

FOOD FORUM *

Dorothy Johnson

SAY CHEESE

With the high cost of meat, cheese is a very good substitute, as well as a just as good a source of high-quality protein as meat or fish—and a good solution to the problem of high cost meat. Cheese dishes can be satisfying and delicious.

BAKED POTATOES PAYSANNE

- 6 large baking potatoes
- 3/4 cup butter or margarine
- 1/2 cup milk
- 1 cup cheddar grated or Monterey Jack Cheese (4 oz.)
- 1 tsp. salt
- 1/4 tsp. pepper
- 6 slices cheddar or Monterey Jack Cheese.

Preheat oven to 425 (degrees). Scrub potatoes; dry well. Prick skin with fork. Bake potatoes, right on rack of oven, 60 to 70 minutes, or until tender. Remove a thin horizontal slice from top of each baked potato, leaving skin intact, scoop out center. Combine scooped out potato with butter milk grated cheese, salt and pepper; beat with wooden spoon until fluffy. Use to refill potato shells, mounding high. Top each with a slice of cheese. Bake 15 minutes or until cheese is melted and potatoes golden.

GOLDEN BUCK

- 8 oz. cheddar cheese, coarsely grated, (2 cups)
- 2 eggs
- 1/2 cup milk
- 2 tbsp. butter or margarine
- 2 tsp. prepared mustard
- 1/2 tsp. salt
- Dash cayenne
- 6 eggs
- 6 slices white bread

In top of double broiler, combine cheese, 2 eggs, the milk, butter, mustard, salt and cayenne. Cook over simmering water, stirring frequently, until cheese is melted and sauce is smooth. Remove from heat but keep over hot water. To serve; Spoon about 2 tbsp. sauce on each slice of toast; top with a poached egg. Spoon any remaining sauce over eggs.

CALIFORNIA CHEESE AND RICE CASSEROLE

- 1/4 cup butter or margarine
- 1 cup chopped onion
- 4 cups freshly cooked white rice
- 2 cups sour cream
- 1 cup cream style cottage cheese
- 1 large bay leaf, crumbled
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 3 cans (4 oz. size) green chiles, drained, halved lengthwise, leaving seeds
- 2 cups grated sharp natural cheddar cheese
- Chopped parsley

Preheat oven to 375 (degrees). Lightly grease 2 qt. baking dish. In hot butter in large skillet saute' onion until golden—about 5 minutes. Remove from heat; stir in hot rice, sour cream, cottage cheese, bay leaf, salt and pepper; toss lightly to mix well. Layer half the rice mixture in bottom of baking dish, then half of chiles; sprinkle with half of cheese. Repeat Bake, uncovered 25 minutes, or until bubbly and hot. Sprinkle with chopped parsley.

CHEESE CASSEROLE

- 2 cans (4 oz. size) green chiles, drained
- 1 lb. Monterey Jack Cheese, coarsely grated
- 1 lb. cheddar cheese, coarsely grated
- 4 egg whites
- 4 egg yolks
- 2/3 cup canned evaporated milk, undiluted
- 1 tbsp. flour
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 2 medium tomatoes, sliced.

Preheat oven 325 (degrees). Remove seeds from chiles, dice. In a large bowl; combine the grated cheeses and green chiles. Turn into a well-buttered, shallow 2 quart casserole. In a large bowl with electric mixer, combine egg yolks, milk, flour, salt and pepper until well blended. Using a rubber scraper, gently fold in whites of eggs, which have been beaten until stiff in the egg yolks mixture. Pour egg mixture over cheese mixture in casserole; with fork, "ooze" it through the cheese. Bake 30 minutes remove from oven and arrange sliced tomatoes, overlapping around the edge of casserole. Bake 30 minutes longer.

CHEDDAR-CHEESE-AND-VEGETABLE-CHOWDER

- 4 tbsp. butter or margarine
- 1/4 cup finely chopped onion
- 1 cup chopped green pepper
- 1 cup pared, sliced carrots
- 1 cup pared, diced potato

- 1 pkg. (10 oz.) condensed chicken broth, undiluted
- 3 cups grated sharp natural cheddar cheese (3/4 lb.)
- 2 cups milk
- 1/4 tsp. salt
- Dash pepper
- 1/2 cup croutons
- Chopped parsley

In hot butter in 3 quart saucepan, cook vegetables, covered and stirring occasionally, 20 to 25 minutes or until tender. Remove from heat; stir in flour. Mix well. Cook 1 minute, stirring occasionally. Add chicken broth to vegetable mixture. Bring to boiling, stirring constantly. Gradually stir in cheese; cook over medium heat, stirring until cheese has melted. Gradually add milk. Season with salt and pepper. Bring just to boiling, but do not boil. Serve with croutons, sprinkled with parsley.

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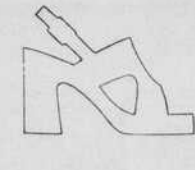

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