestershire sauce
1 t. dry mustard

Beat together cream cheese and sour cream. Add onion, garlic salt, Worcestershire sauce and mustard. Chill at least 1 hour. Pour into small bowl in center of large plate and surround with vegetables. Makes 2 cups of dip.

HAM AND CHEESE SPREAD

In large bowl with spoon, mix well 1/2 pound cooked ham minced, 1/2 pound natural Swiss cheese, finely shredded (about 2 1/2 c.), 1 c. sour cream, 1/4 c. chopped parsley, 1 T. prepared mustard with onion bits and 3/4 t. salt. Makes about 2 1/2 cups. Pack into container with cover. Refrigerate overnight to develop the flavor.
Barbara Russell, Pine Bush, N. Y.

CHEESE SPOON BREAD

2 c. milk
1/2 c. yellow cornmeal
2 T. butter
1 t. salt
1/4 t. baking powder
3 eggs, separated
3/4 c. shredded Cheddar cheese
Preheat oven to 325 degrees.

Scald milk in a 2-quart saucepan; add cornmeal and cook, stirring constantly, until mixture is thick and smooth. Remove from heat; add butter, salt and baking powder, mixing until smooth. Beat egg yolks until thick and lemon-colored, about 5 minutes. Blend a little of hot mixture into egg yolks; return all to saucepan, mixing until smooth. Fold Cheddar cheese into cornmeal mixture. Beat egg whites until stiff peaks form. Slowly fold cornmeal mixture into egg whites. Turn into buttered 1 1/2 quart round casserole. Bake 40 to 45 minutes.

CREAMY BLUE CHEESE DIP

1 c. crumbled blue cheese
1 pkg. cream cheese
1/4 c. tomato juice
1 T. prepared horseradish
vegetable stick relishes
Beat together blue and cream cheese in a small mixing bowl until smooth. Add tomato juice and horseradish. Cover and chill to blend flavors. Use as a dip with vegetable stick relishes or as a filling for celery sticks.

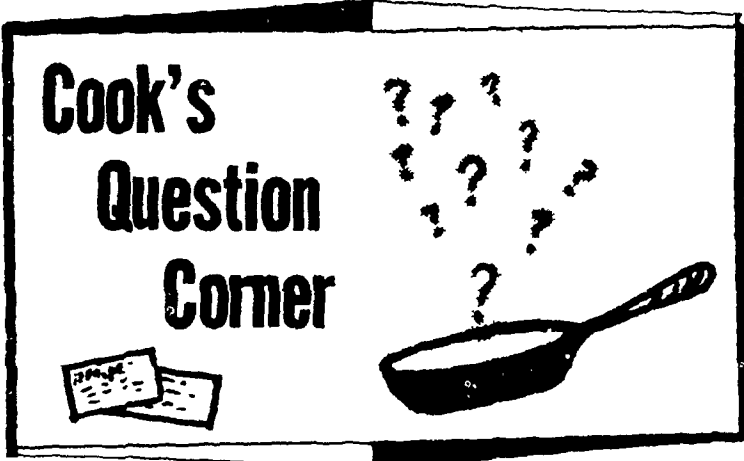
WELSH RABBIT

1/4 c. butter
8 c. shredded sharp Cheddar cheese
2 T. Worcestershire sauce
1 t. dry mustard
dash cayenne pepper
4 eggs, slightly beaten
1 c. light cream
Melt butter in a 3-quart heavy saucepan over medium-low heat. Add cheese, stirring constantly

until cheese is melted. Stir in Worcestershire sauce, mustard and cayenne. Combine eggs and cream. Remove cheese from heat; stir in egg mixture until well blended. Return to medium heat and cook until thickened, stirring constantly. Serve with buttered toast triangles, sliced tomatoes and bacon curls.

CHEESY ONIONS

1 1/2 lb. small onions
4 slices bacon, cooked and crumbled
3 T. butter
3 T. flour
1/2 t. salt
1/2 t. Worcestershire sauce
1/8 t. pepper
1 c. milk
1 c. shredded Cheddar cheese
1/4 c. grated Parmesan cheese
Peel onions; leave whole. Parboil onions in water to cover until fork-tender, about 20 to 25 minutes; drain. Arrange onions in a buttered shallow baking dish. Sprinkle bacon over onions. Meanwhile, melt butter in a medium-sized saucepan. Stir in flour, salt, Worcestershire sauce and pepper until smooth. Remove from heat and gradually stir in milk. Bring to boiling, stirring constantly. Boil and stir 1 minute. Stir in Cheddar cheese until melted. Pour sauce over onions and bacon. Sprinkle with Parmesan cheese. Broil several inches from source of heat until mixture is hot and bubbly and cheese is golden, about 4 minutes. Serve immediately.



ANSWER - For Mrs. Janas King of Dover, Del. who was seeking a recipe for homemade ham and bean soup, comes the following answer:

BEAN SOUP

Use 1 pound ground ham and 3 cups of beans. Cook all together until done. It makes about five quarts. I use crackers with mine.

Grace Ikeler
Bloomsburg, Pa.

QUESTION - Does anyone have a recipe for mince pie that uses green tomatoes?

Mrs. Charles W. Fry
Beavertown, Pa.

QUESTION - We have received several recipes from readers who would like to know what size a "regular bottle of molasses" is. It appeared in a recently published recipe called 'Molasses Spice Cookies.' We received this recipe from Cynthia Druck of Red Lion. Perhaps Cynthia could answer this question for us. If not, has anybody tried this recipe and what amount of molasses have you used?

Recipe Topics

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