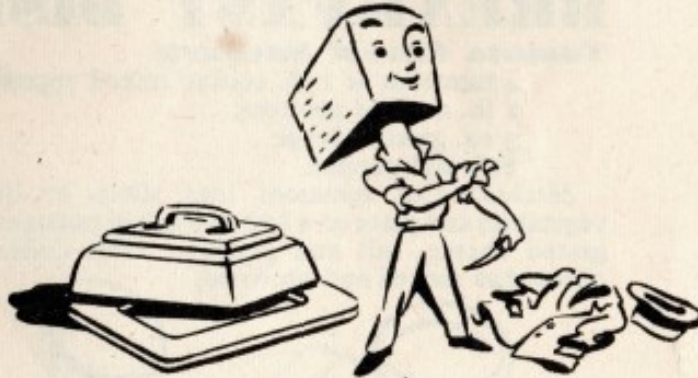


Acton

CHEESE



Cheese is an A.I food because :—

It is an excellent body-builder, better than meat for building firm muscles. It builds strong bones and teeth, too. Therefore it is invaluable for growing children. Plenty of cheese in childhood means less dental troubles in later life.

It is a concentrated energy-giving food, especially suitable for heavy workers, as it gives a large amount of energy in small bulk. It contains a high proportion of fat and so gives a feeling of satisfaction after a meal.

It is also a valuable protective food, guarding against infection and helping to prevent certain forms of night blindness.

Cheese is such an important food it deserves a place of its own at meal-times. Use it as a main dish and not as an afterthought to a meal already containing meat or fish. Used in this way cheese can be made to help out the meat ration.

Cheese is not indigestible, even for children of 18 months, if eaten uncooked and grated.

How to keep Cheese.—Wrap it in a margarine or butter paper, hang in a piece of muslin in a cool, airy place. This hardens the cheese and makes it more economical in use. Use the rind for flavouring sauces, etc., but remember to remove it before serving the dish.

One of the easiest and pleasantest ways of serving cheese is with a green salad—this with potatoes is a perfect meal.

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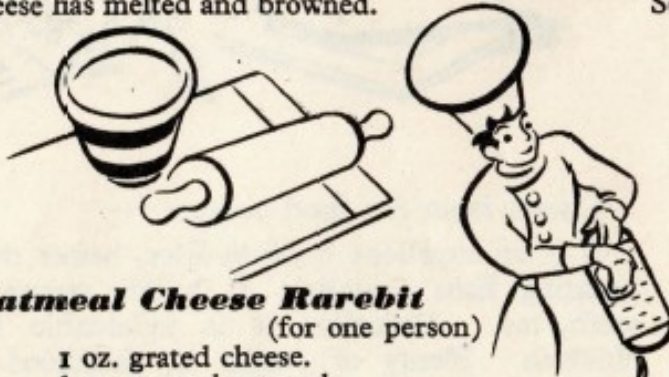
(All recipes for 4 persons)

BREAKFAST DISHES

Tomato Cheese Savoury

- 4 tomatoes or 1 lb. cooked mixed vegetables.
- 1 lb. mashed potatoes.
- 3 oz. grated cheese.
- Salt and pepper.

Method.—Cut tomatoes into slices or dice the cooked vegetables and place on a bed of mashed potatoes. Sprinkle with grated cheese, salt and pepper. Put under the grill until cheese has melted and browned. Serve hot.



Oatmeal Cheese Rarebit

(for one person)

- 1 oz. grated cheese.
- $\frac{1}{2}$ oz. toasted oatmeal.
- 1 oz. flour.
- $\frac{1}{2}$ lb. mashed potatoes.
- $\frac{1}{2}$ pint water. Salt and pepper.
- 1 teaspoonful coarsely chopped parsley.

Method.—Mix flour with enough water to make a smooth paste. Boil the remaining water and add the flour paste, boiling for one minute. Add the cheese, oatmeal and seasoning, stir well and cook for a minute or two longer. Pour on to a flat bed of mashed potato and place under grill until brown. Sprinkle with parsley before serving.

MAIN MEALS

Vegetable Pie with Cheese and Oatmeal Crust

- 1½ lbs. cooked, mixed vegetables.
- 2 tablespoonfuls chopped parsley.
- $\frac{1}{2}$ pint stock or water.
- 2 oz. oatmeal. 4 oz. flour.
- 2 oz. mashed potato.
- 1 oz. fat. 2 oz. cheese.
- Water to mix. Salt.

} Pastry.



Method.—Place cooked vegetables in a pie-dish and sprinkle with coarsely chopped parsley. Add vegetable water and seasoning. To make the pastry, cream fat and potato together. Mix grated cheese, oatmeal, flour and salt and stir into it the creamed fat and potato. Mix to a stiff dough with water. Roll out the pastry, cover the pie and bake in a moderate oven for 30 minutes. Serve with baked jacket potatoes and greens.

USING CHEESE

as—unless stated differently)

Cheese Savoury

- 1 egg (i.e. 1 level tablespoonful of dried egg,
2 tablespoons of water).
- $\frac{1}{2}$ pint milk, household milk or vegetable stock.
- 1 breakfast cup or 4 oz. breadcrumbs.
- 4 oz. grated cheese.
- Salt, pepper and mustard.

Method.—Reconstitute the egg and beat up with the milk. Add the other ingredients. Pour into a greased dish and bake for 20 minutes in a moderate oven until brown and set. Serve with baked jacket potatoes, mashed swedes and watercress.

Potato Jane

- 2 lbs. potatoes. 4-6 oz. grated cheese.
- 2 oz. breadcrumbs or oatmeal.
- $\frac{1}{2}$ chopped leek. 1 sliced carrot.
- $\frac{1}{2}$ - $\frac{3}{4}$ pint milk and water. Salt and pepper.

Method.—Put a layer of sliced potato in a fireproof dish. Sprinkle with some of the leek, carrot, crumbs or oatmeal, cheese and seasoning. Fill dish with alternate layers, finishing with a layer of mixed cheese and crumbs, or oatmeal. Pour over the milk, cover with a lid or greased paper and bake in a moderate oven for $\frac{3}{4}$ -1 hour or steam for 1-1 $\frac{1}{2}$ hours. Serve with mashed carrots and swedes, sprinkled with coarsely chopped parsley.

Cheese Omelette

- 4 reconstituted eggs (4 level tablespoons
dried egg, 8 tablespoons water).
- Salt and pepper. 2 oz. grated cheese. Fat.

Method.—Beat eggs with seasoning. Heat sufficient fat in a pan to grease the bottom, rub the surplus fat round the sides of the pan. Pour in $\frac{1}{2}$ of the egg mixture, to cover the bottom, and shake well, using a fork to loosen the sides. When the eggs are set sprinkle with cheese and fold in half. Serve on to a hot plate and sprinkle with parsley or garnish with watercress or shredded raw cabbage. Repeat this process, making four omelettes in all.

SUPPER DISHES

Cheese Pancake

- 4 oz. flour.
- 2 oz. cooked mashed potato.
- 2 oz. grated cheese.
- 1 $\frac{1}{2}$ gills milk and water.
- 1 teaspoonful baking powder.
- Salt and pepper.
- Pinch mixed herbs.

Method.—Mix the flour, mashed potato and liquid to make a batter, add baking powder and cheese. Melt fat in a frying pan and when smoking hot pour in sufficient batter to cover the bottom of the pan. Fry pancakes to a golden brown on each side.

If liked, this mixture can be made into drop scones, using a girdle, greased hot plate or frying pan.

Vegetable au Gratin

3 breakfast cups diced cooked vegetables.
1 breakfast cup cooked white or coloured beans.
1 small piece chopped leek.
3 oz. grated cheese.

Sauce
4 oz. flour.
 $\frac{1}{2}$ pint vegetable liquid.
 $\frac{1}{2}$ pint milk.

Method.—Mix the flour to a smooth paste with some of the liquid. Bring the rest of the liquid to the boil and pour over blended flour. Return quickly to the pan and cook for 5 minutes, stirring all the time. Add cooked vegetables and half the cheese. Pour into a fire-proof dish. Sprinkle with remainder of the cheese. Grill until brown, or brown at the top of the oven if the oven is in use.

Cheese Frizzles

4 tablespoons medium or coarse oatmeal.
2 tablespoons flour.
4 tablespoons grated cheese.
2 teaspoons baking powder.
Salt and pepper.
A little water to mix.
Fat for frying.

Method.—Mix all dry ingredients together except the baking powder. Add enough cold water to mix to a stiff batter. Just before using add the baking powder. Melt a little fat in a frying pan and when smoking hot drop spoonfuls of the mixture into hot fat. Fry till golden brown on both sides.

Cheese with Fish

Sprinkle some grated cheese over fish when baking it in the oven. This lends quite a new and subtle flavour to the fish.

CHEESE IN SANDWICHES

Cheese Fondant Filling

4 oz. cheese, finely grated.
1 tablespoon dried milk,
1 tablespoon water.
2 tablespoons coarsely chopped parsley.
1 teaspoonful chopped pickle or chutney.
Seasoning.
Few drops of Worcester sauce if liked.

Method.—Blend all ingredients together and season well. The mixture should be quite soft.

MINISTRY



OF FOOD