



**LOVE  
FOOD**  
hate waste

**A cookbook dedicated to**

# **FORGOTTEN FOODS AND THE LEFTOVER MAKEOVER**



Easy cooking family recipes to  
save money, time and stay healthy

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# Foreword

Food waste is a huge issue: NSW Householders throw out more than \$2.5 Billion of food each year, much of which could have been eaten. Of this, \$694 million was made up of leftovers! Which is why we've produced a cookbook dedicated to the leftover makeover, in an effort to help families reduce their food waste and save money.

Food waste is not just about the cost implications either: wasting food wastes valuable resources like energy and water that went in to producing the food. Did you know, according to CSIRO data:

- throwing out a kilogram of beef wastes the 50,000 litres of water it took to produce that meat.
- throwing out a kilogram of white rice wastes 1550 litres of water.
- throwing out a kilogram of potatoes wastes 500 litres of water.

North East Waste and our member Councils of Ballina Shire, Byron Shire, Clarence Valley, Lismore City, Kyogle, Richmond Valley and Tweed Shire are promoting food waste avoidance to our regional community through workshops, cooking demonstrations, our website and our facebook page. This cookbook is the next step in providing our community a valuable resource, with delicious recipes that are simple, wholesome and will help save you time and money.

The cookbook has been collated with recipes contributed from our Love Food Hate Waste Chefs, Daniel Lange and Alison Drover. We hope you enjoy.

Don't forget to sign up to The Love Food Hate Waste Challenge at [www.newaste.org.au/lovefoodchallenge](http://www.newaste.org.au/lovefoodchallenge) and find us on Facebook.

For more information on the Love Food Hate Waste Program and other meal planning and recipe ideas go to [www.lovefoodhatewaste.nsw.gov.au](http://www.lovefoodhatewaste.nsw.gov.au)

# The Fundamentals

5 easy ways to Reduce your Food Waste, Save Money, Time and keep your family healthy.

## 1. Plan your meals.

Meal planning a few days or a week in advance will help your family save money and time. By planning your meals well, with dishes like roasts, stews or casseroles you can cook once and eat twice. You can also spend less time shopping. Involve your family members in your meal planning and make it an enjoyable experience and a household habit. You may find that involving your family in the meal planning (and preparation) will also help to discourage fussy eating. Share the workload and eat well!

## 2. Shop to a list and only buy what you need.

Knowing what you are going to cook will also help to ensure you only buy what you need. Your shopping list should correspond with your meal plan (see [lovefoodhatewaste.nsw.gov.au](http://lovefoodhatewaste.nsw.gov.au) for a weekly meal plan and shopping list). Before you write your list do a stocktake and check what you already have in the fridge and pantry. Write down the quantities of the ingredients you need too. This will help prevent you from buying too much. Also check the best before and use by dates before you purchase the product.

## 3. Store your food correctly.

Storing your food correctly will help preserve your food and keep it fresher for longer. Oxygen, moisture and heat are the main reasons bacteria or fungi reproduce, causing food deterioration. See our suggestions to help you to store your food wisely and keep it fresher for longer on Page 5.

## 4. Cook the right amount.

Correct portion sizes are crucial to cutting food waste. We often cook and serve too much food because we want to make sure everyone will have enough to eat, but end up wasting food by overestimating what is really required. Use the handy serving size calculator at <http://www.lovefoodhatewaste.nsw.gov.au/at-home/plan-your-meals/calculate-your-serves.aspx>

## 5. Love your leftovers.

Leftover food can be delicious – and a quick and easy way to make a new meal.

No matter how hard we try, sometimes we cannot avoid leftover ingredients or extra portions. Some dishes can be specially prepared to provide more than one meal, such as casseroles or stews. With careful planning, leftovers can be a great way to save time, save money and eat well. If you plan to use your leftovers within 3 days, keep them towards the front of the fridge so you don't forget to use them. If you don't think you will get to your leftovers within 3 days, freeze them to enjoy another time.

This recipe book will give you lots of wonderful ideas on how to use common leftovers, from bread, rice, potatoes and vegies which might be wilting. Delicious recipes have been contributed by our Love Food Hate Waste Chefs – Alison Drover and Daniel Lange.

## Tips for food storage:

We've all encountered a long forgotten squishy vegie at the bottom of our crisper. Or perhaps stuffed a saucepan of uneaten rice into the back of the fridge only to discover it rock-hard weeks later. To stop good food and leftovers from going to waste, we've collated some great storage tips to keep your food fresher for longer. With a few nifty kitchen appliances, and some snazzy storage containers, your food will be loving you.

**Freezer** – A freezer works like a 'pause' function. The quicker food is frozen, the faster the natural deterioration process stops. Freeze food in containers or wrap it in foil or plastic to avoid freezer burn and cross contamination. The freezer is great for storing leftovers, extra bread, peeled over-ripe bananas and other fruit (for yummy smoothies and healthy muffins), stalks and off-cuts from herbs and vegies (perfect for stocks, soups and smoothies) and grated cheese.

**Fridge** – Storing food in the fridge will keep it fresher for longer. Make sure your fridge is running effectively, check the door seals and make sure the temperature is set at 3–4°C.

**Airtight containers** – Airtight containers with snug-fitting lids are perfect for storing items in the fridge, freezer or cupboard. Using the right size is essential; it reduces oxygen in the container.

- Label and date food stored in the freezer, fridge.
- Store all dried flours, grains etc, in air tight containers.
- Store herbs & salad mix in airtight containers, with a damp cloth over the herbs to stop them from dehydrating in the fridge.
- Store most vegetables in the crisper in the fridge to keep fresh. If you need to ripen, leave out.
- Don't store your potatoes, pineapple, bananas or bread in the fridge.
- If you defrost protein (including chicken, meat, fish) defrost overnight in the fridge.
- When cooking a meal in advance, wait until the meal has stopped steaming before putting on the lid and refrigerating.
- Check the use by dates (the date recommended for safe consumption) and best before dates (the date recommended for best tasting food – but can be eaten after this date) and eat them or freeze them before they turn.

## Tips for food in season

Food is best quality when in season, excess vegetables can be blanched, cooked in boiling water, refreshed in ice water, dried & snap frozen.

Citrus including lemons can be juiced stored in ice trays & put in a container in the freezer for later use. Even the skin can be used & preserved and is also great for cordials.

Pickling vegetables including, beetroots, carrots, onions, cucumbers means you can enjoy them all year round.

Mangoes and bananas can be picked, skinned & frozen in containers, great for smoothies.

Avocadoes can be turned into guacamole, covered & frozen for use all year round.

Try dehydrating fruits for healthy snacks.

Excess herbs can be turned into pastes or pesto's by adding oil & jarring in your fridge.

## The gardener in you:

- Have your own little herb garden/pot and save money. Food tastes better cooked with things you have grown in your own garden.
- When your potatoes, ginger, garlic etc sprout try planting them.
- Save your best tomato & vegetable seeds by drying out and planting.

# Recipes



# Breadcrumbs

## Ingredients

Any and all of your stale bread, crusts etc

## Method

Tear bread into pieces

Place on a lined baking tray and bake at 140°C until slightly golden

Blend in food processor until crumbs

Store in an air tight container

## SOME OF ITS MANY USES!!

Many Italian seafood pasta dishes as a main ingredient

Stuffing for roast dinners

Crumbing any of your dinner proteins

The crumble on your apple crumble

Stuffed tomatoes, eggplant, zucchini etc

## Breakfast Bread Cup

SERVES 6

### Ingredients

6 slices leftover bread

6 eggs

2 slices cheese, cut into rectangles

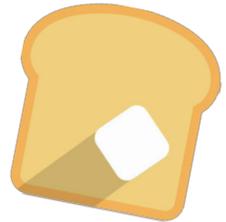
3 slices bacon/ ham/chorizo cut into small pieces

4 mushrooms finely diced (or corn, zucchini or whatever you have in your fridge)

Oil/Butter for greasing

Pepper and salt, for seasoning

Parsley, chopped for garnishing



### Method

Preheat oven to 180°C and grease a 6-hole muffin tray

Cut away the edges of the bread (and save in the freezer for breadcrumbs). Using a rolling pin, flatten the bread evenly. Then, press it down into the muffin hole, forming a "cup" shape. Grease the insides of the bread-cup.

Bake until edges began to brown.

Line the cup with slices of bacon/ham and cheese.

Crack an egg in each of the cups. Be careful not to destroy the egg yolk. Season with pepper and salt.

Bake for 5 to 8 minutes, until eggs become visibly hardened (yet still in a runny form). Let the cups sit rest in the oven for another 5 minutes, the heat that is retained will continue to cook the egg slowly.

## Dan's croutons

SERVES 4

Croutons are easy to make with stale or excess bread and a yummy accompaniment to salads in the summer or soups and casseroles in the winter.

### Ingredients

- 300g stale bread
- 2 garlic cloves, crushed
- 2 tablespoons chopped fresh thyme leaves
- 2 tablespoons chopped fresh oregano leaves
- 2 tablespoons olive oil

### Method

- Preheat oven to 220°c
- Line a large baking tray with baking paper.
- Tear bread into 3cm pieces. Place in a bowl.
- Combine garlic, thyme, oregano and oil in a jug then coat the bread.
- Arrange bread in a single layer, on tray.
- Season with salt and pepper.
- Bake for 10 to 12 minutes or until browned and crisp.
- Cool on tray. Serve.

YOUR SALADS WILL NEVER BE THE SAME AGAIN!

## Crouton chicken salad

SERVES 4-6

### Ingredients

2 handfuls of croutons

Left over cooked chicken/ schnitzel

150g semi-dried tomatoes, drained

150g baby spinach leaves

Any other salad vegetables that need to be used

2 tablespoons extra virgin olive oil

1 tablespoon white wine vinegar

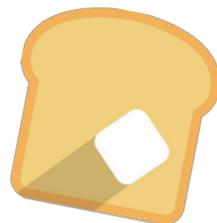
Salt and Pepper

### Method

Combine oil, vinegar, salt and pepper in a jar and shake.

Chop and assemble all ingredients in a large bowl.

Dress and serve.



# Dan's 'oldie but a goodie' bread and butter pudding

SERVES 4

## Ingredients

4 eggs

2 cups milk

300ml pure cream

¼ cup caster sugar

1 teaspoon vanilla extract

¼ teaspoon ground cinnamon

8 thick slices white excess bread, crusts removed (save the crusts for breadcrumbs!)

40g butter, softened

½ cup sultanas (or dates)

2 tablespoons brown sugar

## Method

Preheat oven to 180°C and grease a 5cm deep, 17cm x 28cm baking dish.

Whisk eggs, milk, cream, caster sugar, vanilla and cinnamon in a bowl.

Butter both sides of the bread, and cut into triangles. Arrange half the bread in rows and sprinkle with half the sultanas. Repeat with remaining bread and sultanas.

Pour egg mixture over bread. Sprinkle with brown sugar, and bake for 30 to 35 minutes or until golden and set.



**Love Your Food Tip:** When you are going away or know that you will not be eating at home to eat all your fruit up, place remaining fruit in the freezer so you have it handy for smoothies and it does not go to waste. Frozen bananas make delicious icy cold smoothies. Remember to peel the bananas first and then freeze in a container or bag. Save the greaseproof paper from the inside of packets and use this to separate the layers of bananas. You can also freeze any leftover milk

## Alison's Gorgeous Green smoothie

Green Smoothies are a great way to ensure you get your greens as well as using up valuable nutrient filled leftovers.

You can vary your smoothie according to the fruits and other leftovers that you have available. Likewise sometimes we have ends of parsley, mint, kale and other green that we don't use. These stalks especially if they are organic are super filled with nutrients. They can be added to the smoothie frozen.

1 cup milk –this can be substituted with coconut water, fruit juice, almond or rice milk

6-8 kale leaves or ½ cup spinach, parsley or other leafy greens leftovers that you have saved from chopping and a cucumber if you have one

1 banana frozen or 1 cup leftover frozen (eg. pear, apple, mango, papaya)

cinnamon - organic if possible

½ teaspoon raw honey

1 tablespoon of seeds i.e. tahini paste, almonds, cashews, macadamias or if you have these in paste form like cashew butter use these.

Yoghurt – optional depending on what you need to use up in the fridge

You can also add fresh mint, parsley, orange zest leftovers

Blend and serve. If you have excess pour it into a glass and save for an afternoon energy drink. Perfect for children's hungry bellies when they arrive home from school.



## Dan's Brilliant Breakfast Smoothie

SERVES 4

This recipe is excellent during avocado season. When you've bought too many avocado's and they are all going ripe at the same time, here's a brilliant way of using them up. You can also just use an over-ripe or frozen banana, strawberries and spinach leaves. Feel free to substitute with whatever fruits or greens you have.

### Ingredients

- ½ over ripe avocado
- 1 over ripe banana
- 5 strawberries (fresh or frozen)
- 30g baby spinach leaves
- 310ml milk, soy or coconut
- ¼ teaspoon ground cinnamon
- 2 teaspoons honey
- ½ cup ice cubes

### Method

Blend all ingredients & its ready to serve.

## Salsa Verde - Alison's way

Salsa Verde means in Italian green sauce. It is a cold sauce made of greens, herbs, olive oil and your choice of lemon juice, red wine vinegar or apple cider vinegar and garlic.

"It can be drizzled over meat, fish or a platter of seasonal vegetables. Add it to the top of soups or as a dressing for warm potato salad. There is flexibility in the ingredients which helps with leftovers. Basically the best combination is parsley, mint and basil however," says Alison, "I often add fennel leaves, spinach and celery and sometimes bits of green apple if these are my leftovers. Salsa verde is especially good in winter as the greens are high in Vitamin C and antioxidants."

Making a sauce like this each week will ensure that you do not need to purchase expensive sauces that are often heavily packaged and processed and if you have a large family don't go far at all. Try to grow your own parsley it is very easy to grow, as is spinach. This will save you money so you can buy better quality local garlic that does not have the chemicals required for importation.

Serves : Large jar serves up to 15 -20 servings and keeps in the fridge for many weeks safely

### Ingredients

3 cloves of garlic, peeled n buy local at the markets or Australian to avoid 'bleached' garlic

2 bunches of flat-leaf parsley

1 bunch of fresh basil

1 handful of fresh mint, leaves picked

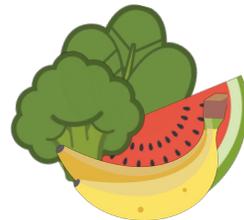
# Leftover greens and fruit

6 tablespoons lemon juice or apple cider vinegar or red wine vinegar

½ cup olive oil

sea salt and freshly ground black pepper

optional - 1 teaspoon of mustard, gerkins if you have some to use up about 1 tablespoon



## Method

This sauce is great if you chop all the ingredients by hand otherwise put all the ingredients in the blender. Try to keep it chunky by just blending it a little.

If your sauce is a little thick add a tablespoon of warm water. A salsa verde should be be tangy. Taste as you go and if you need to add more oil or lemon juice. Tip: after a few days you can add some macadamias or pecans for a variation like pesto sauce.

## Pear and ginger compote

(Alison Drover)

Compote is a great way to you seasonal fruit. It also is an alternative to breakfast cereals that are high in packaging and often imported items.

### Ingredients

- 6 pears
- few slices of fresh ginger or if you have it
- 1 tablespoon thyme if you have it
- 1 lemon zested (zest removed)
- ½ lemon juiced of one lemon
- 1 teaspoon fennel seeds
- 4–6 tablespoons honey raw

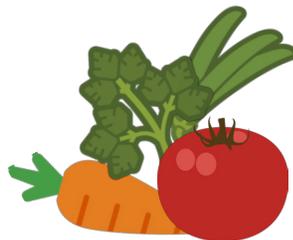
### Method

Place all ingredients and water except the fruit in a large saucepan and bring to the boil then simmer for 10 minutes. The water will be reduced and you will be left with a more syrupy liquid. The idea of compote is that when you place the fruit in the heat and sugar helps to preserve the outer edge of the fruit so that it maintains its shape but the simmering allows it to cook the fruit inside so that it is soft. I often do not peel the pears to maintain the nutrient of the skins however if you are using the dish as a dessert you may like to peel the pears and take the cores out and then stand the pears in the liquid to poach. Alternatively slice up the pears and place the fruit carefully into the liquid and allow to simmer for about 10 minutes until the pears are just soft.

## Frittata

SERVES 4

A frittata is an Italian dish made with eggs and chopped vegetables or meat, resembling a flat thick omelette. You can use pretty much any kinds of vegies, herbs, cheeses and if you are a meat eater – bacon, leftover chicken etc in the mix. Here's Dan's fave frittata recipe:



### Ingredients

- Melted butter, to grease
- 2 teaspoons light olive oil
- 80g ( $\frac{1}{2}$  cup, firmly packed) grated green zucchini
- 60g ( $\frac{1}{2}$  cup, firmly packed) grated carrot
- 50g ( $\frac{1}{2}$  cup, firmly packed) grated parsnip
- 2 green shallots, ends trimmed, finely chopped
- 3 eggs, lightly whisked
- 40g ( $\frac{1}{3}$  cup) coarsely grated cheese
- 2 tablespoons finely chopped fresh parsley
- 1 tablespoon plain flour, sifted

# Vegetables, herbs and other bits n pieces

## Method

Preheat oven to 180°C. Grease and line square 18.5cm cake pan with melted butter and baking paper.

Fry off vegetables until soft and set aside to cool.

Combine vegetable mixture, egg, cheese, parsley and flour in a large bowl and stir until well combined.

Spoon mixture into pan and bake in oven for 12 minutes or until set. Remove from oven and set aside for 10 minutes to cool. Lift frittata from pan and place on a plate to cool completely. Cut into fingers to serve.

You can substitute the vegies above with spinach, beans, mushrooms, potatoes and/or pumpkin.

## Tomato & coriander salsa

SERVES 6

### Ingredients

4 ripe tomatoes diced

½ red onion finely chopped

¼ bunch chopped coriander

15ml lemon juice

1 garlic clove fine dice

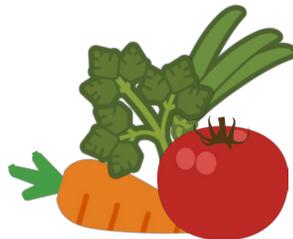
7ml white vinegar

Salt & pepper to taste

Left over flatbread, or stale bread/breadstick

### Method

Combine all ingredients; serve with the oven-toasted bread or pan-fried flat bread or in Chinese spoons.



## Corn fritters with avocado salsa

SERVES 6

If you are looking for a way to use up that tin of corn that has been sitting in your pantry for ages, here's the perfect recipe! You can substitute the avocado salsa with the tomato and coriander salsa if avocados are not in season.

### Ingredients

#### Corn Fritters

4 fresh or 1 tin corn

1-2 eggs

70g self-raising flour

50ml Milk

½ red onion fine diced

¼ bunch chives diced

Salt & pepper

#### Avocado salsa

2 ripe avocados mashed

¼ red chilli sliced, ½ lime juiced

5g ground cumin, salt & pepper

30ml pouring cream(optional)

Chilli (optional)

### Method

Shred fresh corn, add all ingredients make a batter. Spoon on batter mix & fry with a small amount of oil each side till brown. Mash avocado, add all ingredients. Spoon on warm or cold fritters.

## Vietnamese rice paper rolls

SERVES 10

### Ingredients

- ½ leftover cooked chicken (optional)
- 1/8 Shredded cabbage
- 1 grated carrot
- ½ cup beansprouts,
- Trimmed 1 red capsicum
- Thinly sliced ¼ bunch mint leaves
- 1/8 bunch coriander leaves
- 30ml lime juice
- 1 tablespoon fish sauce
- 10 x 22cm rice paper rounds

### Method

Combine all ingredients in bowl, place one rice paper roll at a time in a medium bowl of warm water until soft. Place on dry tea towel.

Fill with 3 tablespoons of filling then roll. Serve with soy or sweet chilli.

TIP: The more that kids get involved in the kitchen, the more likely they are to try different foods that they ordinarily might not eat. You can show them how to help doing the rolls and you might be surprised how quickly they gobble them up too!

PS. If you don't feel like making the rolls, omit the rice paper rounds, and you have a delicious Vietnamese noodle salad!



# Crispy leftover chicken or pork pot stickers

SERVES 6

250g leftover roast pork (or leftover chicken etc.) finely shredded

100g wombok cabbage chopped

4 spring onions sliced

10g ginger grated

10g 5 spice

Salt & pepper

Wonton wrappers

10mls sweet soy sauce

20g Crispy shallots

Fresh picked coriander

5g Corn flour (mix with water to make slurry)

### Method

Mix pork mince, cabbage, spring onion, ginger, seasoning & five spice together. Fill wonton wrapper with a teaspoon of pork mix. Brush edges with corn flour mix & seal.

Fry wontons with small amount of oil till crispy, spray water on pot stickers halfway thru cooking. Serve when crispy with picked coriander, sweet soy sauce & crispy shallots.

## Fried rice SERVES 4

Leftover rice, meats and vegies can all make a delicious fried rice. It's super easy, quick and the kids will love it.

### Ingredients

- 3 cups of cooked rice
- 2 eggs, beaten
- Olive or canola oil spray
- 1 teaspoon olive or sesame oil
- 75g lean leg ham, diced
- 1 onion, diced
- 1 red or green capsicum, seeded and diced
- 2 cups Chinese cabbage, shredded
- 1 cup green peas, cooked
- 1 cup sweet corn kernels, cooked
- 200g can peeled baby prawns (optional)
- 1 cup bean shoots
- 2 spring onions, diced
- 3 tablespoons reduced-salt soy sauce
- 1 tablespoon oyster sauce

### Method

Lightly grease a non-stick pan and make a thin omelette. Set aside and slice thinly

Using the same greased pan, cook ham and onion until golden. Add capsicum, cabbage, peas, corn and prawns. Cover and toss well for several minutes.

Add remaining ingredients except omelette. Stir until sauce has mixed through. Fold in sliced omelette. Serve hot.



## Potato and fish patties

SERVES 4-6

A family favourite – delicious, nutritious and easy to cook with minimal fuss. Enlist the help of your children to mix everything together and form the patties.

### Ingredients

300g of cooked sweet potato (or potato or pumpkin)

1 x 425g can tuna chunks in brine, drained

2 eggs, lightly whisked

¼ cup dried breadcrumbs

Salt & pepper

1 tablespoon olive oil

½ cup peas and or corn

### Method

Combine all ingredients in a large mixing bowl

Divide the mix into medium sized patties

Heat oil in a large non-stick frying pan over medium heat.

Add the patties and cook for 3-4 minutes each side or until golden brown.

## Jaffles

SERVES 4

We love jaffles because they are effortless and yummy as well as making the best of last night's leftovers. Here's one that Dan has contributed for the sweet-tooths:

### Ingredients

- 1 small egg, beaten
- 1 teaspoon orange juice
- 1 tablespoon reduced-fat ricotta cheese
- 1 teaspoon caster sugar
- 1 banana, sliced
- 1 tablespoon sultanas
- Pinch of cinnamon
- 4 slices of sandwich bread (perfect for slightly old bread)
- Spray oil

### Method

Combine egg, juice, ricotta and sugar. Add banana, sultanas and cinnamon and mix.

Lightly spray sandwich maker with oil. Place two slices of bread on the sandwich maker, divide mixture over the two slices, top with remaining slices of bread and toast until heated through and egg is cooked.

Variations: ENDLESS OPPORTUNITIES!

Leftover savoury mince, casserole, curries, spaghetti Bolognese, roast dinners chopped roughly, fried rice.



## Leftover Baked Rice Custard SERVES 4

Dan's recipe of leftover baked rice custard, will have your young one's bellies happy and warm at the end of a cold winter's night.

### Ingredients

3 eggs

½ cup sugar

½ tsp salt

2 cups Milk

1 tsp vanilla extract

1 ½ cups leftover cooked rice

½ cup raisins (or dates)

Ground cinnamon

### Method

Preheat oven to 160 °c

In a bowl, whisk together eggs, sugar and salt until blended. Whisk in milk and vanilla extract. Stir in rice and raisins. Spread in an 11 x 7-inch (28 x 18 cm) cooking dish.

Bake for 25 min.

Stir pudding, and then sprinkle with cinnamon to taste.

Bake for 25 to 35 min longer or until a knife inserted halfway between centre and edge comes out clean.

Let cool slightly and serve warm or refrigerate and serve chilled.



## Alison Drover's Sensational Stock

"Indeed, stock is everything in cooking...without it nothing can be done."

Auguste Escoffier a famous French writer and chef.

### Vegetable stock making

Stock can be the foundation of so many meals, be it added to some pasta with grated cheese, as the foundation of a casserole or as a base for a sauce. Good soup means good stock. It is an excellent way to ensure that you get the most out of the food you buy especially if you are buying organic (chemical free) produce.

## Alison's food waste great taste tip

To ensure you have the quantities you need to make stock, when you are preparing food, save the leftovers from vegetables i.e. stalks and leaves, the end of carrots (if organic) and in fact the bits you don't use in an original meal preparation.

These can include

- Stalks from all green vegetables – broccoli, spinach, silverbeet, carrots, celery heads, pumpkin skin, squashy mushrooms, eggplant
- Tomato pieces end bits squashy ones
- Onion bits and the skin
- Herbs like parsley stalks, rosemary sage, thyme

These can be all placed in bag or container labeled "stock" and kept in the freezer until you next need it. When it comes time to make stock you will have several bags ready to use. It is the volume that you need to make great tasting stock.

## A basic vegetable stock

Remember to add as much as you have spare or leftovers that need eating up

### Ingredients

4 onions

spring onions if you have them ( all the onion)

2–3 small carrots (no need to peel if they are young and sweet)

1 or 2 stalks of celery (including a few of their leaves)

4 cloves of garlic. ( Australian garlic please for our Farmers)

2 bay leaves not essential (look around and see if you have a Bay tree nearby or look to getting one they are great for adding flavour

bunch parsley

as many greens as possible kale, spinach, left over broccoli, cauliflower but equivalent to about 2 standard saucepans full

celery stalks and leaves depending on what you have– chopped

“bouquet de garni” – your choice of assortment of leftover herbs i.e. sage, oregano, rosemary, thyme. This is traditionally tied in piece of natural string.

### Stock method

Sweating some of your ingredients to start with helps them to develop the sweeter flavours and adds more complexity to your stock rather than adding these in raw. It is these little tips that makes good stock.

1. Take the largest pot that you have. Add some olive oil to the bottom just enough to cover the base.



## Stock, soups and other bits 'n pieces

2. Add onions, carrots, celery, the bay leaves, the stalks of a half a bunch of parsley and fry over a medium heat. If you have some left over wine now is the time to add it i.e. one cup.
3. Turn off and fill the stockpot adding all your left over vegetables from the freezer (that you have saved), left overs in the fridge vegetables, herbs and also if you have a veggie garden any odds and end that you have
4. Peel and slice the other two onions in half and add these to the stockpot.
5. Add your herb mix "bouquet de garni" (which is a combination of herbs i.e. oregano, rosemary, thyme tied together and either surrounded by muslin tied with string. The idea of these recipes is to use up leftovers so use the herbs you have on hand and see if you can be resourceful i.e. ask a neighbour for some rosemary or start growing your own.
6. Fill to 20cm below rim.
7. Simmer for 1-2 hours and then strain out all the herbs etc. and stalks so that you have a clear liquid left.

It is now ready to use or can be frozen. Add a little olive oil to your stock before using to add flavor.

**Food waste tip**- If you want to make a meat stock ensure that you keep bones and carcasses. For example if you have bought a chicken or roasted one and you have the bone you can freeze this so it is ready to use for making stock.

# Stock, soups and other bits n pieces

Broccoli, cauliflower and potato soup made with homemade stock served with rosemary and orange (or lemon) zest, leftover bread croutons



For the soup

Serves 6 -10 (freeze any leftover or adjust your quantities accordingly)

4 leeks or if you are on a budget 4 onions

7–8 large potatoes washed well or peeled.

4–6 cups of vegetable stock – see above recipe provided

2 large heads of cauliflower

2 large heads of broccoli

1. Wash leek carefully to remove soil build up in leaves and then sauté (fry lightly not too high heat) in butter until they are soft. Don't let the leeks burn they should remain the same colour just paler. If using onions, slice and cook lightly in butter.
2. Fill a large stock pot and add your vegetable stock and cut and peeled potatoes.
3. Once the potatoes are near to being cooked add the cauliflower and continue to simmer.
4. Season your soup with salt and pepper. You will need a little more salt, as both the potatoes and cauliflower are not strong in flavour.
5. Blend the soup in a blender or food processor.

# Stock, soups and other bits 'n pieces

## Rosemary, organic orange zest croutons

### Ingredients

stale or older bread

olive oil

1 lemon zested

salt and pepper to season

### Method

Slice up whatever bread you have left over into cubes roughly. Pop the bread on an oven tray drizzled with olive oil and some orange or lemon zest.

To serve your soup:

Heat your soup, top with croutons and swirl with a little olive oil. You can also add a teaspoon of Alison's salsa verde (see recipe in leftover greens).

Entertaining – make this soup look more like a restaurant plate by adding some local goats cheese and pecans and grating some orange zest over it.

**Alison's great taste tip:** If you have some left over nuts like pecans or macadamias these can be crushed and served on top of the soup to add even more flavour. To vary your soup for another night you can add a spoon of pesto on top or throw in some thinly sliced chicken or lamb left overs to vary it.

## Asian soup with shredded chicken, ginger and rice



This is an easy meal that is a great way to use up leftovers from roast meats or cooked fish. Often we have either noodles or rice left over then this recipe is ideal.

6–8 cups of vegetable stock

2 cups left over rice or noodles

1 star anise

1 spring onion chopped finely

½ knob of ginger sliced

4 tablespoons tamari or soya sauce

left over sliced chicken, lamb or beef

½ cup of bean sprouts

2 cups of either bok choy, spinach, Asian greens

a few sliced carrots

Heat and serve

Optional leftovers – if you have lemon grass to use up add this or even a little dried onion sprinkles can be added.

## The last word on leftovers

If you know that you rarely make it back to your leftovers, try not to have any in the first place, by considering appropriate portion sizes for your family.

Do you have an awkwardly small amount of food left over from last night's dinner? Try adding more sauce and serving with a base such as rice or pasta the following day for a lunch?

Never just stick to what a recipe tells you. If it calls for sweet potato but you have pumpkin about to turn, SWAP IT! If it calls for snow peas but you have beans about to turn, SWAP IT!

Have a look in the fridge each morning to see what vegetables need to be eaten next and plan a meal around them.

# About our Chefs



## Alison Drover

Alison Drover is a chef, 'locavore-frugavore', sustainability consultant, stylist/designer, writer, educator, speaker and organic food gardener. If you dig deeper into Alison's garden of expertise, her work as a holistic business consultant and her skills as a community engagement specialist come to light.

Alison consults, designs projects, workshops and events that engage and educate people in sustainability that is designed to benefit the health and wellbeing of people and planet. Clients include business, government, private enterprise, non-for-profit, community and schools. She also works with farmers and producers and on regional sustainability food projects

Her workshops include a combination of food gardening, composting, conserving, cooking, food medicine and life skills. The underlying objective of her work is to connect people, share knowledge and create more resilient, healthier and abundant communities. Children, young people and families are a particular focus for Alison's work.

Alison is also recognised as a designer and producer of sustainable and ethical food events such as Tourism Australia and Events NSW's Breakfast on the Sydney Harbour Bridge. Alison has partnered with NE Waste to deliver food waste avoidance workshops.

For more information visit [www.alisondrover.com](http://www.alisondrover.com)



## Daniel Lange

Daniel Lange runs his own catering business in the northern rivers, The 100 Mile Food Group, where his focus is fresh, local & seasonal foods. He is also the Head Chef for The Villas of Byron offering exclusive 5 star catering. Daniel has been teaching at The North Coast Institute of TAFE for the last six years inspiring young apprentices and working with youth off the street.

Daniel trained in Sydney & London learning from the likes of Tetsuya, Kylie Kwong, Luke Mangan & Jamie Oliver. After living and working overseas for five years and working in kitchens for over 18yrs, Daniel's specialty in cooking is a combination of European & Asian cultures, refined by French cooking techniques.

Daniel has partnered with NE Waste since 2014 to run the Love Food Hate Waste program by helping to educate people how to shop, cook and live more sustainably.

For inquiries or bookings contact Daniel via email:

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For further information about The Love Food Hate Waste Program, please visit  
[lovefoodhatewaste.nsw.gov.au](http://lovefoodhatewaste.nsw.gov.au)

For further information about North East Waste, please visit [newaste.org.au](http://newaste.org.au)



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