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Eating Our Curds and Whey...

By Alma H. Plagge

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HOMEMAKERS for a number of years have realized the value of cottage cheese as a source of good quality protein and valuable mineral salts. The demand for it has been gradually increasing until it has tripled in quantity in the last ten years. It is an economical source of valuable food constituents and for that reason its use at the present time is of primary interest to every homemaker. Ease of preparation in the home and the fact that good cottage cheese may be purchased from most grocers make its use practicable.

Cottage cheese may be prepared from good clean milk from which the cream has been removed. The fresh skim milk may be allowed to stand until a firm jelly like curd is formed. Either of two methods may be used. The first method is that of allowing the clabbered milk to heat slowly until it reaches a temperature of 40 degrees Centigrade with very little stirring. This may be done on the back of the range, or over water. When the curd is firm the whey is gradually drawn off by draining through cheesecloth and allowed to cool. Salt is then added and when dissolved, fresh sweet cream is added, $\frac{1}{4}$ cup to each 2 cups of cottage cheese. If a smooth tender jelly like curd which does not break up readily is desired the whey may be replaced by cold water as it is drained from the curd. This decreases the acidity, producing a milder flavor also.

A SECOND method used successfully is that of adding an equal quantity of hot water to the clabbered skim milk. A firm curd forms and the whey is drained from the curd by straining carefully to avoid breaking the curd unnecessarily. When cooled, salt is added and when the salt is dissolved, fresh sweet cream, $\frac{1}{4}$ c. for each 2 cups of curd is added. The cheese absorbs most of the cream producing a desirable consistency and improving the flavor. It is served in this form especially for luncheon and supper, and is usually the main protein dish in the meal.

There are many ways of serving cottage cheese. It may be used as the most important part of the meal or in any course whether it be soup or dessert. I have selected some of these recipes and suggestions for use which may help you to acquire greater variety in your meals.

Creamed cottage cheese is often served with enough cinnamon and sugar to taste. It may have cream and chopped olives, chopped nuts or chopped pimento mixed with it. This is desirable for sandwiches for both adults and children or may be

shaped into balls to become part of a fruit or vegetable salad.

Prune and Cottage Cheese Salad

Cook large prunes until tender. Cool and remove the pits. Fill the centers with cottage cheese, which has been moistened with cream and to which chopped nuts or a bit of candied ginger has been added. Arrange in the form of petals on a lettuce leaf and place a spoonful of salad dressing in the center.

Cheese and Apple Salad

Peel and core large apples and cook in a syrup to which enough cinnamon candies have been added to produce a desirable pink color. When tender chill and fill centers with cottage cheese to which chopped dates or nuts and a small amount of salad dressing have been added. Place on lettuce leaf and top with dressing.

Cottage Cheese Salad

1 c. of cottage cheese
 $\frac{1}{4}$ c. ripe olive (chopped)
 $\frac{1}{4}$ c. of pimentos (chopped)
 $\frac{1}{4}$ c. of celery (chopped)
 1 c. heavy salad dressing
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. paprika
 Mix and chill ingredients and serve on lettuce leaves.

Jack Frost Salad (6 servings)

1 level tsp. Knox Sparkling Gelatine
 $\frac{1}{4}$ cup cold water
 2 cups cottage cheese
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. paprika
 $\frac{1}{2}$ c. canned sliced pineapple
 6 dates
 1 cup bananas
 $\frac{1}{2}$ c. canned apricots or peaches

Soak gelatine in cold water about five minutes and then dissolve over boiling water. Mash cottage cheese and add milk and seasoning. Add dissolved gelatine and stir thoroughly. Rinse individual ring molds in cold water and fill with salad mixture. Place molds in refrigerator and allow to chill. To serve unmold salad on lettuce leaf. Mix fruit together and fill center of mold with fruit. Garnish with mayonnaise as desired.

Cottage cheese may also be used in very attractive and tasty desserts. Cottage cheese pie is easily made.

1 lb. of cottage cheese
 3 egg yolks
 3 egg whites beaten stiffly
 $\frac{2}{3}$ cup sweet cream
 1 cup sugar
 1 tbsp. flour
 1 tsp. vanilla
 cinnamon

Rub cottage cheese through sieve, beat egg yolk, add cream sugar and flour, add cottage cheese and vanilla. Fold in beaten egg whites—pour mixture into a pie plate which has been lined with pastry. Sprinkle with cinnamon and bake for 45 minutes in a moderate oven.

Cottage Cheese Fruit Pudding

1 lb. cottage cheese
 1 c. chopped walnuts or almonds
 $\frac{1}{2}$ c. sugar
 1 c. chopped fruit salad, such as pears, peaches, pineapple, oranges, etc.
 $\frac{1}{2}$ pint whipping cream
 6 marshmallows cut fine and mixed with the fruit

Combine the cottage cheese, nuts and sugar and mix thoroughly, adding enough to the stiffly whipped cream to hold it together. Put a tablespoon of fruit in the bottom of a sherbet glass, then a layer of cheese, another spoonful of fruit and top with whipped cream. Decorate with chopped maraschino cherries. This is an excellent dessert to serve with a meal which has been lower than the average in proteins.

As the curd shrinks in cottage cheese a good deal of the water and soluble salts separate out. These are lost if the whey is not used. There are several ways in which the whey may be used. If you bake bread it may be substituted for the water. Whey lemonade may be made by substituting whey for the water. Strain the whey when it is used in fruit drinks. Whey ices or sherbets are attractive in flavor. Strain the whey and substitute for the water or milk used in the ice or sherbets, add crushed fruits and lemon juice as you do ordinarily and freeze.

Whey jelly and whey tapioca or cornstarch puddings may also make attractive desserts.

Whey Jelly

1 pt. whey (strained)
 $1\frac{1}{2}$ tbsp. gelatin soaked in $\frac{1}{4}$ cup cold water
 $\frac{1}{2}$ c. sugar
 Juice and rind (grated) of 1 lemon or 1 orange

Dissolve the gelatin over hot water, add dissolved gelatin, sugar, lemon juice, and rind to whey. Turn the mixture into molds.

Whey Cornstarch Pudding

3 cups whey
 $\frac{1}{2}$ c. honey or maple syrup
 4 T. cornstarch
 1 T. butter
 Salt
 Flavoring

Heat the whey until it boils. Combine sugar and cornstarch. Add slowly to boiling whey. Add the butter, salt and flavoring. Cook mixture over flame until it thickens, (then cook it over hot water until smooth.) Turn into mold, chill, serve with soft custard or cream and sugar.