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**Contributors**

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# Express

## COTTAGE CHEESE



AN EXPRESS  
DAIRY  
PRODUCT



*Look better-feel better..*

with the

## **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!



*High protein..  
Low calorie!*



## **PROTEIN IS ESSENTIAL**

**IN BUILDING NEW BODY CELLS  
IN REPAIRING  
BROKEN DOWN CELLS  
IN BUILDING BODY REGULATORS**

## **FOR LIFE ITSELF**

**COTTAGE CHEESE IS  
CHOCK FULL OF PROTEINS**

### **WHY COTTAGE CHEESE IS SO NUTRITIOUS**

Cottage Cheese contains, in a compact form, much of the nutriment of milk. It is an especially valuable source of protein, riboflavin, and phosphorus, and has a significant amount of calcium. It is relatively low in calories and is exceptional as a "light" but satisfying and easily digested food.

### **WHY PROTEIN IS SO IMPORTANT**

Proteins are needed for growth and maintenance. Without them neither animal life nor vegetable life is possible.

The proteins in the foods we eat are broken down during digestion into simpler substances called amino acids. At least 22 amino acids are known. Some of these the body can make for itself, others must be provided in the foods we eat. For this reason the latter are called the *essential* amino acids.

### **COTTAGE CHEESE IS A VERSATILE FOOD**

Cottage Cheese goes well with scrambled egg for breakfast; it makes a rich and tender pastry and it is wonderful for cheese straws or biscuits or in that universal favourite, the cheese cake. It can be used around the clock in any course: in hors d'oeuvres, relish trays, main dishes, breads, sandwiches, salads, or by itself. Few other foods are as versatile as Cottage Cheese.



*Cottage Cheese is available in Plain and Chive flavours.*



**ALL THE  
FAMILY WILL  
ENJOY**

## **BAKED MACARONI AND CHEESE**

- $\frac{1}{2}$  cup sliced green onions
- $\frac{1}{2}$  cup butter or cooking fat
- 1 cup cooked macaroni
- 1 cup Express Cottage Cheese
- 1 tablespoon minced pimiento (optional)
- 1 cup milk
- 2 eggs, beaten slightly
- Salt, pepper, celery seed to taste
- $\frac{1}{2}$  cup ripe olives, seeded
- $\frac{1}{4}$  cup minced parsley

Saute onions until soft, but not brown. Combine with all remaining ingredients and pour into deep, bright pottery casserole. Bake an hour at 350° F. Garnish top with paprika before serving.

## **CHEESE PASTRY TURNOVERS**

- $\frac{1}{2}$  lb. butter or margarine
- 4 oz. flour
- $\frac{1}{2}$  carton Express Cottage Cheese

- 2 cups minced or chopped cooked meat or 2 cups chopped or sliced cooked vegetables

Cut the fat into the flour with a knife until well-blended and crumbly. Add Cottage Cheese and mix well. Roll out pastry about  $\frac{1}{8}$ " thick on a floured board. Cut into six-inch squares, place  $\frac{1}{3}$  cup filling at centre of each. Fold in half diagonally, moisten edges and seal. Prick tops with fork, brush lightly with milk to glaze.

Bake on floured tins in a very hot oven (500° F.) for 5-10 minutes or until golden brown. Serve with gravy or mushroom sauce ( $\frac{1}{2}$  tin mushroom soup with half that quantity of milk, warmed together).



## CURRIED COTTAGE CHEESE AND EGGS IN RICE NESTS

1 tablespoon butter  
1 tablespoon flour  
1 cup milk  
1 teaspoon curry powder  
1 teaspoonful onion juice  
1 cup Express Cottage Cheese  
Salt and pepper  
3 hard cooked eggs  
Hot boiled rice

Melt butter in a double boiler. Add flour and mix well. Add milk gradually and cook, stirring constantly, until thickened. Add curry powder, onion juice, Cottage Cheese, and salt and pepper to taste. Fold in the diced eggs, reserving six slices for garnish. Reheat. Serve on nests of rice. Serves 3.

## CHEESE CAKE

3 cartons Express Cottage Cheese  
2 oz. melted butter  
3 eggs  
7 oz. castor sugar

2 tablespoons double cream  
pinch salt  
2 oz. plain flour  
1 tablespoon lemon juice  
1 teaspoon lemon rind

Press the Cottage Cheese through a fine sieve or beat until smooth. Add butter, beating until blended; add eggs one at a time beating well after each addition. Add sugar and cream, beat well. Add remaining ingredients, beat or stir until thoroughly blended. Pour into 9 inch tin, if using crumb crust sprinkle remaining crumbs on top and bake in a slow oven 325° F., or Reg. 2, for 1½ hours—or until set.



## COTTAGE CHEESE POTATO SALAD

1½ cups cooked diced potatoes  
1 cup sliced celery  
1 tablespoon chopped green pepper  
1 tablespoon chopped pimiento  
1 tablespoon minced onion  
1 tablespoon chopped pickle  
1 cup mayonnaise  
1 teaspoon salt  
1/16 teaspoon pepper  
1 teaspoon dry mustard  
1 tablespoon lemon juice  
1 cup Creamy Express Cottage Cheese

Combine potatoes, celery, green pepper, pimiento, onion, and pickle. Chill. Blend mayonnaise, seasonings, and lemon juice. Pour over potato mixture; add Cottage Cheese and toss lightly. Serves 3 to 4. A super picnic salad.

## COTTAGE CHEESE 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.



## COTTAGE CHEESE FILLED TOMATOES

3 medium tomatoes  
1 cup dry Express Cottage Cheese  
 $\frac{1}{2}$  cup mayonnaise or salad dressing  
 $1\frac{1}{2}$  tablespoons chopped pickle  
 $\frac{1}{2}$  tablespoon minced onion  
 $1\frac{1}{2}$  tablespoons chopped pimiento  
 $1\frac{1}{2}$  tablespoons chopped walnut meats

Peel tomatoes; cut slices from top and scoop out centre. Sprinkle with salt; invert to chill. Combine remaining ingredients and mix well; fill tomato cups. Chill thoroughly. Serve on lettuce with additional mayonnaise. Serves 3.

## HORSE-RADISH CHEESE

Mix one carton Express Cottage Cheese with three teaspoonfuls drained bottled horse-radish, a dash of celery salt and a pinch of table salt. Spread on toast fingers, etc.

## RUFFLE CHEESE ROUNDS

$\frac{1}{2}$  pastry recipe makes 20  
2 oz. butter or marge.  
2 oz. flour  
 $\frac{1}{2}$  Carton Express Cottage Cheese

Roll out pastry  $\frac{1}{8}$ " thick. Cut in 2" rounds. Bake. When cool top each round with a rolled anchovy, a slice of olive or tomato. Surround with a ruffle of Cottage Cheese, using a decorator's tube.



You can buy Cottage Cheese from your Express Shop, Salesman, Restaurant, and Premier Supermarket.

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