

About cheese fondue:

Fondue is not just a meal; it's a Swiss heritage.

The root of fondue tracks back to the 17th century.

At that time in the Swiss Alps during the cold winters when food was scarce, people would melt aged cheeses mixed with wine and sometimes herbs to have a hearty warm dish.

The earliest known recipe for cheese fondue appears in a 1699 Zurich cookbook titled

“Käss mit Wein zu kochen” – „Cooking cheese with wine”

The introduction of cornstarch in 1905 revolutionized the preparation of cheese fondue.

It allowed the mixture to be stabilized, preventing the melted cheese and wine from separating.

We add Kirch (cherry spirit) to the preparation as a Swiss final touch.

Since 1930 cheese fondue has been promoted as Swiss National Dish.

It can be prepared with Gruyère cheese and Emmenthal cheese or Vacherin Fribourgeois.

To my taste I prefer to use Vacherin instead of Emmenthal.

The Vacherin has a very strong distinct taste whereas the Emmenthal is too sweet.

Another type of fondue made in the region of Fribourg, between Vaud and Bern, is the “Fondue Fribourgeoise”

This preparation is made exclusively with Vacherin and water, no cornstarch is added, therefore the cheese preparation must be melted very slowly over the fondue burner.

This has a very powerful taste from the old Vacherin used.

We can find different type of Fondue set:

Cast iron fondue pot or ceramic fondue pot.

Cast iron pot:

Pro: The heat will be evenly distributed so the fondue won't burn in the bottom of the pot.

Con: Quite expensive to buy.

Ceramic pot:

Pro: Cheaper to buy.

Con: The heat is not evenly distributed so there is a higher risk of fondue burning in the bottom of the pot.

Recipe for 2 people:

Ingredients:

Gruyere cheese	300g
Vacherin	100g
Garlic	2 cloves
Flour or cornstarch	2 heaped tsp
White wine	¾ cup
Kirch or cherry spirit	2 tbsp

Preparation:

- Grate both cheeses into fondue pot
- Peel and crush the garlic gloves, add to the cheeses
- Add flour or cornstarch
- Add white wine
- Mix well and start cooking at low temperature
- Keep stirring until the cheese has completely melted and start bubbling
- Add Kirch liquor just before bringing to the table
- Enjoy with good sourdough bread

Have some pickles and dried sausages to accompany the cheese fondue

Bon Appetit !!