

Fondue is simple, nutritious

Clever hostesses looking for a hearty after-the-game meal will find fondue a simple nutritious solution. Not only is the preparation easy, fondue parties are by nature cozy gatherings, conducive to pleasant conversation.

Fondues are of several varieties. They may be appetizers, main dishes or desserts.

Fondue pots are made of either ceramic material or metal. The specific recipe will dictate which of the two should be used. For meat dishes, as a general rule, metallic ones should be used, as they can tolerate the high temperatures needed to cook the meat. Ceramic ones, on the other hand are best for cheeses and dessert sauces such as chocolate because they maintain a more constant temperature during serving.

Cheese fondues should be kept hot with as low a flame as possible to keep them from becoming tough and stringy. If the fondue does become lumpy, or the fat should begin to separate, return it to a higher heat. Beat briskly with a wire whisk or mix two tablespoons of cornstarch with 1/4 cup wine and stir into fondue. Heat, stirring constantly until the fondue is smooth. If the fondue is too thick, it can be thinned with a small amount of preheated wine.

ALPINE CHEESE FONDUE

1 clove garlic, cut in half
1/2 lb. natural Swiss cheese, shredded
1/2 lb. Gruyere, shredded
3 T. flour
2 c. dry white wine (Neuchatel, Rhine, or Chablis)
1 T. Lemon juice, optional
Dash of pepper
Dash of nutmeg
2 T. kirsh or cognac
1/8 t. salt, or to taste
French Bread or Italian Bread (1 or 2 loaves)

Rub inside of ceramic fondue pot with garlic; discard. Toss cheeses with flour. Pour wine into fondue pot; set over low flame. When small bubbles show on bottom and around edge of pot, stir in lemon juice and handfuls of cheese, stirring constantly after each addition with a wooden spoon until cheese melts. Stir in spices and kirsh or cognac. Serve at once with French or Italian bread cubes cut so that each one has a crust edge. Spear a bread cube with a long handled fondue fork, plunging tines through softened edge of cube to crust. Swirl bread cube in cheese mixture; cool slightly before eating. Yield: about 3 cups fondue, 6 to 8 servings.

BEEF FONDUE or FONDUE BOURGUIGNONNE

3 lb piece boneless beef sirloin or tenderloin
Cooking oil, or half butter and half cooking oil
Trim fat from meat; cut into bite-sized cubes. Refrigerate until 20 minutes before cooking time. Fill metal fondue pot about 1/2 full with oil or oil-butter mixture. Heat oil on stove to 360°F. If butter oil mixture is used, heat slowly until butter bubbles and mixture turns a golden color. Set fondue pot on stand over moderately high direct flame and maintain heat. Each guest spears a cube of beef with a fondue fork; hold it in the hot fat until cooked as desired, 1 to 3 minutes. Remove meat from fork and cool slightly. Serve with one of the meat sauces listed below or one of your own favorites. Yield: About 6 servings. (Figure 1/2 lb. meat per adult serving.)

karen richardson toothpicks

One of the more exotic uses of fondue methods is that of the chocolate dessert fondue found here. Foods to be dipped in this sauce are many and varied. Try some of the following. Cake: chunks of chocolate, angelfood or sponge cake. Fruit: apples, peeled and cut into wedges; Bananas, cut crosswise into small slices; Cantaloupe or honeydew melon, peeled, seeded, drained and cut.

CHOCOLATE FONDUE

2 T honey or light corn syrup
1/2 c. light cream or half and half
1 bar (83/4-9 oz.) milk chocolate broken into small pieces
1/4 cup very finely chopped toasted almonds or pecans, optional
1 t. vanilla
2 T. Cointreau, Optional

Heat honey and cream or half and half in ceramic or metal fondue pot over direct high flame. Lower heat; stir in chocolate pieces. Heat stirring constantly, until chocolate is melted. Stir in nuts, vanilla and cointreau, if used. Let guests spear favorite foods for twirling with fondue fork and swirl in chocolate mixture. Cool slightly and eat. Yield: about 1 1/2 cups.

We are still soliciting recipes for in-the-dorm cookery so please send any ideas my way. Also, we have had several responses to our spaghetti sauce quest but we are still in the market. Send them to: Toothpicks c/o Karen Richardson, Daily Nebraskan, Rm. 34, Nebraska Union.

short stuff

Tryouts for Orchesis, a performing modern dance group, will be held from 7 to 9 p.m. today at the Women's Physical Education Dance Studio, Room 304. All students are eligible. Tryout times are posted at the Women's Physical Education building.

The George Shearing Quintet will present a concert at 8 p.m. tonight in Pershing Auditorium to kick-off the 1974-75 Lincoln Community Concert Assoc. season. Admission is by season pass only. For more information, call 483-1515.

blurbs

Quilts from Nebraska collections are on display at Sheldon Art Gallery through Oct. 13.

Judy Cole, mezzo-soprano will give a faculty recital tonight at 8 p.m. in Kimball Recital Hall.

Jacques D'Amboise and Melissa Hayden will present "Ballet Encounter" Thursday at 8 p.m. in Kimball.

"You're a Good Man, Charlie Brown" will be presented at the Lincoln Community Playhouse, Friday, Saturday and Sunday at 8 p.m.

The film *Anais Nin—Observed* will be shown at Sheldon Art Gallery today and Thursday at 3, 7 and 9 p.m.

1973--74 AUDOBON WILDLIFE FILMS

Outstanding Nature Films Personally Narrated by the Producers

FIVE DISTINCTIVE PROGRAMS

"A NATURALIST AFIELD" with Peter Maslowski

Tuesday, October 1, 1974

A journal of events in the world of nature. More than 60 species of birds, mammals, insects and amphibians are featured. Time-lapse photography of spring blossoms adds special beauty.

"FOOTLOOSE IN NEWFOUNDLAND" with Tom Sterling

Sunday, November 3, 1974

Newfoundland has a life intriguingly its own. Nine hundred year old St. Johns, Gros Morne and Terra Nova National Parks are the focal points.

THE LAND NO ONE WANTED" with Buzz Moss

Monday, December 2, 1974

The 474,000,000 acres of The Land No One Wanted (Once) is being abused, and Moss juxtaposes its varied living beauty and those abuses. He leaves the conclusion to us.

"THE BAHAMAS—TOP TO BOTTOM" with Harry Pederson

Thursday, March 13, 1975

After a tour of the Bahamas, Pederson plunges into the sparkling waters with a story of undersea life including octopuses, lobster, barracuda.

"ANIMAUX SAUVAGES" (wild animals) with Henk Kegel

Tuesday, May 6, 1975

Best educational documentary at 1971 Cannes Film Festival. A brilliant study of some of the wild creatures of Africa.

Presented in Lincoln at
NEBRASKA CENTER FOR CONTINUING EDUCATION
33rd and Holdrege Streets

by

The University of Nebraska-Lincoln Extension Division, State Museum and Nebraska for Continuing Education and the National Audobon Society

EVENING (7:30 p.m.) PERFORMANCES

Season Ticket Prices:
Adults.....\$6.00
Students.....\$4.00
"Over 60".....\$3.75

Single Admission Prices:
Adults.....\$1.50
Students.....\$1.25

Tickets on Sale at:

MILLER & PAINE
Service Docks
Downtown & Gateway

STATE MUSEUM
Morrill Hall
Room 106

NEBRASKA CENTER FOR
CONTINUING EDUCATION
33rd & Holdrege
Tel: 472-2947

EXTENSION DIVISION
511 Nebraska Hall
901 North 17th St.
Tel: 472-2171

sinclair
tba center
tires • batteries • accessories

Lube & Oil Change **\$4.50**
5 quarts of oil limit

sinclair tba center
435-9844 14th & Q 477-9957

Holiday Inns Sun n' Fun
Center

presents something new for
UNL GUYS, GALS, FACULTY
& STAFF

2 fers 4—7 p.m.
Monday thru Friday

Ladies Night
Weds. and Fri. 5 p.m.—closing
Drinks for all Coeds 35¢

Great sounds by Larry Renko
Folk—pop—country

5250 Cornhusker Hwy 464-3171