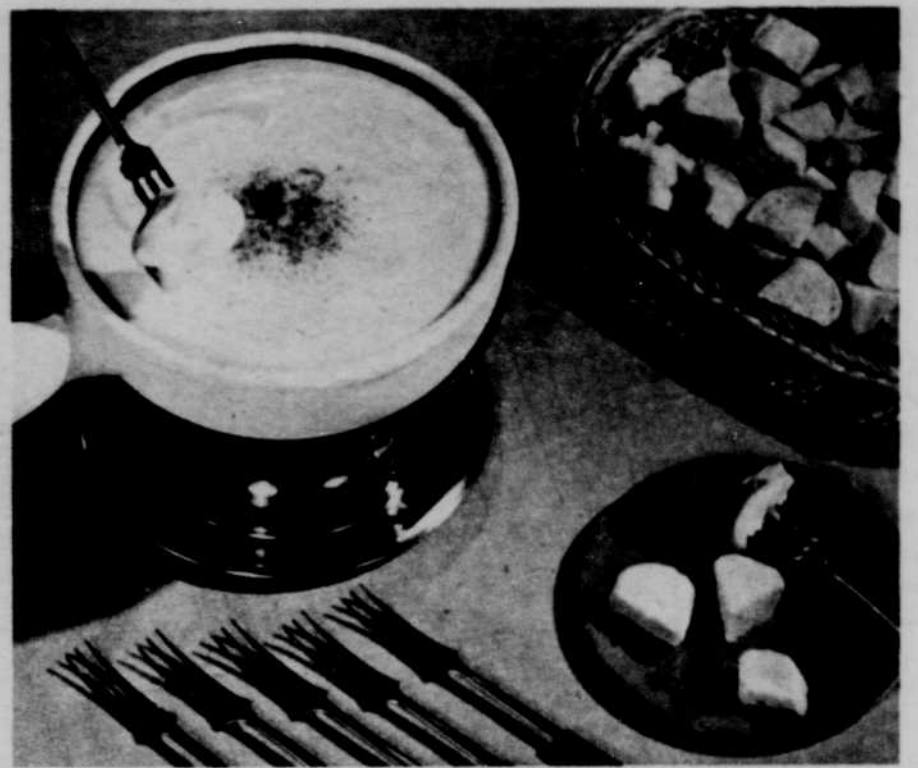


SWISS FONDUE

- 1 pound Swiss cheese, shredded
- 3 tablespoons cornstarch
- ½ teaspoon salt
- ¼ teaspoon white pepper
- ¼ teaspoon freshly grated nutmeg
- 2 cups buttermilk
- 1 clove garlic
- 1 loaf French bread

Toss Swiss cheese with cornstarch, salt, white pepper and nutmeg. In a saucepan or chafing dish heat buttermilk with garlic clove over low heat. When hot, remove garlic and add Swiss cheese; stir constantly until cheese is melted. Serve from chafing dish or casserole over a warmer. Each person serves himself from the common dish, dipping chunks of French bread, which are speared on long forks, into cheese sauce. Serves 6.



Suggestions for Your Lenten Fare

PERCH FILLETS WITH PUFFY SAUCE

- 1 package (12 ounces) quick-frozen ocean perch fillets
- Salt and pepper
- 3 tablespoons mayonnaise
- 2 tablespoons chopped pickle
- 1 tablespoon chopped parsley
- 2 teaspoons lemon juice
- ¼ teaspoon salt
- Dash of cayenne
- 1 egg white, stiffly beaten

Thaw fillets just enough to separate. Arrange in greased shallow baking dish. Sprinkle with salt and pepper. Bake in hot oven (400°F.) 20 minutes. Remove from oven.

Meanwhile, combine remaining ingredients and mix gently until well blended. Spread over fish. Then return to oven and bake 5 minutes longer, or until puffy and golden brown on top. Makes 3 servings.



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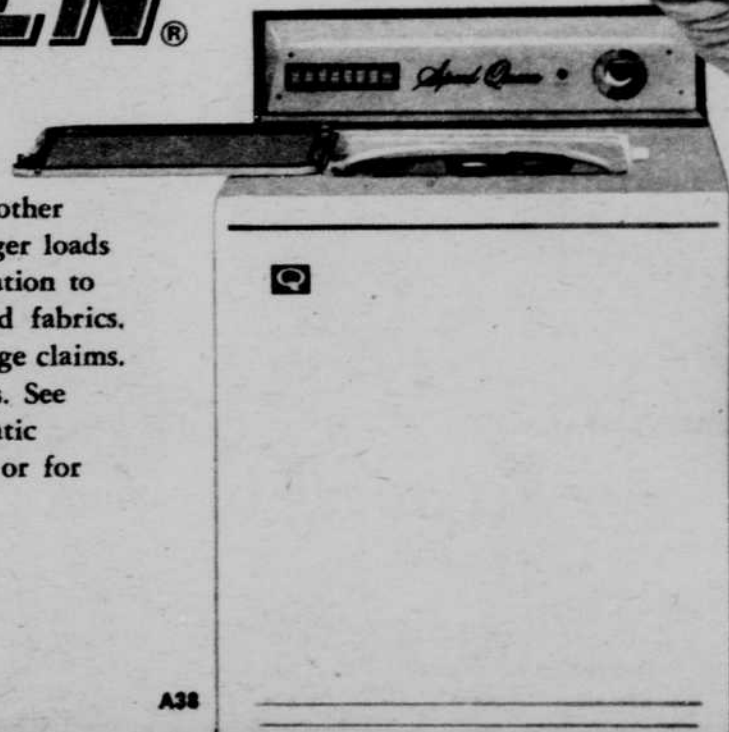
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