

# New Year's Fondue Fun for the Whole Family

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Family-Friendly Meal-Planning Easy!



Fondue is a great way to share a joyful experience with friends and family...and a perfect New Year's Activity. After all, everyone needs to keep their energy up if they're going to make it to the midnight countdown! 😊

If it's been a while since you've heard about fondue, it's come a long way since simply dipping items into cheese in pots covered in flowers.

There are so many options and there's something for everybody's taste. Fondue can include just about any food you can dip into any type of sauce that's served warm. And hey, it can even be cold if you want. Anything goes!

This handy Fondue Fun guide will show you what you need and includes plenty of ideas for fondue foods, even the pickiest of children love. Since you'll be having your fondue with children, we'll also go over important safety tips.

## Fondue Equipment

Here are some of the basics on equipment for making fondue:

- 1) **Ceramic pots** are great for chocolate and cheese fondue. A ceramic pot will help prevent burning by distributing the heat evenly throughout the pot.
- 2) **Stainless steel** is generally better for items like oils, broths, etc. that need or can handle a higher temperature and won't burn to the bottom.
- 3) **Alternatives:** You can also use an enclosed deep fryer for your oil fondue. There are also hot stones for grilling (requires no oils and perfect for grilling veggies, meats and seafood), chafing dishes for soup and keeping other items warm.



There are several ways to heat your fondue pot. Generally, the pot you purchase will only work with one kind of heat source, but here are some of the options to consider

- 1) **Sterno.** Sterno is a highly flammable material that lasts for hours once it's lit. Sterno is light blue colored and you often see them used in buffets. Sterno is a great way to heat your

fondue, particularly oil and other liquids that need to be kept quite hot – but it doesn't provide the steady temperature electric can offer.

- 2) **Tea light.** These are small, usually white candles that you can put underneath your fondue pot. These work well for fondues that need a low temperature, like chocolate and cheese, but you'll probably have to melt them before putting them over the candle.
- 3) **Electric.** These are also great, as they'll never run out of heat and it's easier to maintain a steady temperature. You just need to be close to an electrical outlet.

Most sets come with fondue forks – essential for dipping your treats into the fondue. Many are color coded, so you don't have to fight with family members over whose piece is whose. ;-)

You'll also need dishes for all the food items and dips. There are fondue dish sets with small little dishes that everyone can enjoy their different food items, but we prefer the practical and that's just too many dishes to wash. Everyone can have a side plate for all their prepared items. Of course, you might allow a separate plate for main dishes and sweets, but there's no need to go overboard with dishes.



Before we get to the GOOD stuff, let's talk safety...

## **Fondue Safety Tips**

Whether you're enjoying fondue with just your immediate family or a whole crew, safety comes first. Here are some quick tips to make sure your fondue experience is a safe one:

### **Setting**

The fondue pot should be placed in the middle of the table. Don't place it near glasses or at the edge of the table where it could be knocked over.

Place the fondue pot on a fire resistant surface. Do not place it on a wood surface or use a table cloth. Make sure the surface is flat to avoid tipping the pot over.

If you're using electric fondue pots, ensure no one can trip over the wires. Electric provides the most consistent heat, but your table needs to be against an electrical outlet for safety reasons.

Do not let children light fondue pots or pour the Sterno. Sterno is highly flammable and if it spills at all, those drops will turn to flames when lit...so if you're using it, keep everyone back as you light it.

### **Temperature**

Heat the oil to just under boiling point. (375 degrees Fahrenheit.) You can use a deep frying temperature gauge to judge the temperature.

It's best to keep the temperature warm enough to be pleasant and to keep the fondue liquid and smooth. However, do not heat it to the point where it can cause burning.

Meats should be cooked to appropriate temperatures.

### ***Fire Extinguisher***

Keep a fire extinguisher within reach just in case of an emergency.

### ***Be Smart***

We don't have the space to cover all safety concerns and everyone's fondue, equipment and home set up are different. Always use your own judgment in ensuring safety for your party.

Now, it's time for the good stuff...FOOD!

## **Fondue for the Whole Family**

This guide is simply an idea generator for you to come up with combinations that you, your family and guests will love. Our focus here is to include suggestions that often satisfy the pickiest of palates and to give you some ideas for your own fondue party.

### **Cheese Fondue:**

Many of the prepackaged cheese fondues include strong flavored cheeses. If you're kids are adventurous, go for it. If not, you may want to try cheeses like mozzarella or even a mozzarella/cheddar combo.

**Here are some items the family might enjoy dipping into cheese:**

- ❑ French bread cut in slices.
- ❑ Garlic sausage or ham.
- ❑ Steamed or raw veggies like cauliflower, broccoli, asparagus, green beans and mushrooms.
- ❑ Tempura battered veggies (see the oil section below for ideas).
- ❑ Fruits including apple slices or grapes.
- ❑ A variety of crackers and other breads.
- ❑ Tortellini, gnocchi or other pastas.
- ❑ Fried steak.



## Oil Fondue:



Oil certainly isn't always the healthiest of choices, but it's New Year's...so it's okay to have a little fun. However, if you want to keep this a healthy event, try the broth and stone grill options coming up next.

### Here are some items to dip into an oil fondue:

especially served with syrup)

- ❑ Meatballs & sausage.
- ❑ Sliced steak, chicken and pork chops. Plain or marinate first.

- ❑ Tempura battered cauliflower, sweet potatoes, zucchini, mushrooms, onion rings, prawns and yes, even hot dogs.
- ❑ Egg dipped (with a bit of milk & cinnamon) bread to make French toast (kids LOVE this,

## Broth:

Broth offers more limited cooking options than oil, but there are still plenty of tasty things you can do with broth.

### A few ideas:

- ❑ Vegetables.
- ❑ Noodles of all types. Thick udon noodles are especially yummy.
- ❑ Pre-cooked meats.
- ❑ Or try onion soup in a fondue pot or chafing dish. Bake cheese covered French bread slices and place it on top of the soup.

## Stone Grill:



As mentioned earlier, stone grilling offers a more healthful alternative to oil and it's always a bit hit at fondue parties. Veggies and fruits will grill faster than meats, so adjust accordingly.

### There are endless things you can cook on stone grills including:

- ❑ Steak, chicken, pork and just about any meat you can think of.
- ❑ Shrimp, scallops, salmon and a variety of seafood.
- ❑ Veggies – if you like 'em, you can grill 'em.
- ❑ You can even grill fruits like pineapple, apple and more.
- ❑ Kebabs with a variety of yummy items to eat.

## Chocolate Fondue:



Yes...what they all patiently wait for, the dessert portion of the fondue. You don't have to just stick with chocolate (melting chocolate chips in a ceramic fondue pot or one made specifically for chocolate works well), but can create caramel (dip plain popcorn – YUM!) and other warm fondue dips. Get create and have fun.

**So many things to dip in chocolate, but here are some family**

**faves:**

- ❑ Banana, raspberries, strawberries and just about any type of fruit.
- ❑ Marshmallows – full-size, minis...they're GOOD.
- ❑ Ice cream balls (you can even dip ice cream ball in graham crackers, quick fry and THEN put in chocolate).
- ❑ Cookies & cake.



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