



The Food Nanny's Authentic Swiss Cheese Fondue Recipe

I learned how to do this from the Swiss!!!

By The Food Nanny

It is best to have a Fondue Pot that is substantial enough to go on top of the stove then straight to its holder on the table. When ready to serve the fondue, light the small container of Sterno (canned heat) and keep the heat up high until you get 3/4 of the fondue eaten, stirring often with a wooden spoon. The Swiss love the crust that forms on the bottom of the fondue pot. Scrape it up and eat it, it is delicious!

Electric Fondue Pots work well too.

If you don't have a Fondue Pot use your Heaviest, most substantial, medium size Pot to prepare and serve from.

Serves 4-6 with a Salad and Entree added. Serves 3-4 when serving Bread and Potatoes.
You will need 4-6 Fondue Forks

Ingredients:

4-5 Fresh Garlic cloves, minced, 1 clove for rubbing the pot
1 1/4 cups Dry White Wine (Sauvignon Blanc or Pinot Grigio, Trader Joe Brand is good, or a fine Swiss White Wine for Fondue)
2 Teaspoons fresh Lemon juice
2 1/2 Cups Emmental Cheese, shredded (Trader Joe Brand or order from Emmi, on line)
2 1/2 Cups Gruyere Cheese, shredded (Trader Joe Brand or order from Emmi, on line)
1 1/2 Tablespoons Cornstarch
4 Tablespoons Kirsch Liqueur (any liquor store, lasts forever)
Ground Cayenne Pepper to taste, tiny amount
Fresh Ground Black Pepper to taste, plenty
1 Food Nanny French Baguette, or store bought, day old at least
10- 1-2 inch round potatoes, peeled or not. If you can't find the rounds just cut them into chunks. Any White potato will do.

1. Prepare the bread and potatoes first. Cut the French Baguette into 1 in. square cubes. Prepare the Potatoes by steaming or bringing them to a boil, then simmer until a knife goes through easily. Drain.
2. Return to the pot to keep warm, salt with Fleur de Sel, and cover until ready to serve.
3. Prepare the garlic, set aside.
4. Mix the Kirsch with the Cornstarch, set aside.

5. Rub the pot with a whole piece of fresh Garlic.
6. Put the 1 1/4 Cup of Wine in the pot on top of the stove.
7. Add the minced garlic and lemon juice. Stir.
8. Heat this mixture carefully on medium high heat, stirring with a wooden spoon. When the Wine is warm, begin adding the Shredded Cheese. Use a figure eight motion to stir the Cheeses in.
9. Turn up the heat if the Cheese is not melting. It is important to stir the Cheese all the time while it is melting to prevent it from burning on the bottom.
10. When the Cheese is melted, and starts to bubble a bit, add the Kirsch and Cornstarch mixture and continue to stir for 2 to 4 minutes. This is a very important step. It brings the Cheese mixture all together. Turn the heat down to low and add plenty of Fresh Ground Black Pepper and Cayenne to taste.
11. If the Cheese is too thick add in a tiny bit more Kirsch. If it is too thin whisk in a bit more Cornstarch. For a perfect Fondue it needs to be thick enough to cover the Bread and stay on the Bread. (At the point you can keep the Fondue warm for about 10 to 15 minutes before taking it to the table to set on top of the Sterno. (or if you are serving the Fondue straight from this pot and (and it is not an actual Fondue Pot, serve immediately, might have to re-heat on top of the stove a couple of times while eating)
12. Light the Sterno if you are using a Fondue Pot. Set the finished Fondue on top of the Fondue holder. Continue to stir the Fondue with a wooden spoon as you eat it bubbling hot. Everyone just goes for the pot, dip and enjoy!!! Don't forget to enjoy the crust that forms on the bottom!!!
13. Serve with Sparkling Cider, XO

Serve with:

Steamed Broccoli
Steamed Cauliflower
Steamed Green Beans
Fresh White Button Mushrooms
Fresh Spinach
Fried Bacon
Pickles
Cucumbers
Cherry Tomatoes
Pineapple tid-bits

More to Serve with:

Louisiana Pork Loin Roast with Gravy, Book 1.
Savory or Rosemary Lamb Chops, Book 2.
Easy White Wine Sunday Chicken, Book 2.
Crunchy Parmesan Baked Chicken, Book 1
Food Nanny Fillet Mignon, Book 2.