

SAY CHEESE!

Dorothy Johnson

Cheese is one of the most valuable of our foods. Besides being full of flavor which blends well with a variety of other foods, it is very high in food value. Four ounces of American Cheese contain almost the same amount of high-quality protein and of calcium as a full quart of whole milk.

THE REASON FOR THIS high food value is, of course, that cheese contains the solid parts of milk, including all its protein and minerals. In the cheese making process there is some loss in the vitamins of milk, but ordinary American Cheese is a better source of vitamin A than is milk.

The character of cheese, in both texture and flavor depends, to a considerable degree, on its age as well as on its variety. Very young cheeses, such as cottage and cream cheese, are very bland in flavor and very soft. These two types are both sour milk cheeses, which are not cured and are eaten as soon as they are produced. In general, the longer they are aged the sharper is their flavor and the dryer their texture.

Domestic cheeses of the sort known as Brick, Longhorn, American Cheddar, etc., are young cheeses, not more than 2 or 3 months old and quite moist, soft and mild flavored. Many European types, which are now being produced domestically are considerably older, and may be "ripened" or aged under special conditions to produce their characteristic flavor and texture.

THE MOST DESIRABLE cheeses for cooking are usually the American cheeses of which nearly 90 per cent are produced in Wisconsin and New York. The Edam, Camembert, Gouda, and many other cheeses originally produced in Europe are being produced in this country, and excellent quality is obtained in domestic reproduction. The name has been changed in some cases, as in the domestic Roquefort-type cheese, which is known as "blue cheese" from its typical blue veining.

Cheese is being used more and more for dessert purposes as well as for cooking. A wedge of cheese, usually, a sharp cheddar-type is traditionally served with apple pie and recently we have come to enjoy it with cherry and other fruit pies.

"COOKING CHEESE"

The protein of cheese is toughened by high temperature and over-cooking as is the protein of eggs. In general, cheese dishes should be cooked either at a low temperature or for a very short time at a high temperature. Cheese that is cooked at too high a temperature in such dishes as baked macaroni and cheese, which requires a fairly long baking period, will become stringy and difficult to digest. Don't blame this "indigestibility" on the cheese, but on the cooking. If the oven temperature is cut down and the cooking time increased, the results will be not only more wholesome but more palatable too.

ON THE OTHER HAND, cheese that is grated and used for topping au gratin dishes may be browned when required, at quite a high temperature without ill effects, if it is subjected to this temperature for only a few minutes.

In other words, if the temperature is high, let the cooking time be short; if the cooking time must be prolonged, have the temperature low.

!POPULAR WAYS to USE CHEESE!

- Blue or Bleu--Dessert, in salads and dressings.
- Brick--A favorite buffet and sandwich cheese.
- Cheddar--A sandwich, supper and cooking cheese.
- Edam--Dessert and snack cheese, good with unsalted crackers.
- Gouda--Popular snack and dessert cheese.
- Porte Saluto--Dessert and supper cheese.
- Provolone--Dessert and supper cheese.
- Swiss--Buffet and sandwich cheese.
- Kave Kure--Cocktail cheese spread, served with any cracker.
- Caraway--Snack cheese, serve with crackers.
- Colby--Mild sandwich and snack.

!YES YOU CAN FREEZE CHEESE!

CERTAIN VARIETIES of cheese can be placed in the freezer without damage to the flavor and texture. These are the hard and semi-hard cheeses such as American (Cheddar), Swiss, Edam, Gouda and Brick. The soft cheeses do not

generally fare so well on freezing because of changes in body characteristics which are undesirable. The soft cheeses include cream, Liederkrantz, Limburger, and Camembert. Limited studies indicate that Liederkrantz and Camembert will stand freezing in the original package. Blue cheese or Roquefort are soft and crumbly and, therefore, freezing is not recommended.

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RECIPES USING CHEESE

Basic Cheese Sauce

In a small pan melt 1/4 cup butter, add 4 tablespoons flour, dash pepper and stir until bubbly. Gradually stir in 1-1/4 cups milk and cook--stirring constantly, until thick. Stir in 1/4 pound shredded, sharp cheddar cheese.

Fluffy Blue Cheese Dressing

Yield: 1 Quart
 1 cup cottage cheese (sieved or mashed real fine)
 1 tablespoon lemon juice
 1/4 teaspoon onion salt
 1/4 teaspoon sugar
 1 pod garlic minced
 1 cup mayonnaise
 1/2 cup crumbled blue cheese
 1 cup commercial sour cream
 black pepper, dash tabasco
 1 teaspoon worchestshire sauce.

Hominy Cheese Croquettes

3/4 cup hominy grits
 3 cups water
 3/4 teaspoon salt
 1-1/2 cups grated sharp cheese
 1-1/2 tablespoons butter (melted)
 2 egg yolks
 1 egg beaten with 1 tablespoon water
 cracker crumbs for rolling
 Soak hominy in the water to which salt has been added for 3 or 4 hours; then cook over boiling water until tender, for about 30 minutes--stirring occasionally. Combine with grated cheese and melted butter. Add beaten egg yolks, mix thoroughly and chill. Shape in croquettes (balls, cones, or cylinders) and roll in beaten egg mixture, then in cracker crumbs. Fry until golden brown in deep fat heated to 375 F. Drain thoroughly and serve hot. (An equal quantity of cooked whole hominy may be used in place of the cooked grits.)

Jiffy Noodles

8 ounces broad noodles
 1-1/2 cups grated sharp cheese
 1/3 cup chili sauce
 1/4 cup melted butter
 salt to taste
 Drop noodles into 2 quarts rapidly boiling water with 2 teaspoons salt and boil rapidly until tender (from 8 to 10 minutes). Drain, turn into mixing bowl. Add remaining ingredients--toss and serve immediately. Spaghetti or macaroni may be used in place of noodles.

Cheese Muffins

Use basic plain muffin recipe. To sifted, dry ingredients add 3/4 to 1 cup grated American cheese. Sprinkle a little paprika on each muffin before baking.

Cheese Souffle

1 cup thick white sauce
 Cheese, grated, 1/4 pound (about 1-1/2 cups)
 Cayenne, few grains
 Eggs separated (4)
 To the hot white sauce add cheese and Cayenne. Stir over very low heat until cheese is melted; remove from heat--stir a little of sauce into slightly beaten egg yolks, then stir into remaining sauce. Beat egg whites until stiff--but not dry. Fold into cheese mixture. Pour into a greased casserole. Bake in slow oven (300 F.) about 1-1/4 hours. Serve immediately.

THERE ARE NUMEROUS ways to use cheese as in scalloped potatoes, macaroni, cheese omelets, sandwiches, sauce for vegetables, rarebits, appetizers, and breads.

Have a Heart and Help

THE NEVADA HEART Association needs volunteers to carry on the Heart Sunday canvass February 20, 1966, high point of the 1966 Heart Fund Drive in Clark County.

Darwin Lamb, Heart Fund Chairman, is calling on the residents to volunteer their services for the door-to-door solicitation. Applicants may register by telephoning 382-4476.

"We extend an open invitation to the residents to join the ranks of Heart Fund Volunteers," the chairman announced. "Volunteers gain great pride and satisfaction in helping to conduct this Heart crusade because of its great importance in making possible the program of research, education and community service which has already saved so many lives and hearts."

When its ranks have been filled, the Heart Sunday army will cover all of the residential sections in town on February 16 to 20. Heart Fund Volunteers serve two purposes, the chairman explained. They receive Heart Fund contributions. They also serve as educational ambassadors, leaving at each home a leaflet with valuable information on how to reduce the risk of heart attacks.

Medicare Deadline Near

THIS WEEK THE SOCIAL Security Administration mailed out over a million reminder letters to social security beneficiaries who have not signed up for the supplementary medical insurance part of Medicare.

MEDICARE KITS, including an enrollment card for the medical insurance plan, were sent during the fall to the 15-1/2 million social security and railroad retirement beneficiaries 65 or over. About two-thirds of these people have sent back their cards, and 90 percent have checked "Yes" for medical insurance under Medicare.

"In Nevada," Ed Cocks, social security district manager in Las Vegas, said today, "18,338 people received Medicare kits and enrollment cards last fall. As of the first week in January, 87.5 percent had signed up for the supplementary medical insurance plan."

"Many of the people who have not signed up may not understand how the plan will work and what it offers," he added. "The letter going out from social security headquarters in Baltimore, Maryland, this week should answer some of their questions."

ENCLOSED WITH THIS second letter is another enrollment card in case they lost the first one or sent it in marked "No" and have since changed their minds.

"For people now 65 or over," Cocks emphasized, "there is a deadline for signing up for the supplementary medical insurance plan. If your coverage is to begin as soon as the Medicare program goes into effect, you have to be enrolled by March 31, 1966."

"The medical insurance program, like the basic hospital insurance plan, will go into effect beginning July 1. People now over 65 who don't sign up by March 31 may have to wait two years before their coverage will be effective."

The supplementary medical insurance plan, Cocks continued, covers primarily doctor and surgeon bills but also includes a variety of other medical services not covered by the basic hospital insurance plan. "Just about everyone 65 or over is eligible for both hospital insurance and the medical insurance part of the program, even though they aren't eligible for regular social security benefits--even if they have never worked under social security."

FOR THE MAJORITY of the people who sign up for the supplementary medical insurance, Cocks pointed out, there will be no need to pay their monthly premiums in cash. The \$3 will be automatically deducted from the monthly checks of social security, railroad retirement, and civil service retirees.

The primary message carried in the reminder letter, Cocks said, is that people now over 65 have only until March 31 to sign up for the optional medical insurance plan if their coverage is to begin on July 1.

"ANYONE WHO STILL has questions about this part of Medicare should get in touch with the social security office," Cocks concluded. "The Social Security Administration is anxious to make sure that everyone who is eligible makes an INFORMED decision about Medicare--and makes it before the 31st of March." The social security office in Las Vegas is located at 601 S. 13th Street.

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