

Simmering Fondue

(<http://recipes.howstuffworks.com/simmering-fondue-recipe.htm>)

4 cans (about 14 ounces each) fat-free reduced-sodium chicken broth
½ cup dry white wine
1 tablespoon chopped fresh parsley
1 teaspoon bottled minced garlic
½ teaspoon dried thyme leaves
½ teaspoon dried rosemary

Combine chicken broth, wine, parsley, garlic, thyme and rosemary in large saucepan. Bring to a boil over high heat. Remove from heat. Strain broth. Transfer broth to electric wok. Return to a simmer over high heat.

Thread any combination shrimp, meat and vegetables onto bamboo skewer or fondue fork. Cook in broth 2 to 3 minutes.

Traditional Cheese Fondue

¾ C dry white wine
¾ C water
1 ½ t Kirsch, if desired
2 T cornstarch
¼ t nutmeg
1 t ground black pepper
8 oz cubed Gruyere cheese
8 Oz cubed Emmental cheese

Warm ingredients together in a metal bowl over boiling water. Melt/stir until the mixture is smooth.

Chef tips: try using different kinds of cheeses.

Chocolate Orange Fondue

1 C Heavy whipping cream
2 t grated orange peel
16 oz semi-sweet baking chocolate, chopped
2 T butter

Warm heavy whipping cream with orange peel together in a metal bowl over boiling water. Add chocolate and butter. Melt/stir until the mixture is smooth.

Chef tip: dippers may include sponge cake, pound cake, sliced apples, sliced pears, marshmallows, strawberries, bananas and fresh pineapple chunks