

VINCENZO'S

SINCE 1967

Cheese Fondue

History

This warm cheese dish originated in Switzerland and more specifically in the Canton of Neuchâtel. The dish consists of at least two varieties of cheese that are melted with wine and a bit of flour and served communally out of pot called a "caquelon". Long forks are used by each guest to spear a cube of bread then the bread is dipped into the cheese and eaten.

Fondue dates back to the 18th century when both cheese and wine were important industries in Switzerland. This simple to prepare meal utilized ingredients that were found in most average homes.



The Swiss Tradition

Each component of a traditional Swiss fondue plays an important role. Most recipes we see for "traditional" Swiss style fondue are a combination of two cheeses, Gruyere and Emmentaler. These two cheeses are combined because either cheese alone would produce a mixture that was too sharp or too bland. The cheeses are most commonly melted in a dry white wine which helps to keep the cheese from the direct heat as it melts as well as to add flavor. The Kirsch (a clear cherry brandy) was added if the cheese itself was too young to produce the desired tartness. The garlic was for additional flavoring while the flour or cornstarch assists in keeping the cheese from separating.

Emmentaler

Soft green hills, romantic villages, farmhouses that hide beneath gigantic roofs, and richly decorated homesteads mark the charming character of the region from which this magnificent cheese originates. Emmentaler is known for its grand size and its handmade quality. For more than one-and-a-half centuries to date, Emmentaler has been made in village cheese dairies.

The Emmentaler cheese-making process is an old tradition using pure cow's milk and a maturation period of at least four months. This process allows the rind to develop in an entirely natural manner, enclosing an ivory-coloured, mild, slightly nutty tasting cheese with cherry sized holes.

Emmentaler from Switzerland is a delicacy on every cheese platter, a popular dessert cheese, and is a perfect melting cheese for warm dishes



Gruyere

This extra special delicacy from the Gruyere district of Switzerland is well known as the basic ingredient in fondue. But with its delightfully nutty, spicy, full flavor, it is delicious as a table cheese as well. Upon eating Gruyere, one immediately recognizes the taste of whole milk that is used exclusively in making this grand cheese. We say it is grand because a whole wheel of Gruyere weighs about 80 pounds. In fact, it takes over 100 gallons of milk to make a single wheel of Gruyere! Enjoy this traditional favorite julienned into a chef's salad, melted on a hot open-faced sandwich, or of course, in a classic cheese fondue



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150 Caroline Street South

Weekdays 9 am—8 pm, Saturday 8 am—6 pm, Closed Sunday
Prices Subject to Change. Do not include tax.

Jan2016

CHEESE FONDUE

1 garlic clove, halved crosswise
1 1/2 cups dry white wine (preferably Swiss, such as Fondant) (Can't have wine?, sub. Grape juice)
1 tablespoon cornstarch
2 teaspoons kirsch
1/2 lb. Emmentaler cheese, coarsely grated (2 cups)
1/2 lb. Gruyere, coarsely grated (2 cups)

- Accompaniment: cubes of French bread on fondue forks or long wooden skewers
- Special equipment: a fondue pot
- Rub inside of a 4-quart heavy pot with cut sides of garlic, then discard garlic. Add wine to pot and bring just to a simmer over moderate heat.
- Stir together cornstarch and kirsch in a cup.
- Gradually add cheese to pot and cook, stirring constantly in a zigzag pattern (not a circular motion) to prevent cheese from balling up, until cheese is just melted and creamy (do not let boil). Stir cornstarch mixture again and stir into fondue. Bring fondue to a simmer and cook, stirring, until thickened, 5 to 8 minutes.
- Transfer to fondue pot set over a flame and serve with bread for dipping.

GARLIC CHEESE FONDUE

The fondue is the centerpiece of a casual dinner with the LaGuardias. They insist that whoever drops the most bread into the pot is stuck with cleanup duty.

1 pound Swiss cheese, grated
1/2 Gruyère cheese, grated 3 tablespoons all purpose flour 1-teaspoon ground nutmeg
1/2 teaspoon ground white pepper
1 1/4 cups (about) dry white wine
3 large garlic cloves, minced

- 1 1-pound crusty French bread or sourdough bread, cut into 1 1/2-inch cubes
- Combine cheeses, flour, nutmeg, and white pepper in large bowl; toss to coat. Bring 1-cup wine and garlic to simmer in a heavy large saucepan over low heat. Add cheese mixture by handfuls, whisking until melted and smooth after each addition. Mix in more wine by table spoonful to reach desired consistency. Transfer to fondue pot.
- Set fondue over candle or canned heat. Serve fondue with bread.
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Serves 8 to 10.
Bon Appétit

SWISS CHEESE AND PORCINI FONDUE

1 ounce dried porcini mushrooms*
1 1/2 cups hot water
1/2 pound Emmentaler cheese, grated
1/2 pound Swiss Gruyère cheese, grated
1 tablespoon cornstarch
1 cup dry white wine
1 garlic clove, halved
2 teaspoons minced fresh thyme
Fresh thyme leaves
Day-old French bread, cut into 1-inch cubes

- Soak porcini mushrooms in 1 1/2 cups hot water until softened, about 20 minutes. Drain, reserving soaking liquid. Squeeze mushrooms dry. Chop.
- Mix Emmentaler and Gruyère cheese and cornstarch in large bowl.
- Combine 1 cup reserved mushroom soaking liquid, white wine and garlic in fondue pot or heavy medium saucepan. Simmer 2 minutes. Discard garlic. Adjust heat so that liquid barely simmers. Add cheese 1 handful at a time and stir until each addition melts before adding next.
- After all cheese is added, mix until smooth. Mix in mushrooms and 2 teaspoons minced fresh thyme.
- Season with generous amount of pepper. (Can be prepared 1 day ahead. Cool. Press plastic onto surface of fondue and refrigerate. Cover and refrigerate remaining mushroom soaking liquid.
- Before continuing, rewarm fondue over low heat, stirring frequently and adding reserved mushroom soaking liquid as necessary if fondue is too thick.) If not using fondue pot, transfer mixture to flameproof 2-quart casserole.
- Sprinkle with fresh thyme leaves.
- Set over alcohol burner or gas table burner and serve, allowing diners to skewer bread with fork and dip into cheese fondue.

Serves 6.
Bon Appétit

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