

It's this time of the year again you know – indoors, cozy, warm, huddling together, sharing a delicious repast, having fun dipping crusty bread into a pot of liquid cheese, diluted with that famous white lightning the Swiss call Kirsch. Fondue is possibly the most delicious and fun food ever made. We did it last year and it got super response so lets do it again and start the new year with a repeat

**visit to Switzerland on our continuing Culinary Trip
Around The World and enjoy a**

FONDUE

**Friday January 21st to Sunday January 23rd, 2011
From 5:30 - 8:00 p.m.**

Fondue is a Swiss communal dish shared at the table in an earthenware pot (caquelon) over a small burner (rechaud). The term is derived from the French verb fondre (to melt), in the past participle fondu (melted). Diners use forks to dip bits of food (most often bread) into the warm semi-liquid sauce (commonly a cheese mix). Heat is supplied by a wick or gel alcohol burner.

A Bit of History

A recipe for a sauce made from Pramnos wine, grated goat's cheese and white flour appears in Scroll 11 (lines 629-645) of Homer's Iliad and has been cited as the earliest record of a fondue.

Swiss communal fondue arose many centuries ago as a result of food preservation methods. The Swiss food staples bread and raclette-like cheese made in summer and fall were meant to last throughout the winter months. The bread aged, dried out and became so tough it was sometimes chopped with an axe. The stored cheese also became very hard, but when mixed with wine and heated it softened into a thick sauce. During Switzerland's long, cold winters some families and extended groups would gather about a large pot of cheese set over the fire and dip wood-hard bits of bread which quickly became edible. Modern fondue originated during the 18th century in the canton of Neuchâtel. As Switzerland industrialized, wine and cheese producers encouraged the dish's popularity. By the 20th century many Swiss cantons and even towns had their own local varieties and recipes based on locally available cheeses, wines and other ingredients..

How it's done

There are many kinds of fondue, each made with a different blend of cheeses, wine and seasoning, mostly depending on where it is made. The caquelon is first rubbed with a cut garlic clove, then wine and cheese slowly added until melted. A small amount of potato starch (or corn starch) is added to prevent separation and the fondue is almost always further diluted with either kirsch, beer, and/or white wine. The most common recipe calls for 1 dl (100 ml) of dry white wine per person and a 200 g mix of hard (such as Gruyère) and semi-hard (such as Emmental, Vacherin or Raclette) cheeses: The mixture must be stirred continuously as it heats in the caquelon. Crusty bread is cut into cubes which are then speared on a fondue fork and dipped into the melted cheese.

Etiquette

As with other communal dishes fondue has an etiquette which can be both helpful and fun. Most often, allowing one's tongue or lips to touch the dipping fork will be thought of as rude. With meat fondues one should use a dinner fork to take meat off the dipping fork. A "no double-dipping" rule also has sway: After a dipped morsel has been tasted it should never be returned to the pot. In longstanding Swiss tradition if a nugget of bread is lost in the cheese by a man he buys a bottle of wine and if such a thing happens to befall a woman she kisses the man on her left. Lately, rather more humorous twists on this have shown up in Switzerland such as young diners diving into the snow whilst clad only in underwear.

Varieties of Swiss Fondue

Neuchâteloise: Gruyère and Emmental.

Moitié-moitié (or half 'n half): Gruyère and Fribourg Vacherin.

Fribourgeoise: Vacherin wherein potatoes are often dipped instead of bread.

General Suisse Fondue, international: Gruyère, Emmental and Sbrinz.

Appenzeller: Appenzeller cheese with cream added.

Tomato: Gruyère, Emmental, crushed tomatoes and wine.

Spicy: Gruyère, red and green peppers, with chili.

Mushroom: Gruyère, Fribourg Vacherin and mushrooms.

Meat Fondues

During the late middle ages as grapes ripened in the vineyards of Burgundy (hence bourguignonne) a quick harvest was needed and the noontime meal was often skipped. Johann du Putzxe was a monk who made a kind of fast food by dunking pieces of meat into hot oil. The Swiss later adapted this as a variety of fondue. The pot is filled with oil and brought to simmer. Each person spears small cubes of beef with a long, narrow fondue fork and fries them in the pot. An assortment of sauces is provided for dipping.

In modern times many more types of Fondue have been created by ingenious and creative chefs, even the Far Eastern Hot Pot (commonly referred to as Fondue Chinoise), has been included in these inventions but we will keep it simple the first time around with a choice of two.

Your Menu Choice

from 5:30 - 8:00 p.m.

Swiss Fondue General

Gruyere, Emmental and Sbrinz.

\$ 19.00 per person

Fondue Bourguignonne

Cubes of Triple A Beef Tenderloin, a variety of at least five dipping sauces

\$ 22.00 per person

Please note: as we have limited resources at the Club, we have to impose a minimum number of persons per Fondue (or rather per fondue pot and utensils), the number is four persons, so four or more it is, at your discretion.

For those not into cheese or the sharing of a common pot we have a few alternatives:

Air Dried Beef and Asparagus from Canton Valais	\$10.00
Barley Soup from Canton Graubuenden	\$7.00
Osso Bucco from the Ticino Region	\$24.00
Trout with Green Grapes, A Recipe from Canton Vaud	\$18.00
Vol-Au-Vent from Canton Luzern	\$11.00
Roast Knuckle of Veal Canton Aargau Style	\$23.00

Desserts as usual from the vitrine, this time also with a little Swiss influence.

**For reservations please call Grace at
(905)473-1469 ext. 303 or fax (905)473-9275
(Prices and Items subject to Change)**