

Cottage Cheese In New Forms

Many Luscious Combinations Possible.

Considering its possibilities for the low-cost, well-balanced menu, it is surprising that we do not make more consistent use of cottage cheese. Most of us think of it merely as a little relish or side dish, when in reality it may be used in many ways with other foods.

We think of it as something to be served only occasionally because we are not aware of these luscious combinations which include entree, salad and dessert courses. Nor do we always identify cottage cheese by all three of its names . . . cottage cheese, pot cheese and Schmierkase, the German term.

There are, generally speaking, two types of cheese—sour milk cheeses such as those in the cottage cheese group, and rennet cheeses, which include most of the other types. Cottage cheese is less expensive than the rennet cheeses, and because of its low fat content, it combines especially well with thin cream or salad dressing.

The best cottage cheese on the market today probably comes from the large dairies which deliver it fresh every morning in individual containers, at the same time they deliver milk. The best cheese of the best dairies usually is already mixed with cream, and is known as creamed cottage cheese. But it is also possible to buy good plain cottage cheese and mix it with cream yourself.

We may well make this inexpensive product a frequent visitor at Lenten meals, and seek new ways of preparing it. These few recipes may be new to you. I know them to be both satisfying and delicious:

Cottage Cheese Souffle.

- 2 tablespoons butter.
- 3 tablespoons flour.
- 1 cup milk.
- $\frac{1}{2}$ teaspoon salt.
- few grains cayenne.
- 3 eggs.
- 1 cup creamed cottage cheese.

Make whitesauce of butter, flour, milk, salt and cayenne. Add cottage cheese which has been pressed through ricer. Remove from fire. Add well beaten egg yolks. Let cool and fold in the stiffly beaten egg whites. Pour into buttered baking dish. Bake 20 minutes in a slow oven (325 degrees F.).

Individual Cottage Cheese Pies.

- 8 small salty crackers.
- $\frac{1}{4}$ cup melted butter.
- 2 eggs.
- $\frac{1}{4}$ cup sugar.
- 1 cup creamed cottage cheese.
- 1 lemon—juice and grated rind.
- $\frac{1}{4}$ teaspoon salt.
- $\frac{1}{4}$ cup almonds, blanched and chopped.

Roll crackers fine and mix with melted butter. Line buttered muffin tins with this mixture, bottom and sides. Beat eggs, add sugar and continue beating until light. Add cot-

tage cheese, lemon juice, rind and salt. Mix well and turn into the lined muffin tins. Sprinkle chopped almonds over tops and bake in slow oven (325 degrees F.) 20 or 25 minutes, or until firm.

Cottage Cheese French Dressing.

- 1 tablespoon sugar.
- 4 tablespoons lemon juice.
- 2 tablespoons olive oil.
- 1 teaspoon salt.
- $\frac{1}{2}$ teaspoon paprika.
- 2 tablespoons minced onion.
- 2 tablespoons chopped cucumber.
- $\frac{1}{2}$ cup cottage cheese.

Combine sugar, lemon juice, oil, salt and paprika. Beat until mixture thickens. Add onion and cucumber. Gradually add cottage cheese, continuing beating. Serve over hearts of lettuce.