

A. STEWART!
12/11/42.

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 us to see in the dark.

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 national bread is a perfect meal.

Number

WAR COOKERY MANUAL 12

MINISTRY OF FOOD



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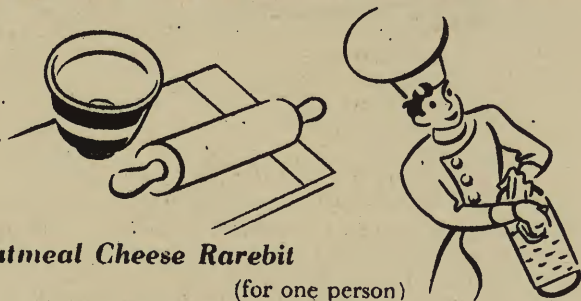
(All recipes for 4 persons)

BREAKFAST DISHES

Tomato Cheese Savoury

- 4 slices bread toasted on one side.
- 4 tomatoes.
- 3 oz. grated cheese.
- Salt and pepper.

Method.—Cut tomatoes into slices—lay these on untoasted sides of bread. Sprinkle with grated cheese, salt and pepper. Put under grill until cheese has melted and browned. Serve hot or cold.



Oatmeal Cheese Rarebit

(for one person)

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

Method.—Make a sauce with the flour and water. Add the cheese, oatmeal and seasoning, stir well and cook for a minute or two longer. Pour on to toast. Place under the grill until brown. Sprinkle with parsley just before serving.

MAIN MEALS

Vegetable Pie with Cheese and Oatmeal Crust

- 1 $\frac{1}{2}$ lbs. cooked mixed vegetables.
- $\frac{1}{2}$ pint stock or water.
- 2 oz. oatmeal.
- 6 oz. flour.
- 1 oz. fat.
- 2 oz. cheese.
- Salt.
- Water to mix.

} Pastry.

Method.—Place cooked vegetables in a pie-dish with a little vegetable water. Season. Rub fat into flour. Add grated cheese, oatmeal and salt. Mix to a stiff dough with water. Roll out pastry. Cover the pie and bake in a moderate oven for 30 minutes.



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USING CHEESE

(Ingredients—unless stated differently)

Cheese Savoury

1 egg [i.e. 1 level tablespoon egg powder, 2 tablespoons water].
 $\frac{1}{2}$ pint milk.
1 teacup breadcrumbs.
4 oz. grated cheese.
Seasoning.

Method.—Reconstitute the egg and beat 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.

Potato Jane

1 $\frac{1}{2}$ lbs. potatoes.
3 oz. grated cheese.
2 oz. breadcrumbs.
 $\frac{1}{2}$ 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 fire-proof dish. Sprinkle with some of the leek, carrot, crumbs, cheese and seasoning. Fill dish with alternate layers, finishing with a layer of mixed cheese and crumbs. Pour over the milk and bake in a moderate oven for 45 minutes or steam for 1 hour.

Cheese Omelette

4 dried eggs [e.g. 4 level tablespoons dried egg, 8 tablespoons water].
Salt and pepper.
2 oz. grated cheese.
 $\frac{1}{2}$ oz. fat.

Method.—Reconstitute the egg, add seasoning. Heat the fat in a pan. Pour in the egg and work it with a fork in the usual manner. When set sprinkle with grated cheese. Cook for a minute longer. Fold and serve hot with a garnish of watercress or other raw green vegetable.

SUPPER DISHES

Cheese Pancake

4 oz. flour.
2 oz. grated cheese.
1 $\frac{1}{2}$ gills milk and water.
1 teaspoon baking powder.
Salt and pepper.

Method.—Mix the flour 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.

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Vegetable au Gratin

3 breakfast cups diced cooked vegetables.
1 breakfast cup cooked white or coloured beans.
1 small piece chopped leek.
3 tablespoons browned crumbs.

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 and crumbs. Grill until brown.

Cheese Frizzles

2 tablespoons medium or coarse oatmeal.
1 tablespoon flour.
2 tablespoons grated cheese.
1 teaspoon 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.

Making Your Own Cream Cheese

Allow sour milk to form a thick clot. Pour into a muslin bag and allow liquid to drip into a basin underneath. Leave to drain for 24 hours. [The whey which is removed can be used in soups or for mixing cakes.] Remove the cheese from the bag, add seasoning and, if liked, chopped chives for flavouring. Mash up well with a fork. Use as a sandwich spread.

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