

## Fondue for Two, a Classic Valentine's Dish

by John Rizzo

Fondue dates back to Switzerland several centuries ago where hardened cheese and stale bread were brought back to life in this wonderfully warm, cozy dish. Then, popular with peasants in communal pots, has now evolved into a fun and sometimes romantic adventure in eating.

### Classic Cheese Fondue *Yield: 2*

Cornstarch	1 TBL
Kirsch (cherry brandy)	2 TBL
Garlic, Minced	½ tsp.
White Wine, Dry	¾ Cup
Emmenthaler Cheese, shredded	6 oz.
Gruyere Cheese, shredded	6 oz.
Nutmeg	Pinch
French Bread, 1 in. cubes	3
Apples, cut 1 inch	1 Cup

Dissolve the cornstarch in the kirsch until smooth. In a heavy saucepan, combine the garlic and wine; bring to a boil. *The wine will lower the boiling point which will help keep the cheese from curdling.* Reduce the heat to low and slowly add the shredded cheeses. Using a wire whip continuously move the cheese around the pot; do not let it boil. When the cheese is completely melted, slowly pour in the cornstarch mixture, again continuously stirring. Add a pinch of nutmeg and let the mixture slowly simmer for an additional 3 minutes. Transfer the fondue into a warm fondue pot and serve with crusty French bread and apple slices.