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FUN WITH FONDUE: AN AUDIO-VISUAL PRESENTATION
FOR SECONDARY SCHOOL USE

by

KAY DELL NELSON

A professional paper submitted in partial fulfillment
of the requirements for the degree

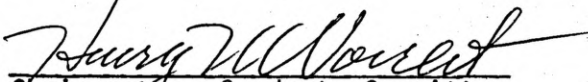
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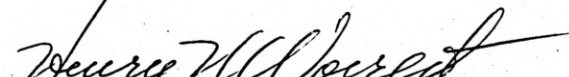
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ABSTRACT

This project has been developed to meet a need as witnessed by the researcher for an audio-visual presentation on the culinary procedure of fondue. The principles of fondue cookery are perceived as an informal method of teaching the origins and procedures of an aspect of ethnic cookery, maintenance and use of appropriate equipment, safety as it pertains to uses of (a) semisolid and liquid fuels, (b) electric fondue cookery, and (c) the use of hot oil. In addition, the film presents the principles of protein cookery and variations of the basic fondue form as they contribute to a unique mode of dining and entertainment. Commercial programs are not available pertaining to the subject of fondue and it was felt that educators might be more apt to find a place in the foods curricula for this cookery technique if its principles were available in a compact kit form.

The program is designed to provide a broad, general background in the area of fondue cookery, being presented through a series of eighty three-five millimeter color slides. A twenty-minute narrative is provided on an audio-cassette tape recording with musical introduction and finale and automatic electronic pulsing to advance the visual sector of the program. A written narrative is also available. Recipes of fondue variations seen in the slide series as well as tips for successful implementation of fondue cookery accompany the written narration.

CHAPTER 1

INTRODUCTION

Fondue, an ethnic cookery form emanating from Switzerland, gained considerable popularity in America during the 1960's. It was widely used as a variation in family menus but gained particular impetus in the realm of home entertaining. Due to the fact that all fondues are served warm, it gained particular acceptance during the winter months in the northern United States providing a unique mode of dining following the many forms of outdoor recreation such as snowshoeing and skiing.

As with any cookery form deemed simple and exploited without prior attention to proper technique and safety precaution, reports have been documented of unsuccessful results, unpalatable products, and, particularly in the case of fondue cookery, severe injuries and burns resulting from explosions and fires caused by improper fueling techniques.

The concerns of the researcher are to acquaint secondary school students with the principles of fondue preparation in order that their experiences with this culinary medium might most closely incorporate optimum standards of preparation, hygiene, and safety, as well as providing them with a variety of fondue alternatives to explore.

STATEMENT OF THE PROBLEM

The problem of this study was to develop an audio-visual introduction to the culinary process of fondue for use in secondary home economics programs.

APPLICATION AND CONTRIBUTION TO EDUCATIONAL PRODUCT

The program Fun with Fondue is intended for use in an abbreviated unit to be integrated in home economics foods curricula in the junior or senior high school program. It could contribute to such units as cheese cookery, protein cookery, entertaining, or foods with a flair. Training focuses upon the history and orientation of fondue, selection, implementation, and maintenance of fondue equipment, fueling alternatives and factors relating to their safe and efficient usage, principles of hygiene as related to preparation and consumption of the product, and exploration into the varieties of fondue available to the novice fondue enthusiast.

The researcher, annually incorporating an abbreviated holiday entertaining unit on fondue in senior home economics foods classes, has sought applicable audio-visual programs to enhance and simplify presentation of the basic principles involved in its preparation. Finding none available on the commercial market, the researcher perceived a need for such material.

If preliminary pilot classroom use verifies educational merit, the instructional program may be marketed commercially, thus making it available to secondary home economics educators displaying an interest in integrating such an audio-visual presentation and unit into their foods curricula.

The following three questions relate to development of the proposed program:

1. With which principles inherent in fondue cookery should secondary students be familiar?
2. In what general format should production progress?
3. How should the audio-visual presentation be organized?
4. What general media technique would most effectively and efficiently convey the learning principles sought by the researcher?

GENERAL PROCEDURE

The audio-visual program developed includes eighty thirty-five millimeter color slides and an audio tape. Development proceeded emulating concerns enumerated in the questions above. The production concerns itself with history, identification, selection, implementation and maintenance of equipment, the principles of hygiene as they relate to preparation and consumption of the product, the aspects of safety as it applies to the use of liquid and semisolid fuels and

electric current, the principles of preparation and cookery, fondue varieties, and fondue traditions and customs.

DELIMITATIONS

First, the audio-visual presentation concerns itself only with the fondue aspect of tabletop cookery, not to include chafing dish, wok, or other related techniques.

Second, the program is directed toward secondary curricula in that the food products considered in the study are heated to temperatures in excess of 375 degrees and volatile fuels are used, creating an open flame with some varieties of pots, causing the nature of the program, in the researcher's judgment, to be unsuitable for students of an elementary grade level unless safety precautions were delineated and strictly adhered to.

SUMMARY

The proposed project was concerned with the development of an audio-visual instructional program for use in secondary home economics foods curricula. The purpose of this program was to provide background experience enabling students to become facile in the basic principles of the preparation of fondue.

CHAPTER 2

REVIEW OF LITERATURE

The literature reviewed for this professional project can be categorized under the following general headings: (a) history of fondue as an ethnic culinary form, (b) equipment implemented in fondue cookery, (c) principles of fondue fueling, and (d) fondue varieties and principles of preparation.

HISTORY OF FONDUE AS AN ETHNIC CULINARY FORM

Fondue is said to have its origins in the country of Switzerland. The circumstances under which it was originally concocted vary considerably dependent upon the individual relating the history; Becker and Wallace (1970:8) state that fondue was first recognized when a Swiss woman dropped a piece of cheese on the hearth, first discovering its capacities for melting, then being struck by the inspiration to dip bread into it in its molten state. Kaufman (1971:2) gives an unknown Swiss farmer credit for "melting cheese in wine as a tasty way to dunk the bread." Better Homes and Gardens Fondue and Tabletop Cooking (1972:5) describes the origin of fondue as born out of "a fervent desire to utilize hardened cheese and bread." Noting that other countries paralleled the Swiss, using communal pots for feasting, Hamm (1970:18) cites the Borgias, notorious for their roles in the Italian Renaissance, for sharing a mutual dining pot with

guests, as an assurance of their friendship--"for who would poison a dish from which he himself was feasting?" Shepherds convening on a Swiss hillside hundreds of years ago are also credited with the invention of fondue, one particularly ingenious fellow deciding to "melt his rations together in a pot over an open fire" ("Tabletop Safety," November, 1972:11). Chinese, Italian, and French were said to employ meats, fish, poultry, and vegetables in the expansion of the fondue idea to include a great variety of foods cooked in hot oil or boiling broth (Hamm, 1970:19). Oriental "hot pots" are described as incorporating principles similar to the Swiss fondue, utilizing vessels of broth or oil heated on charcoal table stoves serving as "communal family receptacles in which pieces of meats and vegetables were cooked in a leisurely manner and served with rice." The broth remaining provided a tasty soup served in cups (Hamm, 1970:18).

As a popular ethnic culinary form of cookery, fondue has been described in a great variety of ways. Grimes (1970:3) calls it a technique "perfect for today's relaxed way of living, easy and convenient, allowing each guest to share in the creation of a delicious meal." Hamm (1970:19) describes it as "a culinary game for young partiers, skiers, and winter sportsmen, vacationers, and for all the young at heart." "Plugged In For Fondue" (April, 1971:98) calls it "an easy and spectacular party dish." Convivial is said to

be the word for cooking with fondue. "The food is the entertainment. Once you get started, there's no end to the fondue combinations!" ("Fondue For Drop-In Friends," January, 1971:49). The word fondue is said to emanate from the French term "fondre" which means "to melt" (Callahan, 1968:1).

EQUIPMENT IMPLEMENTED IN FONDUE COOKERY

The basic fondue unit incorporates: (a) the fondue pot, (b) the stand upon which the pot rests, (c) the burner with flame adjuster which keeps the mixture warm or cooks it, (d) the heat-proof tray which protects the surface under the pot, (e) the cover or lid used to extinguish accidental fires or keep fondue from absorbing odors in the refrigerator (Better Homes and Gardens Fondue and Tabletop Cooking, 1972:6).

Evolving from the "caquelon" or earthenware casserole originally used to make cheese fondue (Kaufman, 1971:11), fondue pots have been expanded in variety to include such materials as ceramics, stainless steel, enameled aluminum, copper, and sterling silver, the first three being the most common. Designed in a bowl-shape, the broad base is designed for optimum heat exposure and the narrow opening incorporated to minimize heat loss and prevent spattering of oil. Heavy gauge metal aiding "even distribution of heat" and non-stick coatings are desirable features to seek when purchasing

a fondue unit (Better Homes and Gardens Fondue and Tabletop Cooking, 1972:6). Fondue forks with elongated shanks and color-coded, heat-insulated handles allow access to the deep pot with ample clearance. Another accessory is the fondue plate, available in a variety of bright colors. To avoid intermingling of foods and sauces, the specialized plate provides separate compartments for each food (Better Homes and Gardens Fondue and Tabletop Cookery, 1972:7).

PRINCIPLES OF FONDUE FUELING

Of considerable importance in fondue procedure is the method of fueling, the means by which the food is either kept warm or completely cooked. There are four general fueling alternatives available to the individual considering the purchase of a fondue unit: (a) liquid fuel, (b) canned heat, (c) candles, (d) the electric element.

Liquid fuel is known also as denatured, methyl, or wood alcohol. It can be purchased at drug or hardware stores and is poisonous indicating it should be stored out of children's reach. If spilled, it can damage wood finishes, indicating precautions should be taken when filling the unit. The burner should be filled only one-half full and never refilled while it is burning or still hot. Burners with a compressed fiber pad can be regulated by opening and closing the damper. To extinguish an alcohol burner, the cover

or snuffer is set in place. Due to fire hazard potential, alcohol burners should always be empty and thoroughly dried before the fondue unit is stored (Better Homes and Gardens Fondue and Tabletop Cookery, 1972:43).

Liquid alcohol has been found to be much more dangerous than the jellied form, because of its hot, clear, almost odorless flame. Accidents often occur when people try to refuel the burner unit with the liquid. Because the flame has an invisible quality, it is often difficult to tell whether the burner needs refueling. If more fuel is added and the flame is not yet out, a blaze can flare up, lash out, and spread to clothing, skin, and fuel can, which will explode ("Tabletop Safety," November, 1972).

Canned heat units incorporate a stand with a holder for the canned heat (solidified alcohol) container. These holders generally employ a movable cover for heat regulation, but the can lid may also be used for this purpose. To extinguish the flame, the cover may be closed, or the can lid simply set in place (Better Homes and Gardens Fondue and Tabletop Cookery, 1972:43). Fuel in solid or jellied state is said to be simpler to use and relatively safe "since it cannot spill and its flame can be more readily extinguished ("Tabletop Safety," November, 1972:11).

"Candle warmers are not designed for cooking but rather are suitable for keeping sauce-type dessert fondues or other foods warm on the dinner or buffet table" (Better Homes and Gardens Fondue and Tabletop Cookery, 1972:43).

The electric pot is not said to be exempt from dangerous accidents but its advantages are described as far outweighing its disadvantages. Because it is electric, it accomplishes its cooking without an open flame, eliminating the need "to go through the dangerous motion of transporting hot cooking oil from the stove to the tabletop. There is no danger of an open flame or backlash from refueling" ("Tabletop Cookery," November, 1972:11). Successful fondue cooking is said to take place "in one pot, in one place, at one time with no worry" ("Tabletop Cookery," November, 1972:11). More optimum cooking results are also inherent in this technique due to the thermostat which controls heat automatically ("Tabletop Cookery," November, 1972:11). The one hazard said to emanate from electric fondue cookery is the dangerous possibility of tripping over the cord. Consequently, some manufacturers have included built-in cord clips to minimize this hazard. Lacking this feature, one could position the table against the wall in proximity with an outlet, tying the cord around a table leg to secure the unit ("Tabletop Safety," November, 1972:42). Lacking fondue equipment, one could utilize an electric skillet (Becker and Wallace, 1970:11), a hot plate (Callahan, 1968:8), or a chafing dish (Grimes, 1970:4).

FONDUE VARIETIES AND PRINCIPLES OF PREPARATION

Fondue may run the gamut of the menu encompassing nearly every course available from appetizer to entree, from vegetable accompaniment to dessert. In design, fondues are more specifically divided into those types in which food merely bubbles or is kept warm over low heat and those in which food is actually cooked completely in broth or hot oil.

The most common fondue is cheese fondue, national dish of its native Switzerland. The ingredients used in authentic versions are most commonly "mature, naturally aged bulk cheeses such as Emmenthaler, a mild Swiss cheese, or Gruyere, a stronger variety" (Hamm, 1970:8). American derivations employ Cheddar with success. The cheese is finely minced, then added by handful to wine which has been brought to a simmer on a surface unit. A wooden spoon is employed to stir the cheese after each addition (Hamm, 1970:8). Authentic Swiss cheese fondue incorporates Kirsch, a cherry brandy, to add a distinctive flavor (Gaines, 1970:2). Heat is kept low to prevent protein coagulation which causes cheese to become stringy. While dining takes place, the mixture should maintain a gentle simmer. If thickening occurs, warm wine may be added to thin the mixture. As a preventive measure, a spoonful of butter may be added to discourage thickening of the cheese. A clove of garlic is split

and rubbed inside the pot to contribute flavor. Bread cubes or cooked potatoes are foods most commonly dipped in the cheese fondue (Hamm, 1970:48). It is recommended that the food being dipped be swirled in a "figure eight motion" to coat it and efficiently stir the fondue at the same time (Gaines, 1970:3). A number of cheese-based variations have found acceptance on the entertainment scene under such titles as tomato fondue, chile con queso or Mexican fondue, Swiss fontina, and Welsh Rabbit fondue. While they all embody a cheese base, flavors and textures are individualized by the addition of auxiliary ingredients of great variety.

Bagna Cauda is an Italian fondue in which raw vegetables and bread cubes are dipped into a hot garlic-anchovy sauce (Hamm, 1970:32).

Japanese tempura involves deep frying batter-dipped shrimp and vegetables in hot oil. The batter is of exceedingly thin consistency and is set in ice to maintain proper dipping viscosity, one set of tongs used for dipping and a second set utilized in frying. After food is coated and quickly fried to a golden-brown, it is drained and served with a variety of condiments (Better Homes and Gardens Fondue and Tabletop Cooking, 1972:79).

Beef fondue, otherwise known as "Fondue Bourguignonne," is said to have originated in the French province of Burgundy by grape harvesters who sought an expedient method of cooking beef chunks.

While beef fondue is extremely popular, its title is, in all truthfulness, quite misleading; it cannot be called a true fondue as nothing is melted (Gaines, 1970:3). In preparing beef fondue, meat is cut into three-fourth inch cubes, one-half pound of filet or top sirloin is the suggested ration for each diner (Kaufman, 1971:19). Guests should be limited to four per pot. Exceeding this number will cool the hot oil too rapidly. To avoid the possibility of spattering, meat should be allowed to come to room temperature before cooking, then dried carefully with a paper towel. One teaspoon of salt added to the cooking oil also helps eliminate this hazard (Better Homes and Gardens Fondue and Tabletop Cooking, 1972:15).

An assortment of other high protein, entree foods which can be cooked in the traditional hot oil or broth include: lobster, crab, shrimp, salmon, lamb, veal, chicken, pork, ham, a variety of meatballs, and fish filets, swordfish being a popular choice due to its firm texture. A great variety of sauces, condiments and dressings abound for garnishing the meat and fish after cooking is completed. After being dipped in sauce, the meat may be rolled in poppy seeds or sesame seeds to provide textural interest. If a distinctive flavor is desired, marinades may be employed in the culinary preliminaries. Meat may be partially frozen prior to preparation to facilitate ease in cutting it into serving portions (Hamm, 1970:62).

Dessert fondue, the variety for which America receives credit, was said to be originated by the owner of a Swiss restaurant in New York City and was described as "a tempting hot chocolate sauce in which cubes of cake were dunked" (Hamm, 1970:19). As others began serving the popular sauce, foods made available for dipping expanded to include such items as nuts, fruits, doughnuts, marshmallows, cookies, and other sweets. Following the dunking, foods covered with the warm sauce might be rolled in chopped nutmeats, grated coconut, crushed peppermint, or shaved chocolate when a sauce other than chocolate was employed. Following the advent of chocolate fondue, successors rapidly followed: butterscotch, caramel, candied fruit, marshmallow, and fruit creams to enumerate but a few ("Fondue Desserts," January, 1973:74). Another interesting dessert variation is inspired by

A traditional Chinese delicacy in which fruits--usually apple or banana slices--are fried, dipped in syrup, and rushed to the table. Diners then use chopsticks to pick up the hot fruit and dip it in ice water to harden the coat. Crisp candy coating shatters in your mouth when you bite into these fruit tidbits. There's a delightful contrast between crunchy glaze and soft, juicy fruit ("Into Ice Water, Then You Bite," August, 1972:122).

Since some fruits darken after cutting when exposed to air, such as apples, bananas, or fresh peaches, it is suggested they be dipped in an ascorbic acid solution or a lemon juice and water mixture which

prevents this malady (Better Homes and Gardens Fondue and Tabletop Cooking, 1972:34). It is suggested that angel or pound cakes for dipping, after being cut into squares, should be allowed to "stand open to the air" or be lightly toasted to harden them slightly, preventing their slipping off the fork or crumbling in the thick dessert sauces (Becker and Wallace, 1970:56). Dessert fondue sets are most likely to include a small ceramic pot equipped with a candle warmer. The object is to keep the fondue sauce over low heat so as to maintain a temperature pleasantly warm but "not hot enough to burn the mouth" (Better Homes and Gardens Fondue and Tabletop Cooking, 1972:34).

A final dessert idea of interest for its unique style recruits quick bread cookery techniques. In Apple Fritter Fondue, each guest dips fresh fruit into a prepared batter, then fries the morsel until the coating is golden brown, finally dipping it in a cinnamon-sugar mixture ("Fondue Desserts," January, 1973:74).

Whichever dessert form is implemented, it is said that "the hot bon-bon pleasure of the dessert fondue pot surpasses the most exotic candy maker's skill" (Hamm, 1970:120).

SUMMARY

The literature reviewed indicates the continual evolution of fondue as an original ethnic culinary form to include myriad varieties

spanning the menu from appetizer to dessert. Equipment and fueling techniques are seen to vary widely dependent upon the nature of the product being considered. Safety precautions, inherent necessities in the realm of kitchen cookery, are viewed as being equally significant in a culinary technique exposed to such hazards as hot oil, volatile fuels, and an open flame.

Variety and festivity seem to parallel in a recurrent theme which embodies a cookery process unique in fostering guest participation and innovative thinking in its design.

CHAPTER 3

PROCEDURES AND FINAL PROJECT FORMAT

INTRODUCTION

The audio-visual program developed by the researcher consists of three component parts. Of major significance are the thirty-five millimeter color slides facilitating the visual aspect of the program. They illustrate the content of the program either by photographs of: (a) hand-rendered illustrations, (b) three-dimensional demonstrative displays, or (c) human interest participatory activity. The accompanying audio tape identifies concepts illustrated by the slides. A written script, identical to the taped commentary, may be utilized in the absence of a cassette tape player or may serve as a guide for advancing slides if an automatic electronic pulsing unit is not available for this purpose. The printed script may also be used to direct clarification or review following presentation of the program. This chapter will contain an explanation of the general procedure followed in developing the program and the methods by which each of the component parts were produced. The mechanical arrangements of the program in addition to its applicability are also outlined.

GENERAL PRODUCTION PROCEDURE

In initiating production of the program, a narrative outline or story board was developed by means of eighty three-by-five inch cards, each card divided in half vertically, one half containing the proposed narration, the other half containing a sketch illustrating the concept being discussed. The cards were punched and held together by means of a metal ring, allowing the length or arrangement of the program to be amended at will. The number of slides were limited to eighty for most efficient utilization of the standard slide tray.

Following generation and approval of the story board, lists were made enumerating and describing illustrations necessitated to convey the substance of each individual narration. Photography was concerned with recording a combination of hand-rendered illustrations, three-dimensional displays, and human interest participatory events. Following completion of lists, work was initiated on illustrations which would portray concepts presented in the narrative that did not lend themselves to live rendition. Media employed in the production of illustrations was oil pastel crayon and construction paper. Detail work was accomplished by means of a fine-line nylon tip pen.

SLIDES

When illustrations were completed, they were sprayed with an acrylic fixative to prevent color transfer, then they were photographed with a Nikkormat FTN thirty-five millimeter camera mounted on a copy stand. Two tungsten photographic flood lights illuminated the work area. Kodak Ektachrome Tungsten Indoor Film, ASA 160, was employed in the photographic process. Prior to each exposure, meter readings were taken from a neutral gray background card to assure consistent optimum exposure. Shutter speed was set at 1/125 of a second and aperture was varied to coincide with indicated meter reading. Slides were developed by Foxco through the Montana State University Photographic Services.

Set-up photography was accomplished using available light in the researcher's dormitory room, utilizing Ektachrome 64 film. In order to present an uncluttered background, gingham was suspended from a bulletin board, extending down onto the desk below it. Equipment and food items were arranged in this setting and photographed, the camera steadied by a tripod and delayed shutter release. An automatic metering system within the camera facilitated proper exposure. Since light readings continually varied due to the inconsistencies of natural light, meter readings emanating from the internal camera meter were continuously monitored using a hand-held

Sekonic meter with high-low light level capabilities. To assure gaining at least one slide of each set-up optimally exposed, bracketing was practiced: following meter reading, f-stops were adjusted so that the first exposure duplicated exact metering, the second one-half f-stop over and the third one-half f-stop under optimal readings. During editing, some photography was repeated to improve exposure, composition, or framing.

Photographs of fondue participants were taken at night with the aid of a Vivitar Auto Thyristor 292 automatic electronic flash unit, bracket-mounted to the camera. Care was taken to arrange participants in a semi-circular fashion in order to eliminate areas of overexposure in the foreground caused when some subjects are closer to the light source than others. Optimum depth-of-field also was secured by this type of arrangement. Lacking automatic strobe capabilities, one could utilize the recommended guide number for electronic flash as determined by film speed and power output of the flash implemented. This guide number should be divided by the number of feet the flash is placed away from the subject and the answer resulting will dictate the recommended f-stop for the exposure.

WRITTEN SCRIPT

The written script is comprised of eighty segments to coordinate with the corresponding slides. A genuine attempt was made

to maintain a relatively similar duration for each segment of the narrative in order to sustain audience interest and promote program continuity. The written narrative may be used in a variety of capacities; it may be read by the instructor in the absence of suitable audio equipment, or, in the absence of equipment which interprets automatic electronic pulsing, it may be followed by the instructor as a guide indicating when slides are to be advanced. The script may also serve as a source of clarification or review following presentation of the program.

AUDIO TAPE

The first step in audio production was to record the narrative by means of a floor-standing microphone and a reel-to-reel tape recorder. Voice recording was done at seven and one-half inches per second by the researcher on channel one of the recording tape. Swiss music was selected as an appropriate means of conveying the theme. The recording chosen was *Der Weg Zum Herzen* by Fiesta Record Company, 1619 Broadway, New York, New York. Splicing and editing proceeded until segments of appropriate length were produced for both introduction and finale. These segments were then timed and introduced onto channel two of the recording tape, the introduction beginning six seconds prior to the narrative and extending through eighteen frames. The finale accompanied two frames of narrative, and extended

fifteen seconds beyond the last frame. Reel-to-reel recording having been completed with voice and sound track intact on channels one and two respectively, the recording was then conveyed to a cassette tape, music dynamics being facilitated by a mixer. Following the introductory six seconds of music, volume was diminished to a point approximating supportive background music. At the end of eighteen frames, marking the termination of the historical segment of the film, music was gradually diminished to an eventual fade-out. Straight narrative then proceeded until the final two frames at which point music was gradually reintroduced, volume being slowly increased through the last two frames. Narrative being completed, volume was gradually increased to maximum for the fifteen seconds remaining, providing a decisive ending for the program. Both channels were then recorded at zero volume input to assure a clean, quiet, end-leader. Following mixing, the tape was pulsed electronically by the researcher using a Wollensak 3M Guardian AV Cassette System and a Kodak Carousel projector, impulses being placed on channel three of the tape at points in the narrative where slides are to advance.

USES

This program is intended for use in secondary school home economics programs to provide instructors and students with an introduction to the principles of fondue cookery. The program could be

used in a typical classroom setting or would also lend itself to implementation in a curricula incorporating individualized instruction. Following presentation, small groups of students might present a demonstrative unit on fondue cookery or a class in its entirety may stage a fondue laboratory, each unit preparing a different aspect of fondue, culminating in a mutual sharing by the class of the varied food products, recipes and information being supplied to students and guests.

Home economics-related organizations such as 4-H groups, extension groups, and home demonstration clubs might also find this program useful.

AVAILABILITY OF PROJECT MATERIALS

All project materials--slides, tapes, written script, and recipes--are available through Dr. Henry Worrest, Department of Secondary Education and Foundations, Montana State University, Bozeman, Montana 59717.

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APPENDICES

APPENDIX A

FUN WITH FONDUE

SCRIPT

1. Today, we're going to talk about delicious food! Fun entertainment! A good time with friends!--We're going to talk about fondue!
2. Our story begins long, long ago in a tiny hut nestled high in the Swiss Alps. The warmth of late autumn began to fade as snow frosted the higher peaks.
3. It was day's end and winter tightened its icy grip on the little log house as Marianne returned home from the alm where each day she tended her herd of goats.
4. Hurrying into the little cabin, she quickly laid a fire in the great stone fireplace to take the chill from the tiny, bare room.
5. Life in the Swiss Alps was simple in that time. While Marianne tended their goatherd on the mountainsides near the hut, her husband, Hansel, worked as a clockmaker in the little village below.
6. From the goats would come the precious milk to be made into cheese, a nutritious mainstay through the cold months ahead.
7. During the summer months, Marianne would take the flour Hans brought from the mill in the village below and bake many, many loaves of bread which, with cheese and wine, would provide meals for the winter ahead.
8. The bread, grown dry in storage and the cheese, hardened by the chill winter air, often had to be cut with an axe to divide it into serving portions!
9. As the crackling fire warmed the hut, Marianne chipped bits of the cheese for the evening meal.
10. Suddenly, the hardened curd yielded to the axe and, to Marianne's dismay, a piece flipped into the air, landing on the hearth near the blazing fire.

11. Fearing the precious cheese would be wasted, Marianne quickly seized a piece of bread she had cut and scooped up the cheese, now melted by the leaping flames!
12. She popped the gooey morsel into her mouth and a look of amazement crossed her face! The effect was delightful!--The taste delicious! The melted cheese had softened the coarse bread, adding a flavor quite unique!
13. Smiling with the pleasure of her discovery, Marianne warmed the remainder of the cheese she had cut in a kettle over the fire, adding a bit of wine to thin it!
14. Darkness fell quickly at day's end as Hans trudged up the mountain path. Looking up, he was pleased to see Marianne smiling from the open door.
15. His appetite quickened at the tantalizing smell of food. He quickly washed up and was soon seated at the rough oak table. Marianne placed the bubbling pot of cheese and a plate of bread before him.
16. He carefully surveyed the new dish, then dipped and tasted while Marianne eagerly awaited his response! After one bite, he pronounced the combination magnificent and proclaimed that it should be called
17. Fondue!--from the French word "fondre" which, when translated, means "to melt"!
18. From those humble beginnings, fondue has grown to become a favorite American pastime! Capturing the spotlight in courses from appetizer to entree--snack to dessert, it is a food limited only by the imagination of the chef!
19. Before we explore the tasty possibilities, let us examine the hardware which makes this dining experience the pleasurable, companionable eating game it has become!
20. Occupying center stage is the fondue pot. It is bowl-shaped with a heat-proof handle for carrying. The wide base of the pot allows a large surface area to be exposed to the heat source. The smaller opening helps prevent heat loss and spattering.

21. The pot is supported by a metal stand which, in addition to holding the pot, holds the burner, the heat source which keeps the mixture warm or cooks it.
22. Beneath the burner rests a heat-proof tray which protects the surface under the unit. The cover is used to extinguish accidental fires or keep the fondue from absorbing odors during storage in the refrigerator.
23. The fondue cooker itself is made of a variety of materials. Enameled metal pots are versatile and colorful and will withstand high temperatures. Stainless steel cookers are attractive and durable, adding a touch of elegance to the fondue setting. The ceramic pot would crack under high temperatures and is generally considered the choice for the low heat required for keeping dessert fondues warm.
24. Whichever cooker you choose, you should be sure to select one with a sturdy stand which will not upset easily. Heavy gauge metal in a pot also helps distribute heat evenly to prevent scorching of your fondue!
25. An important aspect of your fondue cooker is how it is fueled. There are four basic techniques which either cook the food or simply keep it warm.
26. Some pots incorporate alcohol burners which feature a pad of compressed fiberglas. The fuel used to fire this type of pot is denatured or methyl alcohol, also called wood alcohol.
27. The flame is controlled by opening or closing the damper, damper open for the high heat required for some hot oil fondues, or closed for fondues you merely want to gently bubble.
28. Before beginning, it is important to know some valuable precautions necessary for your safety when using liquid fuels. It is far better to be safe than sorry!
29. Denatured alcohol is poisonous and should be kept out of the reach of small children. If spilled, it can seriously damage fine wood surfaces! Keep these tips in mind!
30. Another important precaution is, when preparing to fondue using liquid fuel, be sure to only fill the burner one-half full!

31. And, most important!--Never refill a burner while it is burning or even while it is still hot! To do so could ignite the fuel coming from the container, drawing the flames back into it, causing a serious fire or explosion.
32. Tragic and very painful injuries have resulted from just such carelessness.
33. Always empty and thoroughly dry the alcohol burner before storing your fondue pot. Flammable fuel always presents a fire hazard.
34. Another type of fuel used in tabletop cookery is canned heat. It is simply solidified alcohol in the form of a deep pink gel. Its steady, dependable flame is especially good for the higher heat used in hot oil fondues.
35. Canned heat is generally considered to be safer than the liquid fuel since it is not subject to spillage or exploding. The flame is controlled by moving the cover on the stand or placing the lid of the can partially over the flame.
36. A container of canned heat can be expected to keep a fondue pot bubbling for a full hour of enjoyment!
37. Candles provide a heat source that is steady and low--not suitable for cooking, but perfect for keeping dessert fondues pleasantly warm without scorching them.
38. A special tip on the care of your fondue pot! Advice from campers suggests--to avoid carbon stains on the bottom of the vessel from the open flame, you may apply a thin coating of liquid detergent to it before lighting the flame and then clean-up's a breeze!
39. The most recent innovation in fondue fueling is the electric element. Some say the classic fondue loses some of its enchantment without the open flame, but, on the other hand, there are many advantages to this fuel method.
40. Most electric pots have two or more thermostatically controlled settings for keeping food at exactly the right temperature without scorching, burning, or smoking. Non-stick, easy-to-clean coatings are often an added bonus with this type of pot.

41. For safety's sake, the table you will fondue on can be placed against a wall with the electric cord to the back to prevent accidentally dragging the pot off the table. Another trick is to wrap the cord around a table leg for stability.
42. An important accessory to convenient fonduing is the special fondue fork. Its long metal shaft allows you to reach into the deep pot with plenty of clearance. Two to three sharp tines hold the food to be dipped or cooked. The heat resistant handle is color-keyed to help the diner identify his fork throughout the meal.
43. We pause here to make an important point in fondue etiquette! Each guest is always given a dinner fork with which to eat his fondue! Food is never eaten off the fondue fork that is used for cooking or dipping. To do so could spread bacteria, causing spoilage of the fondue or illness from contagious diseases. Be sure your guests know these ground rules before beginning!
44. Another reason to use a table fork for eating is popping a fork into one's mouth which has been heated to 350 degrees in hot oil is sure to inflict painful burns to lips and mouth, guaranteed to put your "kisser out of commission" for at least a week! Don't spoil your fondue fun this way!
45. Another handy fondue accessory is the fondue plate--divided into sections to hold a variety of foods and sauces without allowing them to intermingle. They come in a variety of colors to brighten the fondue feast!
46. Now that you are familiar with fondue equipment, let's explore the exciting world of fondue--cooking, and eating!
47. Of course, the classic fondue, national dish of its native Switzerland, is cheese fondue! Shredded cheese, usually Emmentaler, a mild Swiss cheese, or Gruyere or Cheddar is used in the authentic versions.
48. The cheese is shredded or slivered--not grated. Grating causes lumps in the final product. After shredding, it is dredged in flour or cornstarch and added to white wine which has been brought to simmer, the heating done on the range top. The alcohol content quickly evaporates and the wine keeps the cheese mixture of good dipping consistency. Lemon juice or carbonated

beverage may serve the same purpose if you prefer not to use wine.

49. Heat must be kept low under cheese fondue. High heat causes foods rich in protein such as cheese, meat, and eggs to become tough and stringy.
50. If the cheese mixture becomes too thick for dipping, warm wine or hot milk may be added to thin it to satisfactory dipping consistency once again!
51. A garlic clove, cut in half, is rubbed inside the pot to enhance the flavor of the cheese mixture. A spoonful of butter stirred in helps prevent thickening.
52. French bread should be cut into bite-size squares with a crust on one side of each square to hold it on the fork. The bread may be lightly oven-toasted if you desire. Bread cubes are pierced on the crusty side with the fork, and then swirled in a figure eight which succeeds in coating it well and stirs the fondue also!
53. In addition to bread, other "dunkables" could include crackers, cooked ham cubes, weiner pennies, celery chunks, raw cauliflower buds, the list is endless! Just smile and say cheese!
54. Tomato fondue is a delicious cheese variation with just a hint of onion for flavor! Guests find this fondue irresistible, returning to it again and again!
55. South-of-the-border fondue fans enjoy spicy, hot Chile Con Queso--"chiles with cheese," served with crisp corn chips for delectable dipping! This is one that just can't miss! Your friends will love it and so will you!
56. A favorite with the hearty eaters in the crowd is beef fondue, or as its originators, the French say, "Fondue Bourguignonne," named for its beginnings in the French province of Burgundy. It is not a true fondue as nothing is melted, but rather it's a quick, tasty way to cook tender chunks of beef, just the way you like them!

57. Each guest gets to cook his own meat to the desired doneness, and then select the appropriate sauce in which to dip it; a meat dish tailor-made to each individual taste!
58. Meat may be prepared early in the day and refrigerated 'til it's time to use it. Don't salt the meat as this breaks down the fat and toughens tissues, drawing out the juices. It should be cut into bite-size cubes three-fourths to one inch in size. To make cutting easier, you can slightly freeze the meat.
59. For the protection of your guests, the meat should be dried carefully with paper towels before cooking to prevent the oil from spattering while cooking takes place.
60. The oil said to be ideal for fondue cookery is peanut oil due to its delicate flavor and high smoking temperature. If you'd like, one-fourth pound of butter may be added for richer flavor.
61. The oil is heated to a temperature of 350 to 375 degrees atop the range. Be sure to use a deep fat thermometer to prevent overheating, and watch it carefully! After heating, the fondue pot is transferred very carefully to its stand. Be sure to hold the pot securely by its handle as well as supporting it from underneath with the aid of a hot pad!
62. In order to keep the oil hot while cooking at the table, no more than four guests should share the pot, please! Meat is cooked to desired doneness, then transferred to a table fork for eating.
63. Before tasting, the meat can be dipped into a variety of flavorful sauces, then, for added texture, into poppy or sesame seeds.
64. If you'd like to add a distinctive flavor to the meat, it can be soaked beforehand in a savory marinade. You may prepare your own from scratch or buy one of the popular commercially made mixes. Again! Be sure to dry the meat well before cooking to prevent spattering!
65. In addition to beef fondues, you may want to try your hand at hot oil fondues featuring chicken! swordfish! shrimp!

66. Orientals often prefer cooking meat, vegetables and seafood in broth rather than oil. The food is then served with rice and the tasty broth which was used for the cooking served as soup!
67. Have you ever heard of Bagna Cauda? Sounds exotic, doesn't it? Well, Bagna Cauda is a special hors d'oeuvre or appetizer fondue in which crisp vegetables and crusty bread cubes are dipped into a special hot sauce! Entire parties center around this fondue!
68. Another delightful hot oil fondue is the tempura, contributed by the Japanese! Fresh vegetables and shrimp are dipped into a light batter, then fried to crisp delicacy in hot oil. Mustard sauce or gingerroot add the finishing touches.
69. Your guests will enjoy an Oriental fondue all the more if you create an authentic setting at a low table with plenty of soft floor pillows, plants, and, if you like, Oriental music!
70. And now! It's time for dessert!--and the fondue for which America receives credit! Sweet, warm, flavorful sauces into which all kinds of tasty morsels are dipped and then enjoyed!
71. The first fondue to make the dessert scene was chocolate fondue, originated by the owner of a Swiss restaurant in New York City.
72. The special dessert, which rapidly gained in popularity, was described as "a tempting hot chocolate sauce into which cubes of cake were dunked." As the fondue gained in popularity, "dunkables" were expanded to include fruits, nuts, marshmallows, donuts, and cookies.
73. After the "dunking," the sweet bits were rolled in a variety of garnishes: chopped nuts, grated coconut, shaved chocolate, crushed peppermint! Delicious!
74. Following the success of chocolate fondue, other sweet dessert fondues quickly gained in popularity! Butterscotch! Caramel! Fruit! Peppermint!
75. With a food as enjoyable as fondue, traditions and customs are bound to take root! They add life to a party and make eating an adventure!

76. Tradition states that, once the fondue has begun, caution must be taken not to drop one's food into the liquid!
77. By custom, when a man loses his piece of bread, he must pay for the meal!--or lose a turn at the pot!--or sing a song for the rest of the guests! If a lady drops her food in the fondue sauce, she must forfeit with a kiss!--either for her male companion--or each gentleman at the table!
78. Traditionally, fondue is a "do-it-yourself" eating occasion said to be well-suited to the American style of informality! The food is the entertainment with guests being recruited to share in the creation of a delicious meal!
79. Are you ready? It's time to fondue! Whether it's a party treat, a family event, or after ski fare! Begin your fondue adventure soon! For eating enjoyment with a different twist! "Come on in! The fondue is fine!"
80. End slide and music.

APPENDIX B

FUN WITH FONDUE RECIPES

Classic Cheese Fondue

Combine 12 ounces natural Swiss cheese, shredded (3 cups), and 4 ounces natural or processed Gruyere cheese, shredded (1 cup) with 1½ teaspoons cornstarch. Rub inside of heavy saucepan with 1 clove garlic, halved; discard garlic. Pour in 1 c. sauterne and 1 tablespoon lemon juice. Warm till air bubbles rise and cover surface. (Do not cover or allow to boil.) Remember to stir vigorously and constantly from now on. Add a handful of cheeses, keeping heat medium (but do not boil). When melted, toss in another handful. After cheese is blended and bubbling and while still stirring, add dash ground nutmeg and dash pepper. Quickly transfer to fondue pot; keep warm over fondue burner. (If fondue becomes too thick, add a little warmed sauterne.) Spear bread cube with fondue fork piercing crust last. Dip bread into fondue and swirl to coat bread. The swirling is important to keep fondue in motion. Makes 4 to 6 servings. Suggested dippers: French bread, hard rolls, Italian bread, boiled potatoes, crackers, weiner pennies, ham cubes. Optional: 3 tbsp. Kirsch may be added, if desired.

Tomato Fondue

Combine: 1 envelope Lipton Onion Soup Mix, 2 c. tomato juice, 4 tsp. lemon juice in saucepan. Heat slowly. As juice simmers, add small portions of one pound American cheese, shredded (4 cups) until all is added. Keep stirring until cheese melts. Keep warm in fondue pot, chafing dish, or heated casserole. Dunkables: French bread, crackers, pretzels, tiny bread sticks, potato chips, weiner pennies, ham cubes.

Chile Con Queso (Mexican Fondue)

1 four ounce can diced green chiles, 1 pound pasteurized processed American cheese, cubed, 1 one pound can whole tomatoes, drained, then finely chopped, 1 tbsp. dried, minced onion, corn chips. Heat all ingredients, except corn chips, together in chafing dish or fondue pot over low heat until cheese is melted. Serve with corn chips.

Fondue Bourguignonne (Beef Fondue)

Cut two pounds lean beef, preferably choice sirloin, into bite-size cubes 3/4 inch to 1 inch in size. Do not salt meat as this toughens it, breaks down the fat, and draws out the juices, toughening it. Remove meat from refrigerator 30 minutes before cooking allowing it to reach room temperature before the fondue begins. Dry it carefully with a paper towel to avoid spattering of oil caused by excess moisture. Heat peanut oil on rangetop in the fondue pot until nearly smoking (approximately 350 degrees to 375 degrees). Add one stick of butter and cover the pot until the sizzling subsides. Butter lends additional flavor to the meat. Add 1 teaspoon salt to the oil to help prevent spattering. Place the fondue pot over canned heat or alcohol flame to keep the oil hot while the guests spear their chunks of beef with long fondue forks and dunk them in the oil for cooking. Leave beef in the oil 1/2 minute for rare, 1 minute for medium, and 2 minutes for well done. When the meat is cooked, remove from the fondue fork onto the dinner plate and start another chunk cooking. Use a dinner fork to dip the cooked meat in sauce and eat it. For additional texture, meat may then be dipped in poppy or sesame seeds. Limit guests four to a pot.

Chocolate Fondue

5-3 3/4 oz. bars milk chocolate, 1 c. whipping cream, 1 tbsp. or so of wine or brandy. (optional)
Break chocolate into small pieces in a small saucepan, fondue pot, or chafing dish. Place over low heat, and add cream. Stir constantly until mixture is melted and warm and smooth. Stir in wine or brandy. Regulate heat so it is low on pot. Dilute with cream if mixture gets too thick. Dippers might include: miniature marshmallows, apple wedges, pound cake or angel food cake, which has been toasted or allowed to dry slightly, pineapple chunks, banana chunks, mandarin orange sections, vanilla wafers, fresh or whole frozen strawberries, maraschino cherries, graham crackers, doughnut sections, seedless grapes.

*Note: In order to keep such fruits as apples, bananas, or fresh peaches from discoloring upon exposure to the air, soak them slightly in an ascorbic acid-water mixture, or brush them with lemon juice.

Caramel Fondue

1 package Kraft caramels, $\frac{1}{2}$ -1 c. whipping cream, 1 tbsp. or so wine, optional.

Unwrap caramels and combine with cream and wine. Melt slowly to avoid scorching. Butter inside of pot to avoid sticking. Adjust heat to lowest flame. Dunkables identical to those used with chocolate fondue may be employed.

Butterscotch Fondue

$\frac{1}{4}$ c butter, 2 c. light cream, 1 c. dark brown sugar, $1\frac{1}{2}$ tbsp. cornstarch, 3 tbsp. light rum.

Heat butter, cream, and brown sugar. Stir until melted and bubbly. Mix cornstarch and rum together; pour into cream mixture, stirring constantly. Reduce heat and continue cooking, stirring constantly until mixture thickens. Pour into fondue pot and maintain low heat.