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Who Likes Cheese?...

By Margaret Stover

Would you wear a straw hat from January to January? Would you have rows of shoes in your closet—all the same color, year after year? Of course not! You wouldn’t be guilty of such a thing in a thousand years—not if you knew it! Yes—unless you are one woman in a thousand—you’ve been guilty of something very much like it.

How many different kinds of cheese do you know and how many different ways of serving it? Perhaps the reason that more kinds of cheese are not used is that their fundamental differences are not known. Cheeses are of four classes: hard, semi-hard, soft-ripened and soft-unripened. Hard cheeses are made from skim-milk; medium or semi-hard cheeses are made from whole milk. Cream cheese is made from whole milk and cream. The richness of the cheese is, therefore, dependent on the fat content of the milk and cream used.

Among the better known hard cheeses are Cheddar, Edam, Parmesan, Pineapple, Sap Sago and Swiss. The milder cheddars are excellent in rarebits, salads, souffles and with muenroni, used in rather large quantities. Strong cheddars, however, should be used sparingly, merely to hint at a piquant flavor.

Edam has a strong fruity flavor that is especially good for salads and starch foods such as muenroni. Parmesan is as individual as either of the above, with its sweeter taste. It is often sprinkled on soups and salads.

Pineapple cheese, with a pleasing, mild fruit flavor, is easily grated for cooking or garnishing. Sap Sago is of Swiss origin, having a taste suggestive of brown sugar. It is used just to add a touch of flavor to soups, bacon, and so forth. Swiss cheese, familiar to most people, serves practically every known use for cheese.

The best-known semi-hard cheeses are Gorgonzola, Roquefort and brick. Brick cheese has the characteristic smooth cheese flavor and it may be used in the same way as the cheddars. Gorgonzola is an Italian cheese, hard and moldy, with a very spicy flavor. It is most often served with dry water crackers. Roquefort is another cheese with a flavor all its own. Its evident green mold gives it a spicy, dry taste that is excellent on crackers or as a touch of flavoring in salad dressing.

Of the soft-ripened cheese, Camembert and Limberger are the most popular. Camembert has a strong, salty taste and is often used as flavoring. Limberger depends upon the person for its popularity! However, it is never used in very large quantities, only to hint at the flavor.

Cream and cottage cheeses are the better known of the soft-ripened variety. Their wide variety of uses is generally known. Nowadays we have on the market commercial products that have been developed with an idea of mildness and “spreading” as well as other uses. They are found under such names as Velveeta and Pabstette.

The only difficulty encountered in cheese cookery is that of temperature. Cheese melts at a temperature of about 36 degrees C. This means that one must be very careful in adding cheese to a hot base, or in heating it over a direct flame, for upon long cooking its water evaporates and its fat melts out, leaving a brittle product.

Several unique canapes have achieved success by the use of cheese. Grated cheese of a piquant flavor, blended with mustard, makes an hors d’oeuvre that is excellent. Melted cheese with bacon is also a good appetizer. Celery stuffed with Roquefort is a delicacy indeed. Salads can make admirable use of cheese. Commonplace salad dressings can readily be made “different” by additions of small amounts of the stronger cheeses.

Onion soup, when sprinkled freely with Parmesan cheese, is a dish fit to set before a king. Instead of using the same kind of cheese with all your escal­oped dishes, try using a different kind with each vegetable. In this way you will give your cooking a distinctive touch. Rice is a rather flat dish, but if a rarebit sauce of distinctly flavored cheese is added, it is an exceptional dish.

The value of cheese isn’t in its flavor alone. Nearly every brand and kind is high in vitamin A, whereas cottage cheese has, in addition, varying amounts of vitamin B. Cheese is known as an energy-giving food since it takes only 0.8 of an ounce for a 100 calorie portion. Therefore it is an excellent dish for growing children and be a basis for one-dish meals.

When children come trouping in for lunch next week see if they don’t like this tomato rarebit:

1 pint canned tomatoes
1 t. salt
1 t. sugar
½ lb. pineapple cheese
1 t. pepper
Dash cayenne
1 t. chopped onion
1 t. fat
1 beaten egg

Heat the canned tomatoes, add the salt, sugar, pepper, cayenne and chopped onion. When hot, melt in it the cheese out
in bits, adding it gradually while stirring constantly. When smooth add the fat and the beaten egg, stirring all the while. Serve on slices of hot, buttered toast. This recipe serves four or six persons.

And these are only hints of what can be done with all these cheeses that we have at our finger-tips. So don’t buy cheese and THEN decide what to do with it. Figure out what you think would be the most unique and piquant flavor, then set out to find just the cheese that fills the bill!

**Here Are the Answers**

(See inside front cover)

1. In the South. Gumbo is a rich Creole soup made of mixed vegetables, herbs, meats, poultry, shellfish, and usually okra.
2. The onion family. They are used in soups, stews and salads as a substitute for onions.
3. A Russian urn of copper or other metal, used especially in making tea.
4. A starchy food obtained from the pith of the trunks of tropical palms.
5. Long, podded red peppers, grown chiefly in Louisiana.
6. Fish that has been split, salted, dried and smoked.
7. Chopped meat mixed with herbs and condiments, and used for stuffing fowls, or for croquettes.
8. An old world legume, round like a pea, but flat and thin, varying in color from gray or yellow to brown. Used in soups and stews.
9. Clear, savory jelly made from meat, and used to decorate entrees and salads.
10. Cream soup of shellfish.

**Cook With the Oven**

By Dorothy Burnett

ALL days are out-of-door days and wise is the housewife who plans her meals so that she will not be tied down with indoor housework. Not only one meal, but additional dishes for succeeding meals may be prepared at one time in the oven, thus economizing on time, fuel, and effort.

Furthermore, oven cookery is healthful cookery. None of the valuable elements of food so often lost in the cooking water are lost in the oven. By using utensils with tightly fitting covers, little or no water is necessary.

One of the most important benefits of oven cookery is its economy of fuel. It costs very little more to cook a whole oven full of food than to cook only one dish.

Most oven meals are planned around the meat. After it has been chosen the housewife will pick vegetables that will be done in the length of time and at the temperature allowed for the meat. If she wishes to cook a custard with a meat that requires two to two and a half hours the custard may be put in the oven for the last hour of the cooking time.

Another economy measure of the oven meal is that the heat in the oven may be turned off, in the case of a well-insulated electric range, sometimes as much as 30 minutes before the meal is to be served. The retained heat in the oven will complete the cooking process and less electricity will be used.

And while she is preparing one meal, additional dishes for the next meal may also be prepared. Potatoes for salad or creamed potatoes may be cooked, dried fruit may be stewed, or the biscuit part of a shortcake may be baked.

With a meal in the oven and the heat adjusted, the housewife may go about her other work. She need stop only a few minutes before she wishes to serve dinner to set the table and take up the food.

The following are suggested menus for a meal of this type:

- Macaroni and cheese, baked onions, apple and celery salad, and mincemeat pudding.
- Breaded veal chops, au gratin potatoes, baked new beets, fruit shortcake.
- Baked lima beans with crisp bacon, tomato salad, and apple pie.

**Margaret Marco**

(Continued from page 5)

the women of Iowa State College elected her president of the Y. W. C. A.

In fact, Margaret is so modest about her many honors that it is only because they are so well-known on the campus that I am able to record them here. She is a member of Mortar Board, senior women’s honorary, and of Phi Upsilon Omicron and Omicron Nu, home economics honoraries. Last year she served as secretary of the Home Economics Club.

As a sophomore she received a scholarship which entitled her to attend the Y. W. C. A. camp at Geneva during the summer.

By virtue of her position as president of the Y. W. C. A., Margaret is a member of the Cardinal Guild, student governing body, and of the Women’s Self Governing Association. She was one of the prominent college women selected to serve this year as Campus Keys, assisting the Campus Sister Chief in looking out for freshman girls. Margaret is affiliated with Chi Omega, national social sorority.

The speech she made at the Honor’s Day Banquet last spring was enthusiastically commented upon by the most learned professors and the ‘‘greenest’’