



16 plain
wonderful
cottage
cheese
recipes



Hello —

Yes, cottage cheese is plain wonderful! Just so good to eat plain — or if you wish, with a bit of seasoning — or maybe in combination with various fruits and vegetables. It's another one of the dairy foods that is so convenient and versatile to use.

These sixteen recipes give you some new and different ways to use cottage cheese. You'll find it adds a most tempting flavor to foods—whether used in appetizers, main dishes, salads or desserts. It gives greater variety to the meals.

Cottage cheese is always available the year around. Not only is it economical but one of the best sources of protein. It contains in concentrated form all the nutrients of fresh skim milk.

For your convenience, the recipe cards are perforated for easy removal from the booklet and may be filed in the recipe box.

Beatrice Cooke

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Beatrice Cooke's
FAVORITE RECIPE



SMOKY BACON CHEESE DIP

- 2 cups (16 oz.) Meadow Gold Cottage Cheese
- ½ cup Meadow Gold Sour Cream
- 1 teaspoon salt
- 1 tablespoon grated onion
- ¼ teaspoon liquid smoke
- 6 slices crisp cooked bacon, crumbled
- ¼ cup finely chopped ripe olives

Beat cottage cheese, sour cream, salt, onion and liquid smoke until well mixed. Fold in bacon and ripe olives. Chill. Serve with assorted crisp crackers, potato chips and melba toast.

Makes 2½ cups



SARDINE CHEESE SPREAD

- 2 cups (16 oz.) Meadow Gold Cottage Cheese
- 1 (1½-ounce) can sardines, drained
- Few drops hot pepper sauce
- 1 tablespoon lemon juice
- 2 tablespoons crumbled blue cheese
- 1 package (1 tablespoon) onion dip mix
- ½ cup Meadow Gold Sour Cream

Beat cottage cheese and sardines until well mixed. Add remaining ingredients; blend well. Chill. Serve with assorted crackers.

Makes about 2½ cups



Beatrice Cooke's **FAVORITE RECIPE**



COTTAGE CHEESE SALAD PLATES

Serve cottage cheese with the following:

Fruit Plate Combinations

- Peach halves filled with cranberry-orange relish; banana slices dipped in lemon juice; sweetened fresh or frozen blueberries.
- Cooked prunes stuffed with chopped salted peanuts and flaked coconut; pineapple spears.
- Pear halves filled with Tokay grapes; sweetened fresh or frozen strawberries with a lime wedge.

- Slice of unpared apple; orange slice; grapefruit segment; avocado slices dipped in lemon juice; sweet dark cherries.

Vegetable Plate Combinations

- Cooked green beans, carrot slices, cauliflowerrets marinated in French dressing or in a mixture of olive oil and vinegar flavored with herbs.
- Slices of scored, unpared cucumber; red onion slices; radish slices.
- Green pepper rings filled with cooked sliced cauliflower.
- Cooked asparagus spears; plum or cherry tomatoes.



ORIENTAL VEGETABLE SALAD

1½ cups (12 oz.) Meadow Gold Cottage
Cheese

¼ cup Meadow Gold Sour Cream

2 teaspoons La Choy Soy Sauce

1 No. 303 can La Choy Bean Sprouts,
well drained

1 (5 oz.) can La Choy Water Chestnuts,
sliced

3 cups finely shredded cabbage

½ cup sliced celery

½ cup thinly sliced green pepper

½ cup sliced green onions

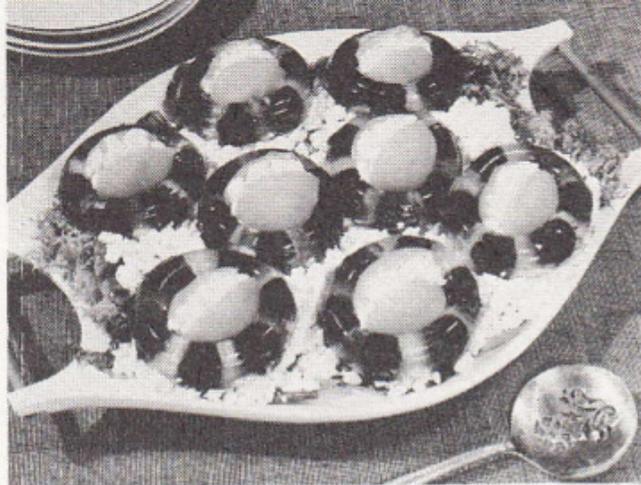
1 teaspoon seasoning salt

1 teaspoon salt

¼ teaspoon pepper

Combine cottage cheese, sour cream and soy sauce. Add remaining ingredients; toss lightly. Chill. Serve on crisp salad greens.

Makes 6 servings



Beatrice Cooke's
FAVORITE RECIPE



APRICOT POLKA-DOT SALAD

- 1 package lemon-flavored gelatin
- ½ cup hot apricot syrup
- 1½ cups ginger ale
- 1 No. 303 can pitted sweet dark cherries, drained
- Pecan pieces
- Meadow Gold Cottage Cheese
- 16 apricot halves

Dissolve gelatin in apricot syrup. Add ginger ale and chill until slightly thickened. Stuff cherries with pecan pieces. In each individual ring mold, arrange 6 stuffed cherries. Spoon gelatin mixture into molds. Chill until firm. Unmold each on a bed of cottage cheese. Put a spoonful of cottage cheese between 2 apricot halves. Fill center of each ring with stuffed apricot. Garnish with crisp salad greens.

Makes 8 servings



EMERALD PEAR SALAD

- 1 No. 2½ can pear halves, drained
- 1 package lime-flavored gelatin
- 1 package lemon-flavored gelatin
- 1 cup hot water
- 1 cup pear syrup
- 2 cups ginger ale
- 2 cups white seedless grapes
- 1 cup diced celery
- 1 cup (8 oz.) Meadow Gold Cottage Cheese

Dissolve gelatins in hot water. Add pear syrup and ginger ale. Chill until slightly thickened. Arrange pear halves, cut side up, in bottom of 1½-quart ring mold. Spoon enough gelatin mixture in mold to cover pears. Dice remaining pear halves. Fold pears, grapes, celery and cottage cheese into remaining gelatin mixture. Spoon into mold. Chill until firm. Unmold on crisp salad greens. Serve with mayonnaise, adding some chopped maraschino cherries to it.

Makes 10-12 servings



Beatrice Cooke's FAVORITE RECIPE



BAKED CREOLE SHRIMP

¼ cup Meadow Gold Butter	4-5 drops hot pepper sauce
1 small onion, chopped	½ cup Meadow Gold Milk
½ cup sliced celery	1½ cups (12 oz.) Meadow Gold Cottage Cheese, sieved
½ cup chopped green pepper	30 shrimp, cleaned and cooked
2 medium fresh tomatoes, peeled and quartered	½ teaspoon garlic salt
¼ cup flour	2 tablespoons Meadow Gold Butter
1 teaspoon salt	1 cup uncooked rice
Dash pepper	
½ teaspoon oregano	

Cook onion, celery, green pepper and tomatoes in ¼ cup butter until tender, about 10 minutes. Stir in flour and seasonings. Stir in milk and cottage cheese. Simmer uncovered for 15 minutes. Sprinkle garlic salt over shrimp; brown lightly in 2 tablespoons butter. Add to tomato sauce. In a buttered 1½-quart casserole alternate layers of rice and creole shrimp sauce. Bake at 350° for 30 minutes.

Makes 6 servings



TUNA GREEN BEAN CASSEROLE

1 7-ounce can tuna, drained
2 cups cooked green beans
2 medium fresh tomatoes, sliced
¼ cup Meadow Gold Butter
1 small onion, chopped
⅓ cup flour
1 teaspoon salt
¼ teaspoon pepper

¼ teaspoon thyme
¾ cup Meadow Gold Milk
1 cup (8 oz.) Meadow Gold Cottage Cheese,
sieved
¼ cup sliced stuffed olives
½ cup grated Meadow Gold Natural Swiss
Cheese

In a buttered 1½-quart casserole alternate layers of green beans, tomato slices and tuna. Cook onion in butter until tender, about 5 minutes. Stir in flour and seasonings. Gradually stir in milk. Cook until slightly thickened. Add cottage cheese and stuffed olives. Pour over vegetables and tuna. Sprinkle Swiss cheese over top. Bake at 350° for 30 minutes.

Makes 6 servings



Beatrice Cooke's FAVORITE RECIPE



FRANKS 'N POTATO CASSEROLE

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| 3 cups sliced raw potatoes | Dash pepper |
| 1 pound frankfurters, cut
in fourths | 1 cup Meadow Gold Milk |
| 1/4 cup Meadow Gold Butter | 1 cup (8 oz.) Meadow Gold
Cottage Cheese, sieved |
| 2 tablespoons flour | 1/4 cup chopped pimienta |
| 1/4 cup sliced green onions | 1/2 cup grated Meadow Gold
Process American Cheese |
| 1/2 teaspoon salt | |

Cook potatoes 5 minutes in small amount of water; drain. Brown frankfurters lightly in butter in fry pan. Remove frankfurters. Stir in flour, green onions and seasonings. Add milk and cook until slightly thickened. Stir in cottage cheese and pimienta. Heat until hot. In a buttered 1 1/2-quart casserole alternate layers of potatoes and frankfurters. Pour sauce over mixture. Sprinkle grated cheese over top. Bake at 350° for 35 minutes.

Makes 6 servings

Beatrice Cooke's FAVORITE RECIPE



BAKED CABBAGE WEDGES

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|--------------------------------------|---|
| 1 medium head cabbage | Dash pepper |
| 1 green pepper, cut into thin strips | 1 cup (8 oz.) Meadow Gold Cottage Cheese,
sieved |
| 1 cup boiling chicken broth | 1/2 cup Meadow Gold Sour Cream |
| 1/4 cup flour | 2 tablespoons tomato paste |
| 1 tablespoon sugar | 1/2 cup sliced dill pickles |
| 1 teaspoon salt | |

Rinse head of cabbage. Cut into 1-inch wedges, removing core. Cook cabbage and green pepper in chicken broth for 7 minutes or until just tender. Arrange vegetables in a buttered 8-inch square pan. Stir flour into broth. Add sugar and seasonings. Cook until thickened, stirring constantly. Blend in cottage cheese, sour cream and tomato paste. Add dill pickles. Pour sauce over vegetables. Bake at 350° for 30 minutes.

Makes 6 servings



Beatrice Cooke's FAVORITE RECIPE



CHERRY CUSTARD PIE

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| 1 9-inch unbaked pastry shell | beaten |
| 1 (1 lb. 4 oz.) can frozen red tart pitted cherries | 1 cup (8 oz.) Meadow Gold Cottage Cheese, sieved |
| 1/2 cup cherry juice | 1 teaspoon salt |
| 1 cup sugar | 1/3 cup Meadow Gold Milk |
| 3 tablespoons cornstarch | 1/2 teaspoon vanilla |
| Few drops red food coloring | 1/2 cup Meadow Gold Whipping Cream, whipped and sweetened |
| 2 Meadow Gold Eggs, | |

Defrost cherries; drain well. Mix together 1/2 cup cherry juice, 1/2 cup sugar and cornstarch in saucepan. Bring to a boil; cook until slightly thickened, stirring constantly. Add a few drops red food coloring. Stir in cherries; cool. Spoon cherry filling in bottom of pastry shell. Combine eggs, cottage cheese, 1/2 cup sugar, salt, milk and vanilla; mix well. Carefully pour over cherry filling. Bake at 375° for about 1 hour, or until set. Cool. Before serving, top pie with mounds of whipped cream.

Makes 6 servings



RED RASPBERRY ROYALE

Crumb Layer: 1½ cups crushed corn flakes
6 coconut macaroons, crumbled
⅓ cup Meadow Gold Butter, melted

Combine ingredients; press into a buttered 12 x 7½ x 2-inch pan. Chill 1 hour.

1 cup (8 oz.) Meadow Gold Cottage Cheese, sieved	1 teaspoon vanilla
2 tablespoons lemon juice	1 envelope (1 tablespoon) unflavored gelatin
1 cup Meadow Gold Whipping Cream, whipped	1½ cups pineapple juice
¼ cup sugar	1 package (10 oz.) frozen red raspberries
	Few drops red food coloring

Stir lemon juice into cottage cheese. Add sugar and vanilla to whipped cream. Fold cottage cheese into whipped cream. Spread over crumb layer. Chill. Soften gelatin in ¼ cup pineapple juice for 5 minutes. Heat remaining pineapple juice until hot; add gelatin and stir until dissolved. Stir in frozen raspberries. Add a few drops red food coloring. Chill until slightly thickened. Spoon over whipped cream layer. Chill until firm. Cut into servings. Garnish with sweetened whipped cream.

Makes 8-10 servings



Beatrice Cooke's FAVORITE RECIPE



APRICOT MOUSSE

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| 1 cup sweetened, cooked
dried apricot puree | 1/2 cup sugar |
| 1 envelope (1 tablespoon)
unflavored gelatin | 1 cup (8 oz.) Meadow Gold
Cottage Cheese, sieved |
| 1/4 cup cold Meadow Gold
Milk | 2 tablespoons lemon juice |
| 1 cup Meadow Gold Milk,
scalded | 1 cup Meadow Gold Whip-
ping Cream, whipped and
sweetened |

Soften gelatin in cold milk for 5 minutes. Dissolve in scalded milk. Stir in sugar. Chill until slightly thickened. Beat until frothy. Combine apricot puree, cottage cheese and lemon juice. Add to gelatin mixture. Fold into sweetened whipped cream. Spoon into a 1 1/2-quart mold. Chill until firm. Unmold on serving plate. Garnish with banana slices and green maraschino cherries.

Makes 6-8 servings



TRIPLE FRUIT MOUSSE

- 1 package strawberry-flavored gelatin
- 1 package cherry-flavored gelatin
- 1 12-ounce can (1½ cups) hot pineapple juice
- 1 10-ounce package frozen strawberries, partially thawed
- 2 cups (16 oz.) Meadow Gold Cottage Cheese, sieved
- 1 medium banana, peeled and mashed
- ½ pint Meadow Gold Whipping Cream, whipped

Dissolve gelatins in pineapple juice. Add strawberries. Stir in cottage cheese and banana. Chill until partially thickened. Fold in whipped cream. Spoon into 1½-quart ring mold. Chill until firm. Unmold on dessert plate. Garnish with strawberries, banana slices and sweetened whipped cream, if desired.

Makes 8 servings



Beatrice Cooke's **FAVORITE RECIPE**



GLAZED RAISIN OATMEAL COOKIES

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|--|---------------------------|
| 1 cup Meadow Gold Butter | 2 cups sifted flour |
| 1½ cups sugar | 1 teaspoon baking powder |
| 1 cup (8 oz.) Meadow Gold Cottage Cheese, sieved | ½ teaspoon soda |
| 2 Meadow Gold Eggs | ½ teaspoon salt |
| 1 teaspoon vanilla | 2 teaspoons cinnamon |
| | 2 cups quick cooking oats |
| | ½ cup chopped nuts |
| | 1 cup seedless raisins |

Cream butter and sugar until light and fluffy. Beat in cottage cheese. Add eggs and vanilla; beat until well mixed. Gradually add sifted dry ingredients. Stir in oats, nuts and raisins. Chill dough for several hours or overnight. Form into 1-inch balls. Dip one side of each ball into granulated sugar, milk and again in sugar. Arrange sugar side up on greased cookie sheet. Bake at 350° for 15-18 minutes.

Makes 6 dozen cookies

Beatrice Cooke's

FAVORITE RECIPE



PEANUT BUTTER COOKIES

- 1/2 cup Meadow Gold Butter
- 3/4 cup peanut butter
- 1 cup (8 oz.) Meadow Gold Cottage Cheese, sieved
- 1 1/2 cups brown sugar, firmly packed
- 1 Meadow Gold Egg
- 1 teaspoon vanilla
- 1 1/2 cups sifted flour
- 1/2 teaspoon soda
- 1 cup coarsely chopped salted peanuts

Cream together butter, peanut butter and cottage cheese. Gradually add sugar and beat until fluffy. Add egg and vanilla; beat until well mixed. Stir in sifted dry ingredients. Fold in peanuts. Chill dough for several hours. Drop by teaspoonfuls on lightly greased cookie sheet. Sprinkle tops with a little granulated sugar. Bake at 350° for about 15 minutes. Cool slightly before removing from cookie sheet.

Makes 5 dozen cookies

FOOD TIPS

- Kinds of salad greens to use for background for salads—
Lettuce—Head or Iceberg; Boston; Romaine; Bibb or Limestone; Leaf
Cabbage—Green; Red; Celery or Chinese
Endive—Curly; Broad-leaf (often called Escarole); French
- Other greens to use are—Spinach Leaves, Kale, Mustard Greens; Turnip Greens; Water Cress.
- Scored or fluted cucumber slices—Draw tines of a fork lengthwise over entire surface of rinsed unpared cucumbers. Cut into thin slices.
- Moisten edges of lettuce leaves and dip in paprika for an easy decoration for a salad.
- Cauliflowerets—Remove outside leaves and stalk from head of cauliflower. Separate cauliflower into small flowerets.
- Mix crisp, crumbled cooked bacon with cottage cheese and spoon over sliced tomatoes.
- For a flavor change, cook dried prunes in pineapple juice with a couple of lemon wedges tossed in.
- Marinated vegetables—Toss cooked vegetables in French dressing or olive oil and vinegar mixture while still hot. Chill in refrigerator.
- Way to “plump” raisins if they are too dry—Cover raisins with cold water and bring to a boil. Remove from heat and allow to stand at least 5 minutes. Drain and dry on absorbent paper.

Meadow Gold

