

The name "Fondue" originates from the French word "fondre," which means "to melt". Although the oldest reference to the classic cheese fondue (*Fondue au Fromage*) can be found in Homers' Iliad, the modern version has its origins in the cheese-producing regions of the Swiss Alps and the Jura mountains sometime during the 18th century. Preparing and sharing a fondue is a social experience to be enjoyed among family and friends. One of the long-standing traditions is that if a woman drops her chunk of bread or meat off her fondue fork and into the pot, she must kiss the man to her right. If a man drops food off his fork into the pot, he must supply another bottle of wine for the table.

In its simplest form, cheese fondue consists of at least two varieties of cheese (typically Gruyere and Emmentaler) that are melted with white wine, a bit of starch, a hint of garlic, and a shot of cherry brandy, and served in a ceramic or earthenware pot over a flame. Diners use long forks to dip and stir cubes of bread in the molten cheese.

Two other types of fondue include dessert fondues and oil or broth fondues. Examples of the former include chocolate fondue (*Fondue au Chocolat*) and Dulce de Leche (caramelized milk), while the latter includes meat fondue (*Fondue Bourguignonne*) and seafood bouillabaisse. Dessert fondues, like the cheese fondues, are prepared in a ceramic or earthenware pot. Diners dip chunks of pound cake, banana, pineapple, and strawberries, as well as marshmallows and orange sections. Oil and broth-based fondues require higher heat and are therefore prepared in stainless steel or copper pots.