CC48 Making Soft Cheeses at Home

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HOMEMADE CHEESE IS AN INEXPENSIVE AND inexpensive way to get protein into the diet. Because of its high protein value, it may be the basis of the main dish of the meal, and as such, cut down the food bill. It also rates as a good source of calcium, needed for building strong bones and teeth. The required quart of milk each day for a child has a little more than a gram of calcium in it. A bit more than half the calcium of milk is left in the whey when it is transformed into cottage or Neufchatel cheese. Nevertheless, the cheese is a good calcium food. The method of making cottage, Neufchatel, and processed cheese is simple. The equipment needed for making them in small quantities is not elaborate; therefore an excellent opportunity is offered to produce at low cost a fresh, wholesome, and attractive food for home use from surplus skim or whole milk.

Basis for a Good Homemade Cheese

Good cheese can be made only from good clean milk. It is necessary that the milk used for making cheese be in the best condition and the flavor clean and sweet. The three C's for quality milk are: Clean, Cool, and Covered.

Pasteurization of Milk

Raw milk may be used in making cheese in the home but pasteurizing it destroys disease-producing organisms and aids in eliminating undesirable flavors. When milk is pasteurized for cheese making, it becomes essential to use a "starter" such as good-flavored sour milk or buttermilk to obtain uniform results. It is advisable to use the milk as soon as possible after pasteurization. To pasteurize the milk it should be heated to 145° F. for 30 minutes and then cooled to 75° F. On the farm the milk may be scalded by placing the pan of milk in a larger receptacle containing hot water. It should be stirred gently while heating and watched until the desired temperature is attained.

NEUFCHATEL CHEESE AND RECIPES

This cheese is made from whole milk. Milk which is sour or has undergone any abnormal fermentation should not be used. Using fresh, unripened milk, without any change in acidity, makes it possible to control the normal fermentations.

THE UNIVERSITY OF NEBRASKA
COLLEGE OF AGRICULTURE—EXTENSION SERVICE
U. S. DEPARTMENT OF AGRICULTURE COOPERATING
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Scald or pasteurize 1 gallon whole milk. Cool to 75° F. Add ¼ cup good-flavored sour milk or buttermilk. Add ¼ junket tablet dissolved in 1 tablespoon of cold water. Hold for 15 to 18 hours and drain from 3 to 4 hours through a strong muslin cloth. Add 2 teaspoons salt and mix.

Under favorable conditions this cheese will keep in good condition for several days. It is most palatable immediately after it is made.

**Sandwich Fillings**

Finely chopped green onions, pimento, olives, parsley, pineapple or nuts may be mixed with Neufchatel cheese at the time of salting. Any of these combinations may be used for sandwich fillings or on crackers for school or afternoon lunch.

**Salads**

Softened Neufchatel cheese may be formed into small balls, served with pineapple, pears, or cantaloupe. It may be used as stuffing for celery, peppers, prunes, dates or peaches.

**Frozen Salad**

½ cup Neufchatel cheese  ½ pint whipping cream
½ cup salad dressing  1 cup canned mixed fruit

Drain juice from the fruit, combine with cheese, dressing, and cream. Freeze.

**Cheese Loaf**

Remove crust from loaf of day-old bread. Cut the loaf lengthwise into four long slices. Between two of the slices spread a filling of Neufchatel cheese mixed with chopped pimentos. For the next, combine the cheese with chopped green onion and between the remaining two slices spread the cheese, mixed with chopped or ground ham. “Ice” the four-decker loaf with the seasoned cheese. Slice and serve with a fruit salad and hot beverage. (Use crust for cheese cake.)

**Cheese Cake**

Line a pie plate with 2 cups toasted bread crumbs, 2 tablespoons sugar, ¼ teaspoon salt. Reserve some of the crumb mixture for the top of the cake. Mix the following:

1 cup cheese  ½ teaspoon salt
2 egg yolks  1½ tablespoons flour
½ cup sugar  ½ cup thick cream
2 egg whites  ½ teaspoon vanilla

Beat the egg yolks, sugar, salt, cheese, flour and thick cream until smooth. Then add the beaten egg whites and vanilla. Pour into the crumb crust. Sprinkle crumbs over top. Bake in a moderate oven (325° F.) for about 45 minutes or until set.
Cheese Cookies

1 cup soft cream cheese  2 cups flour
1 cup shortening  ¼ teaspoon salt

Make a topping of the following:
½ cup sugar  1 cup finely chopped
4 teaspoons cinnamon  nuts

Blend together cheese and shortening. Add flour gradually and mix. Place the mixture in the refrigerator over night. When chilled roll not less than ¼ inch thick and cut. Mix sugar, cinnamon, and nuts and sprinkle each cookie with ½ teaspoon of this mixture. Bake in a moderate oven (350°F.).

Neufchatel Honey Spread

1 cup cheese  2 tablespoons honey

Blend cheese and honey thoroughly. Chill, then spread on bread or wafers.

Neufchatel Frosting

½ cup Neufchatel cheese  1 teaspoon orange juice
1 ½ cups sifted powdered sugar ½ teaspoon grated orange rind

Combine the cheese with the fruit juice and rind. Add the powdered sugar and spread on cup cakes or a layer cake.

Frozen Cranberry Cheese Salad

1 cup Neufchatel cheese
Add: ½ cup cranberry sauce
2 tablespoons lemon juice
½ teaspoon salt
1 cup cream, whipped

Mix thoroughly the cheese, cranberry sauce, lemon juice and salt. Fold in whipped cream. Freeze.

Chef Salad in Tomato Cheese Ring

2 pkgs. lemon flavored gelatin  1 cup Neufchatel cheese
1 cup mayonnaise
3 cups tomato juice, heated

Dissolve gelatin in hot tomato juice. Mix the cheese with mayonnaise and add to cooled tomato gelatin. Mix well and place in well greased ring mold. Chill in refrigerator until firm. When ready to serve, unmold and fill center of ring with mixed vegetable salad.

Cherry Salad

1 cup pitted cherries  ½ cup Neufchatel cheese
1 cup liquid drained from cherries 1 tablespoon gelatin
1 cup boiling water

With a dover egg beater, beat, until smoothly blended, the cream cheese and the liquid from the cherries. Soak the gelatin in a little cold water. Dissolve in a cup of hot water. Combine the two mixtures and add the cherries. This may be unmolded on crisp lettuce leaves and topped with mayonnaise.
PROCESSED CHEESE AND RECIPE

4 cups dry cottage cheese 1 teaspoon soda
(6 quarts milk will make about 4 cups) 2 teaspoons salt
¼ cup butter ⅔ cup thick sour cream

Add butter, soda, and salt to cheese. Mix thoroughly
and let stand 2 hours. Place in top of double boiler and
cook until all cheese is melted. When completely melted
remove from stove, add cream and coloring if desired.
One-eighth cup strong cheese may be added for flavor.
Pour into buttered dish.

Processed Cheese Spread

4 cups dry cottage cheese 2 teaspoons salt
1 cup butter 1 cup thick cream
½ teaspoon soda

Add butter, soda, and salt to cheese. Mix thoroughly
and let stand 2 hours. Place in top of double boiler until
all lumps are melted. When completely melted, add
cream. Remove from stove. Store in covered jar. Add
diced ham, pimento, green onion, pickles, olives, as
needed for sandwiches.

COTTAGE CHEESE AND RECIPES

(Without starter and junket) ¹

A good grade of cottage cheese may be made by allowing
the skim milk to sour naturally, if care has been used
in the production and handling of milk. At room tem­
perature the milk will sour in about 30 hours. When
firmly clabbered, stir thoroughly. Heat the curd to 100°F.
for 30 minutes to expel the whey and give the curd a firm
texture. If the pan with curd is placed in a pan of hot
water, the temperature may be controlled. Drain the
curd until the whey ceases to flow in a steady stream.

(With starter and junket tablet)¹

1 gallon sweet skim ¼ junket tablet dissolved
milk in 1 tablespoon cold
⅔ cup starter water

Heat the milk in a pan of water until a scum forms
on top. Remove from water and cool to 75° F. (barely
warm). Add the dissolved junket tablet and starter. Mix
thoroughly and let stand overnight. When the curd
cleaves sharply drain through a cotton cloth firmer than
cheesecloth. Allow to drain several hours. Add salt to
taste. One gallon of milk makes from 1 to 1½ pounds
of cheese.

Molded Cottage Cheese Salad

1 package lemon or lime-
flavored gelatin 1 cup hot water
1 cup seasoned cottage apple
cheese

Dissolve gelatin. Cool. Add cottage cheese and pine-
apple. Mold and chill.

Honey Cheese Pie

2 eggs, beaten  ½ cup honey
1 cup cheese  Juice and rind of ½ lemon

To the cottage cheese, add the beaten eggs and honey. Mix well and pour into pan lined with pastry. Sprinkle with a topping of ½ cup graham cracker crumbs mixed with 1 tablespoon butter and 1 tablespoon sugar. Bake in a moderate oven (350°F.) for 25 minutes.

Cheese Torte

2 cups bread crumbs  1½ teaspoons grated lemon rind
1½ cups sugar  1 teaspoon cinnamon
1 teaspoon cinnamon  ½ cup melted butter
3 eggs  ½ teaspoon salt
⅛ cup melted butter  ½ cup chopped nut meats
½ cup sugar  ⅛ cup lemon juice

Mix bread crumbs with ½ cup sugar, cinnamon, and butter. Set aside ⅛ cup to sprinkle over top, press remainder of crumbs into a 9 inch pan, lining bottom and sides. Beat eggs with remaining 1 cup sugar, until light; add salt, lemon juice and rind, cream, cheese, and flour. Beat thoroughly, to break up the cheese. Pour into lined pan, sprinkle with remaining crumbs and nut meats. Bake in a moderate oven (350°F.) about 1 hour or until center is "set." Turn off or reduce heat, open oven door, let stand in oven 1 hour or until cooked. Serves 10 to 12.

Cheese Gingerbread

1 cup molasses  2 cups flour
½ cup cheese  2 teaspoons ginger
1 teaspoon soda  ½ teaspoon salt
½ cup water

Heat the molasses and the cheese in a double boiler until the cheese is melted. Add the soda and stir vigorously. Mix the dry ingredients and add them to the molasses and cheese alternately with the water. Put in small greased muffin tins. Bake in a moderate oven (350°F.) for 15 minutes.

Cottage Cheese Pie

1 cup cottage cheese  ¼ teaspoon salt
3 eggs  1 teaspoon cinnamon
⅜ cup sugar  ½ teaspoon ground cloves
1½ cups milk  ½ teaspoon ginger
½ cup raisins or currants

Mix cheese, eggs, sugar, and spices, stirring gently. Add milk slowly; then add raisins. Pour into unbaked pie crust. Bake at 450°F. for 10 minutes; then lower heat to 300° for 20 minutes, or until set.

Variations: Substitute shredded coconut for raisins or currants, and substitute 1 teaspoon vanilla for spices. Omit fruit and coconut. Spread preserves or jam on top after pie is baked.
**Lima Bean and Cottage Cheese Casserole**

2 cups cooked lima beans  
\( \frac{1}{2} \) cup bread crumbs  
\( \frac{1}{2} \) cup cottage cheese  
Salt  
Chopped pimento

Mix ingredients together lightly. Add enough hot water to bind them together. Turn the mixture into a greased casserole. Cover with a layer of buttered crumbs. Heat in the oven slowly until delicately browned.

**Lemon Cheese Dressing**

1 egg  
\( \frac{1}{4} \) cup lemon juice  
Dash of mace  
\( \frac{1}{2} \) cup honey  
1 cup cottage cheese  
3 tablespoons milk  
\( \frac{1}{6} \) teaspoon salt

Beat egg and combine with lemon juice and honey in top of double boiler. Cook until thickened, stirring constantly until cool. Add milk to cottage cheese, beat for 2 minutes, add seasonings and combine with cooked mixture. Serve with fruit salad.

(Prepared by May Stanek, State Extension Agent in Foods and Nutrition)

**Why Use Cheese**

*It is a healthful, home-produced food.*  
*It is "wasteless" and easy to store.*  
*It may be served in a variety of ways.*  
*It is pleasing in texture and flavor.*  
*It may be used as a garnish.*  
*It may be the basis of the main dish of the meal.*

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