

# Casserole Cookery



WITH PROTEIN-RICH

*cheese*



## Spring Casserole

- 8 small new potatoes
- 8 baby carrots
- 1 small cauliflower
- 1 cup fresh peas
- ½ lb. Velveeta sliced
- 2 cups medium cream sauce
- Parsley

Cook the vegetables (cauliflower broken into flowerets) and drain well. Place in a casserole. Add sliced Velveeta to the hot cream sauce, and stir until it is melted. Pour sauce over vegetables, and place the casserole in a moderate oven, 350°, until thoroughly heated. Garnish with parsley.

Fresh green beans and small onions may be used as a variation.

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## Macaroni American

- 1 cup elbow macaroni
- ½ lb. Kraft American sauce
- ½ teaspoon Worcestershire sauce
- Dash of cayenne
- Buttered crumbs

Cook macaroni in boiling salted water; drain. Melt the cheese over low heat in top of a double boiler. Gradually add the milk, stirring well after each addition of milk. Add seasonings. Place macaroni in a casserole and pour the sauce over it, carefully mixing with a fork. Cover with crumbs, or with additional shredded cheese. Bake in moderate oven, 350°, 15 minutes.

Spaghetti, noodles or rice may be substituted for the macaroni.

Ounce for ounce  
there is no other  
basic food that equals

# CHEESE

—for big-quality, complete protein . . .  
for calcium, phosphorus and other  
nutrients from milk

*Medium-  
mellow!*



Medium-Mellow! Kraft American has the flavor that millions love best! It's rich and mellow —flavorful but not sharp. And you can always depend on Kraft American to cook to perfection! It's packed in the economical 2-lb. loaf as well as ½-lb. packages.

*Rich yet  
Mild!*

Rich yet mild! The cheese food, Velveeta, is the "children's special" — but beloved by many grown-ups as well. It spreads, slices, toasts, melts perfectly. Mothers keep the 2-lb. loaf on hand for snacks as well as cooked dishes. Velveeta also comes in ½-lb. packages.



*Sharp!*

Sharp! Old English brings you the wonderful sharp flavor of rare, aged cheddars. Because it melts and toasts perfectly Old English is a delight for rich sauces, Welsh Rabbit, savory sandwiches, and soufflés. Available in ½-lb. packages.



# At least one meal a week - have a cheese



## Vegetable Party-Pie

- |                                             |                                          |
|---------------------------------------------|------------------------------------------|
| Pastry (2-crust recipe)<br>* *              | 1/2 teaspoon dry mustard<br>Salt, pepper |
| 3 tablespoons butter or<br>Parkay margarine | 1 1/2 cups cooked peas                   |
| 3 tablespoons flour                         | 1/2 cup cooked small whole<br>onions     |
| 1 1/2 cups milk                             | 1 cup cooked sliced celery               |
| 1/2 lb. Velveeta                            | Parsley                                  |

Line a round shallow baking dish (8 1/2 x 2 inches) with pastry. Roll out remaining pastry and cut it into a circle a little smaller than the baking dish. Place on a baking sheet and cut into three pie-shaped pieces. Decorate center of each by cutting out part of pastry with a fancy cutter. Bake these pieces and the pastry shell in a hot oven, 425°, 15 minutes, or until lightly browned.

Make cream sauce with the butter or margarine, flour and milk. Add the Velveeta cut into several pieces, and stir until it is melted. Add the mustard, with salt and pepper to taste. Add the peas, onions and celery, and mix lightly. Pour into the baked shell, cover with the pastry cut-outs, and place in a moderate oven, 350°, heat through. Garnish with parsley.



## Egg and Noodle Treat

- |                                                               |                                                 |
|---------------------------------------------------------------|-------------------------------------------------|
| 6 hard-cooked eggs                                            | 5 tablespoons flour                             |
| 1 tablespoon chopped<br>parsley                               | 2 cups milk                                     |
| 1 teaspoon minced onion                                       | Salt, pepper                                    |
| 1/3 cup Kraft Mayonnaise or<br>Miracle Whip Salad<br>Dressing | 1/2 lb. Velveeta, sliced                        |
| 5 tablespoons butter or<br>Parkay margarine                   | 1 8-oz. pkg. egg noodles,<br>cooked and drained |
|                                                               | Soft bread crumbs                               |

Cut eggs in half lengthwise. Remove yolks, mash and combine with parsley, onion and mayonnaise or salad dressing. Fill whites. Make cream sauce with butter or margarine, flour, milk and seasonings. Add Velveeta and stir until it is melted. Add half of this sauce to noodles and place them in a casserole. Arrange stuffed eggs on top, cover with the remaining sauce. Garnish with crumbs. Bake in a moderate oven, 350°, 20 minutes, or until crumbs are brown.

## Baked Shrimp and Cheese Delight

- |                                                            |                                               |
|------------------------------------------------------------|-----------------------------------------------|
| 1/4 lb. fresh mushrooms                                    | 1 1/2 cups shredded Kraft<br>American         |
| 2 tablespoons butter or<br>Parkay margarine                | 1/2 cup cream or undiluted<br>evaporated milk |
| 1 lb. fresh cooked shrimps<br>or 2 5/4-oz. cans<br>shrimps | 3 tablespoons catsup                          |
| 1 1/2 cups cooked rice                                     | 1/2 teaspoon<br>Worcestershire sauce          |
|                                                            | Salt, pepper                                  |

Slice the mushrooms and sauté them slowly in the butter or margarine for 10 minutes, or until tender. Mix lightly with the shrimps, rice and cheese. Combine the cream or evaporated milk, catsup, Worcestershire sauce and seasonings, and add to the shrimp mixture. Pour into individual casseroles and bake in a moderate oven, 350°, 25 minutes.

Two cups of cooked cubed chicken may be used instead of the shrimps. Cooked noodles or macaroni may be used instead of rice.



Cheese, with its happy faculty for blending deliciously with other foods, may be combined with left-overs in such a manner as to glorify both.

## Olive Cheese Custard

- |                                             |                                  |
|---------------------------------------------|----------------------------------|
| 5 slices bread                              | 1 cup shredded Kraft<br>American |
| 2 tablespoons butter or<br>Parkay margarine | 3 eggs                           |
| Salt, pepper                                | 1/4 teaspoon dry mustard         |
| 1/2 cup sliced stuffed olives               | 2 1/2 cups milk                  |

Spread both sides of the slices of bread with the butter or margarine, and cut into cubes. In a shallow casserole place a layer of bread cubes and sprinkle lightly with salt and pepper. Cover with a layer of olives, then with a layer of cheese. Repeat until all of the ingredients have been used. Beat the eggs. Add the mustard and milk and beat again. Pour over the mixture in the casserole. Bake in a slow oven, 300°, 40 minutes or until set.

For Mushroom Cheese Custard, omit the olives and use instead 1/2 cup sautéed sliced mushrooms. (Mushroom stems may be used, keeping the whole mushroom caps for other dishes.)

## Cheese Soufflé

(Illustrated on Front Cover)

- |                                             |                                                             |
|---------------------------------------------|-------------------------------------------------------------|
| 4 tablespoons butter or<br>Parkay margarine | Dash of cayenne                                             |
| 4 tablespoons flour                         | 1/2 lb. Old English Cheese,<br>or Kraft American,<br>sliced |
| 1 1/2 cups milk                             | 6 eggs                                                      |
| 1 teaspoon salt                             |                                                             |

Make a sauce with the butter or margarine, flour, milk and seasonings. When thickened and smooth remove from the heat and add the sliced cheese. Stir until the cheese is melted. Add the beaten yolks of the eggs, and mix well. Slightly cool the mixture, then pour it slowly onto the stiffly beaten whites of the eggs, cutting and folding the mixture thoroughly together. Pour into a 2-quart casserole and bake 1 1/4 hours in a slow oven, 300°. Serve at once.

It is important to use a 2-quart casserole for this soufflé. This amount of mixture requires that size casserole for proper expansion.

# se-rich main dish



## Gnocchi with Spanish Sauce

- |                                            |                                         |
|--------------------------------------------|-----------------------------------------|
| 2 cups milk                                | 1/2 teaspoon salt                       |
| 1/2 cup farina                             | 1 egg                                   |
| 1 tablespoon butter or<br>Parkay margarine | 1/2 lb. Old English Cheese,<br>shredded |

Cook the milk, farina, butter or margarine and salt in a double boiler, as for cereal. When well cooked and thick, remove from the heat and add the well beaten egg and one-half cup of the shredded cheese. Pour into greased individual ring molds, and cool them. When ready to serve, unmold each ring in a shirred egg dish, sprinkle them with the remaining shredded cheese and serve with Spanish Sauce, first placing them under low broiler heat a few minutes to melt the cheese.

## Spanish Sauce

Melt 3 tablespoons butter or Parkay margarine in a frying pan. Add 4 tablespoons chopped onion, 5 tablespoons chopped green pepper, 1/3 cup diced celery; cook slowly until onion is golden brown. Add 10 sliced stuffed olives, 1/4 cup sliced sautéed mushrooms, 1 No. 2 can tomatoes. Cook slowly until sauce is thick. Season with salt and pepper.



## Creole Eggs

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| 2 1/2 cups canned tomatoes            | Salt, pepper                     |
| 2 tablespoons chopped<br>onion        | 3/4 cup soft bread crumbs        |
| 3 tablespoons chopped<br>green pepper | 1/2 cup cooked peas              |
| 1/2 cup diced celery                  | 1 cup shredded Kraft<br>American |
| 1 bay leaf                            | 4 eggs                           |

Combine the tomatoes, onion, green pepper, celery and bay leaf. Cook slowly until the celery is tender. Remove the bay leaf. Season to taste with salt and pepper. Add the bread crumbs and peas. Into four individual casseroles pour part of this sauce, and sprinkle with cheese. Repeat, using the remaining sauce and cheese.

Make a depression in each casserole, and break an egg into each. Sprinkle eggs with salt. Bake in a moderate oven, 350°, 30 minutes, or until the eggs are set.

A tossed green salad is a delightful accompaniment to any of these casserole cheese dishes.