



Striking gold

Picking the Hot 100 gets harder every year. The pool to choose from gets bigger certainly, but the fish get better and better. We have innovative foods, companies doing traditional with a modern twist, or doing traditional with a traditional twist, along with exotic, practical, interesting and just plain fantastic.

Our food culture remains strong as ever, and the wave which is gathering pace does so because out there are often small, independently-minded innovators who feel committed to something.

Now we have a band of chocolatiers, jam makers aplenty, bakers by the dozen (bakers of real bread that is) and butchers proud to display their considerable art.

But there is an onus on us too. We cannot afford to see all of this as something for occasional, special event use. We need to factor real food into our everyday lives, not just for special occasions.

Contributors: Hugo Arnold, Raymond Blake, Aoife Carrigy, Stuart Clark, Sharon Hearne-Smith, Jeanne Quigley, Haydn Shaughnessy

52 Best organic dairy

Offaly-based organic dairy Glenisk's delicious products – low-fat yoghurt, desserts, whole and low-fat milk, and whole milk natural yoghurt – are now available through most major supermarkets. Look too for their crème fraîche and baby fromage frais. **CB**