

Light & Healthy Firepot Fondue

Fondue is French for "melted." However, in this recipe we are actually cooking meat rather than melting cheese. Lean meat is cooked in a flavorful broth for a healthy and delicious meal. We recommend fondue for 2-6 people (more than 6 would require 2 pots.) For this dish, a metal pot with wood handled forks is perfect. An alcohol gel or Sterno serves as your heat source. If you are making fondue with your children for the first time, an electric wok is very stable. Use fondue forks only for cooking, not eating. This prevents burnt tongues and cross contamination.

- 2-3 each chicken breasts raw
- 2-3 each sirloin steaks raw
- 12 each shrimp raw
- 4 cups chicken broth
- 1 teaspoon minced garlic
- 1/4 cup minced carrot
- 1/3 cup minced celery
- 1/4 cup diced green onion
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup dry white wine (optional)

1 - Cube all meats and place in separate bowls on table. Fill small dipping bowls with sauces you currently have in your fridge. (ie. steak, teriyaki, horseradish, hot mustard, sweet & sour, ranch, green goddess, etc.) Place a small "raw" meat plate at each place setting.

2 - Combine chicken broth, vegetables, and garlic in fondue pot and bring to a boil on medium high heat on stove. Add wine and move to fondue pot burner. Season with salt and pepper.

3 - As you pass the raw meats around the table, scoop them onto the small plate reserving your dinner plate for only cooked meats. Place raw meat on a skewer and then into hot broth. Shrimp should stay in until pink; chicken should be cooked through; beef cooked to desired doneness.

4 - Have fun!

Servings: 6, Yield: 6

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