

Cheese Fondue

Sandy Jenkins, a friend I knew in the 60's



1/2 pound Swiss cheese, prefer imported
1/2 pound Gouda cheese
1 tablespoon flour
1 cup dry white wine
1 clove garlic
5 tablespoons sherry
1/4 teaspoon nutmeg, prefer fresh grated
1/4 teaspoon paprika

1 large French bread loaf (see notes below)

Serving Ideas: This is the Thurston's traditional Christmas Eve dinner.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

This is an OLD recipe from a friend I met in 1966 in Denver. I haven't varied the recipe except to buy the imported cheese, rather than domestic.

1. If time and your patience permits, grate the cheese. Otherwise, cut both cheeses into small cubes (as small as you have time to make them), which makes for easier melting. Place grated/cubed cheese in a large plastic bag and add flour, nutmeg and paprika and mush around a little. This much can be done ahead and refrigerated.
2. Select a very heavy saucepan and rub the cut garlic clove around the bottom of the pan. Add white wine and garlic clove to the pot and bring to a boil. Remove garlic. Add cheese mixture and stir until cheese is melted and smooth. Add sherry and stir. Pour into cheese fondue pot and serve with chunks of bread.
3. Note about bread: I'm very particular about what kind of bread to buy for the fondue. Hard baguettes are too hard, and some of the grocery store french breads are simply too soft (like Weber's bread). So, select a loaf which has a medium crust and is long and narrow. If you buy a big fat loaf, the cubes of bread from the middle of the loaf frequently fall off or break apart in the thick cheese. The crust makes it easier to hold it onto the fondue fork.

Per Serving (excluding unknown items): 801 Calories; 35g Fat (42.3% calories from fat); 41g Protein; 66g Carbohydrate; 4g Dietary Fiber; 117mg Cholesterol; 1307mg Sodium. Exchanges: 4 Grain(Starch); 4 Lean Meat; 0 Vegetable; 4 Fat; 0 Other Carbohydrates.