



recipe

Getting organic with Glenisk products, and Macreddin skills!

IF you're stuck for inspiration in the kitchen, help is at hand from two of Ireland's most successful businesses and pioneers of the country's organic movement.

Glenisk, the family operated dairy from Killeigh in Co. Offaly, has joined forces with Macreddin Village, Wicklow, home to Brook Lodge and Wells Spa and Ireland's only certified organic restaurant, The Strawberry Tree in a bid to boost its organic cooking repertoire with some exciting new dishes.

The partnership is the latest initiative by Glenisk in their mission to create an organic Ireland.

From March 25, special Glenisk multi-packs which can be found in the nation's leading supermarkets and independent stores, will feature exclusive organic recipes devised by award-winning Macreddin head chef, Norman Luedke.

The mouth-watering recipes



Monkfish kebab - truly tasty, and very simple!

include Macreddin Healthy Breakfast; Monkfish Kebabs (recipe below); Rajita; Greek Tzaziki and Macreddin Brown Bread. The recipes will appear on Glenisk's Strawberry, Raspberry, Blueberry and Natural multi-packs. To celebrate the

partnership, visitors to www.glenisk.com, can sign up to win one of 12 luxury spa mini breaks at Brook Lodge and Wells Spa.

Long recognised for their commitment to local, seasonal and organic foods, Macreddin

Village is a member of Slow Food Ireland and frequently tops the lists of the best places to stay and eat in Ireland, most recently being included in The Bridgestone guide.

Speaking about the partnership, Vincent Cleary, managing director, Glenisk said: "Like Macreddin, Glenisk is a family owned and operated business with a passion for organics and a commitment to producing delicious, wholesome food. Glenisk, along with our farmers and other likeminded partners, has a vision of an organic Ireland and we're working towards it, one acre at a time. We fully support the commitment to increase Ireland's organic acreage from 1% to 5% by 2012, as outlined in the current Programme for Government."

Monkfish Kebabs

Ingredients:

(Always Choose Organic)
1 Kilo/2.2lb Monkfish Fillet cut into 4cm cubes
250g Glenisk Natural Organic

Yogurt

4 Tablespoons of Lemon Juice
3 Cloves of Garlic Crushed
2 Teaspoons Freshly Grated Ginger
1 Teaspoon of Chilli Powder
1 Teaspoon of Ground Cumin
1 Teaspoon of Ground Coriander Seeds
2 Fresh Chillies Finely Sliced
Sea Salt/Black Pepper

To garnish:

Finely chopped Fresh Coriander
Lime Slices
Fresh Chilli (optional)

Method:

* Mix all spices with yogurt, pour over the fish and cover
* Marinade overnight
* Skewer Monkfish on 8 metal skewers
* Grill in a preheated hot grill for 7-10 minutes until fish is cooked through, turning once
* Garnish and serve with salad and rajita (see www.glenisk.com for rajita recipe)
Serves: 4