



Baked Camembert with Wild Blueberry Chutney and Salad

Ingredients:

Wild blueberry chutney

- 1 tablespoon olive oil
- 1 medium red onion, diced
- 2 tbsp honey
- 2 tbsp light balsamic vinegar
- 3 cups (720 ml) frozen wild blueberries, strained
- 2 tbsp of juice reserved
- Salt and pepper to taste



Balsamic Vinaigrette and Salad

- 1 small clove of garlic, finely chopped
- ½ teaspoon honey
- 1 teaspoon Dijon mustard
- ¼ cup (60 ml) light balsamic vinegar
- 3 teaspoons olive oil
- Salt and pepper to taste
- 1 cup baby (approximately 90 g) arugula
- ½ head red lettuce, washed, dried and torn into bite size pieces
- 2 carrots, julienned

Baked Camembert

- Approximately 2 cups (475 ml) vegetable oil for frying
- 4 tablespoons flour
- 2 eggs, whisked
- 6–8 tbsp breadcrumbs
- Salt
- 4 small wheels of Camembert cheese (each approximately ¼ lb or 125 g)

Directions:

Wild Blueberry Chutney

1. Heat oil in a pot over medium heat. Add onions, sweat until tender and translucent, approximately 10 minutes. Add 2 tablespoons of honey, mix to incorporate until onions are caramelized and golden, approximately 2 minutes.
2. Deglaze with balsamic vinegar and blueberry juice.
3. Stir in blueberries, simmer until mixture has reduced to a sauce consistency, approximately 8 minutes.
4. Season wild blueberry chutney with salt and pepper, remove from heat. Set aside to cool until serving.

Balsamic Vinaigrette and Salad

1. In a small bowl, mix garlic, honey, mustard and balsamic vinegar together. Season with salt and pepper.
2. Whisk in olive oil and set aside until assembly.
3. Place arugula, lettuce and carrots in a bowl and place in fridge until assembly.

Baked Camembert

1. Place the flour, eggs and breadcrumbs in individual, high sided dishes.
2. Season flour with salt.
3. Heat oil in a non-stick saute pan over medium-high heat. Line a tray with paper towel.
4. Dredge each wheel of Camembert, one at a time, in flour, shake off excess. Coat Camembert in egg wash, followed by breadcrumbs.
5. Gently place breaded Camembert in heated saute pan. Once cheese is golden, approximately 2 minutes, flip and continue frying on other side until golden.
6. Remove baked Camembert from pan and place on paper towel lined tray.
7. Repeat process with remaining Camembert.

Assembly

1. Place each baked Camembert on a plate.
2. Dress salad with balsamic vinaigrette and arrange on each plate.
3. Spoon wild blueberry chutney over baked Camembert and serve immediately.

Preparation time: approximately 20-30 minutes. Serves 4.

Approximate nutritional analysis per portion:

Energy: 590 Calories

Fat: 51 g

Carbohydrates: 33 g

Protein: 31 g

Sodium: 840 mg

Cholesterol: 218 mg

About the Wild Blueberry Association of North America

The Wild Blueberry Association of North America (WBANA) is an international trade association of growers and processors of wild blueberries from Quebec, New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Maine, dedicated to bringing the wild blueberry health story and unique wild advantages to consumers and the trade worldwide. For news, recipes, and related health information about wild blueberries visit www.wildblueberryassociation.ca or www.wildblueberries.com. For the latest updates, read our [blog](#). Visit us on [Facebook](#), [Twitter](#), or [Instagram](#).

-30-

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For more information, recipes, visuals or to schedule an interview with a spokesperson from the Wild Blueberry Association of North America, please contact Ruth colapinto or Susan Willemsen at The Siren Group Inc. Tel: 416-461-5270. E-mail: ruth@thesirengroup.com, www.thesirengroup.com, or on Twitter and Instagram [@thesirengroup](#).

