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Mouthwatering organic food to whet any appetite

Organic foods are fast becoming popular ingredients for any kitchen recipes. With this in mind, Glenisk, the family operated dairy, has joined forces with Macreddin Village, home to BrookLodge and Wells Spa and Ireland's only certified organic restaurant, The Strawberry Tree, in a bid to boost organic cooking repertoire with some exciting new dishes.

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

Special Glenisk multi-packs, which can be found in the nation's leading supermarkets, will feature

exclusive organic recipes devised by award-winning Macreddin head chef, Norman Luedke.

The mouth-watering recipes include Macreddin healthy breakfast; monkfish kebabs; rajita; Greek tzaziki and Macreddin brown bread. The recipes will appear on Glenisk's strawberry, raspberry, blueberry and natural multi-packs.

Here are two delicious, mouthwatering recipes to brighten up any kitchen table!

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. **ML**

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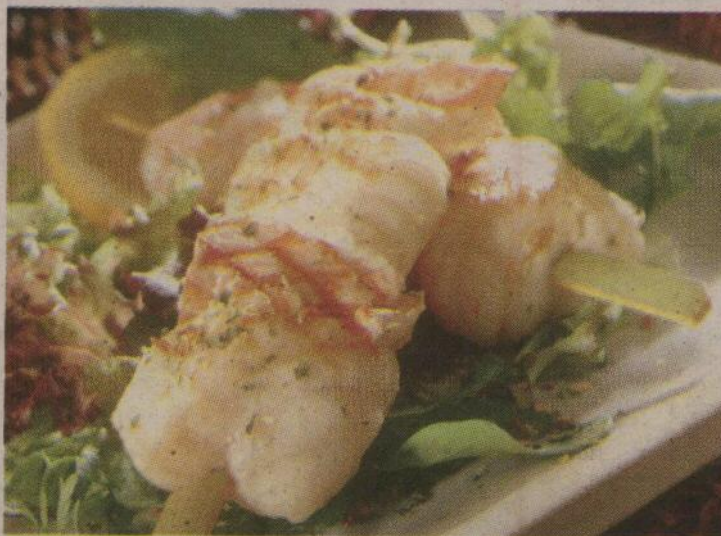
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Glenisk and Macreiddin Village organic recipe -
created by Macreiddin Head Chef Norman Luedke:

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 raijta (see www.glenisk.com for raijta recipe)

Serves: 4

Fast and easy yogurt bread

Ingredients

- 1 1/2 tablespoons active dry yeast
- 2 tablespoons honey
- 2 cups warm water
- 2 teaspoons salt 1 cup Glenisk natural yogurt
- 7 1/2 cups unbleached plain flour
- Butter at room temperature (optional)



Method:

- * In a large bowl, dissolve the yeast and honey in the warm water and set the mixture aside to proof for 10 minutes, until bubbles form.
- * Add the salt and yogurt to the yeast mixture and stir to combine.
- * Sift the flour and add it gradually, stirring it in until

you can no longer stir.

* Remove the dough to a floured board and knead it for 5 to 10 minutes, slowly working in any remaining flour, until the dough is smooth and elastic.

* Divide the dough in half, for two loaves, and place each in an oiled 20 cm x 10 cm loaf pan. Cover and let the dough rise in a warm place for 50 minutes or until it comes to the tops of the pans.

* Preheat the oven to gas mark 4, 180 °C, 350 °F.

* Bake the loaves for 40 minutes or until they are browned

and sound hollow when tapped.

* Remove the loaves from the pans and cool on a rack.

* If you want a soft crust, brush the tops of the warm loaves with butter.

Serves: Two loaves