
Beer Cheese Fondue

The Essential Southern Living Cookbook

Servings: 8

Start to Finish Time: 15 minutes

1/4 cup unsalted butter

1/3 cup all-purpose flour

1 bottle (12 ounce) lager beer

1/4 cup heavy cream

6 ounces (1-1/2 cups) Gruyere cheese, shredded

6 ounces (1-1/2 cups) mild cheddar cheese, shredded

1/2 teaspoon Worcestershire sauce

1/2 teaspoon dry mustard

Melt butter in a medium saucepan over medium-low heat. gradually whisk in the flour. Cook, whisking constantly, until lightly browned, about 1 minute. Gradually whisk in the beer and heavy cream. Cook, whisking constantly, until the sauce has thickened and begins to bubble, 3 to 4 minutes.

Gradually add the Gruyere and cheddar cheeses, whisking constantly, allowing each addition to melt and become incorporated before adding more. Whisk in the Worcestershire sauce and dry mustard until smooth.

Appetizers

Per Serving (excluding unknown items): 430 Calories; 35g Fat (72.7% calories from fat); 25g Protein; 5g Carbohydrate; trace Dietary Fiber; 115mg Cholesterol; 279mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Non-Fat Milk; 4 1/2 Fat; 0 Other Carbohydrates.