

Fondue allows cook to get out of kitchen

Savoury, social and perfect for New Years

Judy Creighton

The Canadian Press

Wednesday, December 27, 2006

TORONTO - Fondue parties were all the rage in the 1960s and early '70s and now they are back with a vengeance.

"We remember our parents having fondue parties using those avocado green pots," says Ryan Jennings, a Toronto chef and food editor of "Elle" magazine.

"It went out of vogue in the 1980s, and with my generation it's come back as something very hip to do for parties."

Fondue, French for melted, is the name of a Swiss dish made of melted cheese.

Participants are provided with cubes of bread which they spear on forks and dip into the melted cheese in the pot kept hot over a flame.

The traditional Swiss fondue has morphed into fondue bourguignon. In this case, cubes of raw beef are cooked in a pot of hot oil or broth, then dipped into a variety of savoury sauces.

"Sometimes it's a great way to do dessert. Serving strawberries or other fruits dipped in melted chocolate," for example, says Jennings.

"Or it could be a whole fondue meal with cheese, a savoury vegetable and ending with chocolate."

Because it is easy to prepare ahead, and can be simple or complex depending on what the host wants, fondue is ideal for New Year's Eve, he says.

"It's a chance to get the host out of the kitchen and into the party with everyone else," he adds. "And especially for New Year's because you can graze on fondue throughout the evening."

A fondue party can last from an hour to three or more, Jennings says.

For New Year's Eve, he suggests serving Champagne or sparkling wine to accompany the fondue.

For hosts who want to keep it really simple, a Quebec company manufactures a line of fondue products that can help create a party in no time.

Lassonde Specialties Inc. in Saint-Damase, Que., makes Canton broths, dipping sauces and chocolate fondue.

Here is a recipe for authentic fondue from Switzerland. It is from Cooking with



CREDIT: AP Photo/Larry Crowe

BACK IN STYLE: Fondue parties fell out of vogue in the 1980s, but a new generation is discovering how much fun they can be.

Booze by Jennings and David Steele (Whitecap).

SWISS FONDUE

3 tbsp Cornstarch 45 mL

3 tbsp Kirsch 45 mL

2 cloves garlic, cut in half 2 cloves

2 cups Chardonnay 500 mL or riesling

3 cups Shredded 750 mL Emmenthal cheese

3 cups Shredded 750 mL Gruyere cheese

2 Baguettes, cubed 2

In a small bowl, mix cornstarch and kirsch together and set aside. Rub inside of fondue pot with garlic and leave garlic in pot. Set aside.

Add wine to a medium non-stick pot and bring to a gentle simmer over medium-low heat. Slowly add small handfuls of cheese to hot wine, stirring constantly.

When all the cheese has melted, stir in cornstarch and kirsch mixture. Pour cheese into fondue pot and serve.

Makes 4 servings.

- Note: Keep the heat low and take things slowly. If the mixture becomes too thick, add small amounts of wine to thin it.

If your fondue separates, dissolve 2 mL (1/2 tsp) cornstarch in a little wine, warm it slightly and add to the pot. Stir until mixture comes back together.

© The Windsor Star 2006

CLOSE WINDOW

Copyright © 2007 CanWest Interactive, a division of [CanWest MediaWorks Publications, Inc.](#) All rights reserved.