



SALADS WITH CHEESE

RECIPES

DUDHSAGAR DAIRY

Mehsana District Co-operative Milk Producers' Union Ltd.

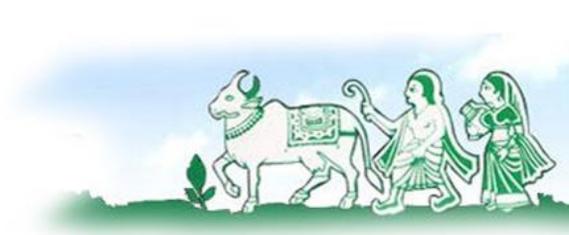
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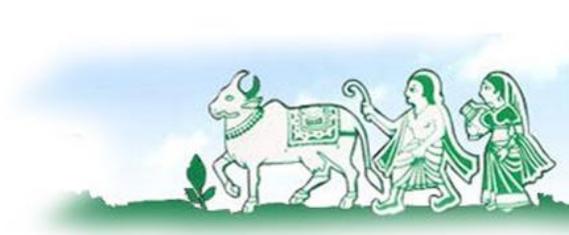




Chilled Salad Soup With Cheese

Recipe Name	Chilled Salad Soup With Cheese	
Ingredients	<ul style="list-style-type: none">○ 750 gm ripe tomatoes - blanced, skinned and chopped○ 4 large 2 cm thick slices stale bread - crusts removed and crumbled○ 2 large cloves garlic - crushed○ 2 tbsp red vinegar○ 3-4 tbsp salad oil○ 1 small tin tomato juice○ 1 large onion - grated○ 1 small cucumber - grated○ 2 tbsp mayonnaise○ 1 1/2 tsp salt○ 1/2 tsp pepper powder○ 2 cups iced water○ 100 gm Amul Cheese - grated	
Garnish	<ul style="list-style-type: none">○ 1 small cucumber - peeled and cubed○ 2 small onions - cut into thin rounds○ 2 eggs - hard boiled shelled and sliced○ 1 cup croutons○ 100 gm Amul Cheese grated	
Method	<p>1. Take a large bowl and put the crushed garlic in it. Stir in the vinegar and salad oil. Add the chopped tomato juice and mix thoroughly. Stir in the grated cucumber, onion and breadcrumbs. Add the mayonnaise and season with salt and pepper. Put the mixture into a liquidiser or rub it through a fine sieve. The soup should be perfectly smooth. Dilute with iced water till it is the consistency of thin cream. Stir in the grated cheese gently and chill in refrigerator. Serve the garnishes in separate bowls along with chilled soup. Float a few ice cubes on the soup if desired.</p>	
Yield	6 Servings	





Tomato Soup

Recipe Name	Tomato Soup	
Ingredients	<ul style="list-style-type: none">○ 1/2 kg ripe tomatoes - quartered○ 6 cups water○ 1 tsp salt○ 1 tbsp sugar○ 1 sprig mint○ 1 tsp Amul Butter○ 1 tsp pepper powder○ 1/2 cup cream○ 6 tbsp Amul Cheese Powder○ 2 slices bread - cut 1 1/2 cm squares○ Oil for frying	
Method	<ol style="list-style-type: none">1. Place tomatoes in a heavy pan. Add water and bring to the boil. Add salt, mint and continue boiling for 10 minutes. When cool, blend the tomatoes in a mixer. Sieve to separate seeds and skin. If mixer is not available use a soup strainer for 2 minutes. Serve hot, each serving with 1 tbsp cream, 1 tbsp Amul Cheese powder and a few crunchy croutons.	
Croutons	<ol style="list-style-type: none">2. Heat oil in deep pan till smoking. Fry the pieces of bread till golden brown. Drain on paper.	
Yield	6 Servings	





Apple Yoghourt Delight

Recipe Name	Apple Yoghourt Delight	
Ingredients	<ul style="list-style-type: none">○ 4 Sweet firm apples - peeled, cored and grated○ 2 cups fresh yoghurt - tied in muslin and hung for an hour to remove excess water○ 100 gm Amul Cheese - grated○ 1/2 tsp salt○ 2 tsp mustard○ 1 cucumber - thinly sliced○ 1 onion - thinly sliced○ 1 tomato - thinly sliced○ 1 head lettuce - leaves washed and separated	
Method	<p>1. Mix apples, yoghurt, cheese, salt and mustard together. Chill for an hour. On a flat serving dish arrange lettuce leaves in a circle. Place slices of onion in a circle in the centre of the leaves. Pile the apple mixture on the onions. Surround with evenly placed cucumber slices each paired with a tomato slice. Chill for another hour before serving.</p>	
Yield	4 Serving	
<p>Note: This delicious and unusual salad goes excellently with roast meat and thinly sliced brown bread.</p>		





Amul Cheese Salad

Recipe Name	Amul Cheese Salad	
Ingredients	<ul style="list-style-type: none">○ 1 cup Amul Cheese - grated○ 1/2 capsicum - seeded and minced○ 1 small head lettuce - 1/2 of it shredded, the other kept whole with separated leaves○ 2 tbsp French Dressing○ 1/2 tsp salt○ 1/2 tsp pepper powder	
Method	<ol style="list-style-type: none">1. Mix together Amul Cheese, capsicum and shredded lettuce. Season with salt and pepper. Tos in French Dressing. Arrange unbroken lettuce leaves on a dish and pile Amul Cheese salad in the centre.	
Variations	<ol style="list-style-type: none">2. Serve the above cheese mixture with sliced pineapple or as stuffing for halves of pears, peaches, prunes, apricots or tomatoes or to accompany any green salad.	
Yield	2 Serving	

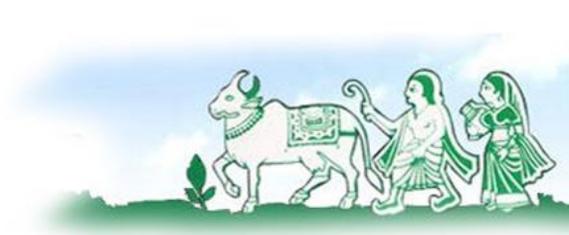




Amul Cheese Potato Puris

Recipe Name	Amul Cheese Potato Puris	
Ingredients	<ul style="list-style-type: none">○ 2 medium sized potatoes - boiled, skinned and mashed while still hot○ 8 tbsp flour○ 100 gm Amul Cheese - grated○ 1/2 tsp salt○ 2 green chillies - chopped○ 2 tbsp green coriander - chopped○ 1/2 tsp garam masala○ Oil for frying	
Method	<ol style="list-style-type: none">1. Mix the flour, cheese and spices. Make a stiff smooth dough kneading in the potatoes (no water should be added). Roll dough into small thin 4 cm rounds and fry in deep hot fat. Serve hot	
Yield	10 Serving	





Amul Cheese Loaf

Recipe Name	Amul Cheese Loaf	
Ingredients	<ul style="list-style-type: none">○ 400 gm potatoes - boiled, skinned and cut into thick slices○ 200 gm tomatoes - skinned and sliced○ 1 tbsp Amul Butter or margarine○ 2 tbsp toast crumbs○ 2 cups cheese sauce	
Method	<ol style="list-style-type: none">1. Grease loaf tin with butter or margarine. Coat with crumbs. Arrange alternate layers of sliced potatoes and tomatoes, covering each layer with thick cheese sauce. Cover tin with foil and bake for 45 minutes (180 C, Gas 4).2. Turn out and serve with crisp salad and buttered toast.	
Yield	4 -5 Serving	

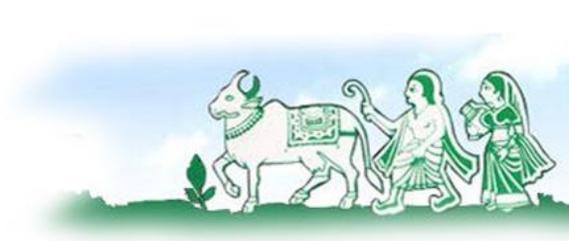




Spiced Amul Cheese Meal

Recipe Name	Spiced Amul Cheese Meal	
Ingredients	<ul style="list-style-type: none">○ 4 small onions - skinned and halved○ 4 small potatoes - peeled○ 4 tomatoes - blanched and skinned○ 1 large capsicum - chopped○ 2 cloves○ 2 cm cinnamon○ 10 peppercorns○ 2 red chillies - stemmed○ 2-3 flakes garlic - peeled and minced○ 1 tbsp Amul Butter○ 1/2 cup curds○ 1 cup cheese sauce○ A plateful of cooked Basmati rice	
Method	<ol style="list-style-type: none">1. Melt the butter, add spices, garlic, chillies, onions and potatoes. Pour curds and cook till just done. Add tomatoes and capsicum. Mix all ingredients gently together. Pour cheese sauce over vegetables and serve on a bed of rice.	
Yield	4 Serving	
<p>Note: Chopped ham, prawns, boiled chicken, diced bacon or mushrooms may be added to the vegetables if desired.</p>		





ABOUT “DUDHSAGAR DAIRY”

A visionary cooperative movement, on the lines of Amul-model, initiated in Mehsana more than 50 years ago, to organize the rural milk producers to help themselves had its benefits in building a strong cooperative movement that has pooled together the resources of milk producers. We are proud to exist as a purposeful organization in the Nation building process - Enhancing the milk production capacity, providing self-employment and sustainable income generation to the rural farmers, enhancing the per capita availability of milk etc.

Today, Dudhsagar Dairy has a membership of over 5.2 lakhs dairy farmers. Its consolidated turnover in 2012-13 was Rs.3600 crores.

Dudhsagar is proud of its contributions to making India the largest milk producing nation in the world, and in the process empowering lakhs of cooperative dairy farmers of Mehsana and parts of Patan and Gandhinagar districts - socially, politically and economically.

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