

Creative Cooking From The Herald Kitchen: Cool Cheesecake Recipes

By Mildred Huskins
Maybe you haven't made a delicious cheesecake all summer just because you didn't want to turn on the oven for an hour or more to bake it.

It is about time to make a cheesecake. There is no need to bake for there is a world of cheesecakes that need no baking. And many of them are made even better with the addition of fruits and berries.

There are the no-bake, gelatin-based cheesecakes, cool to make, cool to taste. Both of the next two recipes use two cups of cottage cheese. That makes a lighter, fluffier cake than cream cheese which is found in the baked varieties. Then, of course, cheesecakes made with cottage cheese are highly nutritious because the protein in them is casein. This is the high quality protein used for

evaluating other proteins. A half cup of cottage cheese contains 14 grams of protein. But cottage cheese calorie values are not high. One-half cup of creamed cottage cheese yields 117 calories.

Cool Cheesecake
Crust
One third cup butter, melted
1 1/2 cups graham cracker crumbs

1/4 cup sugar
1/2 teaspoon each, cinnamon and nutmeg
Filling
1 can (20 oz.) crushed pineapple in unsweetened juice
2 envelopes unflavored gelatin
1/4 cup sugar
1/4 teaspoon salt
3 eggs
1/2 cup milk
2 teaspoons grated lemon peel
1 1/2 teaspoon vanilla
1 tablespoon fresh lemon juice
2 cups cottage cheese
1 cup whipping cream, whipped
Sauce
2 pkgs. (10 oz. each) frozen raspberries in syrup, thawed
1 tablespoon cornstarch
For crust, combine all ingredients. Press mixture onto bottom and part way up sides of a nine-inch springform pan. Chill while preparing filling. For filling, drain pineapple reserving 1/2 cup juice. Combine gelatin, 1/2 cup sugar and salt in heavy medium - sized saucepan. Add egg yolks and milk, beating until well blended. Cook over low heat, stirring constantly, until gelatin is dissolved and mixture is slightly thickened, about 15 minutes. Remove from heat and stir in lemon peel, lemon juice and vanilla. Beat cottage cheese on high speed of mixer until creamy, about 5 minutes. Stir in reserved pineapple juice and gelatin

mixture. Refrigerate, stirring occasionally, until mixture is chilled and mounds slightly when dropped from a spoon, about 30 minutes. Beat egg whites until soft peaks form. Fold into cheese mixture. Fold in whipped cream and pineapple. Carefully pour mixture into crust. Chill several hours or overnight. Meanwhile, for sauce, drain raspberries reserving juice. Combine small portion of reserved juice with corn-

starch; blend until smooth. Combine remaining juice, cornstarch mixture and berries in small saucepan. Cook, stirring constantly, until mixture boils. Boil and stir 2 minutes. Strain out seeds; chill sauce. To serve, remove sides from springform pan and spread raspberry sauce over top of cake. Garnish with fresh raspberries and fresh mint leaves, if desired.
Pineapple Cherry Cheesecake

Crust
1 1/2 cups zwieback crumbs (about 18)
One third cup sugar
2 teaspoons cinnamon
One third cup butter melted
Filling
2 cans (8 oz. each) crushed pineapple in own juice, drained
2 envelopes gelatin
3 egg yolks, slightly beaten
Two thirds cup sugar
1/2 teaspoon salt
1/2 cup light cream or half and half
1 carton (16 oz.) small curd cottage cheese
2 teaspoons grated lemon peel
1 tablespoon fresh lemon juice
1/2 cup maraschino cherries, chopped
1 cup whipping cream, whipped
3 egg whites
To prepare crust, combine all ingredients. Press onto bottom and part way up sides of a nine-inch springform pan. Chill while preparing filling. To prepare filling, drain

pineapple reserving juice. Soften gelatin in pineapple juice. Combine egg yolks, sugar and salt in heavy saucepan. Gradually stir in cream. Cook over medium heat until mixture coats a metal spoon. Remove from heat. Stir in softened gelatin. Whip cottage cheese in blender until smooth or in mixing bowl beat at high speed until smooth, about 5 minutes. Add lemon peel and juice to cottage cheese; fold in egg mixture. Chill until set. Fold in pineapple, cherries and whipped cream. Beat egg whites until stiff but not dry; fold into mixture. Turn into prepared pan. Chill until firm. Garnish cheesecake with pineapple slices cut into sections and maraschino cherries cut and stuffed with pineapple, if desired.
Sunshine Cheesecake is baked in 9x9x2-inch cake pan and served in squares.
Sunshine Cheesecake
1 1/2 cups graham cracker crumbs
1/4 cup sugar (divided)
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Letter To The Editor

Dear Editor:
The Attorney General's Task Force on Violent Crime has recommended four common-sense steps to strengthen the nation's gun law and make it more difficult for the criminal and the crazed to acquire handguns. The Task Force has urged the President to stop the importation of "Saturday Night Special" parts; require that handgun buyers be checked out to make sure they don't have a criminal record before they pick up their handgun; put behind bars anyone who uses a gun in the commission of a crime; and have handgun owners report the theft or loss of their weapons.
This gives President Reagan, himself nearly killed with a Saturday Night Special, an opportunity to lead this Congress in an effort to stop handgun violence in America. If passed, these handgun control measures would save lives and help make America safe once again.
Write the President today and urge him to adopt the Task Force's recommendations. You can use this address: President Ronald Reagan, The White House, Washington, D. C. 20500. Do it today. Every letter counts!

Sincerely,
N. T. "Pete" Shields
Chairman
Handgun Control, Inc.
810 18th Street, N.W.
Washington, D. C. 20006

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CHEESECAKE — No-bake cheesecake is drizzled with Raspberry Sauce and garnished with fresh berries and mint leaves for a aate summer treat.

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Facts About The **BIBLE** BY JOHN LEHTI

A TIME FOR WAR

GENERALLY WITH THE FIRST WARM BREEZES OF SPRING CAME THE CLOUDS OF WAR. THE WINTER RAINS AND SNOWS HAD TO BE OVER WITH BEFORE ARMIES COULD MOVE. THERE WAS NO DECLARATION OF THE INTENTION OF WAR BY ONE NATION TO ANOTHER. AN INVADING COUNTRY KNEW IT WAS AT WAR ONLY WHEN ITS PEOPLE SAW THE FIRST TROOPS OF THE MARAUDING INVADERS. THE ISRAELITES WERE STRATEGISTS OF NOTE. THEY DID NOT HAVE THE EQUIPMENT THAT OTHER ARMIES HAD SUCH AS CHARIOTS AND WAR MACHINES, SO THEIR BATTLE PLANS HAD TO BE OUTSTANDINGLY ORIGINAL. HISTORY SHOWS THAT WITHOUT EXCEPTION THE LEADERSHIP OF THE ISRAELITES WAS FAR EXCELLENCE. IN ALMOST EVERY BATTLE THEY FOUGHT THEY WERE NUMERICALLY WEAKER BUT THEIR DARING TACTICS AND THEIR FAITH IN GOD, AS THE POTENT FORCE BEHIND THEM, BROUGHT THEM VICTORY.



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