

# Cheese Fondue

## Classic Swiss Cheese Fondue

(4 servings)

*Cheese connoisseurs will fall in love with this classic cheese fondue recipe. Always a success between friends or between lovers, here are some tricks and suggestions to guarantee a memorable dinner. Cheese fondue can be accompanied by a refreshing salad of your choice and good wine. The important part of choosing a wine is not if it is white or red; but whether it is full bodied enough to compliment the strong taste of Gruyère and Emmenthal.*

*A French tradition, known as "trou Normand", is a pleasurable way to refresh your palate and ease digestion. Simply take a pause from the fondue for one, or numerous, glasses of schnapps. For a non-alcoholic alternative, we suggest a cup of tea as an accompaniment.*

*Our recipe is based on four portions, about 1/3 lb. (150 g) of cheese per person. The portions can be adjusted accordingly depending on the number of guests you are receiving.*

- 1 large clove of garlic
- 1 cup (250 ml) of dry white wine
- 2/3 lb. (300 g) of Swiss Emmenthal, cubed
- 2/3 lb. 9300 g) of Swiss Gruyère, cubed
- Juice from half a lemon
- 1 tbsp. (15 ml) corn starch
- 1/4 cup (60 ml) kirsch
- Pepper
- Nutmeg
- 1 large crusty french bread cut in one inch cubes

Prepare your cheese fondue in a separate sauce pan.

Rub the garlic vigorously on the inside of the sauce pan. Add the wine, place the pot on an element, and bring to a boil. Turn the heat down to minimum and add the cheese and the lemon. Heat until the cheese is melted, stirring slowly and continuously to prevent lumps from forming.

Dissolve the corn starch in the kirsch and add the mixture to the cheese. Season with pepper and nutmeg, continue to stir until the fondue is smooth. Remove the sauce pan from the element and transfer to your fondue casserole. Install the pot on its stand in the center of your table. Light the flame and let the party begin.

Fondue forks are used by all to dip the bread cubes into the fondue and savor the rich taste of cheese. It is important to stir the fondue occasionally throughout the dinner to keep it smooth until the last drop. When the fondue is finished, it is normal to find a layer of slightly burned cheese at the bottom of the fondue pot. This delicacy can be scraped from the pot with a wooden spatula, to be enjoyed by connoisseurs. Swiss custom dictates that, guests who lose their piece of bread or fruit in the fondue pot must kiss the first person, of the opposite sex, on their left.

**Healthy alternative:** Substitute mozzarella for one of the cheeses and some apples and pears for half of the bread. Simply delicious!

Keep for future reference.