



## Organic Chicken Breast with Fennel and Rocket Salad

**SERVES 4**

**4 organic chicken breasts, skin on**  
**Juice of 1 lemon**  
**1 tablesp. olive oil**  
**Salt and black pepper**

**Fennel Salad**  
**2 fennel bulbs, sliced thinly**  
**as possible**  
**2 tablesp. olive oil**  
**Juice of 1 lemon**  
**1 tablesp. good quality mustard**  
**Handful of rocket leaves**  
**per person**

An hour or two ahead if possible place the chicken breasts in a shallow dish. Pour over the lemon juice, olive oil and seasoning.

Prepare the salad – put the sliced fennel in a large bowl, in another small bowl mix the olive oil, lemon juice and mustard together, taste for seasoning. Mix the fennel and dressing together – set aside.

Seal the chicken breasts on a hot pan until well browned. Then finish cooking in the oven for 10-15 minutes.

*To Serve:* Slice the chicken, place on a mound of the salad and place the rocket leaves on top. Drizzle with a little olive oil and balsamic vinegar and a little black pepper

## Organic Berries in Lemongrass Syrup with Organic Natural Yogurt

**SERVES 4**

**2 lemon grass stalks, finely chopped**  
**225g sugar**  
**Juice and zest of 1 lime**  
**300g organic blackberries**  
**300g organic raspberries**  
**300g organic strawberries, halved and quartered**  
**Organic natural yoghurt**

Put the lemongrass into a saucepan with the sugar and ½ litre of water, stir until the sugar dissolves, then bring to the boil. Reduce the heat and simmer for 2 minutes. Cool, cover and chill overnight for the flavours to infuse. Strain the syrup and add the lime juice and half the lime zest.

*To Serve:* Divide the fruit between 4 bowls, pour over some syrup and scatter the remaining lime zest. Any leftover syrup will hold in the fridge for up to three weeks. Serve with a bowl of natural yoghurt.



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Irish Food Board



For more information on organic food visit:  
[www.agriculture.gov.ie/farmingsectors/organicfarming](http://www.agriculture.gov.ie/farmingsectors/organicfarming)  
[www.bordbia.ie](http://www.bordbia.ie)

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RECIPE & INFORMATION BOOKLET



# Enjoy Organic

## It's only natural



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**Bord Bia**  
Irish Food Board

Department of  
**Agriculture,  
 Food and the Marine**  
 An Roinn  
**Talmhaíochta,  
 Bia agus Mara**



*Remember, look for the Euro-Leaf logo when buying organic food!*

# Enjoy Organic

## It's only natural

There is a great variety of organic foods being produced and processed in Ireland from all of the main food groups including meat, seafood, fruit, vegetables, eggs, grains, cereals, nuts, seeds, dairy products and cooking oils.

This leaflet explains where to buy organic food, how to recognise it when shopping and we have also selected some delicious organic recipes guaranteed to deliver maximum flavour and eating pleasure!

Since July 2012, all prepackaged organic food products in Europe that meet organic standards must carry the "Euro-Leaf" EU organic logo. The logo also helps you identify the place of farming e.g. "IE" means that it has been produced in Ireland.

This logo may not be present on unpackaged food in which case you should simply ask the sales person where it is from!

The organic sector in Ireland is regulated to the highest level by the Department of Agriculture, Food and the Marine. Farmers, growers and processors undergo a stringent annual inspection before receiving a licence from one of five organic certification bodies which enables them to sell their produce as organic.

IE-CDE-99  
Place of Farming



Shown above is the new "Euro-Leaf" logo

**Remember, look for the Euro-Leaf logo when buying organic food!**

Visit [www.bordbia.ie](http://www.bordbia.ie) for more information on organic food, where to buy it and a seasonal guide to organic produce.

Visit [www.agriculture.gov.ie/farmingsectors/organicfarming](http://www.agriculture.gov.ie/farmingsectors/organicfarming) for more information on organic farming.

## Organic Burgers

### with Melted Cheese and Tomato Salsa

SERVES 4

**450g organic minced beef or lamb**

**1 large onion, finely chopped, sautéed in oil until golden and cooled**

**1 tablesp. scallions, chopped**

**Salt and black pepper**

**4 slices of organic cheddar cheese**

**Tomato Salsa**

**1 tablesp. chilli oil**

**Lemon juice to taste**

**Salt and black pepper**

**16 approx. cherry tomatoes, chopped**

**1-2 red onions, finely chopped**

**Handful chopped coriander**

Mix the mince, onion, scallions and seasoning well together. With wet hands shape into 4 burgers. Flatten each one down with the palm of your hand until you have a nice even shape. This way they will cook more quickly and evenly. Keep in the fridge until ready to cook.

Grill, barbecue or cook on a black ridge pan, until fully cooked, 4-5 minutes on each side.

Meanwhile mix all the salsa ingredients together. Then place a spoonful of salsa on top of each burger and top with a slice of cheese. Grill, or cover the barbecue or pan and continue to cook for another minute until the cheese has melted.

*Serve on a bun with some salad leaves and the remaining salsa.*



## Smoked Salmon and Cream Cheese Frittata

SERVES 4

**8 organic eggs**

**2 tablesp. chives, chopped**

**1 tablesp. basil, chopped**

**Salt and black pepper**

**1 tablesp. olive oil**

**50g cream cheese, diced**

**75g organic smoked salmon, thinly sliced and chopped**

**Red onion slices to garnish**

**Salad leaves and bread to serve**



Set the grill to high.

Whisk the eggs with the chives, basil and seasoning. Heat a non-stick pan with the olive oil. Pour in the egg mixture, stir for a moment or two, allowing the liquid egg to flow on to the base of the pan. Scatter on the cream cheese and continue cooking until the egg is almost set but still moist on top, add the smoked salmon pieces, press on salmon lightly. Place the pan under the hot grill to finish cooking for 1-2 minutes. Cool for 5 minutes, and then loosen the edge with a spatula and slide onto a large plate. Cut into wedges and serve warm. Garnish with red onion slices.



## Roasted Organic Vegetables

SERVES 4

**350g each of organic carrots, parsnips and white turnip, peeled and chopped into 5cm chunks**

**350g organic potatoes, scrubbed and cut into wedges**

**1 organic red onion, peeled and cut into eight, through the root**

**Olive oil**

**Salt and freshly ground black pepper**

Preheat the oven to Gas Mark 6, 200°C (400°F).

Put the vegetables in a large bowl and drizzle generously with olive oil and season with salt and pepper. Transfer them to a roasting tin and spread out into a single layer.

Cook for 20-30 minutes until tender.