

## Instructions and recipe



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## **In our range of preseasoned fondue sets and accessories you can find:**

**Fondue set MAESTRO** 2 L pot with cast iron lid, fork holder, pot stand, burner and wooden trivet.

**Fondueset MAESTRO** 2 L pot with glass lid, fork holder, pot stand, burner and wooden trivet.

**Fondueset MAESTRO** 2 L pot with fork holder, pot stand, burner and wooden trivet.

**Fondue carousel** wooden, with 6 ceramic bowls.

**Fondue forks** 6 pcs/package, with individual colour marking.

The cast iron parts are preseasoned with environmentally KRAV certified rapeseed oil. Before first use of the fondue set, rinse it in warm water, and dry it off. Apply some oil and rub it in. After use clean with warm water only, and dry well. Avoid to use detergents for cleaning. If you use detergent you must make sure to rinse carefully, and dry very well. Then you must rub in some cooking oil to avoid rust. NEVER clean in dishwasher. Also rub in some oil in the surface if the surface looks "dry".

The burner is not to be filled with liquid fuel to the rim. Leave appr. 1/3 before you put on the lid. Hot fuel may expand, and overflow since the burner is not liquid tight. If the burner is overflowed and fuel runs out, it may catch fire. The flame is regulated by twisting the top, and changing the flow of air to the burner. The flame is put out by placing the burner lid on top.

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## **Some tips and recipes.**

**MEAT:** Cut the meat in small pieces or slices.

**FISH:** Dice the fish meat. Use fish with a little more "firm" meat, like f.i salmon. Shrimps, crayfish or other seafood is also very good to use for a fondue. Make sure to dry off the fish from water before dipping it into hot oil, or it may splash out hot oil.

**VEGETABLES:** Try to cut the pieces in about the same size

Use rapeseed or sunflower oil, since they don't have strong aroma, when making fondue with oil. To precook the ingredients use fish- meat- or vegetable broth.

Fill the pot only to the half volume, to avoid that oil or broth boils over on the stove. When the temperature is high enough place the pot on the pot stand, light the burner and regulate the flame so it keeps the fondue liquid at a good temperature.

If you use "burner paste" instead of liquid fuel, and we strongly recommend this as a more secure fuel, you must remove the safety insert from the burner first. Avoid to put too much meat or fish in the pot at one time, or it may cool off the oil/broth.

Since "splashing" rarely can be avoided, always place the fondue set on a durable surface.

Serve with a salad, bread and various spicy dip-sauces.

## **MEAT FONDUE FOR 4 PERSONS.**

### **WITH BROTH:**

500 g beef fillet, sirloin, roas beef or pork fillet. 5 dl water, 2 bouillon cubes. 15-30 ml tomato puree, soy or chilli sauce.

Some dry sherry, appr. 0,5-1 dl.

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**Accessories:** Olives, pickled vegetables and onions, cornichons, mushrooms, shredded leek, tomatoes, lettuce, mayonnaise and sour cream.

Slice the meat thin, or cut in small pieces. Prepare the accessories. Heat up water and cook the broth. Season with tomato puree and soy and chilli sauce. Add a little dry sherry if you so like.

Place the pot on the stand, over the lit burner to keep the fondue warm. Take a piece of meat with a fork and dip in the broth for a minute or so, depending on how well done you want it. Serve with the accessories and a some good bread.

### **WITH OIL:**

500 g beef fillet, sirloin, roas beef or pork fillet. 5 dl cooking oil.

**Accessories:** Olives, pickled vegetables and onions, cornichons, mushrooms, shredded leek, tomatoes, lettuce, mayonnaise and sour cream.

Slice the meat thin, or cut in small pieces. Prepare the accessories. Heat the oil in the pot on a stove. Check the temperature, it should be appr. 180°C. If you don't have a thermometer, dip a piece of white bread. If it turns golden in a minute, the temp is about right.

Place the pot on the stand, over the lit burner to keep the fondue warm. Take a piece of meat with a fork and deep fry it for appr. 1-2 minutes. Serve with the accessories and a some good bread.

You can also search the internet for more recipes.

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