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One of the best ways to make a house into a home is to invite some friends over for a meal. If you try this recipe, let me know how it turns out for you. And if you have a favorite recipe of your own, send it my way.

Beef Fondue

Here's another tasty treat from the AZ Republic's food page. This fondue, based on a recipe from the Roaring Fork restaurant in Scottsdale, is pretty quick to prepare and offers a fun change-of-pace for your family dinner. Fondue is also a great idea for a dinner party because you can do all the prep work in advance and spend more time with your guests, and this recipe is easy to scale up or down depending on how many people you need to feed.

2-2 1/2 pounds of beef fillet, cut in 3/4" cubes
8 carrots, peeled & chopped into 1" sections
40 small Crimini mushrooms, washed and with stems removed
32 pearl onions, trimmed & peeled
Salt & pepper to taste
1 Tablespoon corn oil
16 oz beef demi-glace
6 oz crumbled blue cheese

1. Pre-heat oven to 475°.
2. In a sealed bag, toss beef, carrots, mushrooms, and onions with the corn oil and salt & pepper. Place ingredients on a baking sheet (or two, if needed) and roast for 10 minutes.
3. Meanwhile, heat demi-glace to a steady simmer in a medium saucepan. Remove from heat and stir in 4 ounces of cheese.
4. Pour fondue into a serving dish and arrange cooked food on a central platter or several smaller plates. Garnish with remaining cheese and serve immediately.

If you are a bit shy of a few ingredients, or if you just want to satisfy some larger appetites, some chunks of hearty bread will help to stretch the recipe a bit. As a festive accompaniment, try a bottle of red wine or sparkling water.

A note on the demi-glace: This is essentially a rich & fancy beef sauce. It is usually sold at upscale groceries in a concentrated form, so you will need to find a small package to mix with water to make your 16-ounce portion.



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