

# Starfrit



**INSTRUCTIONS FOR USE AND CARE  
FONDUE RECIPES**

# FONDUE BURNER

Because this fondue set functions with fuel, certain safety measures are required while handling. **PLEASE NOTE THE BURNER OF THIS FONDUE SET IS NOT COMPATIBLE WITH LIQUID FUEL. ONLY USE FUEL IN CAPSULE OR GEL FORM.**

## When using fuel in gel form:

- Remove the adjustable lid of the burner.
- Fill the receptacle inside the burner to its maximum capacity as indicated on the receptacle. It is important not to exceed the maximum limit.
- Replace the adjustable lid of the burner and make sure it is placed properly.

## When using fuel in capsule form:

- Remove the adjustable lid of the burner.
- Remove the receptacle inside and insert the fuel capsule.
- Remove the lid of the capsule fuel.
- Replace the adjustable lid of the burner and make sure it is placed properly.

## IMPORTANT SAFETY MEASURES

- The fondue pot of this fondue set is compatible with halogen, electrical, ceramic, induction and gas stoves. For gas stoves, avoid direct contact with flames.
- Place your fondue set on a flat, level and smooth surface, then insert the burner inside fondue rack. Always keep the burner away from drapes, clothes, rags and other flammable materials and avoid using tablecloths or placemats.
- To light the burner, always use a match.  
**NEVER USE A LIGHTER BECAUSE IT COULD CATCH ON FIRE.**
- You can adjust the intensity of the burner's flame with the sliding mechanism on the handle. You have reached maximum intensity when you see the "+" symbol on the handle. The "-" symbol will appear for the lowest intensity.
- To extinguish the burner, make sure you have set the burner at the lowest intensity, then put the lid on the burner.  
**DO NOT BLOW ON THE FLAME.**

# WARNINGS/CAUTIONS

- Use this fondue set in well-ventilated area.
- Always heat the fondue broth or oil over medium heat.
- Never put the fondue pot in the oven or the microwave oven.
- Never leave an empty fondue pot on a heat source, such as a stovetop or lit burner.
- The ceramic bowl is essential for cheese or chocolate fondues. It should never be placed on direct heat, either above the burner or directly on the stove. Please refer to the recipes in this booklet to understand the preparation steps for cheese or chocolate fodues.
- Always leave a few centimetres of empty space around the fondue set.
- Never move the fondue set while the burner is lit.
- Never add fuel to a hot burner. If you have to refill the burner, make sure it is cool to the touch. It is recommended to use a second burner, to avoid unfortunate accidents.
- Avoid moving a burner that still contains fuel, even when extinguished. Let the fuel burn out entirely.
- Be extra careful when moving the fondue pot filled with hot oil or any other hot liquid. Make sure to wait until the liquid has cooled before moving the fondue pot.
- Never touch hot surfaces. Always use pot holders or oven mitts when using this product to avoid serious injuries.
- This product is designed for an indoor and non-commercial use, either for cooking or heating food for consumption. Do not use outdoors or for any other purpose.
- Never leave this product unattended when lit.
- Take extra care when this product is used in the presence of children.
- Keep this product out of reach of children or pets.

## CLEANING

- Before using the fondue set for the first time, wash all parts in hot soapy water.
- Let all parts of fondue set cool after use before washing or storing.
- Ceramic pots, fondue pot, forks and spoons are dishwasher safe.
- Clean other parts with a damp cloth.
- Fondue burner can be hand wash with a damp cloth. If stain or discoloration occurs after use, you can clean your burner by using a stainless steel cleaner and a soft sponge.

# MEAT FONDUES: BOURGUIGNONNE AND CHINESE

Bourguignonne fondue, as well as Chinese fondue, are a hearty and copious meal that is sure to satisfy beef lovers everywhere. But you can also use other kinds of meats such as chicken, pork, horsemeat, duck, bison, ostrich... let your imagination run wild and turn a simple meal into a feast.

## Sauces:

There is a wide selection of sauces you can serve to complement both Bourguignonne and Chinese fondues. It is recommended to serve at least four different kinds of sauces. Here is a small sample:

- Bourguignonne Sauce
- Chinese Sauce
- Oriental Sauce
- Bearnaise Sauce
- Tartar Sauce
- Dijonnaise Sauce
- Chili Sauce
- Aioli Sauce

## Side Dishes:

There are several types of foods that can be served alongside your meat of choice. Seafoods (scallops and shrimps), vegetables (potatoes, mushrooms, broccoli, cauliflower), a nice green salad, an aromatic Basmati rice, a crusty bread...

## Beverage:

It is usually recommended to serve red wine to accompany meat. An aromatic and supple red wine or a fruity and generous one would be a perfect complement to a memorable meal.

## Desserts:

A light dessert is recommended after such a copious meal. The fitting conclusion to this great meal could be ice cream, sorbet or fresh fruits.

# BOURGUIGNONNE FONDUE RECIPE

SERVINGS: **SIX**

PREPARATION TIME: **10 MINUTES**

APPROXIMATELY 150 TO 225 G (1/3 TO 1/2 LB) OF MEAT PER GUEST

Despite the name Bourguignonne, this fondue is originally from Switzerland. The intent of this fondue is to cook pieces of meat in hot oil.

## Ingredients:

- 3 lb (1,36 kg) of beef tenderloin or filet
- 3 cup (750 ml) of peanut oil  
(can be replaced by sunflower oil or grape seed oil)
- 1 clove of garlic
- 1 bay leaf

## Preparation:

- First, cut meat into cubes.
- Put oil into fondue pot and add garlic and bay leaf.
- Heat oil over medium heat on stove.
- When oil starts to boil, remove garlic and bay leaf.
- Install the fondue pot on the fondue rack in centre of the table.
- Each guest spears one cube of meat with a fondue fork and immerses the meat in the oil and cooks to their liking.

*Bon appetit!*



# CHINESE FONDUE RECIPE

SERVINGS: **SIX**

PREPARATION TIME: **30 MINUTES**

APPROXIMATELY 150 TO 225 G (1/3 TO 1/2 LB) OF MEAT PER GUEST

One of the advantages of serving Chinese fondue is that it contains much less calories than Bourguignonne or Cheese fondues. Instead of hot oil, you cook the meat in hot broth.

## Ingredients:

- 3 lb (1,36 kg) of beef cut in thin slices
- 3 cups (750 ml) of beef broth
- 1 sliced onion
- 2 cloves of garlic
- 2 tbsp (30 ml) of soy sauce
- 1 tsp (5 ml) of Worcestershire sauce
- 1 bay leaf
- A pinch of rosemary or thyme

## Preparation:

- Put all the ingredients, except the meat, in the fondue pot.
- Heat broth over medium heat on stove.
- Install the fondue pot on the fondue rack in the centre of the table.
- Each guest skewers or rolls a slice of meat with a fondue fork and immerses the meat in the broth and cooks to their liking.

*Bon appetit!*



# CHEESE FONDUE

Cheese fondue is a comforting meal and one of Switzerland's national dishes. France (Savoyarde fondue) and Italy (Italian fondue) also offer their own versions.

There are several types of cheese fondues, each a result of different combinations of cheeses. Here are some examples:

- Vaudoise fondue: made entirely with Gruyere cheese
- Fribourgeoise fondue: made entirely with Vacherin cheese
- Half & Half fondue: equal parts of Vacherin and Gruyere
- Neuchâteloise fondue: equal parts of Emmenthal and Gruyere
- Suisse-Central fondue: 1/3 Gruyere, 1/3 Emmenthal, 1/3 Sbrinz

It is recommended to blend two different types of cheeses (Emmenthal and Gruyere) when making a cheese fondue. But you can replace one cheese with another one of the same family of cheeses, or add one of your favourites.

## Side Dishes:

The classical way of serving cheese fondue is, of course, with a great crusty baguette cut in cubes that you can then dip in the warm cheese sauce. However, the bread must not be too fresh otherwise it will break apart in the pot.

Cheese fondue can also be great with vegetables (potatoes, mushrooms, broccoli, cauliflower), fruits (apples, grapes), cold cuts (ham, sausages) and a green salad.

## Beverages:

A white wine suits particularly well a meal of cheese fondue. A lively, light and fruity white wine would be the perfect match.

On the other hand, it is highly recommended to serve hot beverages to your guests, like green or black tea, during the meal. This will prevent the cheese to harden in your stomach and ease digestion. Cold drinks served with cheese fondue could potentially ruin your evening.

## Dessert:

After such a rich meal, a fruit salad would be an ideal dessert.

# CHEESE FONDUE RECIPE

SERVINGS: **SIX**  
PREPARATION TIME: **20 MINUTES**  
APPROXIMATELY 200 G OF CHEESE PER GUEST

## Ingredients:

- 1 ½ lb (700 g) of Gruyere cheese
  - ⅔ lb (300 g) of Emmenthal cheese
  - 1 ¼ cups (300 ml) white wine
  - 3 tbsp (45 ml) flour
  - 1 tbsp (15 ml) Kirsch (optional)
  - 1 garlic clove
  - Ground pepper
  - Nutmeg to taste
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## Preparation:

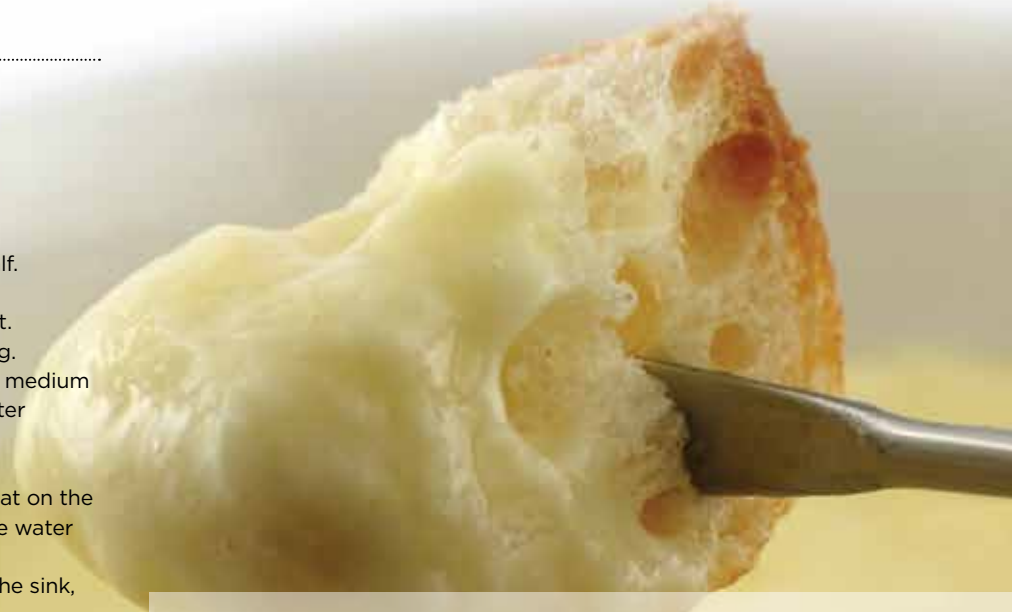
- It is easier to melt the cheese if the cheese is grated.  
Don't forget to remove the crust of the cheese.
- Cut bread into bite-size cubes.
- Use a medium saucepan to prepare the cheese preparation.
- Rub the interior of the saucepan with the garlic clove cut in half.
- In a plastic bag, mix cheese and flour together.
- Heat the wine in a saucepan on the stove at medium/high heat.
- Just before the wine boils, add the cheese, pepper and nutmeg.
- Stir constantly by doing "8" movements with your spoon over medium heat. The melted cheese should have a smooth consistency after approximately ten minutes.
- Add in the Kirsch (optional)
- Fill the fondue pot with water up to the max level indicator, heat on the stove until boiling and then place in fondue rack. Make sure the water does not evaporate completely.
- Transfer the melted cheese into the ceramic fondue pot over the sink, using oven gloves to protect yourself against burns.
- Place ceramic fondue pot inside the stainless steel pot in the rack, already in place on the table. When serving cheese fondue, do not install the fork guide.
- Everyone can now enjoy a piece of crusty bread or anything else dipped in cheese. It is important to stir the cheese often so that it remains smooth throughout the meal.

## CHEESE PROBLEM?

Your fondue is too thick? Slightly increase the intensity of the burner's flame and add a small quantity of white wine. Stir constantly.

Your fondue is too liquid? Slightly increase the intensity of the burner's flame and add a few pieces of cheese. Stir constantly.

Use a wooden, nylon or silicone spoon. It is not recommended to use stainless steel utensils.



## Suggestion: Kirsch Please?

Kirsch is a clear, colourless liqueur traditionally made from the distillation of cherries (pulp, pits, stems). Added to your cheese fondue preparation, Kirsch liqueur will give it a complex and fruity flavour. Instead of Kirsch, you may use instead Poire William or white vermouth.

*Bon appetit !*

# CHOCOLATE FONDUE

A chocolate fondue is perfect for any occasion: an intimate supper, a children's party, a dinner with friends. Usually made with bittersweet dark chocolate (60% cacao), but you can change the type of chocolate and prepare several other kinds of chocolate fondues:

- White chocolate fondue
- Milk chocolate fondue
- Three chocolate fondue
- Toblerone fondue
- Nutella fondue

## Side Dishes:

You can serve chocolate fondue with a large selection of fresh and dried treats.

- Fresh fruits: strawberries, apples, pears, grapes, bananas, kiwis, pineapples, oranges, mangos, raspberries, melons, honey dew melons, etc.
- Dried fruits: apricots, figs, large dried raisins
- Nuts: almonds, hazelnuts, pecans
- Gourmet ideas: macaroons, meringues, marshmallows, biscottis, lady fingers, madeleines

## Beverages:

A nice glass of Porto or a light apple cider will add the perfect touch to your chocolate fondue.

You can also serve a cup of rich coffee.

# CHOCOLATE FONDUE RECIPE

SERVINGS: **SIX**

PREPARATION TIME: **20 MINUTES**

APPROXIMATELY 75 TO 80 G OF CHOCOLATE PER GUEST

## Ingredients:

- 1 lb (454 g) dark chocolate (or other depending on the type of fondue you are preparing)
- 1 ¼ cups (300 ml) of 35% creme fraiche
- A pinch of cinnamon
- A splash of vanilla extract
- A selection of fresh fruits, dried fruits, nuts, etc.

## Preparation:

- Prepare the fresh fruits as required and cut into bite-size pieces. You can splash lemon juice on the fruits to prevent oxidation.
- To facilitate the melting process, cut the chocolate into small pieces.
- Melt the chocolate into a saucepan.
- Incorporate the creme fraiche to the chocolate and heat over low heat. Stir gently and constantly until smooth.
- Add cinnamon and vanilla.
- Fill the fondue pot with water up to the max level indicator, heat on the stove until boiling and then place in fondue rack. Make sure the water does not evaporate completely. Transfer the melted chocolate into the ceramic fondue pot over the sink, using oven gloves to protect yourself against burns.
- Place ceramic fondue pot inside the stainless steel pot in the rack, already in place on the table. When serving chocolate fondue, do not install the fork guide.
- Each guest can select a piece of fresh or dried fruit and submerge in the chocolate. It is important to stir the chocolate often so that it remains smooth throughout the meal.

*Bon appetit !*



