C. Cheese Isn't Just For Salad

By ELLY

Cottage cheese, as we know it today, was originated by the Dutch. They left the rich cow's milk to thicken in earthenware bowls, then strained the whey through handwoven linen cloth. The curds were then tossed and seasoned to taste.

If you have ever tried this method and come up with a batch of very chewy little balls about the size of BBs, as I did, you too will be grateful for the many types of commercially processed cottage cheese now available.

One cup, about half a pound, contains 213 calories but these are packed with nutrition, low in fat, high in protein, thiamin and riboflavin.

A favorite in salads, cottage cheese may also be used in desserts, biscuits and entrees. Here's a meat loaf recipe from the north of Italy that may be of interest to you.

ITALIAN MEAT LOAF

2 lb. veal, ground, or
1 lb. lamb, ground, and
1 lb. pork, ground
1 onion, finely minced
½ c. Parmesan or mild cheddar, grated
¼ c. parsley, minced
2 eggs
1½ t. salt
⅛ t. pepper
3 slices bread, without crusts, diced
½ c. milk

FILLING:
2/3 c breadcrumbs
3 c. cottage cheese
¼ c. mild cheddar, grated
½ lb. cooked ham, chopped
2 egg yolks
½ t. marjoram or basil

Mix the meat with the onion, cheese, parsley, eggs, salt, pepper, bread and milk. Blend thoroughly and place on a sheet of foil. Place a sheet of waxed paper on top and flatten to one-inch thickness. Prepare the filling by thoroughly mixing all the ingredients. If the mixture is too stiff add a tablespoon or two of milk. Arrange the filling lengthwise in the center of the meat. Roll into a large sausage shape and wrap the foil around it, twisting the ends tightly. Place on a baking sheet and bake at 350 degrees for 1½ to two hours.

QUICK COTTAGE CHEESECAKE

CRUST:
2 c. corn flakes, finely rolled
4 T. butter or margarine, melted
4 T. sugar
½-1 t. cinnamon

FILLING:
1 c. sugar
Pinch of salt
3 egg yolks
juice of two lemons
3 T. cornstarch
4 c. cottage cheese
Peel of one lemon, grated
½ t. vanilla
3 egg whites

To make the crust, mix the rolled cornflakes, melted butter, sugar and cinnamon. Pat three-quarters of the mixture into the bottom and around the sides of a spring mold, and reserve the balance.

Beat the cottage cheese with an electric mixer for one minute, or put in electric blender for half a minute.

To make the filling, beat the sugar, salt and egg yolks until light and creamy. Stir the lemon juice and cornstarch together, then add to the creamed mixture along with the cottage cheese. Cook over boiling water until thick, stirring constantly. Cool, then add the lemon peel and vanilla.

Beat the egg whites until stiff and fold in. Pour the mixture into the prepared pan and sprinkle the reserved cornflakes crumbs on top. Refrigerate until cold and firm. This is superb with fresh strawberries. Serves six.

STUFFED EGGS COUVENT

4 hard-boiled eggs
1 c. cottage cheese
1 T. cheddar, grated
salt and pepper to taste
⅛ t. nutmeg
1 T. parsley, minced
1 T. flour
1 egg, beaten
2 T. water
1 c. fine breadcrumbs
salad oil for frying

Peel the eggs and cut them in half. Remove the yolks and mix them with the cottage cheese and cheddar cheese, salt and pepper. Beat with a hand beater, then add the nutmeg and parsley. Fill the egg whites with the mixture shaping them so that each half resembles a whole egg. Roll each egg in flour; dip in the egg beaten with the water then roll in the breadcrumbs. Set on a plate and refrigerate 20 minutes. Just before serving, fry in a few inches of hot oil until golden. Serves six to eight.

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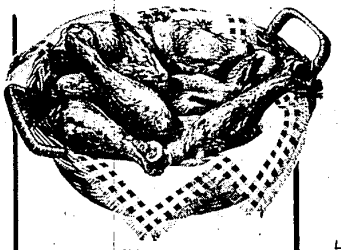

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