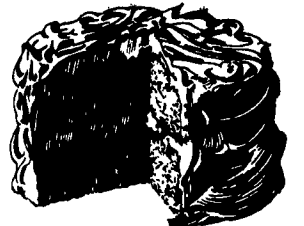


Home On The Range



Fun With Fondue

Fondue cooking is an informal way to serve family and guests a tasty, exciting dinner.

The most popular fondues are dipping raw beef or poultry into hot oil or dipping bread into hot melted cheese.

Dessert is often made by melting chocolate in a fondue pot and dipping in pieces of fruit or pound cake. A dessert fondue is popular as an after-dinner touch or a party attraction. The sauce is easy to prepare to keep warm and smooth.

CHEDDAR FONDUE

2 cans condensed cheddar cheese soup
Dash pepper
1 pound shredded Swiss cheese
1/4 teaspoon garlic salt
4 ounces drained mushroom pieces

French bread, cooked ham or stuffed olives

Put soup in fondue pot and heat until hot, stirring occasionally. Add cheese, 1/4 cup at a time. Stir until melted. Add garlic salt, pepper and mushrooms. Heat for 3 to 4 minutes. Spear cubes of French bread, cooked ham chunks or stuffed olives with fondue forks and dip into fondue. Serves 8 to 10.

Dauphin Co. Dairy Promotion Committee

CHEESE FONDUE

3 cups coarsely shredded Gruyere or Swiss cheese
2 tablespoons all-purpose flour
1 clove garlic, halved
1 1/4 cups dry white wine
1 tablespoon Kirsch or dry sherry

Dash nutmeg
Dash pepper
Cubed French or Italian bread or raw vegetables

Bring shredded Gruyere or Swiss cheese to room temperature. Toss flour with cheese; set aside.

Rub inside of a fondue pot with garlic halves; Discard garlic. Set pot aside.

In a medium saucepan, heat wine over medium heat until small bubbles rise to surface. Just before wine boils, reduce heat to low and stir in cheese mixture, a little at a time, stirring constantly and making sure cheese melts before adding more. Stir until mixture bubbles gently.

Stir in Kirsch or sherry, nutmeg, and pepper. Transfer cheese mixture to the fondue pot; keep mixture bubbling gently over a fondue burner. Serve with bread cubes or raw vegetables. Serves 5.

Betty Bayne Cabot

CHOCOLATE FONDUE

8-ounces semisweet chocolate
14-ounces sweetened condensed milk
1/2 cup whole milk

Fondue dippers such as pound cake squares, strawberries, pineapple chunks or marshmallows.

In heavy saucepan, melt chocolate over low heat. Stir in sweetened condensed milk and whole milk until well combined. Heat thoroughly. Transfer to a fondue pot. If mixture becomes too thick, stir in a little more milk. Spear desired fondue dipper with a fondue fork and dip into fondue. Makes 8 servings.

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TOMATO-CHEESE FONDUE

2 tablespoons butter
1 teaspoon cornstarch
1/2 cup finely chopped onion
1/2 teaspoon salt
3 cups shredded sharp Cheddar cheese

1 can condensed tomato soup, undiluted

1 teaspoon prepared mustard
1/2 teaspoon Worcestershire sauce

Turn on heat to medium; melt the butter or margarine. Add onion and stir until it becomes soft. Stir in salt and cornstarch, then the tomato soup. Heat, stirring frequently. Reduce the flame to low and add mustard, Worcestershire sauce and cheese, stirring until the cheese melts.

Spear bread cubes on fondue forks and dip into fondue, giving a good stir each time.

Dorothea Coverdale Harrington, Del.

CRAB OR LOBSTER FONDUE

1 can condensed cream of shrimp soup
1/2 cup milk
1/2 cup shredded cheddar or American cheese

7 1/2 ounce crab meat or lobster, drained and flaked

1 tablespoon lemon juice
Dash paprika and white pepper

Combine milk with the soup in the fondue pot. Cover and heat over medium heat, stirring frequently. Fold in remaining ingredients, reserving sherry. Heat to serving temperature over low heat. Spear 1-inch cubes of day-old French bread and dip into fondue, giving a good stir each time.

Dorothea Coverdale Harrington, Del.



Spear chunks of French bread to dip in this Cheddar Fondue.

PEPPERMINT FONDUE

1/2 pound thin mints
3 tablespoons cream

Combine mints and cream in fondue pot. Stir and melt over low heat until melted. Keep on low heat while serving. Dip fruit or pastries in the mixture.

Dorothea Coverdale Harrington, Del.

CLASSIC SWISS FONDUE

4 cups shredded Swiss cheese
1/2 cup flour
1 clove garlic, halved
2 cups white grape juice
1/2 teaspoon salt
1/2 teaspoon Worcestershire sauce

Dash nutmeg
Toss together cheese and flour.

Rub the inside of a 3-quart saucepan with garlic, discard garlic. Add grape juice and heat until bubbles rise. Add cheese, 1/2 cup at a time; over medium heat. Stir until cheese melts after each addition. Add salt, Worcestershire sauce and nutmeg. Put into fondue pot; serve with chunks of French bread, fresh vegetables cut into strips or pieces of apple or pear.

Janice Hamilton Blair Co. Dairy Princess

BUTTERSCOTCH ICE CREAM FONDUE

1/2 cup butter
1 1/2 cups brown sugar
1/2 cup light corn syrup
1 tablespoon water
1 cup vanilla ice cream
1 teaspoon vanilla extract

Melt butter in heavy 2-quart saucepan; stir in sugar, corn syrup and water. Bring to a boil. Stir in ice cream; simmer, stirring constantly until mixture reaches (230 degrees). Cool slightly. Add vanilla. Transfer to fondue pot over low heat. Suggested dippers: angel food or pound cake, apples, grapes, pears, Swiss, gouda, and cream cheese. Yield 2 1/2 cups.

PARTY MEATBALLS

1 pound ground beef
1/2 cup milk
1/2 cup bread crumbs
1 tablespoon chopped onion
2 tablespoons butter
1/2 cup sherry
1/2 cup catsup

Combine ground beef, bread crumbs, milk, onion, and 1 teaspoon salt. Shape into small balls. Melt butter in large fry pan and brown balls on all sides. Pour off fat. Mix sherry and catsup and pour over balls. Put in fondue pot and cover and simmer for about 20 minutes.

Barbara Bedard N. Lawrence, NY

CARAMEL FONDUE

14 ounces caramels
1/2 cup light cream
1/2 cup miniature marshmallows

Put cream and caramels into fondue pot, turning heat to low. Stir while caramels melt. Add marshmallows and mix until blended. If fondue becomes too thick, add a little more cream.

May dip in the following: Mandarin oranges, grapefruit wedges, apple slices, banana chunks, pineapple chunks, tangerine sections, grapes, peach slices or pastries.

Dorothea Coverdale Harrington, Del.

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Featured Recipe

Fondue, for the Swiss and French, means gathering around the fondue pot to dip bread, vegetables, and fruit into thick, melted cheese.

The Italian version is Fonduta, a thickened cheese-milk mixture served in individual dishes rather than a special pot. Toasted bread and a vegetable garnish such as sauteed mushrooms are served in the dish.

Swiss and Parmesan are the cheese choices for this Italian Fonduta. Chunky triangles of Italian bread act as dippers. It's a hearty dish with a big calcium bonus.

On a cold or rainy spring night, serve Fonduta with crisp vegetable relishes. Round out the meal with a bowl of fruit and a plate of cookies. Then linger for conversation over a whipped cream and coffee beverage.

Fondue and Fonduta are casual meal ideas, great for Sunday night suppers. Both have their virtues, and both are good ways to add calcium to the diet. Serve them alternately for variety's sake.

FONDUTA

4 cups shredded Swiss cheese
1/2 cup grated Parmesan cheese
1/2 cup flour
1 1/2 teaspoons dry mustard
1/2 teaspoon white pepper
2 cups milk
2 egg yolks
Sauteed mushroom slices
Italian bread toast triangles, buttered

Toss together Swiss cheese, Parmesan cheese, flour, mustard, and pepper. Heat milk to simmering. Add cheese mixture, 1/2 cup at a time, over medium-low heat, stirring until cheese is melted after each addition. Beat egg yolks slightly; add a little of the hot cheese mixture, beating vigorously. Return all to saucepan, stirring constantly. Continue to cook and stir until mixture is thickened and smooth. Ladle immediately into heated soup bowls. Arrange several mushroom slices on top of each Fonduta. Stand 3 toast triangles, point side up, around the inside of each bowl. Serve at once.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements; a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

March 21- Pancakes
28- Budget Stretchers
April 4- Easter Candy Time
11- 'Egg'citing Recipes