

Fondue

The name fondue comes from the French verb *fondre*, meaning “to melt.” So when you make fondue, you dip various foods into a big pot of hot liquid, like melted cheese or melted chocolate. As Wesley describes it in *Nerd Camp 2.0*, “It’s melty, cheesy, chocolately heaven. With sticks.”

Here are recipes for cheese and chocolate fondue that you can make along with a parent. Suggested foods for dipping are listed, but feel free to get creative. You don’t need fancy fondue sticks to dip, either. You can use a fork, your hands, or even a long stick, campfire style!

Cheese Fondue

Adapted from Cookgirl’s Kid-Friendly Fondue
(<http://www.food.com/recipe/kid-friendly-fondue-regards-tasty-421802>)

Ingredients:

- 1 lb monterey jack cheese, coarsely grated
(Buy a block of cheese and grate it yourself.
Pre-grated cheese won’t melt as well.)
- 2 tablespoons flour
- 1 cup milk
- 1 roasted garlic clove, smashed

How to make it:

1. In a medium bowl, toss the cheese and flour together until all the cheese shreds are floured.
2. In a saucepan, heat the milk and the garlic over medium-low heat until simmering, about 2 to 3 minutes.
3. Add the cheese mixture to the saucepan, one handful at a time, whisking each handful until it melts before adding more. Whisk until everything is smooth and velvety.
4. Choose your dipping items, and enjoy! Be careful if dipping with your fingers; the fondue will be very hot!



Photo from anykitchenwilldo.com

Suggested dippers:

- Small cubes of French bread
- Pieces of cooked potato
- Cooked pasta (spirals, wheels, or bowties will be easiest to dip)
- Slices of apple or pear
- Steamed broccoli, zucchini, or asparagus



Chocolate Fondue

Adapted from Michele Thompson's
"Chocolate Fondue Recipe for Kids"
(<http://www.grandparents.com/food-and-leisure/dessert-recipes/chocolate-fondue-recipe-for-kids>)

Ingredients:

8 ounces semi-sweet or dark chocolate, chopped
1/3 cup half-and-half

Suggested dippers:

Strawberries
Chunks of banana
Pieces of pound cake
Jumbo marshmallows
Graham crackers

How to make it:

1. Combine the chocolate and half-and-half.
2. In a heat-safe (non-plastic) bowl, melt the chocolate mixture over a pot of simmering water, stirring frequently. Continue to stir until it is smooth and velvety.
3. Choose your dipping items, and enjoy! Be careful if dipping with your fingers; the fondue will be very hot!

Pop Quiz: In *Nerd Camp 2.0*, which character gets hooked on cooking and makes fondue?

The answer may surprise you!