



Edmonton Journal, February 11, 2015

Question: Is a fondue a good choice for entertaining?

Answer: Fondue is a great way to entertain, whether an intimate dinner for Valentine's Day or a casual supper for Family Day. A fondue can form part or all of the meal. All the work can be done ahead and the "cooking" is done by both you and your guests!

Classic cheese fondues are a wonderful way to start. A combination of cheeses (usually Emmental and Gruyère) are combined with a liquid (white wine or kirsch) and stirred over a low heat until thoroughly smooth. Serve with cubes of fresh bread, breadsticks and chunks of vegetables, either raw (peppers, mushrooms or zucchini) or blanched (cauliflower, broccoli or carrots).

Main dish fondue consists of either chicken or beef broth, sometimes oil. Trimmed thin slices of beef, chicken or even fish and seafood (cooked in separate pot) are dipped into the hot broth until cooked. Vegetables can be cooked in it as well. Serve with a variety of sauces on the side.

A chocolate fondue is a favourite anytime but a dessert fondue can also be a caramel or sweet fruit sauce. Pieces of cake (angel or pound) or cookies and pieces of fresh fruit are used for dipping.

Cheese fondues are best in a ceramic or earthenware pot with an adjustable flame to prevent scorching while keeping the cheese melted. A broth or oil fondue needs a much higher heat in order to cook the proteins and a metal pot is commonly used. Chocolate fondues use a smaller ceramic or earthenware pot usually heated by a tea light candle.

Make sure the fondue pot(s) are placed in easy reach of all your guests. Supply long fondue forks for dipping and extra utensils and plates for eating.

We Can Help! is a weekly column from ATCO Blue Flame Kitchen. Do you have a cooking or household question you'd like the ATCO Blue Flame Kitchen Answer Line to help you with? Call us toll-free at 1-877-420-9090 Monday to Friday, from 9 a.m. to 4 p.m., or send us an email at bfkanswerline@atcogas.com. For our searchable database of kitchen-tested recipes, along with household tips and expert advice, visit our website at www.atcoblueflamekitchen.com