



# Cheeses: Mild and Mellow

Bring more of the exciting "new American cuisine" into your home with recipes that blend natural ingredients with a fresh approach to dining and entertaining.

In your kitchen, as in internationally-acclaimed restaurants, the new American cuisine brings to the table the best of our cooking heritage served with your new skills and interests. Your recipes can now combine native flavors—European, Oriental, Latin—with the most natural American ingredients and products.

Mild, American-made natural cheeses are a popular part of the new American cuisine—a cooking adventure that lets you experiment with tastes and textures, that insists only on very fresh, very fine ingredients.

Consider the old-world flavor of natural mozzarella cheese blended with pasta, fresh vegetables and natural herbs in tasty Primavera Squares—the subtle texture of Monterey Jack cheese with the western tang of barbecue sauce in Monterey Jack Filled Beef Rolls... the sophisticated taste of natural Swiss cheese brightly fused with the flavors of salmon, lemon and herbs in Petite Salmon Soufflés. Cheese is important to today's innovative American cook, and a variety of cheese tastes and textures is an important part of American family dining and entertaining.

In the past 10 years, American cheese consumption has increased by 60 percent, especially as we discover the range of American-made natural cheeses. With our increased knowledge of international cuisines, and our increased skills, we have discovered what international households have known for centuries—that natural cheese is delicious, nutritious and versatile. And that natural cheese is an economical source of high-quality protein.

## Pennywise and Protein Rich

First, consider the per-pound price of natural cheese and the amount of protein it contains, the number of servings it yields, and the great variety of meals it makes for any occasion.

Since all cheese is made from milk (mostly cow's milk, whole or partly skimmed), it's a top source of protein and calcium—with other vitamins and minerals. A pound of cheese goes a long way for main dishes, snacks, sandwiches, side dishes, desserts. Or you can quickly cube it for the hors d'oeuvres tray... or slice it to brighten up a buffet. And extra pieces of natural cheese can be shredded for tasty toppings or sauces.

## Cheese for Everyday and Everybody

When it comes to taste, a sharp, pungent cheese—much like a heady, aged wine—is a great gustatory experience once in a while. But a steady diet of palate-shocking flavors can tire even the greatest connoisseur. That's why mild, all-purpose natural cheeses can be served as everyday cheeses. They satisfy your hunger for variety in cheeses, serve you in many ways as you cook, sustain the snackers in a family, and appeal universally to adults and children, to sophisticated and simple tastes. Among today's cheese favorites are:

**Mellow Monterey Jack**—A mild cheese with a growing popularity due to a creamy white color, wholesome flavor, and soft and moist texture that is great for snacking and cooking. Monterey Jack takes its name from Monterey, California, where it was first made by monks, and it's a good example of an American-made natural cheese carrying traditional tastes into today's kitchens.

**Melting Mozzarella**—A native Italian cheese familiar to all pizza and lasagna lovers. In the Old Country, it was first made from buffalo milk. Today, most Italian-produced and popular American-made natural mozzarellas are cow's milk cheeses.

**Buttery Gouda**—A familiar sight with its flattened wheel shape and protective, distinctive red wax covering. The cheese originated in the Dutch town of Gouda in the 13th century. Its color is creamy, its texture buttery, its flavor rich and mild.

**Smooth Muenster**—Originally a German favorite, French and German muensters are pungent and sharp-tasting, while American and Danish muensters are smooth and mild. All muensters are semi-soft, and they shred beautifully for cooking.

**Mild Brick**—Like Monterey Jack, brick is a native U.S. cheese. It was first made in the 1870s in Wisconsin in the traditional bricklike shape that gives it its name, and it is one of the most popular all-purpose cheeses for slicing, snacking and cooking.

**Nutlike Swiss**—A perennial favorite, this flavorful cheese with its distinctive holes (which develop during the ripening period) came to us first from Switzerland. It is now made in America—milder, but widely popular.

## Natural Cheese in Your Kitchen

For centuries, mild natural cheese has been the creative cook's great, good friend. It adds, and can be the sole source of, protein in main dishes. It enhances, but never overwhelms, the flavors of other ingredients and its own flavor is heightened by melting.

The variety of cheese recipes is vast—and exciting. Say cheese and think of soups, salads, sauces, soufflés, main dishes, side dishes, desserts, and snacks.

Try Primavera Squares for a creative variation on the Italian theme—baked fettuccine and mozzarella, cut in squares and topped with Italian sausage and a colorful garden array of vegetables.

Monterey Jack Filled Beef Rolls combine ground beef with a rich natural cheese filling, rolled up like a jelly roll, then sliced and baked in savory pinwheels.

And for a quick, deliciously different supper, make Petite Salmon Soufflés—salmon-topped English muffins, crowned by a mild, natural Swiss cheese-enriched soufflé and baked to a crusty golden perfection.

Cooking with cheese is a grand culinary adventure, yours for the doing in your kitchen. You begin with good mild cheese, a unique recipe and a few helpful hints. You'll find out more in a free booklet highlighting additional natural cheese recipes. Just send your name and address to:

CASINO Cheese Recipes  
P.O. Box 841  
South Holland, IL 60473  
Allow six to eight weeks for delivery. Offer good while supplies last.



These entrees are naturals to fix with mild cheeses. Clockwise from the right: Monterey Jack Filled Beef Rolls; Petite Salmon Soufflés; Primavera Squares.

### PRIMAVERA SQUARES

- 8 ozs. fettuccine noodles, cooked, drained
- 1 cup (4 ozs.) shredded Casino brand natural mozzarella cheese
- 1/4 cup (1 oz.) grated parmesan cheese
- 2 eggs, slightly beaten
- 1/2 teaspoon salt
- 1/4 teaspoon basil
- Dash of garlic powder

- 1/2 lb. Italian sausage, cooked, cut into 1/2-inch slices
- 1 cup mushroom quarters
- 1 cup broccoli flowerets
- 1 cup cherry tomato halves
- 2 tablespoons margarine

Combine noodles, cheese, eggs and seasonings. Pour mixture into a greased 8-inch baking pan. Bake at 350°, 20 minutes.

Sauté meat and vegetables in margarine. Cut noodles into squares and serve with meat and vegetables. 6 servings

### MONTEREY JACK FILLED BEEF ROLLS

- 1-1/2 lbs. ground beef
- 1/4 cup dry bread crumbs
- 2 tablespoons barbecue sauce
- 1 egg
- 1/2 teaspoon salt

- 1 cup (4 ozs.) shredded Casino brand natural Monterey Jack cheese
- 1/4 cup dry bread crumbs
- 2 tablespoons freeze-dried chives
- 2 tablespoons water

Combine meat, bread crumbs, barbecue sauce, egg and salt; mix well. Pat meat mixture into 14 x 8-inch rectangle on aluminum foil or waxed paper.

Combine cheese, bread crumbs, chives and water; pat over meat mixture. Roll up jellyroll fashion, starting at narrow end. Chill several hours or overnight. Slice meat mixture into 6 servings. Bake in shallow pan at 350°, 25 to 30 minutes or until done. 6 servings

### PETITE SALMON SOUFFLÉS

- 1 16-oz. can salmon, drained, flaked
- 1/4 cup finely chopped green pepper
- 2 tablespoons lemon juice
- 6 English muffins, split

- 2 tablespoons margarine
- 3 tablespoons flour
- 1 cup milk
- 1/2 teaspoon salt
- Dash of paprika
- 3 eggs, separated
- 1 cup (4 ozs.) shredded Casino brand natural Swiss cheese

Combine salmon, green pepper and lemon juice; divide mixture evenly over muffin halves.

Make a white sauce with margarine, flour, milk and seasonings; remove from heat. Add small amount of sauce to slightly beaten egg yolks, return to sauce mixture in pan. Cook, stirring constantly, until thickened. Cool, stir in cheese; fold into stiffly beaten egg whites. Divide mixture evenly over salmon-topped muffin halves. Sprinkle with additional paprika. Bake at 375°, 20 to 25 minutes, or until golden brown. 6 servings

Variation: 2 cups chopped, cooked chicken or 2 6-1/2-oz. cans of tuna, drained, flaked may be substituted for salmon.