

A week of Asian dance



A Full Recital of Bharatanatyam and Odissi with Menaka Thakkar (above) will be presented tonight at 8 p.m. in Burton Auditorium. This performance brings to a close a week of presentations on Classical Dances of India co-sponsored by the Faculty of Fine Arts and Stong College.

The series opened Monday evening at 7 with a presentation - *The Dance* - in which Menaka demonstrated and explained the steps and "mudras" or gestures and their significance to the narratives unfolded in the dance. The following afternoon at 4, Menaka gave an informal performance demonstration in Stong College's Junior Common Room.

Last night a demonstration of music for the dance was presented by the five musicians who perform

with Menaka: Kelucharan Mohapatra, who plays the pakhawaj (two-headed drum); T.K. Ramakrishnan, mrdangam (two-headed drum); K. Sanjeevi, flute; Meera Seshadri, tanpura (long-necked lute); and Nana Kasar, nattuvangam (recitation, of percussion syllables). These musicians, who will provide traditional vocal and instrumental accompaniment tonight, are all recognized in India as artists and choreographers in their own right.

Tonight's performance will begin at 8 p.m. Admission is \$2.00, with a special student price of \$1.00.



1977 Israeli Chassidic Festival

Presented by Jewish Student Federation & Canadian Zionist Federation

Saturday, October 29 8:30 P.M. BETH TZEDEC 1700 Bathurst St.

TICKETS: \$9, \$7 & \$5

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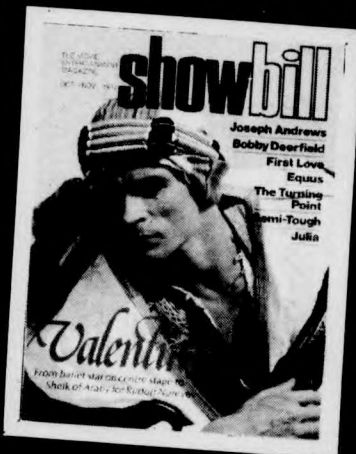
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ALLOW 4 TO 8 WEEKS FOR SUBSCRIPTION TO START

Student dining: health without wealth



This week's delight is the last in a short series of Chinese recipes and is for the fish lovers at York. This recipe calls for steaming the fish and the results are tender and delicious, with a minimum amount of effort and time required.

1. Have your fish cleaned and scaled, but left whole. You may also use frozen fish fillets. Rinse the fish in cold water and dry with a paper towel. Then rub it lightly with salt, inside and out. Place the fish in a shallow, heat proof dish, and if you don't have a regular steamer you can improvise one by using a large pan with some sort of platform in the bottom. An old pie plate with holes cut in it will do nicely. Place your cooking dish in the pot on the platform and add a little water in the bottom and bring it to a boil.

2. Before you begin cooking, perhaps while your water is coming to a boil, prepare the following topping. Combine 1 tbsp. sherry; 2 tbsp. soy sauce; 1/2 tsp. sugar. 1/2 tsp. salt; 1 tsp. vegetable oil; 2 slices of fresh ginger root, shredded; and 1 or 2 scallions cut into 1/2-inch sections.

Spread this over the fish and place over the boiling water and cover to steam. If your fish is 2 1/2 lb. it will take roughly 30 minutes, 20 minutes for 1 1/2 lbs., 15 minutes for a 3-4 inch fishy steak, and only 7 to 10 minutes for a thinly sliced or flat fish.

Garnish the fish with more shredded scallions and Chinese parsley, if you have some. Be careful not to overcook your fish as it will become tough and stringy.

Serve this immediately with rice or noodles or with stir-fried vegetables (see 2 issues ago). To vary this recipe you can add a crushed garlic clove to the topping; mixture, and-or some fresh mushrooms. Steamed fish is high in nutrition and easy to digest as it uses little oil or fats for cooking.