

Foolproof Fondue

*Andrew Zimmern, chef and owner - AZ Canteens, Minneapolis, MN
Parade Magazine*

Servings: 4

*1 clove garlic
1 cup dry white wine
1 tablespoon lemon juice
8 ounces grated Gruyere cheese
8 ounces grated Emmenthal cheese
4 ounces grated Appenzeller cheese
(or Fontina or Raclette)
4 teaspoons cornstarch
3 tablespoons Kirsch (cherry brandy)
2 pinches ground nutmeg
salt (to taste)
freshly ground black pepper (to taste)
sliced cooked sausage (for serving)
cubed bread (for serving)
roasted or blanched cauliflower (for serving)
cubed boiled potatoes (for serving)*

Rub the inside of a heavy-bottomed pot with the cut sides of garlic. Add the wine and lemon juice. Bring to a simmer over medium heat.

Working in batches, stir in the Gruyere, Emmental and Appenzeller cheeses and the cornstarch. (DON'T ALLOW THE CHEESES TO BOIL.) Be sure that each cheese is fully melted and incorporated before adding more.

Stir in the Kirsch, nutmeg, salt and pepper. Pour the cheese mixture into a fondue pot over low heat.

Serve with sliced cooked sausage, cubed bread, cauliflower or boiled potatoes.

Per Serving (excluding unknown items): 53 Calories; trace Fat (1.8% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 0 Fat.