

# Fondue

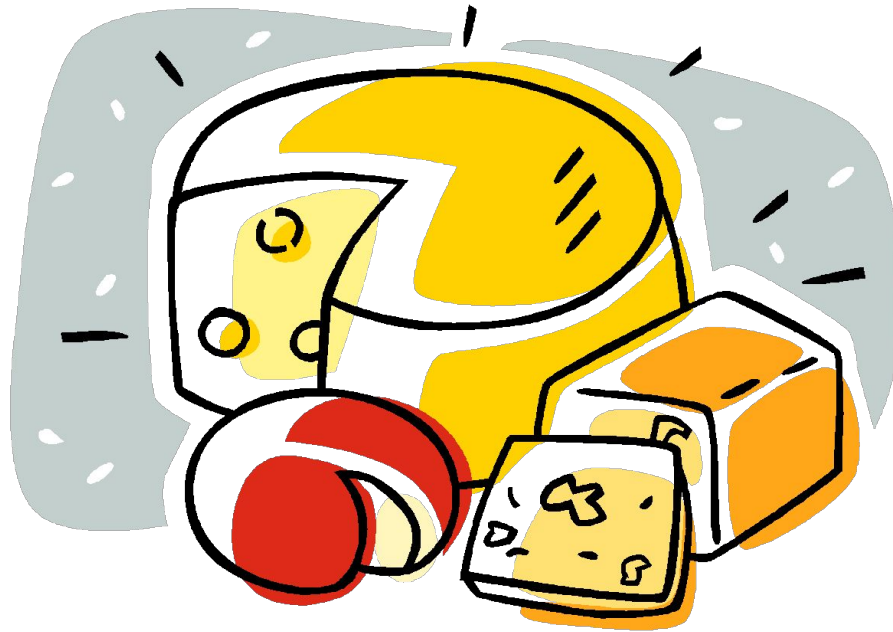


# HISTORY

- Winters in Switzerland were often frigid and harsh. Consequently, fresh foods became scarce and townspeople had to rely on locally made foods.



One of the local foods produced during the summer months was cheese.



During the winter months the cheese would dry out and become stale. Out of necessity it was used in a dish called

# FONDUE



- Derived from the French verb, fondre, which means to melt.

# Bread

- In European countries, breads contain no preservatives, therefore, if you don't use them, they harden. So as to not waste the bread, it was cut into cubes which would then be dipped into the hot melted cheese.



# Serving Fondue

- Community Pot—traditionally each person received their own corner and respected others as well.
- First fondues were made in earthenware pots
- Later small appliance fondues were made using tea lights, sternos or electricity.



# Eating Fondues

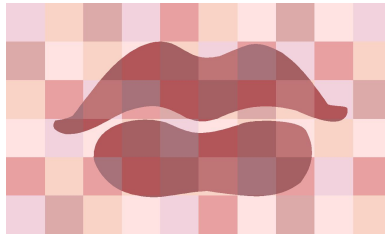
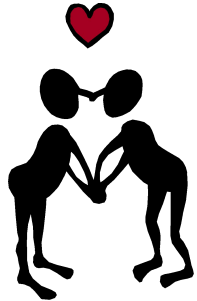
- Spear bread cube or dipper with fondue fork (skewer) and dip into hot fondue.
- Remove to eat so as to not “double dip” and ruin the fondue (food safety).
- Moving around the fondue table while eating became a popular way to socialize in the 60’s and 70’s.



# Eating Fondues--Customs

- A popular Swiss custom associated with fondue:

If a woman drops a cube of bread into the fondue pot, she has to kiss all of the men; if a man drops the bread cube, he has to buy drinks for everyone. And if a person drops a second cube, he or she must host the next party.





# When Can Fondues be Served?

- Appetizer: to stimulate the appetite
- Main Dish: includes a protein food (B, L, D)
- Dessert: typically sweet to end the meal



# Dippers

- Fruits
- Vegetables
- Bread Cubes
- Croutons
- Angel Food Cake (Cubed)
- Marshmallows
- Sausages
- Shrimp
- Meatballs

