

Chapter 16

Most Popular Main Course and Desert Recipes Using Cheese

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ABSTRACT

Cheese types are found in many dishes, both as a main and a complementary dish. There are hundreds of cheese types worldwide and they are usually categorized according to the animal they are produced from. Such a wide variety of cheeses leads to the emergence of many different dishes in menus. In this context, dishes made from cheese types that have become symbols in different countries worldwide will be given with their recipes in this chapter. It should not be forgotten that there is no single correct recipe for making a dish and it has evolved over time to its current form. For this reason, generally accepted recipes for cheese dishes are the subject of this research. Cheese recipes from famous chefs, recipe books and important websites famous for their recipes will be presented in this section with references. In this context, main courses and desserts will be presented in alphabetical order and all recipes will be supported with images.

INTRODUCTION

Within this section, the recipes made using cheese are presented in detail with their stories (if exists), ingredients, cooking methods, and presentation styles. Each dish is provided with separate headings and subheadings so that the reader can find all the necessary information to prepare the same dish at any time by opening a single page. There are countless recipes made with cheese worldwide. The general aim of our book is to evaluate cheese from a tourism perspective, and in this section specifically, to feature local recipes made with cheese that tourists can easily experience at the destinations they visit. Rather than overwhelming readers with hundreds of recipes (as this is not a cookbook), the goal is to present popular recipes where cheese is the main ingredient. Within this scope, the 10 selected recipes considered to be popular are as follows:

1. Arepas Rellenas De Queso
2. Aligot
3. Cauliflower Cheese

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4. Cheesecake
5. Macaroni and Cheese
6. Dauphinoise
7. Khachapuri - Pide
8. Künefe (Kanafeh)
9. Palak Paneer
10. Tiramisu

Recipe 1. Arepas Rellenas De Queso

Arepas Rellenas De Queso is a cheese-filled pastry product made in Venezuela and Colombia. Both countries claim that they make the best version of it (Denig, 2021). This dish can be eaten for breakfast, lunch, and dinner. While the cheese-filled version is described here, Arepas can also be prepared with different fillings as preferred. It is possible to store this dish in the refrigerator for seven days and in the freezer for three months (Dinho, 2023). The ingredients used in making Arepas Rellenas De Queso are as follows:

Ingredients

- 2 cups precooked corn meal
- 2 cups warm water
- ¼ teaspoon salt
- 2 tablespoon soft butter
- 12 slices of mozzarella cheese

Instructions

First, mix the specified amount of corn flour, warm water, salt, and butter. Knead for about three minutes, occasionally wetting your hands. Divide into six equal parts and using plastic wrap, flatten each dough ball with a flat surface. Then melt butter in a pan and cook each side for three minutes. Finally, cut the cooked Arepas in half, place two slices of mozzarella in each, and cook for an additional two minutes over medium heat.

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