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Using and Storing Cheeses

Michigan State University

Cooperative Extension Service

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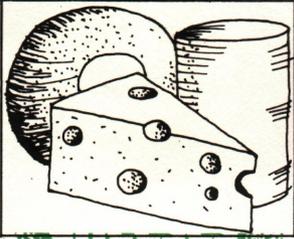
Reprint June 1990

2 pages

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CHEESES



cheeses

Cheese can “spice up” the plainest of dishes. Treat your family to cheese to ensure adequate consumption of nutrients from the dairy foods group.

Nutritional Value

Cheese is a good source of calcium and protein. Other important nutrients include riboflavin and vitamins A, B₆ and B₁₂.

Uses

Cheese can be used in a wide variety of ways—sauces, casseroles, salads, pastries, fondues and quiches. Very hard cheeses, such as Romano and Parmesan, are usually grated and used in dishes or as a tasty garnish on top of foods.

Special Consideration

Use low or medium temperatures when cooking dishes containing cheese to prevent a tough product.

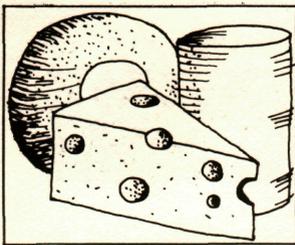
How to Store Cheeses

Keep all cheeses tightly packaged in moisture-resistant wraps such as plastic wrap, foil or plastic food bags. All cheeses are perishable and should be stored in the refrigerator.

If the outside of hard cheeses becomes moldy, cut one-half to one inch below the mold. Throw moldy outer pieces away. Small amounts of mold won't affect the flavor of most cheeses. If mold growth is extensive, the cheese is spoiled and should be discarded.

Hard Cheeses (Cheddar, Swiss, mozzarella, Colby and similar types): Cut in family size pieces and wrap in freezer-quality wrap and store in the freezer. Thaw in refrigerator as needed. Use frozen hard cheese within 4 months.

Soft cheeses (ricotta, cream cheese, cottage cheese, farmer's cheese and similar types): Package in airtight freezer containers or freezer wrap. Creamed cottage cheese and cream cheese change in texture when frozen. If you plan to freeze these products, they are only suitable for baked foods once thawed. Use frozen soft cheeses within 3 months.



cheeses

Tomato-Cheese Macaroni

1 10-3/4 ounce can condensed tomato soup
1/2 cup milk
2 cups sharp cheese, grated
1/4 cup parsley, finely chopped
4 cups cooked macaroni (2 cups uncooked)
2 tablespoons buttered bread crumbs

Heat soup, milk and 1½ cups cheese over low heat. When cheese melts, **add** parsley. **Blend** with macaroni; **pour** into a buttered 2-quart casserole. **Top** with remaining cheese and bread crumbs. **Bake** 20 minutes at 400°F.

Serves 6.

Quiche Lorraine

1/2 pound bacon
1/4 pound Swiss cheese, grated
3 eggs, beaten
2 cups milk
dash pepper
1 (8- or 9-inch) pie crust, unbaked

Fry bacon until crisp. **Crumble** into pastry lined pie pan. **Sprinkle** Swiss cheese over bacon. **Beat** eggs; **add** milk, salt and pepper. **Stir** together until well blended and **pour** over the bacon and cheese. **Bake** at 400°F. for 35 to 45 minutes.

Makes 8 servings.

Prepared by **Sally Wheeler**, Livingston County Extension Home Economist, and **Virginia Messina**, Extension Food and Nutrition Specialist, MSU.

Macaroni Pizza

7 ounce package macaroni
2 eggs
1-1/4 cups milk
1/8 teaspoon pepper
1 8-ounce can tomato sauce
1 teaspoon oregano
1-1/2 cups mozzarella or Provolone cheese, grated

Preheat oven to 400°F. **Grease** a 9-inch baking dish. **Cook** macaroni in boiling salted water until tender; **drain**. **Beat** together eggs and milk with a fork. **Mix** in macaroni and pepper. Use mixture to line a greased 9-inch baking dish. **Bake** 10 minutes, or until set. **Spread or pour** tomato sauce over macaroni, **sprinkle** with oregano and grated cheese. **Bake** another 10 minutes.

6 servings.

Cheese Egg Souffle

8 slices white bread, cubed
6 eggs, well beaten
2 cups milk
1 tablespoon butter
1/2 teaspoon onion flakes or fresh onion
3/4 cup Cheddar cheese, grated

Combine eggs, milk, butter and seasonings. **Beat** well. In an ungreased 2-quart casserole, alternate layers of bread and cheese. **Cover** with liquid mixture. **Bake** at 350°F. for about 1 hour until golden brown.

Serves 6.

O-18746

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Issued in furtherance of Cooperative Extension work in agriculture and home economics, acts of May 8, and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Ray Gillespie, Interim Director, Cooperative Extension Service, Michigan State University, E. Lansing, MI 48824.

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