

**Q**UESO DIEGO  
THE SAN DIEGO CHEESE CLUB

Presents



Fondue

# What is Fondue?

- /fän'd(y)oo/ past tense of “to melt”
- **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

- The earliest known recipe for cheese fondue as we know it today comes from a 1699 book published in Zurich, under the name "Käss mit Wein zu kochen" "to cook cheese with wine". It calls for grated or cut-up cheese to be melted with wine, and for bread to be dipped in it
- Fondue was popularized as a Swiss national dish by the Swiss Cheese Union (Schweizerische Käseunion) in the 1930s as a way of increasing cheese consumption
- 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
- When dipping make a figure 8 with your dipper instead of sinking in the whole dipper to avoid a mess



# 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.
- A wire mesh ladle is useful for this.
- You should keep stirring your fondue to prevent it from burning at the bottom.
- You can use your dippers and make a figure 8 with it instead of simply dunking it into the melted cheese.
- 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 September 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:

- Small groups are encouraged
- Each group will come up with a recipe and provide the dippables, cheese, and other necessary ingredients.
- Provide a Caquelon with heating method
- Bring a copy of your recipe to the meeting. Send a copy to Chris and we'll post them on the site.

# Ideas for dippers and bread

- **Good breads: (cubes)**
- **Sourdough, rye, garlic, Italian, French Baguette, ciabatta**

- **Ideas for dippers: (main)**

- Cooked sliced sausages
- Steak cubes
- Ham cubes
- Fresh mushrooms
- Cubed potatoes ( baked or boiled)
- Artichoke hearts
- Cherry tomatoes
- Zucchini chunks
- Cauliflower chunks
- Broccoli florets
- Cooked shrimp
- Poblano pepper strips
- Red bell pepper strips
- More cured meats?

- **Ideas for Dessert dippers:**

- Sliced pears
- Peaches
- Apples
- Bananas/plantains
- Strawberries
- Cherries
- Cantaloupe chunks
- Grapes
- Marshmallows

# September Meeting

- Bring your stuff. Pre-chop as much as possible.
- Set up stations and prepare the fondues
- Fondue, Fondue and Fondue, eat, eat and eat!
- Clean up, and go home.