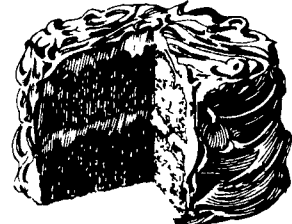


# Home On The Range



## Kick off Dairy Month with cheese!

Get ready to enjoy a full month of nutrition packed recipes that make the most of fresh dairy products. The recipes featured in Home on the Range this month call for lots of creamy sour cream, frosty milk, flavorful cheese and everyone's favorite — ice cream!

This week we focus our attention on cheese, one of the most versatile and favorite of all dairy products. We have cheese dips just begging for crackers, fruits and vegetables; a Super Cheese Hero perfect for lunch or a party and some make-your-own cheese recipes.

Many of the recipes appearing on this page come from faithful Lancaster Farming readers who have flipped through their cookbooks and recipe files for their favorite dairy recipes. We invite you to do the same and will reward your effort with a gift of appreciation.

### CUP CHEESE

3 pounds cheese crumbs, dry  
3 pints hot water  
6 teaspoons baking soda  
3 tablespoons salt

Work soda in cheese crumbs, let stand about 1 hour. Add hot water and salt then melt over low heat, stirring occasionally until smooth. Add more hot water if needed.

Lizzie S. Zook  
Ephrata

### SODA CHEESE

1 gallon sour milk  
1 teaspoon salt  
1 round teaspoon soda

Scald sour milk to 120-130°F. for 30 minutes; stir often. Pour in cheese cloth and drain for 8 to 12 hours or more if you desire a sharp flavor. Crumble really fine and add salt and soda. Let set overnight; set container in warm water or double boiler. Cook until melted; pour in dish to mold.

Emma Sue Martin  
New Holland

### GREEN BEAN CASSEROLE

2 cans green beans  
1 can cream of mushroom soup  
1 small can of spam  
1 small onion  
1 package grated cheese (white American or your choice)

Fry onion and spam lightly. Combine all ingredients, but cheese. Put in baking dish. Sprinkle cheese on top and bake until cheese is melted in 350°F. oven.

Pauline Moyer  
Womelsdorf

### VELVETY CHEESE CAKE

**Crust:**  
1 cup crushed graham crackers  
1/8 pound soft butter  
Mix well and press into bottom of a 9-inch square baking pan.

**Filling:**  
1 pound cream cheese, softened  
3 eggs  
3/4 cup sugar  
1/2 teaspoon vanilla  
1 teaspoon lemon juice

Blend the above ingredients until smooth. Pour on crumb mixture and bake 20 minutes at 300°F. Cool.

### Topping:

1 pint sour cream  
1/2 cup sugar  
1 teaspoon vanilla

Mix well and pour gently on top of cooled cheese mixture. Bake at 450°F. for five to seven minutes. Cool and refrigerate 4 hours before cutting.

Arie King  
Lititz

### BLUE CHEESE BEEF DIP

1 3-ounce package smoked sliced beef  
1 8-ounce package cream cheese, softened  
2 tablespoons crumbled Blue cheese  
1 tablespoon minced onion  
1 tablespoon prepared horseradish, drained  
2 tablespoons dairy sour cream

Shred beef in blender or chop finely. Mix cream cheese and Blue cheese. Add shredded beef, onion, horseradish and sour cream. Chill.

### SUMMER COTTAGE DIP

1 cup creamed cottage cheese  
1 small avocado, diced  
1 teaspoon minced onion  
2 hard cooked eggs, finely chopped  
1/2 cup dairy sour cream  
Salt to taste  
Dash of pepper sauce  
1 teaspoon fresh lemon juice

Drain cheese, if too moist, and beat with avocado until smooth and creamy. Add onion and eggs and blend. Fold in sour cream and seasonings; chill. Serve with crisp vegetable relishes or small, crisp crackers.

### FRUIT DIP

1 cup cottage cheese  
1 cup dairy sour cream  
1/4 cup finely chopped coconut  
3 tablespoons honey  
2 teaspoons grated orange peel  
1/2 teaspoon vanilla extract

Beat cottage cheese in small mixer bowl on high speed of mixer until almost smooth, about 5 minutes. Stir in sour cream, coconut, honey, orange peel and vanilla. Chill, covered, 2 to 3 hours to allow flavors to blend. Serve with fresh fruits of the season.



Heroes may come and go in popularity, but one you'll remember is the Super Cheese Hero, made with Swiss and Cheddar cheese and other goodies. Served with a pitcher of icy milk, this sandwich makes a perfect dairy meal.

### SUPER CHEESE HERO

1 cup dairy sour cream  
1/2 cup prepared mustard  
1 loaf French bread (24 to 30 inches)  
Leaf lettuce  
12 slices beef summer sausage  
6 slices Swiss cheese  
6 ounces Cheddar cheese, cut in 4 x 1/2-inch sticks  
12 tomato wedges  
2 large green peppers, cut in rings  
2 medium red onions, cut in rings

Combine sour cream and mustard to make a sauce. Slice bread in half horizontally. Spread cut sides with half of the sauce; reserve remaining half. Line bottom of bread with lettuce. Top with half of the sausage and then with the Swiss cheese slices. Roll up remaining sausage rolls on to top of Swiss cheese. Top with green pepper and onion rings. Spoon reserved sauce over all. Cover with lettuce and top half of bread.

### CHEESY POTATO PANCAKES

4 medium-sized boiling potatoes, (about 1 1/4 pounds peeled, shredded and well drained)  
1 cup shredded Cheddar cheese  
2 tablespoons grated onion  
3 eggs  
1/4 cup all-purpose flour  
1 teaspoon salt  
1/8 teaspoon pepper  
2 cups applesauce  
1/2 teaspoon cinnamon

Combine potatoes, cheese, onion, eggs, flour, salt and pepper; mix until well blended. Heat enough oil to just cover bottom of a large heavy skillet. (You may have to add more oil as you continue to fry pancakes.) Drop 1/4 cup batter into hot oil to form each 4-inch pancake. Cook over medium-high heat until golden and crisp on both sides. Drain on paper toweling. Meanwhile, combine applesauce and cinnamon; heat until warm. Serve pancakes immediately with warm applesauce.

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Make the most of summer fruits and vegetables with creamy dips made with fresh dairy products.

## Featured Recipe

This week's featured recipe comes from Pennsylvania Dairy Princess Lynette Loper. Although Lynette works to promote dairy products throughout the year, June Dairy Month offers her a special opportunity to shine.

Lynette's goal is to share her knowledge of the dairy industry with others and to promote milk. One way Lynette promotes milk is to share recipes that use dairy products. To learn more about Lynette and her reign as Pennsylvania Dairy Princess, turn to the story featuring her in this section.

### Double Cheese Cauliflower

1 large head cauliflower  
Salt  
Butter  
3 tablespoons flour  
2 egg yolks, beaten  
1/2 cup toasted bread crumbs  
1 1/2 cups milk  
2 tablespoons Parmesan cheese  
1 tablespoon lemon juice  
Dash of pepper  
1/2 cup grated American cheese

Boil cauliflower in salted water to cover for about 15 minutes or until tender. Melt 3 tablespoons butter in small saucepan; blend in flour. Add milk; cook until smooth and thickened, stirring constantly. Add Parmesan cheese, lemon juice, 1/2 teaspoon salt and pepper; blend well. Add small amount of sauce to egg yolks; stir back into saucepan. Divide cauliflower into flowerets; place in buttered 1 1/2-quart casserole. Cover with sauce; sprinkle with crumbs and American cheese. Pour 1/2 cup melted butter over top. Bake at 350°F. for 30 minutes or until brown. Makes 6 servings.

## Recipe Topics

During June Dairy Month Lancaster Farming is offering a gift to anyone who submits a recipe using dairy products. We welcome your recipes, but ask that you include accurate measurements, and complete ingredients and instructions. The recipe topics listed below offer some guidelines for your entries. Send your recipes to Sue Keene, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

June	
8	Dairy Dinners
15	Dairy Drinks
22	Dairy Desserts
29	Puddings & Custards