

QUESO DIEGO

THE SAN DIEGO CHEESE CLUB

Presents



Fondue

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What is Fondue?

- /fän'd(y)ō/
- **Definition:** a noun - comes from the French verb “fonder”. Meaning to melt because cheese fondue is melted cheese with wine.
 - In France fondue is creamy eggs
 - In Italy it is a soufflé
- 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 19th 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. 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

Ingredients for Cheese Fondue

- Traditional Swiss fondue, shredded
 - 1/3 Gruyère
 - 2/3 Ementaler
 - Swiss, Comte and cheddar are others
- 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

Fondue “Chinoise” or Meat Fondue

- Oil or broth is heated to almost boiling in a metal pot.
- The meat is sliced thin when slightly frozen and placed on a large plate and allowed to come to room temperature.
- Guests are given a plate with divisions on it. There will be several dishes of sauces on the table (up to six).
- Put a selection of sauces on the dinner plate. Spear the meat on a 2 tonged fork and dunk it into the liquid in the pot and keep it in until the desired doneness.
- Remove the meat to the divided dish, and using a **non-cooking** fork, dip it in a sauce before eating.
- Vegetables – anything firm enough to spear and not fall off a fork can also be cooked in oil or broth.

Dessert Fondue

- Serve in a small metal or ceramic bowl that can be heated over a candle or flame on a stand.
- Many people like to use a chocolate recipe to dunk cake or fruit.
- If chocolate is a little heavy for the end of the meal.
 - Use Cointreau and dip fruit such as strawberries or squares of melon. Other liquors or liquids could be used.
 - CAN'T do this at AleSmith, but a good home option

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 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

The club will supply:

- Bamboo skewers
- Kirsch
- Raw garlic
- Cornstarch
- French bread
- If you need a Caquelon let us know.

What you provide:

- Form some small groups and sign up for a style
- Each group will come up with a recipe and provide the cheese (or other) and dippables
- Provide a Caquelon with heating method
 - No electric
- Bring a copy of your recipe to the meeting. Send a copy to Chris and we'll post them on the site.

September 17th Meeting

- Bring your stuff.
 - Prep ahead of time as much as possible
- 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.