



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

SWISS FONDUE



Swiss fondue holds the mystique of very complicated cookery yet this subtle flavored delicacy is created from simple ingredients. Each guest dunks a piece of crusty French bread, speared on a long fork, into the melted cheese from the pot, gives it a hearty swirl, and pops the delectable morsel into their mouth. A fondue party is appropriate at any time.



00 HR 55 MINS



Serves 2-4



INGREDIENTS

- 1 pound of Swiss Cheese, finely grated (1/2 pound of Emmentaler and 1/2 of Gruyere for best results)
- 3 tablespoons flour
- 1 clove garlic
- 1 cup dry white wine (we used pinot grigio)
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon nutmeg
- 1 baguette, cut into 1/4 to 1/2 inch squares

Various seasonal vegetables and fruits can be used to enjoy with cheese. We used:

- 1/2 pound Brussels sprouts, blanched, cut in half
- 1/2 pound white button mushrooms
- 1 butternut squash, trimmed, cut into 1/2 inch pieces, roasted until soft
- 1/2 carrots, peeled, cut into 1/2 inch pieces, blanched
- 1/2 pound broccoli, cut into 1/2 inch pieces, blanched
- 1/2 pound potatoes, cut into 1/2 inch pieces, blanched
- 1/2 pound ube, cut into 1/2 inch pieces, blanched
- 2 Granny Smith apples, cut into 1/2 inch pieces

METHOD

Place cheese in a bowl; sprinkle with flour, mix lightly.

Split garlic and rub inside fondue pot vigorously then discard garlic.

Pour wine into pot and place over medium low heat until bubbles start to form and rise to the surface. DO NOT ALLOW TO BOIL.

Add cheese by handfuls, steadily stirring with wood spoon until cheese is melted. Melt each handful of cheese before you add another. After all cheese is melted and mixture begins to bubble, add salt, pepper, and nutmeg until blended.