

# Fondue Broth

This is suitable for use with meat, prawns or vegetables

## Ingredients

750 ml vegetable stock (make your own stock or use a cube or stock pot)  
250 ml red wine or white wine (optional)  
240 g sliced fresh or frozen mushrooms  
2 Onions, sliced  
2 cloves Garlic, minced  
Freshly ground black pepper and fresh or dried mixed herbs  
You can also add a chilly if you like some heat

## Method

Saute onions until soft then add mushrooms and garlic and saute for 2-3 minutes more. Pour stock into a saucepan or fondue pot over medium heat; bring to a simmer. Add wine if using then add herbs and pepper and simmer until broth is aromatic, about 15 minutes. Whilst the broth is simmering, prepare your choice of meats, seafood vegetables, potatoes etc into bite-sized pieces

Place dippers in the fondue pot using skewers or fondue forks. Shrimp and other seafood cook quickly (1 to 2 minutes); steak takes a little longer depending on how you like it. You can either blanch the vegetables or drop them into the broth at the same time as the meat or seafood and fish them out using a slotted spoon when tender. (after approx 5 mins depending on how crunchy you like them)

## Extra thoughts

Experiment with the broth by changing the herbs and spices. Add chilli, ginger, garlic, lime and lemon grass for a Thai taste or miso, mirren, soy for something more Oriental. If you are cooking meat, particularly beef or venison, the broth when you have finished makes a great soup base or with left over meat use it for a pie gravy so nothing is wasted.