## Cozy curried fondue easy to make, fun to eat

By DANA JACOBI SPECIAL WRITES
Fonduce, all the rage in the 1950's and 60's, have been making a comeback. And with good and fun to eat — especially if you observe the custom that anyone losing their bread or other dipper in the pat has to kiss everyone. The main challenge is coming up with a fenduc that is not loaded with fat. Also, some recipes call for so much alcohol that you could use them to toast the arrival of the New Year.

My plan for this New Year's Eve is to enjoy this robustly flavored cheese fonduc as a light supper with friends. Curry gives it a festive glow, while a touch of chutney adds appealing zing, Low-fat ingredients, combined with fat-free cheddar cheese, make it rich without adding a load of fat calories.

Surround this fonduc with boiled shrimp and cubes of turkey breast for dipping, as well as pieces of bread and an apple slices if you want it to be a full meal. Or use the cubed turkey, plus sliced apple, celery sticks and crisp pita chips when you want it to serve as a warm dip.

One of the best things about serving fundue is that you get to use a fondue pot. If you were married anytime before the Flower Children blossomed, or if you tied the knot recently, you probably received one as a wedding gift and still have it somewhere around the house. If not, check out local thrift shops. They invariably have a couple of sets on hand, including the slim,

long-handled forks used for low-ering goodles into the hot fon-due. (You want the kind with a ceramic container. Shiny copper fondue pots are for Fondue Bour-guingnon, where cubes of meat are cooked in hot oil then dipped

are cooked in hot oil then dipped in various sources.)

Considering what a night on the town costs, compared to the case and comfort of settling in at home around a warm fonduc, acquiring the necessary pot will probably seem well worth the effort. You could even be inspired to start a new tradition for New Year's Eve. Fonduc also opens up a range of possibilities for warm dips to enjoy, including this one.

## CURRIED CHEESE FONDUE

- Makes 1-1/2 cups, serves 4 as main course, 8 as dip 2 tablespoons mango chutney 2 tablespoons low-fat cream
- 3/4 cup finely chopped onion 1/2 cup low-fat evaporated milk
- 3 tablespoons flour 1 tablespoon curry powder 1/2 tablespoon ground ginger 6 ounces shredded fat-free
- 3/4 cup fat-free chicken broth

both
Chop the chutney and put it in a small bowl, including the syrup with the solids.
In a medium saucepan over medium heat, combine the cream cheese, onion and milk.
Cook, stirring with a wooden

spoon, until the cheese melts.

Blend in the flour, curry powder and ginger until all the lumps dissolve. Cook until the mixture thickens and holds the tracks left by a spoon, 2-3 min-

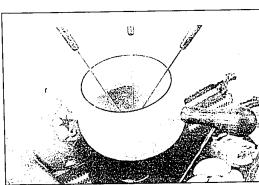
tracks left by a spoon, 2-3 mintes.

Stir in the Cheddar cheese
until it melts. Whisk in the
chicken broth, Stir in the churney, including the syrup with the
salids.

Transfer the fondue to a fondue pat. Serve warm, accompanied by boiled shrimp, cubed
turkey, apple stices, celery
sticks, and pita chips.

Each of the four servings contains 101 calories and 2 grams of
fat.

Written for the American Insti-tute for Cancer Research by Dana Jacobi, author of The Best of Clay Pot Cooking and The Natural Kitchen: SOY!



Curried Cheese Fondue as a main course or a dip.

## Try a taste of Venice

BY JOSE BRYSSHIL
ASSOCKTED PILES WATTER

Rice and Petatocs is a hearty, easy-toprepare dish from the traditional cusion
(Venice, Italy, asys Sally Spectur, aristcookbook author who lives there,
Spachetti with Anchwies and Oniona, for
those who prefer pasta, is equally
traightforward and tasty.

The recipes are from her new hook,
Venice and Poul 'Arsenale Editrice,
\$350, which has a chapter on ceeking with
rice. Use Italian rice to give the authorite
texture, Spectur advises. Italian rice
texture, Spectur advises, Italian rice
texture and much lunder than long grain
Don't use instant rice, she warms, adding
that will rice would be a disaster.

Rice and Potatoes, Spector soys, seems
so simple, so ordinary, but it is both
unusual and delicious. This secret live in
the texture and consistency of the ingredients: the potatoes should combine with
the rice without becoming mawhy and
provide a pleasing contrast to the slight
title of the rice.

provide a pleasing contrast to the slight bite of the rice."

## RICE AND POTATOES (RISE E PATATE) 2 tablespoons dive oil

- 2 inblespoons alive oil
  1 tablespoon butter
  1 small onion, linely chopped
  2 ounces pancetta Italian bocon,
  finely chopped (optional)
  4 medium potatoes, peeled and cut
  in small piecos

- in small pieces
  1 quart hot broth
  13 ounces rice (Italian style fino or
  super-fino)
  Salt and pepper to taste
  2 tablespoons minced fresh parsley
  Freshly grated Parmesan cheese

rresny grotee Parmesan Cheese
Cook the onion and optional pancetta
the oil and butter over low heat until
conion is tender and transparent. It
ould not brown. Add the putatees and a
tle broth. Cook them, stirring constant—
they tend to actik to the pot had
ould not be allowed to \_ for 10 to 15
inutes.

minutes.

Raise the heat and add the rice, mixing it quickly in with the other ingredients. Add a ladle of broth. The mixture should be boiling. Stir constantly, adding anoth-

or ladle of hot broth when the liquid has reduced, making sure the rice and police to do not stick to the pet.

After about 18 minutes the rice aboutle done. Tast for salt and pepper and air in the parsley. Turn off heat. Cover the pet and close it on the critical burner for 2 minutes. Serve immediately with Parimean cheese. Makes 4 servings.

with Farmesin Greese, John Standing Sta

Freshly ground pupper

reemy ground peoper. Hen the oil until very hot in a large skillet. Add the onions and immediately lower the heat. Cook them, uncovered, every slowly, until whited and transparent. They must not burn; to avoid this, add a spoomful or two of water, if necessary. Stir occasionally.

When the onions of section 1.

occasionally.

When the onions are wilted, stir in the anchoises. Cook very slowly until the anchoises and be easily mached with a wooden spoon. They should "dissolve" into the onions until the mixture takes on a smooth, pastelike consistency and becomes light brown in celor. When done, add a dash of pepper, turn off heat and cover.

add a dash of pepper, turn off heat and cover.

The sauce may be prepared while the water boils for the spachetts, or it may be prepared abread of time (in this case it should be pently reheated before combining with the pasta). Bring a large quantity of lightly sattlet (anniverse are only) water to a might be dependent of the property of the prope

Drain the spaghetti and stir immediately into the warm anchovy and onion sauce. Sprinkle with parsley and serve. Makes 4 servings.



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