

# **Q**UESO DIEGO

**THE SAN DIEGO CHEESE CLUB**

Presents



# **FONDUE**

Larry Stein

# What is Fondue?

- /fän'd(y)oō/
- **a.** A hot dish made of melted cheese and wine and eaten with bread.
- **b.** A similar dish, especially one consisting of a melted sauce in which pieces of food, such as bread, meat, or fruit, are dipped or cooked
- **c.** A pot of melted gooey cheesy goodness to be shared with friends and family

# History

- Generally thought of as a Swiss dish and was considered the “Swiss National Dish” in the late 19<sup>th</sup> century.
- First known recipe was published in Zurich in 1699.
  - (ED Note: Probably as old as cheese and fire..)
- Popularized in the 1930’s by the Swiss Cheese Union
- Became very popular in the US in the 1960’s to 70’s.
- Making a comeback today



# Styles



- While thought of as mainly a Swiss dish, there are French and Italian fondue styles.
- Cheese is not the only type of fondue today. There are oil and dessert types:
  - Cheese
    - Usually eaten with cubes of bread. Sometimes with vegetables
  - Oil
    - Small pieces of beef, chicken or shrimp are cooked in the hot oil and eaten
  - Dessert
    - Ok, chocolate. Pieces of fruit are dipped in melted chocolate
- There is also a broth type where meat and veggies are cooked in a broth and then the broth is finished at the end.
  - Think shabu-shabu, not fondue

# Ingredients for Cheese Fondue

- Involves 1 or more types of cheese, shredded
  - Gruyère, Comte, Emmental, Swiss and cheddar are standards
- Wine
  - Dry white wine is common. Could use beer?
- Cornstarch
  - The shredded cheese is tossed with the cornstarch to prevent sticking and promote a smoother texture.
- Garlic
- Kirsch or kirschwasser
  - Cherry brandy
- Various spices



# General Procedure

- This is the “broad” scope of many common fondues
- The ingredients are cooked in a small pot called a “caquelon” that’s heated over a small burner, the “rechaud”.
- These can be clay earthenware or metal and come in a variety of styles.



# Process

- Raw garlic is rubbed on the inside bottom of the pot, then discarded
- Wine or other liquid is added
- Heated until warm, but not boiling
- The cheese is added in small batches and stirred until melted
- Spices and/or other ingredients is added and stirred
- Enjoy



# A Note on Etiquette

- Use a small fork or skewer to put the food into the pot.
- No double-dipping
- If you lose your stuff in the pot, fish it out.



- When all done there may be a thin crust of toasted cheese. This is called “la religieuse” (nun) and is taken out and eaten.

# The July Fondue Meeting

- Let's explore the full range of fondue styles:
  - 2 oil with steak
  - 2 chocolate with fruit and/or cookies, cake??
  - 5 to 7 cheese fondues with various dipping

# What you provide:

- Form some small groups and sign up for a style
- Each group will come up with a recipe and provide the dippables
- Provide a Caquelon with heating method
- Email me your cheese type and quantity by Wednesday, July 10.
- Bring a copy of your recipe to the meeting. Send a copy to Chris and we'll post them on the site.

# The club will supply:

- Bamboo skewers
- Kirsch
- Raw garlic
- Cornstarch
- Cheeses
- French bread
- Reimburse for steak and chocolate

# July 16<sup>th</sup> Meeting

- Bring your stuff. Pre-chop if possible.
- We'll shred some cheese
- Set up stations and prepare the fondues
- Groups will rotate on a timed basis so everyone gets a shot at every pot
- Then free for all
- Clean up, grab a beer, and go home.