



FOOD.WINE.COFFEE

CHEESE MATTERS

Fondue

BY KRIS LLOYD

Depending on your era you may or may not be familiar with fondue. This sharing experience of food was totally hip and groovy in the 70s, when fondue parties were the dinner party of choice. It seems the roots of fondue lie in Switzerland, where it was promoted with slogans such as "fondue is good and creates a good mood". Over time many countries around the world adopted fondue.

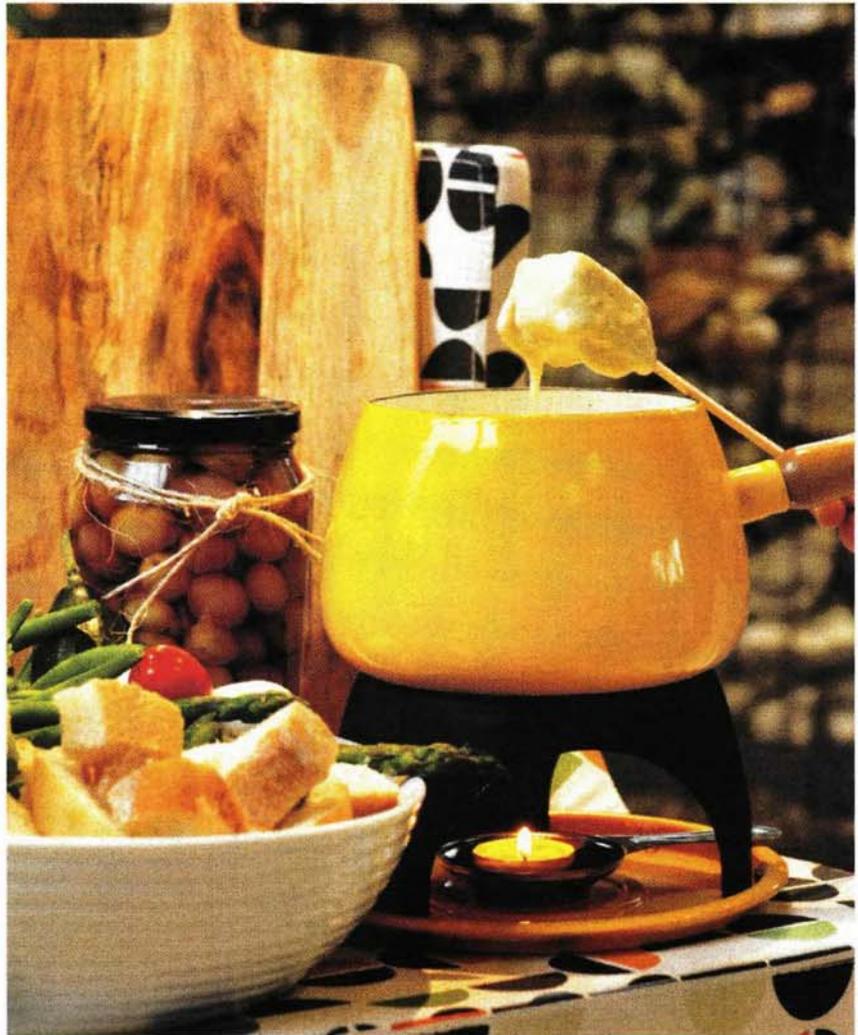
Special little pots were required, with distinctive forks that have long stems, lots of melting style cheese and yummy food bits to put on the end of your fork to dip into the hot cheesy liquid.

The fondue pot is quite a cute little thing that generally sits on a stand and has a little burner underneath in order to keep the fondue warm and in a liquid state. The fondue pot became a very popular wedding gift in the 70s. I recall many people telling me when I was looking for fondue pots for CheeseFest last year, they still had the one they were given for a wedding gift in the shed or on the top shelf in the pantry room. Well, if you have one bring it out! Fondue has once again become a popular gastronomic experience, one we should all try at least once.

The cooler weather now is begging for a fondue session to happen. So here's how you go about it. Of course if you do not have a fondue pot, visit your local op shop, they are sure to have a couple stashed on their shelves.

Now, the important bit – the cheese. You must choose the correct cheese in order to produce a really good fondue. Select from quality Gruyere, Edam, Emmentaler, sharp Cheddar or even Camembert.

There are many recipes for fondue. Once you start looking it is quite surprising. Even



celebrity chefs have a few takes on this groovy offering. The first recorded fondue recipe was in a 1699 book which was published in Zurich under the name *Käss mit Wein zu kochen* which translates to 'cooking with cheese and wine'. It simply asks for one cup of grated or cut cheese to be melted with wine and to dip bread cubes into it. While the foundation is there, a few more ingredients really go a long way in shaping some great flavours for you to enjoy.

Fondue should be runny and stringy, not thick and stodgy, and the key to achieving this is using cornflour and white wine. The cornflour

prevents the proteins in the cheese coagulating and the acidity in the wine keeps the cheese stringy. Here's my favourite recipe, which I discovered when looking for fondue recipes for the Funky Fondue Lounge at CheeseFest last year.

• Kris Lloyd is Woodside Cheese Wrights' Head Cheesemaker

[woodsidecheese.com.au](http://www.woodsidecheese.com.au)