

How-To Make Cheese Fondue

by Adrienne Peterson

Ingredients:

- 1 lb Gruyere cheese, grated (can use 1/2 Gruyere and 1/2 Emmenthaler or Comte)
- 1 T flour
- 1 cup dry white wine
- 1 tsp kirschwasser (cherry brandy)
- Dash white pepper
- Fresh grated nutmeg (or powdered)
- French bread, cubed into bite-sized pieces (use high quality, medium dense, bread; no fluffy stuff)
- Recommended accompaniments: Cornichon pickles, apples, pears, boiled baby potatoes, salad, asparagus, green beans

Directions:

- Heat wine in heavy saucepan over low heat. You only want it to get warm, with tiny bubbles—do not boil.
- Put grated cheese in a bowl and gently stir in flour to coat cheese.
- Add approximately one cup of cheese to your warm wine. Use a wooden spoon to gently stir (stir in one direction!) cheese until it melts. Then, add another cup of cheese and stir until melted. Continue until all cheese has been incorporated and melted.
- Add kirschwasser to cheese mixture and gently stir a few times to incorporate.
- Add a dash (light sprinkle!) of white pepper to cheese mixture and gently stir a few times to incorporate.
- Grate a small amount of nutmeg onto the cheese mixture and gently stir a few times to incorporate. (if using powdered nutmeg, just a tiny dash)
- Transfer cheese mixture to your fondue pot. Light the heat source according to the instructions for your fondue pot. Maintain the heat warm enough to keep your fondue melted, but not so hot as to make it bubble.

Fondue etiquette:

- Use your fondue fork only for dipping your bread into the cheese. Once dipped, transfer your cheese covered bread cube to your dinner plate. Then, use your personal fork and knife to eat your fondue.
- Rumor has it that if you lose your bread in the cheese, you have to kiss someone at the table. You may or may not want to lose your bread.

Enjoy!