

# Recipes with cheese — 'milk's leap to immortality'

**KATHY KIMBER**  
Daily Collegian Staff Writer

Thousands of years ago the Italians began making cheeses and using them in various ways to enhance the creativity and the nutritional value of main dishes and desserts. Since cheeses contain amino acids, they round out the protein content for many dishes. So it's no wonder that Clifton Fadiman called cheese "milk's leap to immortality."

Although cooking with cheese can get expensive — about \$1.45 per pound for American cheese, \$2.19 per pound for Swiss cheese, and \$1.85 per pound for Cheddar cheese — the result is both nourishing and creative, and it's worth it. Even though gourmet cooks use cheese in relatively complex recipes, the amateur cook can make dishes which taste just as good. And they're less expensive. Some of my favorite cheese recipes include a basic cheese sauce, cheese dip, cheese fondue, macaroni and cheese and cheesecake.

Cheese sauces are probably most frequently used in garnishing vegetables or over toast, as in Welsh Rarebit. It can also be used as a topping for apple pie.

## CHEESE SAUCE

for 2 cups  
2 tbsps butter  
2 tbsps flour  
1 cup milk

1 small onion  
1 cup mild cheese (cheddar or American can be used)  
½ tsp. salt  
¼ tsp. paprika  
½ tsp. dry mustard

- 1.) Melt butter over low heat.
- 2.) Add flour slowly. Blend well. Add milk slowly.
- 3.) Add the onion and stir the sauce with a wooden spoon until it's thick.
- 4.) Place in a 350-degree oven to cook for about 20 minutes.
- 5.) Take the sauce out of the oven and add the cheese.
- 6.) Season with salt, paprika and dry mustard.

7.) Stir until the cheese is melted. And no party should be complete without cheese dip. This can be served with chips, pretzels, celery sticks, carrot sticks or crackers.

## CHEESE-BEER DIP

¼ lb. cheddar cheese  
¼ lb. Roquefort cheese  
2 tbsps. butter  
½ tsp. worcestershire sauce  
½ tsp. prepared mustard  
½ tsp. salt  
½ pressed clove garlic  
1 cup beer

- 1.) Combine all ingredients except beer.
- 2.) Over low heat, add beer.

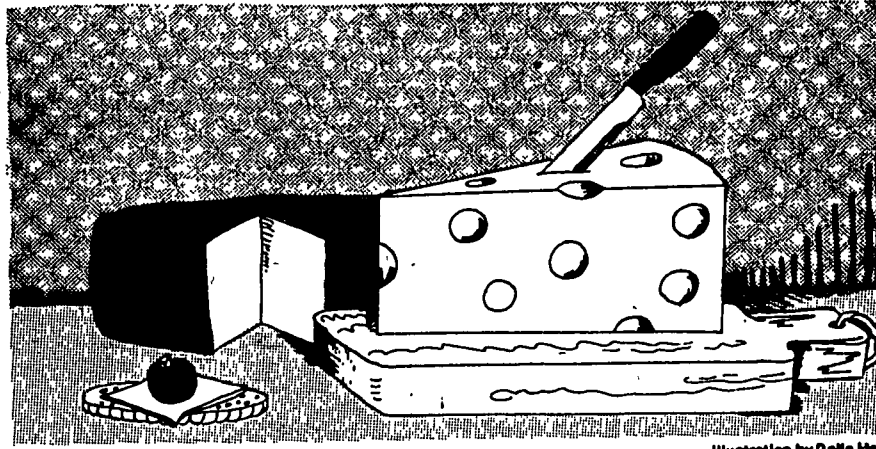


Illustration by Della Hoke

3.) Hollow out a loaf of round, dark rye bread. Fill it with the dip, and serve.

The controversy involved with fondue recipes is as varied as the number of Swiss households that make it. But whatever you do, make sure the cheese you use is natural and the wine is dry. When cooking the fondue, don't let it simmer longer than an hour, or you'll end up with something that'll taste — and act — like wallpaper paste (personal experience!).

## CHEESE FONDUE

2 tbsps. flour  
¼ cup kirsch or sherry  
1 clove garlic, halved

2 cups sautern  
½ lb. grated Swiss cheese  
¼-1 lb. natural Swiss cheese, shredded  
¼ tsp. nutmeg  
dash pepper

- 1.) Rub inside of saucepan with halved garlic.
- 2.) Add wine and warm until bubbles rise and cover the surface. Do NOT cover pan and DON'T boil wine.
- 3.) Toss together the flour, cheese, pepper and nutmeg.
- 4.) While stirring constantly, add cheese mixture to the simmering wine by the handful. Add more as the cheese melts.

5.) Serve with cubes of french bread or small meatballs. Keep warm while serving.

Perhaps the easiest main dish to make with cheese is macaroni and cheese. Granted, the boxed version is less expensive, but it just doesn't compare with homemade macaroni and cheese.

## MACARONI AND CHEESE

for 4 servings  
1 cup cooked macaroni  
1 cup shredded cheddar cheese  
1 or 2 eggs  
two-thirds cup milk  
½ tsp. salt  
¼ tsp. paprika  
1 tbsps. grated onion

- 1.) Preheat oven to 350. Layer macaroni and cheese in a buttered baking dish.
- 2.) Beat the rest of the ingredients until they're well blended.
- 3.) Pour over the macaroni and cheese.
- 4.) Sprinkle the top with garlic bread crumbs. Bake for 40 minutes.

My favorite dessert is definitely a good piece of cheesecake. Cheesecakes are egg-based. They need low heat and are usually left in a turned off oven after they are finished baking. You can expect some shrinkage, but if there is great shrinkage, you've probably cooked it at too high a temperature. Make sure you chill cheesecake before serving.

## CHEESECAKE

Crust: (or you can use an already prepared pie crust)

2 cups all-purpose flour  
½ tsp. salt  
½ cup chilled butter  
2 tbsps. brandy  
4 tbsps. brandy  
1.) Sift together flour and salt.  
2.) Work in butter with a pastry blender.  
3.) Gradually add brandy and water.  
4.) Chill about 30 minutes before rolling to line the pan.  
5.) Roll out and line pie pan.

Filling:  
3 8-ounce packages of cream cheese  
3 eggs  
1 cup sugar  
½ tsp. vanilla

- 1.) Let cream cheese soften. Then cream it in a mixing bowl or blender.
- 2.) Add eggs one at a time, and then add the sugar and the vanilla. Beat well. Pour into the pie crust. Bake for 30 minutes at 375.

Topping:  
1 pint sour cream  
4 tbsps. sugar  
1 tsp. vanilla

- 1.) Blend all together until well mixed. Spread topping on cake and return it to the oven. Raise the temperature to 500, and let it cook for 10 minutes. Cool before serving.

# Soap operas, pamphlets, provide material for book

**GINA CARROLL**  
Daily Collegian Staff Writer

"You & Your Aging Parent" by Barbara Silverstone and Helen Kandel Hyman, Pantheon Books, 247 pp., \$3.95

Don't waste your time reading this book, unless, of course, you enjoy reading a combination of yearly soap opera plot reviews and tasteful re-writes of government pamphlets mixed with Ann Landers.

"You and Your Aging Parent" is called "the Modern Family's Guide to Emotional, Physical and Financial Problems." It accomplishes this by leading a reader down the long paths of guilt from lack of ability to solve these problems adequately.

When the reader is about ready to atone for his newly realized sins, the authors neatly swing the guilt to the parents. They tell us how our parents make us feel guilty by words and actions. It's the stuff a good soap opera is made of.

It's also the stuff most of us learn in basic psychology courses.

The authors call it "Taking Stock" and "Facing Up to Feelings." It reminds me of "The Soap Opera Digest" without as much sex.

## book review

The second section of the book is called "Taking Action." Chapters of this include

choosing a rest home and making the new occupant comfortable in it and applying for "Meals on Wheels," the government program that serves hot lunches to senior citizens.

These are the chapters that make me think the authors went to their local Public Assistance Board and re-wrote the pamphlets available there. Interspersed in the re-writes are other re-writes that remind me of an Ann Landers column.

They tell how to tactfully get the nagging parent off your back and safely integrated in the new routine of wherever he now is.

It is nothing most of us haven't learned from our parents under the title of good manners.

In spite of all this, the book is written well — so well the reader doesn't realize how much time has been spent reading.

This is the book's saving grace. It is incredibly readable, so even though you are reading things you know by common sense, you don't realize it until you are through with the book.

**WUVS**  
**WUVS**  
**WUVS**  
**WUVS**

Get fresh at **WUVS**  
310 E. COLLEGE AVE.

# Sale

FRIDAY and SATURDAY

## M.D./D.V.M. Degree—Europe/U.S.A.

IT IS NOT TOO LATE for you to enroll in the programs of the **INSTITUTE OF INTERNATIONAL MEDICAL EDUCATION** which offer:

1. Enrollment for Fall 1978 in medical schools in Europe
2. M.S. in cooperation with recognized colleges and universities in the United States, leading to advanced placement in medical schools in Spain, Italy, and other European countries
3. While you are in attendance at the medical school, the Institute provides a supplemental Basic Medical Sciences Curriculum which prepares students for transfer into an American medical school (COTRANS)
4. For those students who do not transfer, the Institute provides accredited, supervised clinical clerkships at cooperating United States teaching hospitals
5. During the final year of foreign medical school, the Institute provides a supplemental and comprehensive clinical medical curriculum which prepares you to take the ECFMG examination

The Institute has been responsible for processing more American students into foreign medical schools than any other organization.

For further information and application, contact  
**INSTITUTE OF INTERNATIONAL MEDICAL EDUCATION**  
Chartered by the Regents of the University of the State of New York  
3 East 54th Street, New York, NY 10022, (212) 632-2089

## UNIVERSITY CALENDAR

Friday-Sunday, May 5-7  
**SPECIAL EVENTS**

Friday, May 5  
Best day for signing spring term NDSL and University Long Term Loans, Room 108 Shields.  
Sports: women's tennis, vs. Princeton, 6 p.m.  
Interdisciplinary colloquium: "The Era of the Baroque." Robert W. Green, European history, on "The Classicist-Baroque Antithesis in the Political and Social Order," 10 a.m.; Steven L. Goldman, Lehigh University, on "The Objectivisation of the Real in the Baroque," 3 p.m., Room 101 Kern; Musica da Camera, 8 p.m., Gallery C, Museum of Art.  
USG Record Sale, 11 a.m. - 6 p.m., HUB reading room.  
SFO film, Silent Running, 7, 9 & 11 p.m., Room 102 Forum.  
Shaver's Creek Nature Center, Evening Pond Walk, 7:30 p.m., Stone Valley.  
STO film, King Kong, 7:30 and 10 p.m., Room 111 Forum.  
University Theatre, Euripides, Electra, 8 p.m., The Playhouse.  
Gary Rusnak, piano, 8:30 p.m., Music Bldg. recital hall.

Saturday, May 6  
53rd Penn State Dairy Exposition, Show Day, 8 a.m. - 5 p.m., University Dairy Barns.  
Shaver's Creek Nature Center, Early Morning Bird Walk, 8-9:30 a.m.; Wildflower Identification Workshop (by registration only — 865-1851), 9:30 a.m. - noon, Stone Valley.  
Eco-Action Recycling, 10-3 p.m., Parking Lot 83 and Boalsburg Fire Hall.  
Sports: women's golf, Penn State Invitational; women's lacrosse, Central Penn Tournament; women's tennis, vs. Ohio State, 8 a.m.; softball, vs. Ursinus (2), 1 p.m.; men's track, vs. Maryland, Pittsburgh, 10 a.m.; football, Blue-White game, 2 p.m., Hersheypark Stadium, Hershey.  
ERM Club seminar, Edward Terry, U.S. Fish and Wildlife Service, on "Citizens Guide to Environment Laws," 10 a.m., Room 112 Walker.  
PSOC Bicycle Touring, overnight to Greenwood Furnace State Park, 10 a.m., HUB parking lot.  
ARHS concert, "Movin' On," noon-10 p.m., Sunday also, IM Fields.  
Friends of India film, Sagina, 7 p.m., Room 101 Chambers.  
France-cinema, Molinaro, Male Hunt, 7 and 9 p.m., Room 112 Kern.  
STO film, King Kong, 7:30 and 10 p.m., Room 111 Forum.  
University Theatre, Electra, 8 p.m., The Playhouse.

Sunday, May 7  
PSOC Hiking Division, exploration on Centre Hall Mt., 9 a.m., HUB parking lot.  
Sports: women's golf, Penn State Invitational; women's lacrosse, Central Penn Tournament; women's tennis, vs. Michigan, 1 p.m.  
University Chapel service, Dr. Badr Ateya, mineral industries, 11 a.m., Eisenhower Chapel.  
Penn State Jazz Blue Band, concert of big band music, 2 p.m., Music Bldg. recital hall. Free admission.  
Shaver's Creek Nature Center, Young Wildlife in the Spring, 2 p.m., Stone Valley.  
France-cinema, Male Hunt, 7 and 9 p.m., Room 112 Kern.  
STO film, King Kong, 7:30 and 10 p.m., Room 111 Forum.

## Blue Denim Cutoffs

100% Cotton from Wrangler®  
pre-washed and pre-faded  
reg 8.95 now just **6.95**

## 100% Cotton Short Sleeve Golf Shirts

a dozen color to choose from in stock **7.99**

**2 for 13.99**

**\$2. off all belts**

now **9.99**  
reg. 14.50

**Levi's**

## 100% Cotton Twill Jeans

Straight leg only  
Colors: black, khaki and sand

Daily 10-8:30 Saturday 10-6  
**CHEAP THRILLS**  
118 W COLLEGE AVE.