



# SWISS FONDUE



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- Fondue came to us from Switzerland.
- The legends say that the first time it was prepared by shepherds who pastured their sheep in the mountains.
- The usual food of shepherds was bread, wine and cheese.





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- In the evening cheese and bread became dry.
- And one of the shepherds was smart enough.
- He decided to melt cheese in wine and to dip slices of bread in this cheese mass.



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- The other shepherds liked this dish. Since then fondue is both the festive and everyday dish in all Swiss families.





# INGREDIENTS

## WINE AND CHEESE



# THE FONDUE SET





# INGREDIENTS



- 1 garlic
- 400 ml white wine
- 1 tsp lemon juice
- 350 g grated cheese Gruyère
- 350 g grated cheese Emmentaler
- 1 tsp corn flour
- 2 tsp kirsch
- a pinch of ground nutmeg





# INGREDIENTS FOR SERVING



- 1-2 French sticks
- a bowl of freshly boiled small new potatoes
- green salad





## DIRECTIONS

1. Rub the fondue pot with the garlic. Pour in the wine and lemon juice and heat.
2. Add the cheese and stir slowly.
3. Blend the corn flour and kirsch in a small bowl. Then mix into the pot.



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## DIRECTIONS

- This recipe is good enough as a main course (4-6 servings) or an appetizer (12 servings).
- It takes you 10 minutes for preparation and 15 minutes for cooking.





# • FONDUE ETIQUETTE

- Stir the fondue from time to time.
- Scrape out a crusty layer of cheese on the bottom and divide it between the guests.
- Use day-old bread.
- Don't drink water with a fondue as this causes stomach pains.
- Drink white wine or hot tea.







# BON APPETITE !

