
Cheese Fondue

Bruno Cantieni

Servings: 4

Traditional Swiss Cheese Fondue



Preparation Time: 20 minutes

Start to Finish Time: 35 minutes

Alternate Time: Cooking Time: 15 minutes

350 g Gruyere cheese, grated
350 g Emmental cheese, grated
100 g Appenzeller or Vacherin cheese, optional, grated
4 clove Garlic, coarsely chopped
400 ml White wine
1/2 loaf Bread, cut in 1" cubes
1/2 tsp Black peppercorn, freshly crushed
1 pinch Nutmeg
1 pinch Paprika
1 tsp Cornstarch
60 ml Kirsch

Prepare your Fondue set by charging the burner with a suitable spirit [1]

Begin by slicing bread into cubes and keep in a suitable serving bowl [2]

Grate all the cheese into a suitable bowl alternating a few times between the cheeses so as to mix them a bit during grating [3]

In a small glass, mix the cornstarch into the Kirsch until completely suspended

Coarsly chop the garlick and toss into the fondue pot

Coat the inside of the pot with garlick juice by moving the chopped garlick around with a wooden spoon or rubbing out the pot directly with half a clove of garlick

Add the wine [4]

Turn up the heat to medium high and warm the wine to no more than luke warm.

Add the grated cheese and slowly stir and thoroughly mix the cheese with the wine

Turn up the heat and continue to stir the mixture [5]

Once the mix begins to bubble, turn off the heat, add the freshly crushed pepper and continue to stir

Add the nutmeg and the paprika and continue to stir

Get everyone seated and have someone light the fondue burner

Make sure everyone has a handful of bread cubes on their plate and wine in their glass

Stir the Kirsch and cornstarch mixture once more as it tends to settle down

Turn the heat back on and get the pot to boil once more while stirring constantly

As soon as the fondue is boiling, add the Kirsch and cornstarch mixture and stir it into the fondue for a minute. The fondue will 'bind' and thicken.

When ready, turn off the stove and move the pot to the fondue set with the flame at medium high

Keep the flame on the set such as to have the fondue just bubbling slightly at all times.

Enjoy

A Swiss Cheese Fondue traditionally consists of a mix of equal parts of Gruyere and Emmental cheese with an optional addition of Appenzeller or Vacherin cheese to add additional zing to the fondue. Appenzeller comes in different grades so use the basic Appenzeller as the old or classique can get a bit raunchy. If you like it raunchy, use Vacherin (can get pretty stinky) or old Appenzeller. Vacherin is creamier than Appenzeller and can translate into a creamier fondue. Feel free to experiment with other cheeses or additions e.g. Gorgonzola instead of Appenzeller or Vacherin. As a rule of thumb you need 200 g of cheese in total per person at the table. Real fondue lovers may require a bit more, beginners, dieters and seniors a bit less. Fondue is a heavy meal. Don't eat it too late in the evening or you may not sleep all that well. Do not drink cold water or cold pop with a fondue. It will lead to an indigestible lump of chees in your stomach. If drinking wine is not an option, drink black tea or another hot, mildly acidic beverage instead. For those who like Kirsch and like to get a blast once in a while, put a cognac glass with a shot of Kirsch on the table so guests can dip the odd piece of bread in it befor dunking it in the cheese. Don't overdo this one.

[1] Prepared spirits for fondue or rechaud burners are simply methanol in a fancy bottle, a bit of colour and possibly some perfume. You can just as easily use commercial grade Methanol available from any paint store or paint departement at a fraction of the cost.

[2] I like to use Chiabatta bread for it's texture, flavour and the amount of crust (every cube has crust). Alternately use a Doughnut shaped Calabrese bread, again giving you a bit of crust on every cube. If none of these are

available in your area, use plain white French or Italian bread.

[3] If you can not get a hold of Appenzeller or Vacherin cheese, use more Gruyere and Emmental

[4] The wine you use to cook the fondue with need not be expensive but it should be of drinkable quality, dry and have good acidity such as dry Riesling, Sauvignon Blanc, Veltliner, Pinot Gris etc.

[5] Stir in alternating directions and in figure 8 patterns to obtain the best results

Per Serving (excluding unknown items): 913 Calories; 61g Fat (67.1% calories from fat); 59g Protein; 8g Carbohydrate; trace Dietary Fiber; 204mg Cholesterol; 628mg Sodium. Exchanges: 0 Grain(Starch); 8 Lean Meat; 0 Vegetable; 7 Fat.

Suggested Wine: Perrier Père et Fils; Chignin (Roussane); 2006, Peller Estates Private Reserve Pinot Gris 2006

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Per Serving Nutritional Analysis

Calories (kcal):	913	Vitamin B6 (mg):	.2mg
% Calories from Fat:	67.1%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	3.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	29.1%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	61g	Folacin (mcg):	19mcg
Saturated Fat (g):	37g	Niacin (mg):	trace
Monounsaturated Fat (g):	18g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	102
Cholesterol (mg):	204mg	% Refuse:	0.0%
Carbohydrate (g):	8g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	59g	Lean Meat:	8
Sodium (mg):	628mg	Vegetable:	0
Potassium (mg):	294mg	Fruit:	0
Calcium (mg):	1999mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	7
Zinc (mg):	8mg	Other Carbohydrates:	0
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	2134IU		
Vitamin A (r.e.):	636 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 913 Calories from Fat: 613

% Daily Values*

Total Fat 61g	93%
Saturated Fat 37g	184%
Cholesterol 204mg	68%
Sodium 628mg	26%
Total Carbohydrates 8g	3%
Dietary Fiber trace	1%
Protein 59g	
Vitamin A	43%
Vitamin C	2%
Calcium	200%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.