

# Dip away your blues with these fondues

See related 2 Unique column on Pastimes front. Recipes compliments of Kelli Lewton.

## DARK CHOCOLATE DESSERT FONDUE

- 7 tablespoons whipping cream
- 3 tablespoons honey
- 8 ounces semisweet chocolate, chopped
- 2 ounces bitter dark chocolate, chopped
- 1 tablespoon Kirsch (clear cherry brandy)
- 1/4 teaspoon almond extract

**For Dipping:**

- Fresh cut fruit such as banana, peeled pear or apple wedges
- Fresh berries such as strawberries, blackberries and raspberries
- Pound cake

**Method:**

- Bring cream and honey to simmer in heavy medium saucepan.
- Add chocolate, whisk until melted.
- Remove from heat.
- Whisk in Kirsch and extract.
- Pour fondue into bowl; place on plat-

## WILD MUSHROOM GARLIC SCENTED CHEESE FONDUE

- 1/2 onion diced
- 3 large garlic cloves, minced
- 1 tablespoon olive oil
- 1 cup assorted butter or wild mushrooms, steamed and sliced thin
- 1 pound Swiss cheese, grated
- 3 tablespoons all purpose flour
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground white pepper
- 1 1/4 cup dry white wine

**For Dipping:**

- 1-pound crusty French bread or sourdough bread, cut into 1-1/2 inch cubes.

**Method:**

- Sauté onions and mushrooms in olive oil for 3-4 minutes.
- Add minced garlic and continue to sauté for 2-3 minutes, deglaze with white wine and heat 2 minutes.
- Combine cheeses, flour, nutmeg, and white pepper in large bowl; toss to coat.
- Add cheese mixture to wine mixture

by handfuls, whisking until melted and smooth after each addition. Mix in more wine by tablespoons to reach desired consistency.

• Transfer to fondue pot. Set fondue pot over candle or canned heat (sterno).

## SUN-DRIED TOMATO PESTO PIZZAZO FONDUE

- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 1/2 cup reconstituted, finely chopped sun-dried tomatoes
- 2 garlic cloves, minced
- 1 tablespoon prepared pesto
- 1/4 teaspoon crushed hot red pepper flakes
- 3/4 cup dry white wine
- 2 cups Mozzarella cheese, shredded
- 1 1/2 cups Provolone cheese, shredded
- 1/2 cup Parmigiano-Reggiano cheese
- 1 tablespoon cornstarch

**For Dipping:**

- Crusty French or Italian bread, cut into bite-size cubes with crust
- Salami cubes and Pepperoni wedges
- Baby artichoke hearts

- Raw veggies including pepper slices, zucchini and mushrooms
- Breadsticks

**Method:**

- In a medium, heavy-bottomed saucepan, heat the olive oil over medium heat.
- Add the onion and cook, stirring often, until translucent, about 4 minutes.
- Add the sun-dried tomatoes, garlic, pesto and hot pepper flakes.
- Stir until the garlic is fragrant, about 1 minute.
- Add the wine and bring to a simmer. In a medium bowl, toss the cheeses with the cornstarch.
- Stir in the cheeses, a handful at a time, into the saucepan, stirring until the first addition is melted before adding another.
- Let the fondue come to a bare simmer, but do not boil.
- Transfer cheese to a fondue pot and keep warm over a fondue burner.
- Serve immediately with the dipping ingredients of your choice.

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that, but when it comes to Bordeaux wines from very reputable chateaux and outstanding vintages such as 1998, Costco has had some fantastic deals in the last few months. You do not have to be a Costco club member to buy wine.

### Burgundian heritage

Dijon in the Burgundy region of France is the mustard capital of the world. Authentic mustards are made by mixing one third black or brown mustard seeds, grown in abundance in the Dijon area, with unripe grape juice. The mixture is then ground and finely sieved to produce the smooth, light yellow mustard.

The characteristic pungency of an authentic Dijon mustard is the result of the natural flavor development from the moment the grain's kernel comes into contact with the juice. If you've been misled to believe that a dressed greens salad does not match with wine, perk up your next vinaigrette with a mustard and a dash of red Burgundy wine. Voila! A great salad to match red wine, especially a mellow Burgundy.

The Healds are Troy residents who write about wine, spirits, food, and restaurants for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 553-2047, mailbox 1864#.

## Fondue from page B1

came a wonderful dish, the fondue. The cheese was melted in an earthenware pot called a caquelon. Local wines and seasonings were added and even the stale bread tasted delicious after it was swirled in the creamy cheese sauce. Each person kept their corner of the pot, showing consideration and kinship, a Swiss custom still respected to this day.

### Fondue Tips

- Do the two-step. Cook the fondue in a double boiler on your stove, and then transfer it to the fondue pot for serving.
- Use the right pot. Use a large ceramic pot for cheese and large batches of dessert fondue, a metal-lined pot for oil-based or

fried fondues. Small ceramic pots are perfect for smaller quantities of desserts. The new generations of fondue pots are sturdier and more versatile.

• Acidic liquids help the proteins in the cheese melt smoothly. Beer, stock, dry or semi-dry wine will help give your fondue balance.

• Don't stop with the bread! Try dipping bagel pieces into a fondue of cream cheese and smoked salmon. Tender pieces of cooked chicken or shrimp with a traditional Swiss fondue also work great.

• Be careful in your selection and combination of cheeses. First, work within families of cheeses. What would taste good together on a sandwich would

most likely be good melted together.

• Reverse fondue is certainly the chic rage. Try making interesting purées or warm topanade spreads and dipping cheese cubes in for a snappy change of pace.

So, fondue is back in its traditional form as well as in a variety of new flavors. It's a wonderful venue for getting all of your guests around the same table to share a communal pot, fun conversation, good company and great food!

*Chef Kelli L. Lewton is owner of 2 Unique Caterers and Event Planners in Bloomfield Hills and Aunt Olive's Good Food 2 Go in Birmingham. Lewton is a graduate of Schoolcraft College's Culinary Arts program.*

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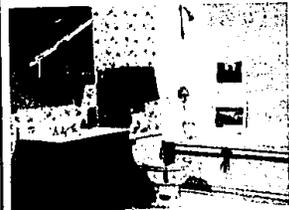
Got an idea for a story? E-mail us at [jhubred@oe.homecomm.net](mailto:jhubred@oe.homecomm.net)



# Ugliest Bathroom Contest

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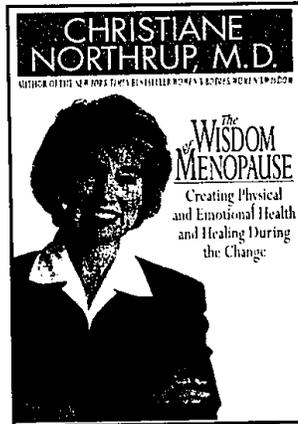
Take a photo of your ugly bathroom and bring it to WJR, Uglyest Bathroom Contest, 3011 W. Grand Blvd., Ste. 800, Detroit, MI 48202. The winner's bathroom will be upgraded with new fixtures, tile, medicine cabinet and accessories with a value of up to \$10,000. And, be sure to visit the WJR and Mathison Supply booths at:

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- Christiane Northrup, M.D.

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