

Basic Roux Cheese Sauce

December 31st, 2019

This recipe serves: 6

Prep Time: 01:30

Cook Time: 00:00

This is a simpler recipe for Cheese Fondue that is more of a roux based "Cheese Sauce" than an actual Cheese Fondue, but it is still a delicious Cheesy Dipping Sauce that is easier to make, takes less time to make, and there is no risk that your cheese will seize and ruin the mix.

This Fondue recipe contains no alcohol.

Ingredients:

2 Tablespoons Unsalted Butter

4 tablespoons flour

2 cups Apple Juice

1 cup Chicken Stock or Vegetable Stock

1 small Garlic Clove, finely minced

1 pound Emmentaler cheese, shredded (about 2 cups), room temperature

1 pound Gruyère cheese, shredded (about 2 cups), room temperature

Cheese Fondue can be served with:

Baguettes, cut into 1-inch pieces

Apple slices

Pear slices

Carrot Sticks or Celery Sticks

Sliced (cooked) meats

Directions:

Mix the Apple Juice and the Chicken or Vegetable Stock together.

In a medium sauce pot, melt the butter.

Mix the flour into the melted butter and continue to stir, making a roux.

Slowly stir in the Apple Juice mix and continue to whisk. Do not boil the sauce.

After all the Apple Juice has been mixed in, add the minced garlic.

Then add the Cheese in small amounts, whisking continually. The sauce should be hot enough that it melts the Cheese, but not so hot that it begins to boil.

Add the cheese in small enough amounts that the Cheese does not seize-up.

Continue to ensure that the sauce does not boil.

After all the Cheese has been mixed in, reduce the heat to the lowest setting and serve.