

SPRING/SUMMER 2022

# DELICIOUS

Take your menu to the next level with our delicious recipes.

## HELLO SPRING!

*Here's to lighter days  
and brighter dishes!*

**8 Delicious Recipes**

**The Sustainability Issue**

*Insightful Interviews from four  
Champions of Sustainability*

**BALLYMALOE**  
FOODS  
brings living to life



# CONTENTS

- 04 Embrace The Change** *Four champions of sustainability chat with Tracie Daly.*
- 08 Too Good To Go** *The world's #1 anti-food waste app.*
- 08 Cork Rooftop Farm** *Hitting the heights with local produce & innovative farming.*
- 10 Emerald Greens** *Two Irish brothers set high hopes for vertical farming.*
- 10 Foundation Earth** *Track sustainability from farm to shelf.*
- 14 Sustainability & Your Business** *Tips from Business Coach Tracie Daly.*

*Plus lots of delicious recipes throughout!*

## MAKE A DIFFERENCE

Welcome, everyone, to Delicious magazine: here to inspire, inform and delight in equal measure. In this, our first ever bi-annual edition, we're focusing on the vital issue of sustainability.

We've been chatting with some of Ireland's most forward-thinking foodies, including Bread 41's Eoin Cluskey; Raquel Noboa of Fifty Shades Greener; Food-Space's Conor Spacey and Giselle Makinde of Cream of the Crop.

*Sustainability (n): the avoidance of the depletion of natural resources in order to maintain an ecological balance.*

Between them, they'll cover the importance of local sourcing, how to combat food waste, educating Ireland on sustainability and a push for reusable packaging.

We're also looking at other pioneering sustainability companies in our Spotlights feature. In this edition, you can find out more about Too Good To Go – the World's #1 Anti Food Waste App; get a different point of view (and actual view) with Cork Rooftop Farm; hit the heights with Emerald Greens and their high hopes for vertical farming; and track sustainability from farm to shelf with Foundation Earth.

In 'Sustainability & Your Business' we offer practical advice on simple, affordable ways to make your business even more sustainable, with links



# MEET THE TEAM!



**Tracie Daly**

*Development Chef,  
Ballymaloe Foods*



**Donnacha Ryan**

*Foodservice Manager,  
Ballymaloe Foods*



**Jane Walker**

*Business Development Graduate,  
Ballymaloe Foods*



to some useful resources, including the Conscious Cup Campaign and Champion Green.

But we couldn't really call our magazine 'Delicious' if we didn't offer some menu inspiration!

For 2022, we're pleased to announce our latest exclusive Foodservice offering: Ballymaloe Tropical Mango Relish, which brings out the best in our Chilli Chicken Skewers and Smoked Chicken Tacos.

Our Diced Irish Beetroot, Pepper Relish, Mayo, Fiery Relish and, of course, our Original Relish all get their moment to shine in vibrant, creative, fresh recipes from Delicious's Development Chef, Tracie Daly.

And keep an eye out for our Pink Pickled Onions, the perfect accompaniment to any of this edition's eight recipes – including the Vegan Sheet Pan Quesadilla and Tuna Tostadas.

Thanks for taking the time to click on this, the first edition of Delicious magazine – we hope you enjoy what you find inside!

*The Ballymaloe Foods Team*

# Embrace the Change

Raquel Noboa, Eoin Cluckey, Giselle Makinde and Conor Spacey chat with Tracie Daly about the importance of local sourcing, how to combat food waste, educating Ireland on sustainability and a push for reusable packaging.



## Educating Ireland on Sustainability

*Raquel Noboa, 50 Shades Greener.*

"With all things sustainability [related], for me it means looking at the entire lifecycle of food."

"My top three tips for businesses looking to make green changes are: 1. Start today, not tomorrow; 2. Measure, if you don't you can't manage and 3. Build a green team."

## A Push for Reusable Packaging

*Eoin Cluskey, Bread 41.*

"I like looking at 'where's the [coffee] cup going to go?' - following the journey it takes... It's packaged, it's boxed in cardboard, tape and sleeves of plastic, so it doesn't matter if it's compostable... I made the choice to eradicate that."







## Combatting Food Waste

*Giselle Makinde, Cream of the Crop.*

"Last year we [Cream of the Crop] saved more than six tonnes of ingredients and the idea for this year is to save 24 tonnes."

"People don't relate food waste to sustainability... [a] change in diet is connected to a better world."



## The Importance of Sourcing Locally

*Conor Spacey, Food Space.*

"Sourcing food locally can change our entire food system by how we buy our food."

"You have to define what local food is: it's food that's grown and produced within your community."





# Smoked Chicken Tacos

with Ballymaloe Tropical Mango Relish.

## Ingredients:

- 8 corn tortillas
- 700g chicken (fillet or thigh, skinless & boneless)
- 2 crushed garlic cloves
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tbsp chipotle powder
- 2 tbsp olive oil

## Toppings:

- Pea Guacamole
- Natural yoghurt
- Pickled red onions
- Lime wedges
- Coriander leaves
- Sliced spring onions
- Rocket
- Ballymaloe Tropical Mango Relish

## Toppings:



### Pea Guacamole

Avocados are linked to deforestation and high-water footprints. Substitute peas for avocados when making guacamole to lower your business's carbon footprint. Cook peas, smash and add olive oil, finely chopped red chilli, a little lime juice and season to taste.

### Pink Pickled Onions

Place some finely-sliced red onion into a small jar with a few tablespoons of the pink vinegar from a pail of Ballymaloe Irish Beetroots. Leave to pickle for at least 30 minutes.





# Goatsbridge Trout Spirals

with Ballymaloe Mayo & Pepper Relish.

## Ingredients:

- 340g Goatsbridge smoked trout
- 1 red onion (thinly-sliced)
- Pickled cucumber ribbons
- 410ml milk & water (even amounts of each)
- 200g plain flour
- 3 large eggs
- 30g butter (melted)
- Rapeseed oil
- 2oz. natural yoghurt
- ½ a lemon
- 1 tbsp capers (chopped)
- 3 tsp capers (for shallow frying)
- Chives
- Salt
- Ballymaloe Mayo
- Ballymaloe Pepper Relish







## Too Good To Go

---

***Too Good to Go, the world's #1 anti-food waste app, has now launched in Ireland and is partnering with a lot of Dublin-based food businesses.***

---

Food waste contributes to roughly 10% of all greenhouse gases, with an annual value of €300 million here in Ireland. The Too Good To Go app aims to combat food waste by offering 'Surprise Bags' of surplus food at the end of the day - food which would otherwise end up being dumped. This gives local food businesses the chance to generate income on their perfectly good, leftover food while also giving customers the chance to try new cafés/restaurants for a fraction of the price. It's a win-win! For more information on how your business can sign up, visit [www.toogoodtogo.ie/en-ie](http://www.toogoodtogo.ie/en-ie).



## Cork Rooftop Farm

---

***Hitting the heights with local produce & innovative farming.***

---

Urban farming sees spaces in towns and cities being repurposed to grow fruit and vegetables. In a time where we're actively trying to maximise this - but are short on land, urban farming is a fantastic initiative. One such business doing this is Cork Rooftop Farm. Brian McCarthy started Cork Rooftop Farm to keep busy during the first lockdown. Now, he and his team grow a wide variety of fruit and vegetables in polytunnels, overlooking Cork city. They supply the locality from their farm shop and are continuously educating themselves on sustainable farming techniques. Cork Rooftop Farm is a super addition to the Cork community! Find out more at [www.corkrooftopfarm.ie](http://www.corkrooftopfarm.ie).





# Sheet Pan Quesadilla

with Ballymaloe Pepper Relish.

*This extra large, one pan quesadilla uses all the ingredients stacked and folded into a perfect package.*

## Ingredients:

- 10x flour tortillas
- 2-3 cups vegan cheese (shredded)
- 2 x 425g cans pinto or black beans (rinsed & drained)
- 2 blocks extra firm tofu (drained, pressed & cubed)
- 1 large onion, diced
- 1 large red bell pepper (diced)
- 2 tbsp olive oil
- 4 cloves garlic (minced)
- Handful of coriander leaves (finely-chopped)
- 1 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp black pepper
- 3 tbsp soy sauce
- 1 lime (juiced)
- Ballymaloe Pepper Relish



For more information about our products. [Click here to contact Jane.](#)

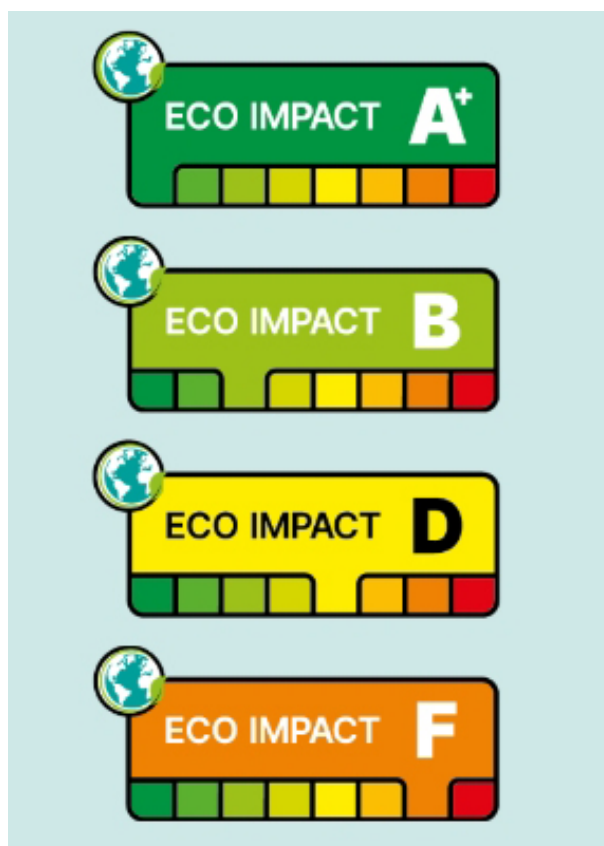




## Emerald Greens

*Two Irish brothers set high hopes for vertical farming.*

Vertical farming allows crops to grow indoors on vertical structures, requiring less space and water than conventional farming. Brian & Aidan O'Reilly launched their company, Emerald Greens, as an environmentally-viable project using hydroponic indoor farming technology, growing crops in soil-free vertical layers. Using roughly 1% of the water that would be needed for traditional soil-based farming, vertical farming allows crops to be grown all year round in Ireland, avoiding the need for importing such crops. Operating from their Tipperary farm, Emerald Greens have also signed an agreement with Compass Ireland to supply the catering group with basil. We are looking forward to seeing others follow suit! To find out more, visit [www.emeraldgreens.ie/home](http://www.emeraldgreens.ie/home).



## Foundation Earth

*Track sustainability from farm to shelf! Responsible sourcing and general sustainability.*

A new project called Foundation Earth has undergone a pilot launch, giving environmental scores to food products and then displaying it on their packaging. Analysing the food product's journey from production to supermarket shelf, the product is allocated an overall grade based on carbon levels, water usage, water pollution and biodiversity. A grading of A+ to G – i.e. best to worst - will communicate to consumers how compliant the food product is with sustainability efforts. This grading can ensure Irish consumers are informed and will keep producers responsible for their carbon footprint. Find out more at [www.foundation-earth.org](http://www.foundation-earth.org).



Quick & Easy



## Chilli Chicken Skewers

*Topped with our delicious tropical mango relish these skewers are great to feed a crowd.*

### Ingredients:

- 700g chicken thighs (boneless & skinless)
- 70g natural yoghurt
- 1x tbsp Lebanese Seven Spice (a blend of all-spice, black pepper, cinnamon, ground cloves, cumin, ground coriander & white pepper)
- ¼ tsp ground turmeric
- 1 tsp paprika
- 1 tsp cumin
- 3 tbsp olive oil
- 1 lemon
- Salt & pepper
- Ballymaloe Tropical Mango Relish



**BALLYMALOE**  
FOODS  
brings living to life





## The Deluxe Irish Club

with Ballymaloe Original Relish

### Ingredients:

- Sourdough bread
- Chicken breast
- Crispy bacon
- Irish Cheddar
- 1 hard-boiled egg
- Tomato
- Mixed leaves
- Red onion
- Ballymaloe Original Relish

# LIVEN UP LUNCH



## Egg Mayo & Crispy Bacon

with Ballymaloe Diced Irish Beetroot & Original Relish

### Ingredients:

- Granary-style bread
- Hard-boiled eggs
- Ballymaloe Mayo
- Crispy bacon
- Ballymaloe Diced Irish Beetroot
- Ballymaloe Original Relish



## Veggie Tart

with Ballymaloe Original Relish

### Ingredients:

- 1 sheet puff pastry
- 8 small eggs
- 100g mushrooms
- 50g grated mixed cheese (blue, mature Cheddar)
- 10 kale leaves (stripped from the stalk & torn)
- 1 Buffalo Mozzarella ball (drained & torn)
- 60ml cream
- Grated nutmeg
- Salt & pepper
- Ballymaloe Original Relish

# P YOUR MENU



## Tuna Tostadas

with Ballymaloe Mayo & Fiery Relish

### Ingredients:

- 8 x 4" corn tortillas
- 2 x 185g Shines Wild Irish Tuna in Olive Oil (drained)
- 1 tin organic butter beans (drain, smash, add lemon juice & zest and 1 tbsp tahini)
- Handful fresh coriander leaves
- 4 spring onions
- Cucumber pickle (sea salt, white wine vinegar, caster sugar)
- Pink Pickled Onions
- Ballymaloe Mayo
- Ballymaloe Fiery Relish





# Sustainability & Your Business



**Tracie Daly**

*Development Chef  
Ballymaloe Foods*

***For a business to address sustainability for the first time, they need to bridge two critical gaps.***

1. The knowing and the doing gap! This is the biggest hurdle for businesses. Talking about it doesn't yield any results so a realistic strategy needs to be formulated.
2. Compliance! More businesses are seeing sustainability as an area of competitive advantage. It is better for the environment and better for the brand.

**Here are a few useful actions for all management teams to improve sustainability practices:**

- Align strategy and sustainability
- Compliance first, then competitive advantage
- Be proactive not reactive
- Quantify - money talks!
- Transparency
- Engage: individual teams and your entire organisation



**01**

## **Do you use sustainable coffee?**

A lot of coffee comes from unsustainable suppliers, guilty of harming natural habitats and unfair treatment of workers.

The Fairtrade mark holds brands to some of the highest environmental and ethical standards. It ensures that producers are paid living wages and have access to other community-enhancing benefits. Fair Trade Certified is not as strict as Fairtrade so please read the small print and query it further! Rainforest Alliance Certified may only refer to part of the product.





*Yasmin Hyde and Joe Hartnett*

*Ballymaloe Beetroot is grown, pickled and packed in East Cork.*



## Could you offer more vegan and vegetarian options?

Let the customer choose. With a few tasty meat and fish options and a wider range of irresistible vegan meals, your customers will have the choice.



## Are you supporting local and buying in season produce?

Supporting local suppliers is a key element of sustainable business and something Irish businesses try and do as much as possible.

### Benefits:

- Minimises food miles
- Supports jobs in the community and boosts the local economy
- Food grown locally and in-season is often of superior quality to that flown in or grown artificially, as it's produced in optimum weather conditions



## Do you reward customers for using refillable cups?

The volume of single-use coffee cups that go into landfill every day is frightening.

Reward those who bring their own cups by:

- Giving discounts
- Increasing the cost of using a takeaway cup
- Offering points to spend on future purchases
- Sell your own reusable cups to those who don't have one already





### Can you buy organic and eco-friendly materials where possible?

Whatever kitchen equipment you use, choose organic and eco-friendly where possible. For example, non-organic kitchen cloths may be made of cotton that is grown with harmful pesticides, exhausting the land and biodiversity where it was grown. Try to buy recycled brands like Down2Earth or Vegware. It's also good to ask yourself with anything you use: what is the environmental impact of this - from the start to the end of its lifecycle?



### Can you reduce, reuse and recycle?

This applies particularly to food waste reduction and correct use of use-by dates, as well as efficient food ordering systems.

- Ensure there's a waste disposal system in place for food waste and recyclable material
- Train all staff in waste segregation. Some 'recyclable' materials may still end up as single use materials destined for landfill when not disposed of correctly



### Could you assess your heating and cooling systems?

Check the feasibility of insulating doors and windows. Using radiators less can slash your energy consumption, but ensure warm air is not seeping out through doors or windows first! See if there are any local grants you can avail of.





## USEFUL RESOURCES

### ESG E-BOOK

<https://www.environmentalleader.com/2017/12/time-fire-restaurant-sustainability-heres/>

### DEPOSIT AND RETURN SCHEME

<https://www.2gocup.ie/>

### CHAMBER AWARDS

<https://www.chambers.ie/events/sustainable-business-impact-awards/category-descriptions-2021/>

### CHAMPION GREEN

<https://championgreen.ie/about/>

### CONSCIOUS CUP CAMPAIGN

<https://consciouscup.ie/>

### 50 SHADES GREENER

<https://www.fiftyshadesgreener.ie/>

<https://kwetbmarinehouse.ie/kwetbs-partnership-with-50-shades-greener/>

### RESPONSIBLE CAFÉS

<https://responsiblecafes.org>



# An Island of Innovators



**Giselle Mackinde**  
*Cream of the Crop*

**Conor Spacey**  
*Food Space Apleona*

**Eoin Cluskey**  
*Bread 41*

**Raquel Nooba**  
*50 Shades Greener*

**Brian & Aidan O'Reilly**  
*Emerald Greens*

**Brian McCarthy**  
*Cork Rooftop Farm*

**BALLYMALOE**  
— FOODS —  
brings living to life



# OUR FOODSERVICE RANGE



Mini Jar Range

Original Relish Dip Pot



Deli Bottle Range 960ml



1.25-1.3kg Range



2.75-3kg Pail Range



Original Relish 5kg

2.5ltr Pasta Sauce Range

For more information on any of the items covered in this month's edition, please contact [jane.walker@ballymaloefoods.ie](mailto:jane.walker@ballymaloefoods.ie)



**BALLYMALOE**  
— FOODS —  
brings living to life