

OKLAHOMA  
 AGRICULTURAL AND MECHANICAL COLLEGE  
 STILLWATER, OKLAHOMA

EXTENSION DIVISION  
 IN COOPERATION WITH  
 UNITED STATES DEPARTMENT OF AGRICULTURE  
 W. D. BENTLEY, DIRECTOR OF EXTENSION AND STATE AGENT

LESSON IX

**COTTAGE OR DUTCH CHEESE AND OTHER CHEESE**

BY EDITH ALLEN

**1—REFERENCES**

Farmers' Bulletin No. 487, "Cheese and Its Economical Uses in the Diet", United States Department of Agriculture, Washington, D. C.

Farmers' Bulletin No. 166, "Cheese Making on the Farm", United States Department of Agriculture, Washington, D. C.

**2—DIETETICS**

Cheese is a protein food. Some cheese contains a large amount of fat. Cream or butter added to cottage cheese makes it richer in fat. The protein of cheese builds up muscle. This is the same thing that meat does for the body. The fat gives heat to the body and furnishes energy for doing work. A pound of cheese contains so much nourishment that it is best to eat it with other foods, such as rice, toast and potatoes. Cottage or dutch cheese or smierkase is one of the most wholesome kinds of cheese. Therefore it makes a good food for the school luncheon.

**3—COMPOSITION OF CHEESE**

	Water	Protein	Fat	Carbohydrates	Fuel
American cheese .....	31.6	28.8	35.9	.3	2055
Cottage cheese .....	72.0	20.9	1.0	4.3	510

**4—PREPARATION**

Take thick clabbered milk, pour it into a cheesecloth bag on a hot day and let it drain until the dry curd remains. Season this with a little salt, add a little butter or cream if a richer cheese is wanted. This cheese will be tender and easily digested. It, like all other cheese, should be made of

milk that has a good flavor. Milk that is musty, over-sour, bitter or has absorbed the odor and flavor of other substances, like onions, will not make good cheese.

Another way to make cottage cheese is to heat the clabbered milk slowly in a crock or jar set on the back of the stove. It must heat evenly and slowly. It must not be allowed to get warm enough to be uncomfortable to the hand. As soon as it is heated it should be put into a cheese-cloth bag and allowed to drain until the whey is all drained off. It should be salted and is then ready for use. Cheese is a protein food. If it is heated too hot it becomes tough and hard and is difficult to digest. Therefore cheese should never be heated very hot. When it is cooked too hard it feels hard and mealy instead of soft and tender.

#### 5—AIM OF THIS LESSON

To teach the best method of preparing cheese.

To teach how to use a food that can take the place of meat.

#### 4—RECIPES

1. **Cottage Cheese Made from Milk.**—Use freshly soured, clabbered milk or clabbered buttermilk. Pour milk in a bag and drip, or heat slowly in a double boiler on the back of the stove, stirring occasionally from the bottom. If cooked it must not be too hot, as it is a **protein** substance. When the curd is set, pour into a bag and allow it to drip for some minutes. Then remove the cheese from the cloth and soften with cream or melted butter and season with salt. This may be served as a cheese or with salad dressing as a salad.

2. **Cottage Cheese Pudding.**—Two cups of cheese curd, as made by the above recipe, a half cup of sugar, and a half cup of dried currants, raisins or prunes, one-fourth cup of bread crumbs, one-fourth cup of melted butter, two eggs slightly beaten. Stir together all of these materials and bake like a custard in a slow oven.

3. **American Cheese (a protein substance).**—Cheese on toast.—Cut one-half pound of cheese into small pieces and put into a double boiler. When this is melted, add one-half cup of heated milk, one-half teaspoon of salt, and stir. Then add three eggs well beaten, and cook slightly until of the consistency of custard. Serve at once over hot toast or crackers.

4. **Cheese and Rice.**—Boil one-half cup of rice until thoroughly tender in salted boiling water. (Rice is a starch food.) Drain the water from the rice, then make a cream sauce, using one pint of milk, four tablespoons of butter and four tablespoons of flour. Heat the butter, stir in the flour and cook a few minutes (be careful not to burn), then add the milk. Boil for three minutes and season with one teaspoonful of salt. Put bits of butter in the bottom of a baking dish or pan, add about one-half the rice, a generous sprinkling of grated cheese, and about one-half the cream sauce. Repeat this, beginning with the butter, cheese and cream sauce. Cover with bread crumbs and brown in a hot oven. Serve at once.

5. **Cottage Cheese Sandwich.**—One cup of cottage cheese and one green pepper. Chop the pepper fine, add to the cheese and season with salt and pepper. This may be improved by adding a little thick cream or butter. Spread this on slices of bread and make into sandwiches.

6. **Cottage Cheese Sandwich No. 2.**—One cupful of cottage cheese, one-half cup of chopped nuts—these may be pecans or peanuts. Add the nuts to the cheese; mix thoroughly. Put a lettuce leaf on a slice of buttered bread, spread the cheese on this and put a second slice of bread on top.

7. **Cottage Cheese Salad.**—Use either the cottage cheese and nut mixture or cottage cheese and pepper mixture. Make this into little balls about the size of marbles. Put these on lettuce leaves and serve with cottonseed oil dressing.

8. Another way to use cottage cheese is salads: Use these same balls to put around a salad made of cabbage, or celery and apple, or one made of beets, peas and lettuce.

### FOR TEACHERS

The following is a suggestive plan for developing this lesson and relating it to the other school lessons:

1. Materials needed for this lesson:

(1) Pint of clabbered milk

(2) A little salt

(3) A bit of onion or green pepper or a few nuts.

Make clabbered milk into cottage cheese.

Make into cheese balls or sandwiches, adding the onion, pepper or nuts.

For school lunch:

Have one-half pint of clabbered milk for each child. When the cheese is done, make it into sandwiches.

2. Suggestions for correlation with other school lessons:

(1) Geography.—What States in the United States are known for their cheese making?

(2) English.—The keeping of notebooks in which the things learned in the lesson are written down and corrected. Stories about cheese, etc. "The Miraculous Pitcher."

Reference reading: "Food Products of the World", Green.

(3) Spelling.—Give new words used in this lesson. Define the new words and the use of the same.

