Student’s Name

Instructor’s Name

Course

Date

Favorite Dish: Fondue

Fondue is a Swedish melted cheese dish quite popular in many regions. The meal is served in a pot or bowl heated over a stove. There are various types of Fondue, depending on the main ingredient added to the cheese mixture. For instance, chocolate fondue mainly has chocolate with pieces of pastry dipped into it. Fondue is creamy and hence making it the ideal dish to mash-up with bread and other wheat products. However, the dish is also served with an assorted number of other meals. Contrary to the expected belief that too much Cheese has on the body, Fondue is famously known to contain numerous benefits, in health and elsewhere.

Fondue's popularity arose in Switzerland in the 1930s where it was encouraged by the Swiss Cheese Union in a bid to increase the consumption of Cheese in the country. However, it is also a widespread belief that the peasants of that time invented Fondue as a way of reducing the amount of leftover bread during winter. Such was mainly because fresh produce was scarce in such seasons. Fondue is also famously known as a French dish because its name is derived from the French term 'fondre' which is translated as a melt. Over the years, Fondue's popularity has been considerably constant since the meal is well known for its social influence. This is because the meal is served in a communal pot customarily placed at the centre of the table hence encouraging cohesion among people sharing the meal.

Fondue is found numerous restaurants in most areas of Switzerland. However, Fondue is a home dish and will most commonly be found in German and French-speaking areas. Its strong aroma fills an entire room hence making it not ideal in elegant restaurants. This is because the aroma disrupts other delicacies in the given restaurant and may cause discomfort to non-cheese eating people. Fondue main ingredients include Cheese, which is the cornerstone of the entire dish, garlic, some seasoning and white wine. Other ingredients such as kirsch can also be added to spice it up. Fondue is kept warm to maintain its smooth texture and liquid form. This also ensures that it does not burn when being consumed. The crusty pieces of Cheese left at the bottom of the pot are delicious and in some areas are served as a delicacy. In other areas, they are dished up as an appetizer in a bid to create an anticipation for the main meal.

Being mostly comprised of Cheese, Fondue brings in not only the health benefits brought by Cheese but also the diversity assorted meals that accompany it. Fondue is an excellent source of proteins as well as vitamins such as A and B-12. It also contains varying levels of essential minerals such as zinc, riboflavin and phosphorus and omega-3, which is known for boosting mental health. Moreover, Fondue is a social meal and has, in many cases, brought people of all walks of life together. Hence, it contributes to unity in the community. While using the fondue pot, you can dip any form of fruit or vegetable as well as meat, thus a balanced diet. Fondue’s traditional background makes it a cultural aspect. This ensures that traditional aspects are preserved.

Fondue, despite being a Swedish dish, is currently one of the fast trending meals in many regions in the world. Its simple preparation method, as well as its relatively simple ingredients, make it the go-to meal when planning to hold a quickly prepared meal with a vast richness in nutrition. Besides, it has been improvised over the years, thus increasing its health benefits and still maintaining its rich cultural heritage.

Favourite Dish: Draft

Outline

Stating and explaining what my favourite meal is: Fondue is a Swedish dish consisting of melted Cheese and is served in a communal bowl or stove placed over a spirit lamp or a candle. This is done to keep the dish warm enough to stay in the semi-liquid or liquid state as well as not so hot such that it burns.

Describing Fondue: Fondue comprises mostly of cheese hence has a creamy nature. In addition, chocolate Fondue has a dark brown appeal hence making the dish ideal to mash up with vegetables, bread and other wheat products.

Thesis statement: The meal contains many health benefits such as the vast amount of proteins, vitamins and numerous minerals.

Background and history

Fondue's origin is traced back to the 1930s in Switzerland. During this period, the Swiss Cheese Union popularized it to increase cheese consumption. It is also believed to have been a peasants meal during winter. It is believed that fondue was stored up for winter when the season’s produce was low. A family would gather around the heath to share a bowl of fondue with the available freh or near stale bread. Fondue hence has a rich cultural heritage.

Nutritional benefits

Fondues contain a vast composition of minerals such as zinc, phosphorus, Calcium, Magnesium among a few as well as Vitamins such as B-12, A and D and proteins. Fondue is also a rich source of amino acids that are vital in body. These nutritious benefits make fondue the ideal meal if you are looking for a delicacy with the least effects to your health.

Other Benefits

Fondue has a social aspect in that it is a bowl shared with a group of people. As the bowl simmers, a form of social gathering where the people partaking converse. Such a gathering, creates a bond among them. Therefore, fondue inspires unity among societies.

Conclusion

Redefine what Fondue is as well as all its health benefits.