

Chapter 15

Most Popular Appetizer Recipes Using Cheese

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ABSTRACT

Appetizers are small and mysterious delicacies that are generally served as a starter plate for dinner or accompany many different types of cocktail dishes. There are thousands of cheese types obtained from various animal species and different fermentation methods in different regions of the world. The rich variety of cheese in world cuisine has led to the widespread use of cheese in the preparation of many appetizers. For this reason, appetizers made with cheese, which is widely known around the world and where cheese is used as the main product, constitute the subject of this section of the book. In this section, examples of important cheese appetizers and appetizers that are common in Turkish and world cuisines are included.

INTRODUCTION: RECIPES

In this section, recipes made using cheese are presented in detail, along with information about the cultural society to which these recipes belong, and their stories, ingredients, cooking methods and presentation styles, if any. Each dish is given with separate headings and subheadings so that the reader can find all the information necessary to prepare the same dish at any time, by opening a single page.

A total of 30 widely known and practiced appetizers in the world were examined. However, in the examinations, it was understood that although some appetizers had different names, their ingredients were the same. In fact, the recipes of some similar appetizers were combined into a common recipe and the ones that were exactly the same were eliminated. As a result, a total of 19 different recipes were given in the section in question. These appetizers; Polenta, Arancini and Cheese Bruschetta from Italian cuisine, Haydari and Pencil Pastry from Turkish cuisine, Honey Baked Camembert and Cheese Soufflé from French cuisine, Cheese Fondue from Swiss cuisine, Cheese Crouton from English cuisine, Cheese

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Pretzel from German cuisine, Cheese Onion Rings and Cheese Balls from American cuisine, and Spicy Cheese Balls known all over the world, Cheese Filled Potato Balls, Cheese Stuffed Peppers, Cheese Fries, Cheese Meatballs, Mushroom with Cheese, Cheese Crackers are listed as follows.

Recipe 1: Polenta

Polenta is a cheap and filling peasant dish from Northern Italy. It is produced with parmesan cheese, one of Italy's most popular cheeses. It is thought to derive from the grain porridge frequently consumed in the Roman Empire. There are many different types of polenta that have been tried around the world. It is also known that polenta produced with parmesan cheese is also produced with different aged cheeses with similar taste and texture in different countries and regions. For example, cheeses such as Pecorino, Kars Gruyere, Ricotta, Izmir Tulum, Old Kashar can be counted among the cheeses that can be used in polenta. The products used in making polenta can be listed as follows (Emily, 2020; Graham, 1988);

- Cornmeal or Yellow Cornmeal
- Water
- Milk
- Butter
- Grated Parmesan or Cheese
- Salt and Pepper

Instructions

Water and milk are heated in a large pot until boiling. After the water or milk boils, corn flour or corn semolina is slowly poured into it and mixed with a whisk to prevent lumps. Stir constantly until the polenta in the pot begins to thicken, and then reduce the heat of the stove to low. Cook the polenta over low heat for at least 30 minutes or until it starts to come away from the side of the pot, stirring occasionally with a wooden spoon. Add butter, parmesan (other cheeses, etc.) cheese, salt and pepper to taste. Mix until the cheese melts and combines with the other products. Finally, it is poured into a baking dish to cool or served hot.

Polenta, which is generally consumed with meat and fish dishes, has become an important meat side dish by being enriched with additional products over time. In addition to being served as a side dish with meat dishes, polenta can also be solidified and served in slices.

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