

# Fondue at Home

WITH MOLLY TENERELLI

PLEASE NOTE: While it is possible to make all recipes without a fondue pot, the Fondue Bourguignonne and Tempura are the least satisfying if done without a fondue pot. The main point of fondue is to have a communal experience, and if Fondue Bourguignonne or Tempura are done on the stove, this aspect is lost. Cheese and Chocolate fondue are more amenable to alternative methods, such as crockpots, stovetop, and possibly even microwave. If you're interested, check out local thrift stores or online secondhand sellers for fondue pots, I was able to find my fondue pot for \$5 at a Goodwill, and I often see 1-2 pots every time I stop in a thrift store.

## TRADITIONAL CHEESE FONDUE – FONDUE SAVOYARDE (3-4 people)

- ½ garlic clove
- ¾ cup dry white wine
  - Use milk, chicken or vegetable broth if you can't/don't want to use alcohol
- 6 oz Emmental/Emmentaler Swiss Cheese, grated
  - available at both Charlottesville Wegmans and Kroger, President brand sliced version available at Charlottesville Walmart
- 6 oz Gruyère cheese, grated
  - available at Charlottesville Food Lion, Wegmans, Walmart, Harris Teeter, and Kroger
- 1 tablespoon cornstarch
- 2 tablespoons kirsch brandy or vodka
  - Use broth if you can't/don't want to use alcohol
- Pinch of ground nutmeg
- Black pepper
- Bread of choice (ex. Baguette/French bread, sourdough, breadsticks, croutons, bagels, etc.)



*Image from: Food Network*

1. Rub the cut side of the garlic around the pot
2. Pour in the wine (or broth) and heat to a boil
3. Reduce heat then gradually add the grated cheeses a little at a time, stirring constantly until melted
4. In a separate small bowl mix the vodka (or broth) and cornstarch together then add to fondue
5. Continue to cook while stirring constantly until thick and creamy
6. Stir in nutmeg and pepper to taste
7. Keep warm over medium-low heat

## CHOCOLATE FONDUE

- 12 oz can evaporate milk
- $\frac{3}{4}$  cup sugar
- $\frac{1}{2}$  cup (3 oz) unsweetened/baking chocolate, broken in pieces
- 2 teaspoons cocoa powder
- 1  $\frac{1}{2}$  tablespoons cornstarch
- A few drops vanilla extract
- 1 tablespoon brand or rum
  - Cold water if you can't/don't want to use alcohol
- Dipping pieces of choice (ex. Croissant, pound cake, strawberries, bananas, apple, candied ginger, dried apricot, marshmallows, etc.)



Image from: Culinary Hill

1. Gently heat evaporated milk, sugar, and chocolate in pot until the sugar is dissolved and chocolate is melted
2. In a separate bowl, combine cocoa powder, corn starch, and vanilla with brandy/rum (or water)
3. Add mixture to pot
4. Increase heat slightly and cook, stirring until sauce thickens
5. Keep warm over low heat
6. Leftovers can be kept in the fridge for a few weeks and reheated as desired

## SEAFOOD AND VEGETABLE TEMPURA\*\* (4-6 people)

- About 2-3 pounds of seafoods of choice, cut into small pieces (ex. Salmon, trout, shrimp, squid, etc.)
- Flour (for dusting fish)
- Vegetables of choice (ex. Button mushrooms, broccoli, squash, zucchini, bell pepper, etc.)
- $\frac{7}{8}$  cup (7 fl oz) carbonated water
- $\frac{3}{4}$  cup (4 oz) all-purpose flour
- $\frac{1}{2}$  cup (2 oz) corn starch
- 2 cups oil (for frying)

1. Cut fish into thin strips and dust with flour; cut squid into rings; arrange on a plate
2. Cut vegetables into bit-sized pieces and arrange on a plate
3. Make batter by combining carbonated water, flour, and corn starch in a bowl; mix briefly, it's okay if there are still lumps
4. Heat oil in fondue pan
5. Use chopsticks or fondue forks to dip pieces of seafood or vegetable in the batter and then into fry oil until crisp and gold
  - a. Seafood should be tender, vegetables should be crisp
  - b. Dip into sauces if desired



Image from: Kroger

## HOT OIL AND MEAT FONDUE – FONDUE BOURGIGNONNE\*\* (4-5 people)

- 2-2.5 lbs beef fillet, cubed
- 1/3 cup vegetable oil
- 1 tablespoon Worcestershire sauce
- 2.5 tablespoons red or white wine vinegar
- 1 teaspoon dried parsley (1 tablespoon fresh chopped)
- 1 clove garlic, crushed
- ¼ cup soy sauce
- ½ a lemon worth of juice (about 5 teaspoons)
- Heaping tablespoon Dijon mustard
- ½ teaspoon black pepper
- 2 cups oil (for frying)
- 1 garlic clove



Image from: Coop

**\*\*If you do both Tempura and Fondue Bourguignonne, you can cook them together in the same oil/pot**

NOTE: If desired, you do not need to marinate beef at all

1. Marinade: Mix 1/3 cup vegetable oil, Worcestershire sauce, vinegar, parsley, garlic, soy sauce, lemon juice, Dijon mustard, and black pepper in zip-lock bag or plastic container
2. Add cubed beef to marinade and let marinate for at least 2-3 hours, overnight preferred
3. Remove meat from marinade and plate/add to a serving dish
4. Rub cut garlic around the inside of the fondue pot
5. Add frying oil and heat until 375°F/190°C
  - a. Test drop a cube of bread in the oil, it should turn brown in less than a minute. If oil is hot and smoking, reduce the heat and allow to cool slightly
6. Each person uses fondue sticks to spear meat and cook in the hot oil until it is cooked to desired doneness
7. Transfer to dinner plate where you can then eat it with a fork and dip into sauce if desired

**SAUCES** for the Fondue Bourguignonne. All of these are optional, choose what you like.

### Horseradish Sauce

- 1/2 cup sour cream
- 2 Tbsp prepared horseradish, drained
- 2 Tbsp mayo
- 1 tsp apple cider vinegar
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1 Tbsp chives finely chopped

### Pesto

- 1 oz fresh basil
- 4 cloves garlic
- 1 oz pine nuts
- ¼ cup olive oil
- 2 oz parmesan cheese, freshly grated

### Herbs de Provence

- ½ cup mayonnaise
- ¼ cup sour cream
- ½ tablespoon Dijon mustard
- ½ teaspoon herbs de Provence
- Garlic powder or garlic salt to taste

**Other sauce options you can make or purchase if you want:**

- Harissa
- Chipotle mayonnaise
- Yum-yum sauce for tempura
- Soy-based sauce for tempura