

**Midlands Forum
August 7 2012**

Keynote: 'Jam'

Members of the audience asked for copies of the recipes mentioned during my 'keynote'.

Brenda's Basic Salad Dressing

½ cup yoghurt (we use fat-free yoghurt – but any will be suitable)
2 T sweet chile sauce (or apricot jam, or marmalade)
1 T good mayonnaise (Kraft or Hellman's)

1. Mix the three ingredients together.
2. If the dressing is too sweet, add lemon juice.
3. Serve with salad.

Baked Camembert with almonds

For every two portions you'll need:

Step	Ingredients	Method
1.	1 T dry white wine	Place in a greased ovenproof dish.
2.	1 round Camembert cheese	Cut in half and place on top of the wine in the dish.
3.	1 T apricot jam 1 T brandy	Soften the jam in the microwave and mix with the brandy
4.		Smear this mixture over the cheese
5.	1 T flaked almonds	Scatter the almonds over the jam mixture.
6.		Bake at 140 degrees Centigrade for half an hour or more.
7.		Serve hot or cold with crackers or bread.