

Go Swiss With Your Fondues

By ELLY

The Swiss are great dunkers. They dunk their bread into their breakfast chocolate or coffee. They dunk sugar into their after-dinner coffee. And they originated the greatest dunking dish of them all—the fondue.

Fondue comes from the French word "fondre" which means "to melt," and the French-speaking part of the Swiss Alps is credited with its discovery.

Equipment needed for a fondue includes a chafing dish with an alcohol lamp, a long-handled fork for each guest and a wooden fork or wire whisk for stirring. For a cheese fondue, cut bite-sized pieces of bread, about 1-2 inches square. Try to leave a bit of crust on each piece.

CHEESE FONDUE (With Wine)
1 garlic clove
1/2 c. dry white wine per person
1-2 c. 1/2 to 6 ounces' grated Swiss cheese per person
1/4 flour per person
3 T. kirsch per person
freshly ground pepper and/or nutmeg
French bread

1. Rub the inside of the chafing dish with the cut garlic clove. Dredge the cheese in the flour. Four the wine into the chafing dish over a low heat. When the wine is warm a few bubbles will start coming to the top; add the cheese, a handful at a time. Stir without stopping. Tradition says you must stir in one direction but figure eight, round the pot, and back and forth motions have all turned out successful fondues. When the cheese has all been added, is melted and bubbly, slowly add the kirsch. A very dry sherry may be used if no kirsch is available. Add freshly ground pepper and a little nutmeg.

2. Spear the bread through the soft part and into the crust. Dip into the fondue with a turning motion to coat all sides. Keep twirling the fork as you remove it from the fondue to avoid dripping. Hold over your plate until cool enough to eat in one delicious bite.

3. The fondue may separate and become rubbery if allowed to cool, so keep it bubbling. Adding warmed wine, a little at a time, should restore it to the right consistency.

NOTE: Be careful not to lose your bread in the fondue. You may decide on the fork, but the Swiss make the offender buy a bottle of wine for the table.

CHEESE FONDUE

(Without Wine)

8 egg yolks
2 c. grated Swiss cheese
10 T. butter
1/2 c. light cream
salt, pepper, grated nutmeg

Mix egg yolks, cheese and a dash of salt, pepper and nutmeg in a chafing dish. Place over a very low heat. Stirring constantly, add the butter, bit by bit. When the mixture thickens, add the cream and stir until well blended. Do not allow to cook any more. Keep over a low heat, it's ready for dunking.

BEEF FONDUE

1/3 pound good beefsteak per person
peanut oil
Assorted sauces and condiments

Cut beefsteak into bite-sized chunks, about one-inch square. Heap cubes on wooden board or platter. Put peanut oil in chafing dish to depth of two inches. When oil is boiling gently, it is time to begin. Each guest spears a piece of steak with a wooden-handled fork and holds it in the boiling oil until cooked to his preference. Side dishes of sauces and relishes are passed for guests to dunk the morsels.

Suggested sauces and condiments: finely chopped Bermuda onions, sour cream with horseradish, chutney, chili sauce, prepared steak sauce, Russian dressing or mustard mayonnaise.

POTATOES AND DAB

Potatoes boiled in their jackets
3 T. oil or melted butter
5 T. vinegar
2 onions finely minced salt and pepper

Hot boiled potatoes are brought to the table in a bowl. Each person takes a potato and peels it on his plate. Cut into bite-sized chunks, each piece is dabbed into the very hot sauce of butter, vinegar, onions and salt and pepper in the chafing dish. The sauce may be varied by adding chives instead of onions, bits of bacon, and a touch of orange or thyme.



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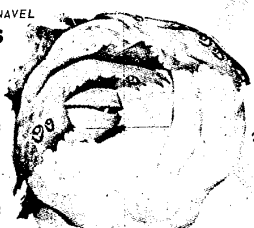
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