



**WASTE NOT,
WANT NOT**



**Tips and recipes for ending
food waste in *your* home**

April 2017

Did you know that more than half of the food we throw away can be eaten??!!!!

As the Love Food, Hate Waste website states: Saving food saves money and helps to slow down global warming and deforestation. Reducing the amount of food that ends up in the bin also means you can say goodbye to unnecessary packaging waste. If we all make a few small changes and start using up the food we buy, together we can make a big difference.

This is a collection of tips and recipes to help us avoid wasting food and make the most of leftovers and those things that lurk in the bottom of our fridges and fruit bowls!

With thanks to the Dinhams, Pippa, Lauren, Kristen, Venetia and Caro's friend, food writer, Felicity Spector.

Got a tip or a recipe to add?
Let us have it!!! Email:
tauntonhomeeducation@gmail.com

Top Tips

1. Make a weekly menu and build your shopping list from that.
2. Check what's in your cupboards, fridge and freezer before you shop.
3. Have a 'using up stuff in the freezer' or a 'oh look what I found in the bottom of the fridge' dinner once in a while.
4. As far as possible, avoid pre-prepared supermarket meals and keep take aways to a minimum - most cost far more than a simple home cooked meal which is healthier anyway and the extra packaging just adds to the junk in your bin.
5. When you put your shopping away double check the use by dates on packs of meat and fish and freeze them if you think there's a risk you won't get to cook them in time. You can freeze milk and most cheeses too!
6. Keep a good stock of non perishable tins of tomatoes and beans packets of rice, pasta and lentils in your larder, oh and stock cubes too - that way you'll always be able to rustle a meal up with leftover bits and bobs.
7. If your Sunday roast has a nice carcass or bones in it stick them in a big pan after carving the meat up, cover with water, bring to the boil and simmer for an hour - now you have lovely stock which you can cool and stick in the fridge or freeze. OR go the whole hog and follow the Bone Broth recipe below.
8. After your dinner, let any leftovers cool down then stick them in bowls (cling-filmed) in the fridge and heat up for lunch the next day OR stick them in the freezer in freezer bags and label them.

9. Make sure you are using your brown food waste bins properly - always chuck off food and scrapings from dinner plates in there NOT in the normal rubbish bin.
10. Better still create a compost heap in your garden for uncooked vegetable and fruit peelings, tea bags etc (no egg shells or meat/fish/dairy waste or you will get rats...euuurrrrgghhh)
11. If you have odd leftovers or bits of food you don't know what to do with, google a recipe on www.lovefoodhatewaste.com or post on Facebook and ask friends what they would do with it.
12. Download OLIO - a free app connecting people with their neighbours and with local shops so surplus food and other items can be shared, not thrown away. Alternatively, post on Facebook - ask if someone can use up the food you don't need.
13. Get chickens!! Oh yes. They'll help keep food waste down and provide yummy eggs so you'll always have a lovely meal on hand and can stick random bits of sad or leftover veg in lovely omelettes.
14. Clear out your cupboards once in a while, check dates on things and take anything you can spare down to the Foodbank or to RAFT. Here are the links for those orgs so you can check what they need and when/where you can drop stuff off:

<https://taunton.foodbank.org.uk/give-help/donate-food/>

<http://refugeeaidfromtaunton.org.uk/>

Recipes for leftovers

Meat/veg

Farmer's Pie

Rainbow Rice

Omelette/Tortilla

Egg Muffins

Bubble and Squeak

Risotto

Potato pancakes

Bone Broth

Soup

Roast Potato Peel

Stale bread

Bread and Butter Pudding

Croutons

Pasta & Rice

Breakfast Rice

Pasta Salad

Cheesy Pasta Cakes

Fruit

Banana Bread

Frozen Banana Treats

Fruit Crumble

Candied Orange Peel

Chocolate

Chocolate mousse

Leftover meat/veg

FARMER'S PIE (courtesy of the Dinhams)

- 1: Have a roast beef and lamb dinner/lunch but cater for double. Make sure roast parsnips are included in the selection of vegetables.
- 2: Allow your leftovers to cool.
- 3: Mince the meat and chop the cold veg by hand into small pieces.
- 4: Mix the veg and meat together. You can now portion this into freezer bags and freeze.

When you are ready to make your pie....

- 5: Make mashed potatoes, grate some cheddar cheese, make thick gravy.
6. Get your freezer bags of veg and meat out and microwave for 2 mins on high power. Stir. Microwave on high power until fully defrosted. Transfer to oven proof dish.
7. Add some gravy (not too much, you don't want it sloppy). Top with mash potato. Generously top the mash with cheese. Put in oven at 180 degrees until cheese starts to bubble.
8. Remove from oven and set aside for 5 mins - serve.

**You can add a little mustard to the mash if required

***You can replace the meat with Quorn for a veggie version

****This is gluten free

*****For ultimate flavour, roast your vegetables in goose fat.

*****Best veg to include: Cauliflower, carrots, brussel sprouts, cabbage (red and white), leeks, roast potatoes, roast parsnips

When we ran a food pub, this was by far the best seller. Children were clearing an adult's portion so frequently that we stopped doing a child's portion of this dish!

RAINBOW RICE

INGREDIENTS

- Vegetables of your choice - e.g peppers, red onion, mushrooms, green beans and spinach
- 200g cooked chicken (or any meat of your choice)
- 1 egg
- 2 inch cube finely chopped ginger
- 2 cloves garlic, crushed
- 1 tbsp coconut oil
- 1 tbsp soy sauce
- 1 tbsp sesame oil
- 400g cooked brown rice
- 1 chilli (optional)
- Small handful roasted cashews (optional)

INSTRUCTIONS

1. Melt the coconut oil in a wok and fry the ginger, garlic, chilli (if using) and vegetables for a few minutes.
2. When browned, crack an egg in and scramble quickly.
3. Add in the cooked brown rice, cooked chicken, and soy, and fry for another few minutes.
4. When nearly ready add in chopped spinach and mix through for 30 seconds.
5. Turn off heat, pour sesame oil over, mix and then serve.

If you want, garnish with chopped cashews.

OMELETTE/TORTILLA

Ingredients: -

- Any leftover cooked veg - e.g. potato (chop it up first), broccoli anything really! OR small random bits of fresh veg you haven't used up -like some lonely bedraggled mushrooms, half a pepper, the broccoli you didn't quite finish the night before.
- Onion
- Eggs
- Cheese

Instructions

1. Chop and fry an onion.
2. Meanwhile crack your eggs into a bowl, whisk and add salt and pepper.
3. When your onion is soft, chuck in your leftover cooked veg, stir it all around then pour over your eggs.
4. Once the egg starts to set consider grating over some cheese for added flavour and snipping in some herbs.
5. If you have a big thick omelette you are basically now making a kind of Spanish tortilla so you might want to cook the top under the grill (or if you are clever flip it onto a plate and slide the less cooked side onto the bottom of the pan!).

EGG MUFFINS

Ingredients

- 12 Eggs
- Salt
- Cayenne pepper
- Leftover chopped veg, mince, bits of your roast dinner and shredded cheese

Instructions

1. Whisk up 12 eggs with salt and cayenne pepper to taste.
2. Grab a muffin pan, grease each individual tin then pop in some left overs into each tin (about 1/3 full) then pour in the egg.
3. Bake in oven at 180C for 18-20 minutes.

BUBBLE AND SQUEAK

Ingredients

- Leftover cooked Potato and root veg and greens (eg cabbage/peas/leeks)
- You can add fried onion and garlic for extra yumminess

Instructions:

Two ways to do this!!!

1. Mash your veg up together by hand, shape into patties and fry.
OR
2. Fry some onion and garlic then lop mushed up veggies into pan and squish them together into a big pancake thing as it all sizzles.

Serve with fried egg and bacon if you like!

RISOTTO

A scrumptious and rather sophisticated way to use up leftover bits of chicken, lamb, pork etc from Sunday roasts or even stray rashers of bacon. It also works when you just have the odd bits of veg knocking around in your fridge.

Ingredients

- Risotto rice (proper risotto rice like Arborio, not basmati not long grain - 300g feeds 4 people, not very hungry ones though lob a load more in!)
- At least a litre of stock you'll probably need more (make before you add rice, if you have leftover gravy and/or home made stock from your roast lob that in)
- Onion
- Garlic - couple of cloves
- Any of the following veg you have lying around: carrot, celery, leek, mushroom, courgette, butternut squash.
- Frozen peas
- Dregs of a wine bottle
- Butter and cheese

Instructions

1. Chop and gently fry an onion and any other fryable veg you want in there (if you want bacon in it that should go in early). Lob in a generous amount of garlic oh and any fresh herbs you have. Season well.
2. When veg is softened lob in some wine and add your risotto rice. Stir it around till the rice has absorbed the wine, then start ladling in stock, stirring all the time.
3. Lob in some frozen peas and keep stirring.
4. Keep ladling in more stock and stirring till your rice is nice and soft (fish some out with a spoon and have a nibble).
5. Lob in any leftover bits of meat and stir through.
6. Don't worry if some rice is stuck on your pan - a few crunchy bits are yum.
7. Once your rice is done, turn off the heat then lob in a nice big dollop of butter and grate in a load of cheese, stir and serve. Delish.

*To make it vegan just omit any meat and leave out the butter.
Grate over vegan cheese if you like.*

POTATO PANCAKES

INGREDIENTS

- Leftover baked or boiled potato/sweet potato
- Eggs
- Salt
- Sweetener - stevia, sugar, honey whatever suits.
- Optional: spices cinnamon/nutmeg/ground ginger.

INSTRUCTIONS

1. Mash up the potato.
2. Mix in lightly whisked egg (about 1 per medium potato), a pinch of salt and sweetener (we use a little stevia) and mix.
3. Cook in an oiled pan.

BONE BROTH

Bone broth is a super food!!! As the bones cook in water, a number of health boosting vitamins and minerals are released into the broth. The natural gelatine, collagen, glucosamine, calcium, magnesium, and phosphorus have healing powers; and, they are in a form that is easily absorbed by the body. Bone broth can help digestion, fight cold and flu infections, reduce joint pain and is great for your bones, skin, nails, hair and teeth.

INGREDIENTS

- 2-3 roasted chicken carcasses (approx. 2 lbs. of bones); include any leftover skin or pan drippings
- 1 or 2 medium onions, unpeeled & quartered
- 1 head of garlic, unpeeled, cut in half crosswise
- 2 celery ribs, cut in 1 to 2 inch pieces
- 2 carrots, cut in 1 to 2 inch pieces

- 5 sprigs of fresh thyme
- 5 sprigs of fresh parsley
- 1 bay leaf
- 1-1/2 teaspoons peppercorns
- 2 tablespoons cider vinegar (1 tablespoon per pound of bones)
- 2 to 2-1/2 quarts water (enough to immerse above ingredients)

INSTRUCTIONS

Add all of the ingredients to a 6 quart (or larger) slow cooker. Cook on low for 12 hours (or more). While still hot, use tongs or slotted spoon to remove large pieces from broth. Then pour through a wire mesh strainer to remove the remaining solid bits.

For a fat-free broth, use one of these methods for removing the fat:

METHOD 1: Pour broth into a large bowl or container, cover, and refrigerate overnight or until completely chilled. Scrape the hardened fat from the top and discard.

METHOD 2: While broth is still warm, pour it into a grease separator (available on Amazon and at cooking stores), that allows you to pour the fat-free broth from the bottom.

FREEZE IT. Broth can be refrigerated for 4 to 5 days. For extended storage, it should be frozen. It's convenient to freeze it in 1 or 2 cup portions for easy use in recipes.

USES: This broth can be used in any soups, gravies, or any recipes calling for chicken broth. It also can be drunk as is for a healthy supplement to your diet.

NOTE: This is a salt-free broth. Add salt to taste, as desired.

*If your slow cooker is smaller, you can half the recipe using 1 chicken carcass and half of the remaining ingredients.

SOUP

Ah soup, glorious soup. If you have an onion, random leftover veg or meat or stray broccoli stalks, droopy leaves of any description (from lettuces) as long as not slimy, odd bits of leftover or uncooked rice or pasta or pulses, some stock then you can make a yummy soup.

1. Chop your onion and fry it up. Bung in some garlic if you have any.
2. If you are adding uncooked veg especially potatoes chop it and chuck that in now also bung in any uncooked pulses or rice.
3. Pour in stock, simmer it till any uncooked things are soft.
4. Now chuck in leftover cooked bits
5. You can blitz it altogether with a wand or in a food processor/liquidizer or leave chunky. Add more stock to get the consistency you want.
6. You can bung in a knob of butter and even grate in some cheese to give it extra yumminess.

ROAST POTATO PEEL

Don't throw your potato peelings away, roast them for a tasty snack! Use straight after peeling and don't use any green bits.

1. Heat the oven to 200C. Grab a large baking sheet.
 2. Toss the peels with oil and seasonings: e.g. a light drizzle of olive oil, and some salt pepper. Toss so that the peels are thoroughly coated.
 3. Roast for 15 to 20 minutes, stirring once: Stir halfway through roasting, and remove them once they're done to your liking.
 4. If you like you can sprinkle these little bites with cheese and green onions, or eat them straight off the baking sheet. Eat immediately with ketchup, hot sauce, or some other delicious dip.
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What to do with dry, stale bread (NOT mouldy bread!!)

BREAD AND BUTTER PUDDING

INGREDIENTS

- Dry, stale bread - approx 8 slices nb white bread is way better than wholemeal, you can also use up excess hot cross buns, bread rolls, croissants etc.
 - Butter - to butter your dish and the bread with.
 - 150g/5oz dried fruit eg mixed sultanas and raisins - see what half used packets you find in your cupboard! Or bung in random bits of unhappy fruit sitting in your fruit bowl. Mix with next three ingredients:
 - 75g/3oz caster sugar
 - Optional: 1 lemon or orange, finely grated zest
 - $\frac{1}{2}$ tsp mixed spice
 - Custard: made with: 2 free-range eggs, 300ml/ $\frac{1}{2}$ pint double cream, 150ml/ $\frac{1}{4}$ pint milk, 2 tbsp demerara sugar
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You also need a rectangular oven-proof dish approx 23cm longest side

Instructions

1. Butter bread and cut into triangles or strips - you can also spread with jam/marmalade or even choccie spread if you like.
2. Butter the dish and put one layer of bread in the bottom.
3. Mix up the dried fruit, caster sugar, zest and mixed spice and sprinkle over your bread layer.

4. Then put in another layer of bread.
5. Make custard by whisking the eggs, cream, and milk. Tip this over the bread. Sprinkle the demerera over the top (you could also sprinkle over some cinnamon and chopped nuts)
6. Leave it to soak for 1-2 hours.
7. Pop in the oven at 180 degrees for about 30-40 mins

CROUTONS

Make your own croutons from stale bread to use in salads or sprinkle over soup. You could freeze these for future use:

1. Cut stale bread into cubes, sprinkle over salt and pepper and any spices you want or indeed some grated parmesan or other hard cheese. Drizzle with olive oil.
2. Now you can either fry them in a frying pan until golden or bung them in a hot oven for 10 minutes.

What to do with leftover pasta and rice

Note: rice should only be reheated once and it must be stored cold, then served piping hot as otherwise toxins can grow.

Options include:

- Feed it to your chickens!
- Cling it, shove in fridge, heat up for lunch the next day
- Plonk it in a soup

OR try one of these:

BREAKFAST RICE

An economical gluten free brekkie

INGREDIENTS

- Leftover rice
- Cinnamon
- Flaxseed
- Sweetener (sugar, Stevia, honey whatever suits)

INSTRUCTIONS

1. Reheat left over rice in a pot on the stove with a little boiling water so its piping hot.
2. Stir in cinnamon, flax seed, sweetener.
3. Serve with milk or coconut milk.

PASTA SALAD

Ah you can get super creative or just raid the fridge for more sad leftovers.

Chuck your pasta in a bowl with whatever you can find that you think will taste nice e.g. try combos of a couple of these:-

- Sweetcorn
- Tuna
- Tomato
- Stray lettuce leaves
- Leftover cooked sausages
- Chopped peppers
- Bits of bacon
- Avocado
- Anchovies
- Chopped onion or spring onion
- Hard boiled egg
- Beans (rinse baked beans to get the tomato sauce off if that's all you can find, otherwise cannellini beans or mixed beans lush)

Stir in some pesto or vinaigrette dressing or make a dressing by mixing some mayo and natural yoghurt (maybe with a teaspoon Dijon mustard) up together.

OR try this super yummy recipe from Venetia Cameron-Rose who does our HE cooking classes, take it from Felix and co these are lush:

CHEESY PASTA CAKES

Ingredients:

- 145g cooked pasta
- 20g butter
- 20g plain flour
- 100ml milk
- 30g grated cheddar
- 10g grated parmesan
- 1 tablespoon chopped chives
- Salt and pepper
- Extra flour
- Beaten egg with a little milk
- Breadcrumbs

Instructions:

1. Melt the butter in a small saucepan. Add the flour and stir whilst cooking for a minute. Slowly add a little of the milk at a time to make a very thick but smooth sauce. Season with salt and pepper.
2. Mix in the cheeses and chives. Allow to cool.
3. Chop the pasta by hand and add to the cooled sauce. Using floured hands, roll into 8 patties or cakes.
4. Roll these in flour, then 1 egg and finally coat in the breadcrumbs. You can chill in fridge for later or get on with next bit...
5. Fry in a little oil until lightly browned then bake in the oven for 5 minutes to warm all the way through.
6. You can add other flavours too depending on what you have left over. Finely chopped cooked chicken or ham, sweetcorn, mushrooms etc.

What to do with sad bits of Fruit

Black bananas? You need to make Banana bread!

BANANA BREAD

Ingredients

- 285g/10oz plain flour
- 1 tsp bicarbonate of soda
- $\frac{1}{2}$ tsp salt
- 110g/4oz butter, plus extra for greasing
- 225g/8oz caster sugar
- 2 free-range eggs
- 4 ripe bananas, mashed
- 85ml/3fl oz buttermilk (or normal milk mixed with $1\frac{1}{2}$ tsp lemon juice or vinegar)
- 1 tsp vanilla extract

INSTRUCTIONS

1. Preheat the oven to 180C.
2. Sift the flour, bicarbonate of soda and salt into a large mixing bowl.
3. In a separate bowl, cream the butter and sugar together until light and fluffy.
4. Add the eggs, mashed bananas, buttermilk and vanilla extract to the butter and sugar mixture and mix well. Fold in the flour mixture.
5. Grease a 20cm x 12.5cm/8in x 5in loaf tin and pour the cake mixture into the tin.
6. Transfer to the oven and bake for about an hour, or until well-risen and golden-brown.
7. Remove from the oven and cool in the tin for a few minutes, then turn out onto a wire rack to cool completely before serving.

FROZEN BANANA TREATS

Overripe bananas can also be chopped up and popped in the freezer. You can just take them out later and nibble or dip them in chocolate OR whizz them in the food processor for instant ice cream (you could add in honey, cocoa, peanut butter, drop of milk and other fruits too if you like).

FRUIT CRUMBLE

Save those manky bits of fruit - eg couple of strawberries, an old apple, stray banana, a plum - don't chuck them stick them in a crumble. You could also bung in leftover mincemeat from Christmas.

1. Chuck chopped soft fruits straight into buttered oven dish,
2. Sprinkle over brown sugar and any nice spices like cinnamon you can find.
3. Top with crumble. For the crumble topping rub 60g of butter into 120g plain flour mixed with 60g caster sugar.
4. Bake at 180C for 30 mins.

CANDIED ORANGE PEEL

Here's a neat idea for orange peel!

Ingredients

- 3 navel or valencia oranges
- 1½ cups granulated sugar
- ¾ cup water

Instructions

1. Rinse the oranges.

2. Cut the top and bottom off each orange and score the skin into quarters.
3. Remove the skin (peel and pith, the white part), and cut the skin into strips about $\frac{1}{4}$ " wide. Eat the oranges or wrap the oranges in plastic wrap to store for other use.
4. Place the strips of peel in a large saucepan and cover with cold water.
5. Set on the stove on high heat and bring to a boil. Drain the water from the peels and repeat this process twice more.
6. In a small bowl, whisk together the sugar and $\frac{3}{4}$ cup water.
7. Pour the sugar water into a medium saucepan and bring to a simmer. Let the mixture cook for 8-9 minutes at a constant simmer.
8. Add the peel and cook for 45 minutes to 1 hour, OR just until the peels are translucent, adjusting heat as necessary to maintain the simmer. Avoid stirring, as this will cause crystallation. If necessary, swirl the pan to make sure that all of the peels get covered with the syrup.
9. Drain any remaining syrup from the peels and set aside for other use (perhaps tea?!) There will probably be only a tablespoon or two of syrup left.
10. Spread the peels out on a drying rack and leave to dry for 4-5 hours. Store in an airtight container.

Leftover Chocolate from Easter Eggs

CHOCOLATE MOUSSE - 2 ways

Option 1

INGREDIENTS

- 200g Leftover chocolate from easter eggs (ideally dark choc for this one)
- 6 Eggs

INSTRUCTIONS

1. Melt chocolate in microwave or bain marie.
2. Separate six eggs (yolks from whites). Mix chocolate with yolks, stir till incorporated.
3. Whisk the egg white to stiff peaks and carefully **fold** into the choc mixture till it's smooth.
4. Pour into little bowls or keep in big bowl and put in fridge to set (depending how big/deep bowl is allow 2 hrs)

Option 2

INGREDIENTS

- 50g milk or dark Easter Egg
- 12g butter
- 1 egg separated
- 64g double cream
- 1 tablespoon caster sugar

INSTRUCTIONS

1. Melt chocolate and butter in heatproof bowl over a simmering saucepan of water or in the microwave. Stir until all melted and smooth. Set aside.
2. Whip the cream until soft peaks form.
3. In a separate bowl, whisk the egg white until soft peaks form, then sprinkle on caster sugar and continue to whisk to incorporate the sugar.
4. Stir into the chocolate a spoonful of egg yolk and a spoonful of the cream. Mix well smooth. Repeat this until you have added all the yolk and cream.
5. Fold in the egg white and spoon into serving dishes. Place in the fridge to set.