



An organic partnership forged in the best culinary heaven!

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, has joined forces with Macreddin Village, home to BrookLodge & Wells Spa and Ireland's only certified organic restaurant, The Strawberry Tree in a bid to boost your 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 this week special Glenisk multi-packs which can be found in the nation's leading super-

markets and independent stores, will feature exclusive organic recipes devised by award-winning Macreddin head chef, Norman Luedke. The mouth-watering recipes include Macreddin Healthy Breakfast; Monkfish Kebabs' Rajjta; 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 BrookLodge & 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. Commenting on the importance of organic foods, Macreddin's Evan Doyle said: "Traceability, along with the reduction of additives, has become a byword for consumers purchasing conventional foods. But these standards have always been the benchmarks of organic production with a rigorous certification process and firm legal standing. This is why we committed to organics in 1992 - simply because our customers

deserved nothing less."

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

Serves: 4

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 raijta

(see www.glenisk.com
for raijta recipe)

