

# The Rutli Ladies Club

Objektyp: **Group**

Zeitschrift: **The Swiss observer : the journal of the Federation of Swiss Societies in the UK**

Band (Jahr): - **(1946)**

Heft 1057

PDF erstellt am: **22.07.2024**

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## FONDUE.

*Many of our readers have occasionally asked us for a recipe of one of our national dishes, here it is, and we hope that the ingredients will be forthcoming and that the "Neuchâtel" will arrive in time.*

"Fondue, originated in Switzerland. It is simply scrambled eggs and cheese combined in certain proportions which time and experience have disclosed."

This is a quotation from the great Brillat-Savarin's *Physiologie du goût*. And he goes on to give the recipe found in the papers of Mr. Trollet, Bailiff of Mondon in the Canton of Berne.

In actual fact, the real name of the little town of Mondon is Moudon; it is situated in the Canton of Vaud, and fondue is not made with eggs. The remainder of the statement is correct!

To prepare a fondue you need a "caquelon", which is a shallow, glazed earthenware pot with a handle. Rub the inside thoroughly with a clove of garlic and place therein 7 ounces of good-quality cheese for each guest. For lusty appetites 8 or 9 ounces might not be too much. The cheese must first be diced, not grated. Needless to say, it is of the utmost importance to choose the right kind of cheese, and this involves a knowledge only acquired through experience. What you need is a good, rich Gruyere or a Jura, and you can add a quarter of Emmenthal to make it less strong if any of your guests are squeamish.

For each ration of 7 ounces, add a small Bordeaux glass of white wine. What kind of wine?... That is another delicate point, for this connubium of wine and cheese is a matter which involves touchy local patriotism. The natives of Neuchâtel will tell you that nothing could replace their wine; but at Geneva and in the Canton of Vaud you will hear the same story. All I can say is that the wine must be dry and genuine, and have a somewhat persistent bouquet.

For each ration of 7 ounces you must also take as much white flour as will cover the tip of a knife and stir it thoroughly into a liqueur-glass of kirsch. Also a tiny pinch of bicarbonate of soda.

Heat the pot over a moderate flame and start beating the mixture at once. Do not stir with a circular motion, for this would result in a horrid, indigestible, rubbery ball; and what we want is a rich smooth cream. Beat diagonally with a wooden fork to make all the particles amalgamate perfectly. Beat without stopping, and remove the pot from the fire when the molten mixture starts to bubble. Pour in the kirsch with one hand, while still beating with the other; then mix in the pinch of bicarbonate to make your fondue lighter.

The phase of operations just described can be carried out in the kitchen, on the gas range. At this point your work is done. All that remains is to sprinkle the surface of the fondue generously with pepper and place this gastronomic masterpiece on the table, a small table with an adjustable spirit dish-warmer in the centre. The table may be laid for two or three; four is the perfect number. For six persons it is better to make two fondues. In front of each one there is a plate with a sufficient ration of bread broken into small pieces — not cut, for the pieces would not be so absorbent. Grasp your fork in your right hand and spear a bit of bread; dip it in the smoking-hot cream and move it around until it is covered with a

thick coating; then convey it religiously to your lips. What a succulent morsel!

Each guest dips in turn. No other dish in the world is more sociable, one might even say fraternal. One should partake of it among pals. It would not be right to prevent the ladies from enjoying it, but the fondue does not inspire gallantry. Nor does it require you to get all dressed up; a dinner jacket would be absurd, and you can even address it in your shirt-sleeves.

Fondue is a meal in itself. It may be followed by a slice of ham or sausage, an apple and a cup of good, hot coffee. Real connoisseurs and strict traditionalists do not drink wine with fondue, for they know that this might give them indigestion; they rightly advocate a glass of kirsch at half time. But they are not averse to drinking before — to get an appetite — and after — to slake their thirst — and also for the pleasure of drinking each other's health according to the local custom.

It is incredible that there are tourists who visit Western Switzerland and leave without tasting fondue. They would even go to Athens and not see the Parthenon!

## THE RUTLI LADIES CLUB.

The Rutli Ladies Club held their 3rd Annual Dance at the Seymour Hall, Bryanston Square, on Thursday the 21st Nov. It was a very happy and successful evening, the flags and bright costumes gave the whole atmosphere a spirit of gaiety.

The Swiss Choir, conducted by Mr. Dick, rendered many beautiful songs so typical to our lovely homeland.

Mr. Gandon, with his accordion group, brought back memories of little inns on mountain sides on Sunday afternoons.

The Chorale Ticinese was in full spirit and helped to complete our evening with their characteristic songs of the Tessin.

Another dance is to be held on the 14th February, 1947, when we hope to have the company of the whole Swiss Colony, so keep the date free.

H. W.

## Xmas Greetings

Following former years' practice we propose to publish again in our December issue a collective greeting.

The scarcity of paper and the costs of Xmas cards, should induce many of our subscribers to make use of this facility to extend to their friends the compliments of the season.

Those of our readers and friends wishing to be included should forward name and address to our office not later than Thursday, December 12th, 1946, together with remittance for 6/-.