

Express cottage cheese / Express Dairy Co. (London) Ltd.

Contributors

Express Dairy Co. (London)

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Express

COTTAGE CHEESE

What it is—

A ready-prepared dish which contains so many balanced nutrients and so much protein for so few calories.

It is milk in solid form with most of the fat removed.

Plain or Chive
Flavours.

- DELICIOUS IN A SALAD
- EASILY DIGESTED
- EXCELLENT FOR SLIMMING
- GOOD FOR YOUNG AND OLD



AN EXPRESS DAIRY PRODUCT

obtainable from your

EXPRESS SHOP, SALESMAN, RESTAURANT and PREMIER SUPERMARKET

Look better .. feel better!



2 DAY DIET
DETAILS OF YOUR MENU
 Basic meal—you repeat it for breakfast, lunch and dinner
 Eight ounces of cottage cheese
 Two or three fresh fruits
 One or two pieces of starch-reduced bread, rolls or dry biscuits, spread with a little butter
 Coffee or tea

This diet keeps you feeling and looking well because it is chock-full of protein. In fact, the protein value is equal to a breakfast of 4 eggs, 8 rashers of bacon, 3 slices of toast, a lunch of 3 lamb chops, a glass of milk, roll and butter, and a dinner of a large steak—if you could eat all that!

Express **COTTAGE CHEESE** recipes



DEVILED COTTAGE EGGS

- 4 hard-cooked eggs, shelled
- $\frac{1}{2}$ teaspoon dry mustard
- 2 teaspoons vinegar
- 1 tablespoon chopped olives
- 1 tablespoon pickle relish
- $\frac{1}{2}$ to $\frac{3}{4}$ cups cottage cheese with chive
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper

Cut eggs in half lengthwise, remove yolks. Mash yolks; add mustard, vinegar, chopped olives and relish. Add cottage cheese, mix well; season with salt and pepper. Refill egg whites with mixture, piling it high. Sprinkle with paprika, if desired. Serve in lettuce cups.



CHEESE CUSTARD PUDDING

- 2 cups cottage cheese
- 4 eggs, beaten slightly
- 1 quart milk, scalded
- 3 tablespoons flour
- $\frac{1}{2}$ teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon almond extract

Put cottage cheese through a sieve. Beat eggs together slightly; add scalded milk, stirring to blend. Mix dry ingredients; add sieved cottage cheese. Gradually stir in milk-egg mixture; add vanilla and almond extract. Pour into a well-buttered 8-inch glass baking dish. Place in a pan of hot water and bake in a moderate oven (325°F.) for 1½ hours or until a knife inserted in the centre comes out clean; let cool. Serves 6 to 8.



RAISIN-COTTAGE CHEESE PIE

- 1 pound cottage cheese
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ teaspoon salt
- 3 eggs, beaten
- $\frac{1}{2}$ cup chopped raisins or dates
- Rind and juice of 1 lemon
- 1 teaspoon melted butter
- $\frac{1}{2}$ recipe pastry

Press cheese through a fine sieve. Add next 7 ingredients and stir until well mixed. Line a deep pie pan with pastry and bake in hot oven (450°F.) until crust is very light brown. Fill with cheese mixture and continue baking in moderate oven (350°F.) until filling is firm, 15 to 20 minutes. Makes 1 (9-inch) pie.



COTTAGE PANCAKES

- 1 cup sifted flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon sugar
- 2 egg yolks, slightly beaten
- 1 cup milk
- 2 tablespoons melted butter
- 2 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, salt and sugar, and sift again. Combine egg yolks and milk. Add gradually to flour mixture, beating only until smooth. Add shortening. Fold in egg whites. Bake on hot greased griddle. Spread with creamy cottage cheese, topped with strawberry preserves.

FOOD FACTS

Protein is essential in building new body cells, repairing broken down cells for life itself. Cottage Cheese is rich in protein.

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