

SAVOURY FONDUES

Classic Cheese Fondue {Alcohol-Free}

Best Cheese for Fondue

There are no hard and fast rules about what type you must use, but you want to consider that it should melt easily. I'm talking buttery smooth and creamy. Here are some great choices:

Cheddar, Gouda, Swiss, Fontina, Emmental, Raclette, Gruyere, Beaufort

yield: 6 servings

prep time: 25 minutes, cooking 15 minutes

INGREDIENTS

- 2 cups (228 g) lightly packed shredded Gruyere cheese
- 1 ½ cups (171 g) lightly packed shredded Swiss cheese
- 2 tablespoons (19 g) cornstarch
- 1 cup low-sodium good-quality chicken broth
- 1 cup of dry zero wine
- ⅛ teaspoon lemon juice (Important! don't leave it out)
- 1 tablespoon finely minced or pressed garlic
- ¼ teaspoon ground black or white pepper
- ¼ teaspoon nutmeg
- Dash of paprika



INSTRUCTIONS

1. Place both the shredded Gruyere and Swiss cheeses in a gallon-size resealable bag with the cornstarch and shake until evenly coated.
2. In a stovetop-safe fondue pot (or in a regular saucepan or electric fondue pot), add the chicken broth, lemon juice, and garlic and bring to a simmer.
3. Reduce the heat to medium-low. Add the cheese, a small handful at a time, stirring constantly, but not briskly. It works best to use a wooden spoon and stir in an S-shaped motion, making sure to scrape the bottom of the pot so it doesn't burn.
4. Once the cheese is melted and begins to just barely simmer, add the remaining spices and move it immediately to the table on the fondue stand with the sterno flame below. It should be the consistency of warm honey. Add more or less cheese and broth for perfect consistency and additional salt and pepper to taste if needed.

Serve with your favourite fondue dippers: steamed broccoli and/or cauliflower, carrots, apples, w/w French bread, tender blanched/grilled potatoes – the options are endless!

Don't forget if you drop your food into the fondue pot, you must sing a verse from your favourite songs. Get others to join in!

Easy Vegan Cheese Fondue

INGREDIENTS

4 cloves garlic, finely minced
2 tablespoons vegan butter (or cooking oil of choice)
2 tablespoons all-purpose flour* (see notes)
1 cup (8 oz) lager-style ZERO beer, at room temperature
1 cup (8 oz) vegetable broth
16 oz. shredded vegan cheese (we used 1 bag of cheddar and 1 bag of mozzarella)
1/2 to 1 tablespoon grainy mustard, to taste
Salt and pepper, if needed to taste

INSTRUCTIONS

1. In a medium pot over medium heat, melt the vegan butter.
2. Add the minced garlic and cook for 1 minute, constantly stirring until the garlic is fragrant.
3. Add the flour. Mix it through until evenly the butter and garlic is evenly coated.
4. Add the broth, vegan beer, and mustard. Mix until uniform, then bring the vegan fondue broth to a boil.
5. Stir in the cheese.
6. Once the fondue broth is simmering, stir in the cheese a little at a time, stirring well between each addition to ensure a smooth fondue.
7. Adjust seasonings to taste. Taste and add additional salt, pepper, mustard or cheese as desired.

Transfer to the pot and light to keep the vegan fondue cheese warm. Serve with favourite dippers of choice and enjoy!

BROTH FOR PROTEIN FONDUES – BEEF, CHICKEN, VEGETABLE

INGREDIENTS FOR BROTH (serves 4)

- 2 bay leaves
- 2 garlic cloves, minced
- 1 celery stick chopped finely
- 2 tsp dried parsley
- 2 tsp fresh ground pepper
- ½ cup of chopped mushrooms
- 3 tbsp of chopped green onions
- 1 litre of beef, chicken or vegetable broth**
- 1 cup (8 oz) zero wine
- 1 cup of water



INSTRUCTIONS. (Prepare 10 minutes ahead serving)

1. Heat vegetable stock in fondue pot until it begins to simmer, add all other ingredients. Bring back to simmer and you can begin cooking.

SAVOURY FONDUE – DIPPING PROTEINS AND VEGGIES TO COOK

- 2-3 chicken breasts cubed
- 1-2 lbs of firm tofu cubed
- 2 lbs beef any cut, cubed
- 1 lb shrimp whole, rinsed, peeled and deveined
- 8 red potatoes medium cubed and blanched (2-3 minutes)
- 4 large carrots, sliced thick and blanched (2-3 minutes)
- 2 cups of cauliflower + 2 cups of broccoli florets and blanched (2 minutes)
- 10 mushrooms cut in halves
- 2 W/W French bread cut in large cubes lightly buttered/oiled with garlic and parsley

DIPPING SAUCES – PREPARE FIRST

Green Goddess Dipping Sauce

- 4 ounces cream cheese
- 1/4 cup milk
- 1/4 cup greek yogourt
- 1 tablespoon onion finely chopped
- 1 tablespoon parsley finely chopped
- 1 tablespoon chives finely sliced

Curry Dipping Sauce

- 3/4 cup greek yogourt
- 1 teaspoon lemon juice
- 1 teaspoon lime juice
- 1 1/2 teaspoons curry powder
- 3/4 teaspoon garlic minced
- 1 teaspoon honey
- 1/4 teaspoon cayenne

Gorgonzola Port Dipping Sauce

- 1 cup greek yogourt
- 2 oz gorgonzola cheese
- 1/8 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon garlic minced
- 1 tsp wine vinegar
- 1 tbsp milk

INSTRUCTIONS

Green Goddess Dipping Sauce:

1. In microwave safe bowl, microwave cream cheese and milk for 2-4 minutes, whisking after each minute, until cream cheese melts and mixture is smooth.
2. Stir in sour cream, onion, parsley, and chives. Refrigerate covered until cold.

Curry Dipping Sauce:

1. Blend all ingredients in a blender and pulse. Refrigerate covered.

Gorgonzola Dipping Sauce:

1. Combine all ingredients except gorgonzola in mixing bowl.
2. Whisk. Add gorgonzola and stir to combine. Cover and refrigerate

SWEET FONDUES

FRUIT FONDUE STRAWBERRY, RASPBERRY, MIXED BERRIES

INGREDIENTS

- 2 to 3 cups fresh berries or 2 (10-ounce) packages frozen berries with sugar
- 3 tablespoons cornstarch
- 3 tbsp water
- 5 tablespoons juice of choice, or water
- Cinnamon or cardamon or nutmeg to taste, if desired

DIRECTIONS

1. Puree the berries in a blender or food processor.
2. In a small bowl, dissolve the cornstarch in water.
3. Place the pureed berries and the cornstarch mixture in a small saucepan and heat over medium heat, stirring frequently, until the mixture thickens slightly and the milky colour has disappeared.
4. Stir in your choice of juice, or water
5. Pour into a serving bowl or fondue pot.

MILK-BASED FONDUES

Chocolate-Almond Pudding Fondue

INGREDIENTS

- 1/4 cup sugar
- 2 tbsp cornstarch
- 2 cups milk (3.25 % or 2%)
- 5 oz milk chocolate chips
- 1 egg yolk (beaten)
- 1/2 tsp almond extract



INSTRUCTIONS

1. Whisk sugar, cornstarch, and milk in a saucepan; cook until thick.
2. Add chocolate, then temper in the egg yolk.
3. Stir over low heat until smooth, then stir in the almond extract. Transfer to fondue pot.

SWEET FONDUE DIPPING FRUIT: Pair with your favourite dipping food: cut up fruit, apples, pears, cantaloupe, grapes, strawberries, blackberries, kiwi, banana, pineapple, Lady fingers are an excellent partner! (Can also use angel food cake, small size home made cookies). Serve and enjoy!

Butterscotch Fondue

INGREDIENTS

- ¼ cup unsalted butter
- ¾ cup brown sugar
- 2 tbsp of golden syrup
- ½ tsp lemon rind
- 1 tsp lemon juice
- 2 tbsp of cornflour
- 1¾ cup of evaporated milk



INSTRUCTIONS

1. Gently heat together the butter, sugar, syrup, lemon rind and juice in the fondue pot on the stove burner until the sugar has dissolved. Allow the mixture to boil for 1 minute.
2. Blend the cornflour to a smooth paste with some of the evaporated milk. Stir the remainder into the sugar mixture.
3. Cook for 2-3 minutes until just simmering.
4. Stir in the blended cornflour, then bring the butterscotch fondue to the boil, stirring constantly until smooth and thick.
5. Transfer the fondue pot to its burner stand to keep warm.

Vanilla Custard Fondue

INGREDIENTS

- 3 beaten eggs
- 1 1/2 cups light cream (18%)
- 1/2 cup milk
- 1/4 cup sugar
- 1 tsp vanilla or 1/2 vanilla bean.

INSTRUCTIONS

1. Combine all ingredients in a heavy saucepan over medium-low heat, stirring constantly until the custard thickens enough to coat the back of a spoon. Transfer to fondue pot

NOTE—FONDUE CONSISTENCY: If the MILK-BASED FONDUE consistency becomes too thick, whisk in a tablespoon of warm milk to thin it.

Lady Fingers

INGREDIENTS

- 4 large eggs, separated
- $\frac{2}{3}$ cup white sugar, divided
- 1 cup all-purpose flour
- $\frac{1}{2}$ teaspoon baking powder

INSTRUCTIONS

1. Preheat the oven to 400 F. Line two 17x12-inch baking sheets with parchment paper.
2. Have ready to use—a large pastry/piping bag with a plain 1/2-inch round tip.
3. Beat egg whites in a large bowl with an electric mixer on high speed until soft peaks form. Add 2 tablespoons sugar and continue beating until stiff and glossy.
4. Beat egg yolks and remaining sugar in a separate bowl until thick and pale yellow, about 3 minutes.
5. Fold half of the beaten egg whites into the yolk mixture. Sift flour and baking powder over the mixture and fold gently until nearly combined. Add the remaining egg whites and fold just until incorporated.
6. Transfer the batter to the prepared pastry bag. Pipe 3-inch-long “fingers,” spacing them about 1 inch apart on the baking sheets.
7. Bake in preheated oven until firm to the touch and just golden, about 8 minutes. Cool completely on the baking sheets before using or storing.



GROUPS

1. Cheese Fondue + 3 Fruit Fondues + dipping fruit preparation
2. Vegan fondue + chocolate almond pudding fondue + dipping fruit preparation
3. Broth Fondue (beef) + butterscotch fondue
4. Broth Fondue (chicken) + vanilla cream fondue
5. Broth Fondue (vegetable) + lady fingers
6. Prep team
 - Dipping sauces
 - Dipping fruit— wash and cut
 - Vegetables— broccoli, cauliflower, wash, cut and blanch
 - Baguette + garlic butter/oil + parsley - cut in large cubes place in oven 350 degrees for 10 minutes
 - Meat preparation (see above) - wash cut and place on separate plates