

# Cheese Fondue

October 7th, 2020

**This recipe serves: 4**

Prep Time: 00:30

Cook Time: 01:30

Cheese Fondue is a fun dish to serve for special occasions or when entertaining company. Cheese Fondue, however, can be temperamental: one wrong move and the cheese can "seize". Instead of delicious Fondue, you can end up with a pile of useless semi-melted cheese in a pot full of milky apple cider. Some folks may make the claim that Cheese will never Fondue properly without adding alcohol to the mix. This recipe proves otherwise. This recipe can serve as a starting point for a large number of Cheese Fondue variations, including sweet and savory herbs and spices.

## Ingredients:

**LIQUID** - Pick 1 or 2 and mix according to taste.

Use 2 oz of liquid per person, PLUS an additional 2 oz.

Chicken Stock

Vegetable Stock

Apple Cider

Ginger Ale

White Grape Juice

**CHEESE** - Pick 2 or 3 and combine according to taste.

Use 4 oz of Cheese per person, PLUS an additional 4 oz.

Comte

Emmenthaler

Fontina

Gruyere

Taleggio

Manchego

## Fondue for 4:

(Note: Scale these amounts for a modified yield)

1 Fresh Garlic Clove, peeled and cut in half

20 oz (568 grams) Shredded Mixed Cheese (see above)

1 Tablespoon (15 grams) Corn Starch

Juice from 1/2 Lemon

10 oz (284 grams) Liquid (see above)

1/4 Teaspoon Smoked Paprika

1/4 Teaspoon Ground Aleppo Pepper (optional)

## Serve with

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Par-boiled Broccoli

Par-boiled Cauliflower

Cubed Steak

Cubed French Bread

Sweet Pepper Sticks

Celery

Carrots

Little Smokie Sausages

Sliced Kielbasa (pan fried)

## Directions:

### The Fondue Pot

The equipment that you use is essential in successful Fondue.

If you do not have a Fondue set (which I do not), you will need a 3 or 4 Quart heavy pot (like Cast Iron), preferably with a non-stick surface (like Ceramic or Teflon).

A heavier pot will maintain a more constant temperature.

Additionally, the non-stick surface will make it easier to clean without having to re-season the pan.

### **Preparing the Fondue**

Rub Garlic Clove across the inside of the pan, coating the cooking surface with Garlic oil.

Mince the remaining Garlic.

Shred the Cheese.

Place the Shredded Cheese into a large ziptop bag. Add the Corn Starch.

Shake and mix until the Corn Starch is evenly distributed throughout the Shredded Cheese.

Mix the Lemon Juice, the minced Garlic, and the Liquid into the cooking pot.

Heat the pot on Low or Medium Low to 135° F. Try to maintain a relatively constant temperature around 135° F to 150° F.

Add the Cheese, a small handful at a time.

Use a whisk or an immersion blender to mix the Cheese in with the Liquid as the cheese melts. Continue to whisk until the Cheese is integrated before adding the next handful.

**NOTE: Adding the Cheese too quickly will cause the Cheese to seize and will ruin your Fondue.**

Add all the Cheese this way, while carefully maintaining the temperature in the 135° F to 150° F range.

**Be patient as this process may take up to an hour.**

If your cheese begins to clump, STOP adding more Cheese until you resolve the clumping.

Ensure that the temperature of the Fondue is in the proper range, then whisk vigorously for 10 minutes.

Repeat until the Cheese is no longer clumping.

Continue adding Cheese, in small handfuls, until fully integrated.

After all the Cheese is integrated, raise the heat to 180° F.

When the Fondue temperature reaches 180° F, immediately reduce the heat to the lowest setting, then whisk the cheese vigorously for another 10 minutes, being careful not to spill.