

**Waste Less Food, save more money**

# **NORTH LONDON FOOD LOVERS' COOKBOOK**

Recipes and tips from the north London community



## FOREWORD

### IF YOU WASTE LESS FOOD YOU SAVE MORE MONEY

As north London's waste disposal authority, every day we see the vast amount of food that is thrown away. Of course we can put it to good use by composting it, but it would be much better if less was thrown away in the first place. We all know that wasting food affects our purses too; in fact, households could save an unbelievable £60 per month on their shopping bill by making the most of the food that they buy.



The 70 fantastic recipes in this book were collected from people living or working in Barnet, Camden, Enfield, Hackney, Haringey, Islington or Waltham Forest – the seven boroughs which make up the North London Waste Authority area – to help residents waste less food and save more money. They were gathered as a result of our food and money-saving competition and food waste challenge.

As a community we have all come a long way in our efforts to reduce food waste, but there's still a way to go in north London. We have therefore decided to update our cookbook with some new tasty tips and resourceful recipes from the north London community, helping you to make the most of the food you love.

I very much hope that you too will learn to love your leftovers with the help of this new version of the north London food lovers' cookbook.

A handwritten signature in black ink, appearing to read 'Clyde Loakes'.

### Councillor Clyde Loakes

Chair of the North London Waste Authority

### acknowledgements

Thank you to all the residents and community groups who donated recipes and tips for this special north London community cookbook.

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# LEFTOVER meat



# BUBBLE AND SQUEAK

BY MICHAEL ROSENBAUM, ISLINGTON

PREPARATION TIME: 5 MINUTES

SERVES 2

## Per100g:

Energy 609kJ/145kcal

Protein 7.2g

Carbohydrate 16.2g

Fat 5.7g

## INGREDIENTS

1 onion, chopped

Oil

1 cup cooked cabbage,  
spinach or any other  
cooked green vegetables

2 cups mashed or chopped roast,  
boiled or baked potatoes

Salt and pepper

## METHOD

1. Lightly fry the onion in oil in a large frying pan until soft.
2. Add the green vegetables and fry for a couple of minutes. Season with salt and pepper.
3. Add the potatoes and form rissole shapes. Continue to fry turning with a spatula every couple of minutes, breaking up the mixture so it is cooked all over and the potatoes start to brown.

*Top tip: Serve with a slice of leftover meat.*

“Although traditional bubble and squeak is usually made with left over mash and cabbage, there can be lots of other variations.”



## CHEEKY CHICKEN SOUP

BY WENDY SLOANE, CAMDEN  
PREPARATION TIME: 15 MINUTES  
SERVES 4

### Per100g:

Energy	223kJ/53kcal
Protein	1.6g
Carbohydrate	7.7g
Fat	1.7g

### INGREDIENTS

1 chicken carcass left over from Sunday dinner,  
preferably with a little meat on it

700ml water

2 – 3 cups vegetables, such as carrots,  
onions, parsnip, leek

2 chicken stock cubes

A dash soy sauce

1 teaspoon mixed herbs

About a third of a glass of wine, or even beer –  
whatever you have open

2 packets of noodles or 2 handfuls of pasta stars

### METHOD

1. Put chicken carcass into a large pot.
2. Add water to completely cover the chicken, plus three inches.
3. Chop carrots, onions and any other vegetables, add to the pot and bring to the boil.
5. Add the stock cubes, soy sauce, mixed herbs and wine or beer.
6. Turn down and simmer for about 20 minutes.
7. Remove the chicken carcass. If there was meat on it, cut it off and add to the soup
8. Add the noodles or pasta and simmer for a further three minutes then season and serve.

*Top tip: Keep the chicken skin on when cooking (for flavour), but discard before serving.*



**“My kids love this rich chicken soup. It also gets rid of vegetables lurking in the bottom of the fridge!”**



## DINNER IN THE OVEN

BY ANN BEALE, ENFIELD

PREPARATION TIME: 30 MINUTES

SERVES 4

### Per100g:

Energy	503kJ/120kcal
Protein	6.1g
Carbohydrate	13.7g
Fat	4.5g

### INGREDIENTS

Leftover cooked chopped vegetables,  
such as peas, cabbage, carrots,  
leeks and peppers

300g leftover chopped roast beef

1 onion

6 cooked potatoes, cut into slices

Leftover gravy

### METHOD

1. Preheat the oven to 180°C (gas mark 4).
2. Place half of the vegetables into a casserole dish. Now layer half of the beef; half of the onion and then half of the potatoes. Repeat all four layers.
3. Half fill the dish with leftover gravy.
4. Put the lid on and bake for one hour.
5. Take the lid off and bake for a further 30 minutes to allow the top layer of potatoes to brown.

*Top tip: You can adapt the amount of ingredients use for this recipe to make it as big or as small as you like, i.e If you're cooking for four people and there's isn't much beef left, simply add more potato.*

"This recipe has been in our family for years. In the 20s my dad asked a Danish lady called Mrs Ulstrom, what the lovely smell was, and she said "Dinner in the oven". I think she really meant: "It's my dinner cooking", but the name has stuck!"



## HOQ 'n' DOUGH

BY COUNCILLOR CLYDE LOAKES, CHAIR OF THE NORTH  
LONDON WASTE AUTHORITY  
PREPARATION TIME: 35 MINUTES  
SERVES 4

**Per100g:**  
Energy 629kJ/149kcal  
Protein .6g  
Carbohydrate 24.2g  
Fat 3.3g

### INGREDIENTS

- 1 cup plain flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- Cold water
- The last bits of meat from the carcass  
of a roast chicken
- 2 cooked potatoes
- 1 onion, sliced
- Egg, to wash pastry
- Gravy

### METHOD

1. To make the dough, mix the plain flour, salt and baking powder in a bowl and add water until it forms a stiff dough. Set aside.
2. Mix the chicken and onion in a deep baking tray.
3. Place the potatoes on top of the chicken.
4. Pour gravy over the chicken mixture. The gravy should not be too runny and not too thick. The chicken needs to be covered and potatoes need to be partially submerged in the gravy.
5. Now roll out your dough and lay it over the top of the baking tray. Wash with beaten egg.
6. Place in oven and bake for 30–45 minutes at 190°C (gas mark 5).

*Top tip: Smear some English mustard over the meat before you put it into the tray.*



**“This recipe is a great way to use up old roast dinner ingredients to make a hearty pie.”**



## ROAST BEEF STIR FRY

BY MRS GRACHVOGEL, ENFIELD

PREPARATION TIME: 10 MINUTES

SERVES 4

### Per100g:

Energy 465kJ/111kcal

Protein 9.0g

Carbohydrate 8.4g

Fat 4.6g

### INGREDIENTS

- 1 tablespoon oil
- 2 peppers – red and/or yellow, cut into strips
- 3 spring onions, sliced
- 50g mushrooms, sliced
- 1 cup leftover cooked green beans
- 150ml beef stock
- 2–3 tablespoons hoisin sauce
- 1–2 tablespoons soy sauce
- 1 tablespoon dry sherry
- 100–150g leftover roast beef, thinly sliced
- 300g medium whole-wheat noodles (quick wok)

### METHOD

1. Heat the oil in a wok over a high heat.
2. Add the peppers and onions and fry for two minutes.
3. Add the mushrooms and fry for one minute.
4. Add the beans, stock, hoisin, soy and sherry and cook for one minute.
5. Add the beef and toss well, continue to cook for another minute.
6. Add the noodles and cook for two more minutes, or until everything is piping hot.

**Top tip:** This recipe is a good way to use up leftover rice too; simply swap the noodles in step six for rice.

“A quick and easy meal, and very healthy too.”



## SUNDAY ROAST CAKES

BY BRIAN KAVANAGH, ISLINGTON

PREPARATION TIME: 20 MINUTES

SERVES 4

### Per100g:

Energy	929kJ/223kcal
Protein	5.2g
Carbohydrate	18.5g
Fat	14.2g

### INGREDIENTS

Leftover roast potatoes

2 eggs

Leftover cooked vegetables such as green beans, carrots or broccoli, chopped into small pieces

Breadcrumbs made from a stale baguette or loaf of bread

Olive oil

### METHOD

1. Break up the potatoes by mashing with a fork, but leave some texture.
2. Add one egg and the vegetables and mix.
3. Beat the second egg in a separate bowl.
4. Spread the breadcrumbs out onto a plate.
5. Take tablespoonfuls of the potato mixture and shape into round, flat cakes.
6. Dip each one in the beaten egg, then into the breadcrumbs and set aside on a clean plate.
7. Heat some oil in a large frying pan and fry the cakes on a moderate heat until crisp and golden, turning once. This should take about five minutes for each side.

*Top tip: Breadcrumbs will keep for months if toasted on a baking tray in a low oven. Once cool, store them in a glass jar.*



**“Serve these savoury cakes with salad for a nice lunch the day after a roast dinner. Bon appetit!”**

## CHICKEN RISsoles

BY TERRY WELLS, HACKNEY

PREPARATION TIME: 10 MINUTES

SERVES 4

### Per100g:

Energy	1337kJ/318kcal
Protein	13.9g
Carbohydrate	38.2g
Fat	12.2g

### INGREDIENTS

1 onion, chopped  
1 cup of leftover cooked chicken, chopped  
2 eggs  
Breadcrumbs  
1 apple, grated  
Salt and pepper  
Oil

### METHOD

1. Fry the onion until golden then add the chicken and turn off the heat.
2. Beat the eggs, put aside two tablespoons full and mix the rest into the onion and chicken.
3. Save two tablespoons of breadcrumbs but mix the rest, with the grated apple into the chicken and onion.
4. Shape into little cakes the size of a fishcake.
5. Dip them into the egg, then the breadcrumbs before frying in oil until both sides are browned. This takes about five minutes per side, on a moderate heat.

*Top tip: These rissoles are delicious as a second roast dinner, served with vegetables and gravy.*



# Fajitas

BY CHLOE BROTHERIDGE AND SANDRA SOTERIOU,  
CAMDEN HEALTHY EATING TEAM  
PREPARATION TIME: 20 MINUTES  
SERVES 2

## Per100g:

Energy 994kJ/237kcal  
Protein 10.1g  
Carbohydrate 26.4g  
Fat 10.1g

### INGREDIENTS

- 1 red pepper cut into strips
- 1 red onion, finely chopped
- About 100g leftover pork, shredded
- 1 teaspoon smoked paprika
- Pinch of ground cumin
- 2 limes
- Olive oil
- Black pepper
- 4 small or 2 large flour tortillas – you can freeze any extra ones
- 150ml natural yoghurt
- 50g any hard cheese, grated
- ¼ fresh red chilli, finely chopped
- 15 ripe cherry tomatoes or 2 large tomatoes, roughly chopped
- 1 small bunch fresh coriander, roughly chopped
- Salt and pepper

### METHOD

1. Mix the following ingredients in a large bowl: pepper, onion, pork, paprika, cumin, juice of one lime, one teaspoon of olive oil, salt and pepper. Leave this to marinade while you make the salsa.
2. Place the chilli, tomatoes, juice of one lime, coriander, salt and pepper into a bowl and mix.
3. Put oil in a frying pan on a high heat and stir fry vegetables and meat until cooked through, approximately ten minutes.
4. Warm your tortillas one by one in a dry frying pan.
6. To assemble, put the warmed tortillas on your serving plates, add the pork mix and salsa, sprinkle with cheese and roll up.

*Top tip: Serve with bowls of natural yogurt, fresh salsa and guacamole (see page 30).*



# MEAT AND TWO VEG BIRYANI

BY DINISHIA MITFORD, CAMDEN

PREPARATION TIME: 10 MINUTES

SERVES 2

## Per100g:

Energy	353kJ/84kcal
Protein	6.8g
Carbohydrate	7.4g
Fat	3.0g

## INGREDIENTS

- 100g basmati rice, cooked
- 1 egg, boiled (optional)
- 1 tablespoon of vegetable oil
- 1 small onion, chopped
- 1 clove garlic, crushed
- 1 tablespoon of curry paste
- Pinch of cinnamon
- ½ green or red chilli
- 3 curry leaves
- 1 portion of cooked leftover chicken (the size of a chicken fillet)
- A handful of any vegetables, such as green beans, broccoli, carrots, peas, cauliflower, peppers
- 100ml stock
- Half a lemon
- Salt and pepper to taste

## METHOD

1. Heat the oil in a frying pan or wok and gently fry the onion and garlic until the onion is translucent.
2. Add the curry paste, cinnamon, chilli and curry leaves and stir for approximately two minutes.
3. Add the meat and stir for ten minutes.
4. Add the vegetables and stir for a further two to three minutes.
5. Gently fold in the rice and mix through evenly.
6. Add the stock, salt and pepper and let it simmer for three to five minutes until most of the stock has evaporated and the biryani is moist.
7. Transfer to a plate, squeeze over the lemon and garnish with the sliced boiled egg.
8. Serve with poppadoms and cucumber raita (yoghurt dip).

**Top tip:** The vegetable quantity can be doubled and the chicken omitted to make a vegetarian biryani.





## RAGU FOR PASTA

BY KAREN BENNETT, WALTHAM FOREST

PREPARATION TIME: 15 MINUTES

SERVES 4

### Per100g:

Energy	350kJ/84kcal
Protein	4.3g
Carbohydrate	5.9g
Fat	4.8g

### INGREDIENTS

- 2 tablespoons olive oil
- 2 carrots, finely chopped
- 2 onions, finely chopped
- 2 bowls of any leftover vegetables such as mushrooms, peppers, leeks, celery or aubergine
- 2 - 4 leftover cooked sausages, finely diced
- 4 ripe tomatoes, chopped
- Any herbs, fresh or dried
- Any spices you like – a pinch of each
- 2 cups vegetable stock
- 1 cup leftover red or white wine (optional)
- 1 tablespoon tomato purée
- 2 – 4 tablespoons milk
- Salt and pepper

### METHOD

1. Heat the oil in a large pan and add the carrots and onions. Sauté until soft.
2. Stir in the other vegetables and sausages.
3. Add the tomatoes, herbs and spices.
4. Add the tomato purée, stock and some of the wine (if using), adding more as the sauce reduces.
5. Cover the ragu and simmer on a low heat, stirring occasionally for as long as you can wait, at least one hour.
6. Stir in the milk towards the end of cooking.
7. To serve, cook some pasta, ladle ragu on top and sprinkle with grated cheese.

**Top tip:** Use this ragu to make pasta bake. Place in a casserole dish with cooked pasta, cover with grated cheese and bake at 180°C (gas mark 4) until the cheese is slightly brown.



**“This ragu will be different every time depending on what leftovers you have, but delicious all the time, from my experience.”**



# samosas

BY SHANA NESSA, BARNET

PREPARATION TIME: 25 MINUTES

SERVES 4

## Per100g:

Energy 1100kJ/263kcal

Protein 9.2g

Carbohydrate 29.5g

Fat 12.0g

## INGREDIENTS

1.25kg self raising flour

Cold water

Sunflower oil

Leftover cooked minced meat or leftover curry  
(vegetable, chicken or lamb)

## METHOD

1. Make a ball of dough using the flour, two tablespoons of oil and water.
2. Knead into a ball, then make into about 15 small balls.
3. Use a rolling pin to make each one into a thin round pancake the size of a saucer.
4. Drain the filling of any liquid and remove any large spices i.e. bay leaves, cardamom pods.
5. Add a teaspoon of the filling to the centre of each pancake.
6. Wet the bottom edge of the pancake by dipping your finger in water and seal the pastry. You can add an edging design by twisting the edge.
7. Fry in a pan of deep cooking oil, or freeze to fry at a later date.

*Top tip: If you want to freeze these samosas before cooking, defrost thoroughly in the fridge before frying.*



## Tavas Lefkaritikos

BY ELLI SAVVA, CAMDEN CYPRIOT WOMEN'S ORGANISATION

PREPARATION TIME: 25 MINUTES

SERVES 4

### Per100g:

Energy	640kJ/153kcal
Protein	9.1g
Carbohydrate	13.1g
Fat	7.1g

### INGREDIENTS

500g leftover lamb, cut into cubes

1 onion, finely sliced

100g or 1 cup cooked rice

1 large potato, sliced

1 courgette, sliced

2 tomatoes, sliced

1 teaspoon tomato purée

½ teaspoon ground cumin

Salt and pepper

1 tablespoon olive oil

### METHOD

1. Pre-heat the oven to 160°C (gas mark 3).
2. In a clay pot, place a layer of meat, a layer of rice, onion, potato and courgette, seasoning each layer with salt and pepper.
3. Finish by putting the tomatoes on top.
4. Dissolve the tomato purée in a little hot water, add the cumin and olive oil and pour over the top.
5. Put enough water in the pot to cover the food and place in the oven for approximately two hours.

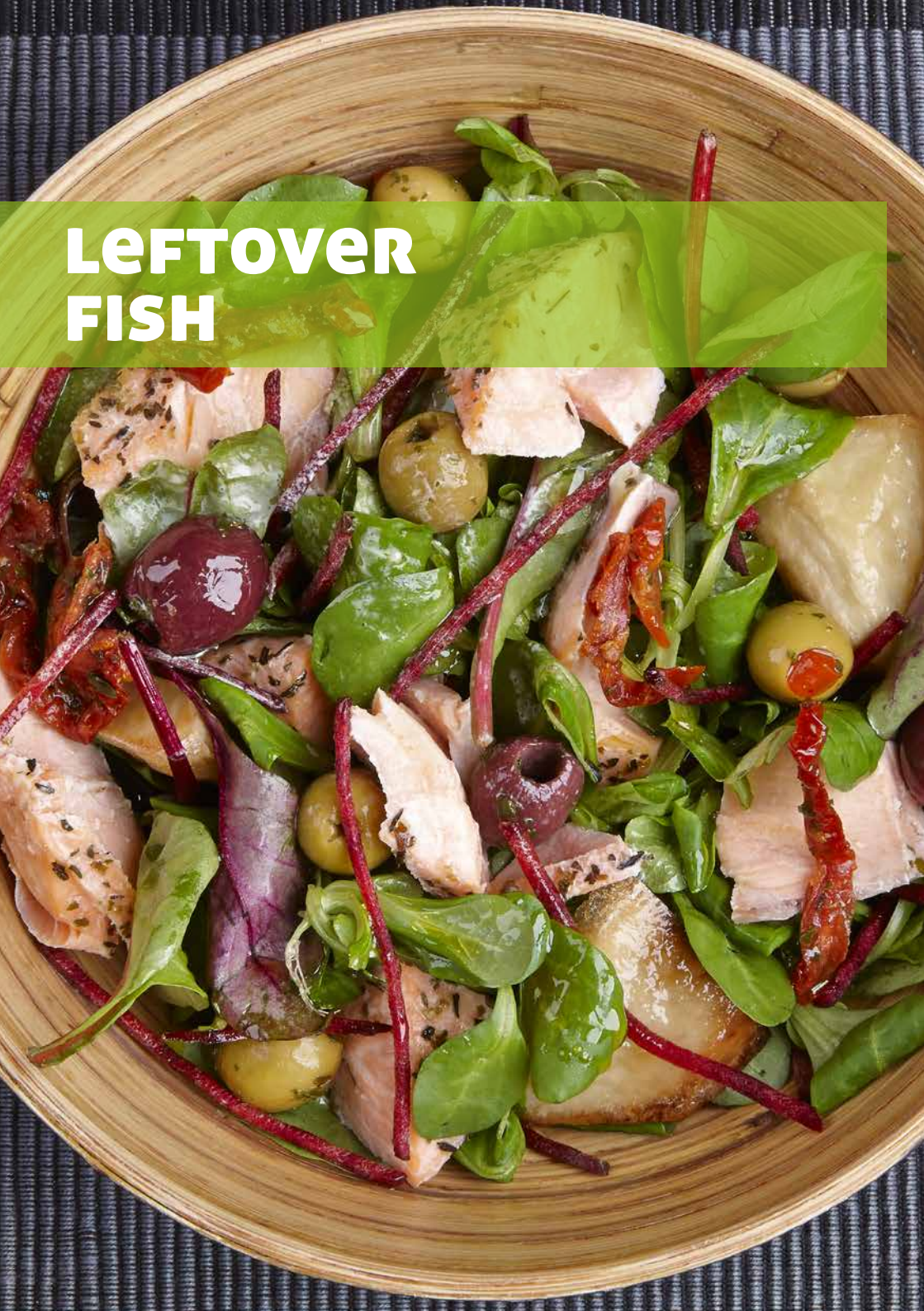
**Top tip:** A clay pot is the best dish to use, but you can use any deep oven-proof dish.







# LEFTOVER FISH



## FISHCAKES

BY SARAH SPARSHOTT, THE SOCIAL KITCHEN,  
HACKNEY AND HARINGEY  
PREPARATION TIME: 30 MINUTES  
SERVES 4

**Per100g:**  
Energy 1246kJ/299kcal  
Protein 8.1g  
Carbohydrate 19.5g  
Fat 21g

### INGREDIENTS

400g cooked potatoes, mashed  
200g cooked fish, skin and bones removed  
2 spring onions, finely chopped  
1 handful fresh coriander, finely chopped  
1 teaspoon chilli flakes  
4 tablespoons dry breadcrumbs or polenta  
1 egg, beaten  
Sunflower oil, for cooking  
Salt and black pepper

### METHOD

1. Flake the fish into small pieces.
2. In a bowl, combine the mashed potatoes, fish, spring onions, coriander and chilli flakes.
3. Shape the mixture into eight fishcakes about 1cm thick. Dip each one in the beaten egg and coat with the breadcrumbs or polenta.
4. Refrigerate for 20 minutes.
5. Heat one tablespoon of oil in a pan and cook the fishcakes on a moderate heat for five minutes on each side, or until golden.

*Top tip: You can use any type of smoked fish instead of cooked fish.*

"This fish cake recipe is tasty, easy to make and a great way to use up leftover fish."





## FISH SALAD

BY MICHAEL ROSENBAUM, ISLINGTON

PREPARATION TIME: 10 MINUTES

SERVES 2

### Per100g:

Energy 821kJ/198kcal

Protein 9g

Carbohydrate 7.1g

Fat 14.8g

### INGREDIENTS

Any leftover cooked fish (bones removed)

2 boiled or baked potatoes, cut into chunks

1 boiled egg, sliced

¼ of a lettuce or salad leaves

1 small sliced cooked beetroot

1 can sweetcorn

2 teaspoons sunflower seeds or sesame seeds

Salt and pepper

Mayonnaise or salad dressing to serve

### METHOD

1. Flake the fish and chop the other ingredients.
2. Toast the seeds in a dry frying pan until golden.
3. Carefully mix the salad ingredients together then sprinkle the seeds on top.
4. Dress with homemade or bought salad dressing.

*Top tip: Swap sweetcorn for olives, as an alternative.*





## FISH SOUP

BY ELLI KARAVOKYRI, CAMDEN CYPRIOT

WOMEN'S ORGANISATION

PREPARATION TIME: 15 MINUTES

SERVES 4

### Per100g:

Energy 344kJ/81.8kcal

Protein 4.8g

Carbohydrate 9.8g

Fat 2.6g

### INGREDIENTS

1 stick celery

2 onions

2 cups vegetables, such as carrot, parsnip, leek, tomato

320g leftover white fish or seafood

1 teaspoon dried herbs

Salt and pepper

3 tablespoons olive oil

1 cup rice

### METHOD

1. Wash and chop all of the vegetables and place them in a pan. Now cover the vegetables with water until it reaches two inches above them.
2. Boil the vegetables with the rice, herbs, salt, pepper and oil.
3. When the vegetables are almost ready, add the leftover fish. Heat through and turn off the heat.

*Top tip: You can add lemon juice at the end for a different flavour.*



## FISH QUICHE

SAM WILLIAMS, BARNET

PREPARATION TIME: 60 MINUTES

SERVES 8

### Per100g:

Energy 1164 kJ/279kcal

Protein 12g

Carbohydrate 19.9g

Fat 16.8g

### INGREDIENTS

200g plain flour

100g salted butter

1 egg, slightly beaten

3 eggs

225ml milk

150g of any hard cheese, grated

200g of any leftover cooked fish (skin and bones removed), cherry tomatoes, 2 peppers or any leftover cooked fish and vegetables

Salt and pepper

### METHOD

1. Rub together the flour and butter until the mix resembles fine breadcrumbs.
2. Add the egg a little at a time until the mixture forms a dough.
3. Wrap in cling film and leave in the fridge for half an hour before using.
4. Roll out the pastry on a lightly floured surface and use it to line a flan dish or tart tin.
5. Gently press into shape and trim away the excess with a knife. Chill for 20 minutes.
6. Cover the pastry with baking paper, fill with ceramic baking beans (or dry rice or beans kept for the purpose) and bake at 190°C (gas mark 5) for 15 minutes. Remove baking paper and beans and leave to cool.
7. Now beat together the eggs, milk and cheese and season with salt and pepper.
8. Pour mixture into pastry shell. Add the leftover fish and vegetables of your choice.
9. Bake at 180°C (gas mark 4) for around 30 minutes until the quiche is just firm and golden.

**Top tip:** Quiche is also a great way to use up leftover cream, just substitute for all or some of the milk.

**"I make pastry in the processor and it's great."**





# LEFTOVER POTATO





## VEGGIE BURGERS

BY ORGANICLEA AND THE HORNBEAM CAFÉ,  
WALTHAM FOREST  
PREPARATION TIME: 20 MINUTES  
SERVES 6

### Per100g:

Energy 1295kJ/310kcal  
Protein 3.5g  
Carbohydrate 35g  
Fat 17.3g

### INGREDIENTS

3 slices old bread, make into breadcrumbs

1 onion, chopped

1 garlic clove, crushed

1 tablespoon oil

2 tablespoons flour

Herbs (whatever you have at home and you like)

Salt and pepper

1 egg

1 cup leftover vegetables, such as carrot, peas or sweetcorn. You could also add baked beans, or cereals such as bulgur wheat or rice

### METHOD

1. Mix all the ingredients together except the flour and oil, mashing the beans with your hands while mixing and mould into balls the size of an egg.
2. Put the flour on a plate. Coat the balls with a thin layer of flour and then create a flattened burger shape.
3. The burgers can be fried or baked. If frying, place oil in a pan under a moderate heat and cook the burgers for about five minutes each side. If baking, preheat the oven to 200°C (gas mark 6), place on a tray with a drizzle of oil and bake for 15 – 20 minutes.

*Top tip: These burgers are great served with salad, sauces, potato wedges or mashed potato.*



## DADDY'S HEART-FILLING POTATO DISH

BY ANITA JETHWA, ISLINGTON, AND

RANJIT JETHWA, WALTHAM FOREST

PREPARATION TIME: 10 MINUTES

SERVES 2

### Per100g:

Energy 531kJ/127kcal

Protein 1.5g

Carbohydrate 15.8g

Fat 6.4g

### INGREDIENTS

3 leftover mashed or boiled potatoes

3 tablespoons vegetable oil

2 teaspoons mustard seeds

1 teaspoon salt

½ teaspoon halide (yellow powder)

½ teaspoon chilli powder, or to your taste

Juice of half a lemon

A dash of vinegar

### METHOD

1. If using boiled potatoes, mash them.
2. Heat the vegetable oil in a pan.
3. Add the mustard seeds and allow to pop!
4. When they finish popping, add the potatoes to the pan along with the salt, halide and chilli powder
5. Add the lemon juice and vinegar.
6. Mix well and serve.

*Top tip: Serve as a side dish or with salad.*





## POTATO LATKES (POTATO PANCAKES)

BY MICHAEL ROSENBAUM, ISLINGTON

PREPARATION TIME: 15 MINUTES

SERVES 4

### Per100g:

Energy	834kJ/198kcal
Protein	7.1g
Carbohydrate	28.9g
Fat	6g

### INGREDIENTS

250g leftover mashed potatoes

1 egg

2 tablespoons self raising flour

100ml liquid (milk, water or plain yoghurt)

1 teaspoon baking powder

Vegetable oil

Optional, for savoury version:

1 small onion, chopped

Salt and pepper, to taste

### METHOD

1. Mix all ingredients (except the oil) together to make a batter.

2. Heat the oil in a frying pan.

3. Drop tablespoonfuls of the batter into the pan.

4. Fry until the top of the latkes appears firm and then turn over and fry the other side until brown.

*Top tip: For a more crispy finish, grate some fresh potato onto the latkes when they are frying (before turning them over).*

"This is the best and easiest use of leftover mashed potatoes I have found. They can be served as a savoury accompaniment to a fry up breakfast or with sour cream and fruit jam as a course on their own."



## POTATO SALAD

BY ANN WILSON, ISLINGTON,  
WHITTINGTON PARK COMMUNITY ASSOCIATION  
PREPARATION TIME: 10 MINUTES  
SERVES 2

**Per100g:**  
Energy 432kJ/103kcal  
Protein 1.6g  
Carbohydrate 11.2g  
Fat 5.8g

### INGREDIENTS

3 potatoes (or any amount you have)

2 spring onions, finely chopped

Salad cream or mayonnaise

1 teaspoon olive oil

Black pepper and vegetable stock powder for  
seasoning

### METHOD

1. Scrub the potatoes making sure to leave the skins on. Cut them into even pieces.
2. Boil for 20 minutes or until tender and leave to cool.
3. In a large bowl, mix all of the ingredients together.
4. Taste and add more salad cream or seasoning if needed.

*Top tip: For the seasoning you can use any spices and condiments that have been lying around in your cupboard instead of the ingredients above.*



**"This recipe calls for potatoes you have lurking in the cupboard that need to be used, but you could also use leftover boiled potatoes."**





Daddy's heart-filling  
potato dish, page 24



# **LEFTOVER assorted Vegetables**



# angie's BITS AND PIECES PIZZA

BY ANGELA CASEY, ENFIELD

PREPARATION TIME: 35 MINUTES

SERVES 6

## Per100g:

Energy 1080kJ/256kcal

Protein 9.7g

Carbohydrate 29.6g

Fat 11.0g

## INGREDIENTS

500g packet bread mix

1 tin tomatoes

2 squirts tomato purée

2 cloves garlic or a squirt of garlic purée

1 teaspoon mixed dried herbs or a tablespoon of fresh chopped herbs

1 onion, finely sliced

Salt and pepper

Pizza toppings: ham, olives, spinach, courgettes, aubergines, mushrooms

75g any cheese

1 pinch oregano

## METHOD

1. Make up the dough according to the instructions on the bread mix packet, divide in half and stretch out each half into a 10" pizza flan dish.
2. Leave the dough to rise, covering as instructed on the packet.
3. Gently fry the onion until golden, then add the tinned tomatoes, tomato purée, garlic, herbs and salt and pepper.
4. Cook the ingredients down until the sauce is thick with only a tiny amount of liquid left.
5. Preheat the oven to the temperature directed on the bread mix packet.
6. Bake the pizza bases for five minutes, take them out the oven and add the sauce.
7. Arrange the toppings over the sauce, finishing with cheese and oregano.
8. Put the pizza back in the oven to cook until the cheese melts and starts to brown.

*Top tip: Try adding finely chopped olives or sun dried tomatoes to the sauce.*

"The only things you really have to buy for this recipe are the bread mix, a tin of tomatoes and some cheese. The rest you will probably find in your fridge or store cupboard."



## GUACAMOLE

BY JOHN COWLEY, CAMDEN SQUARE TENANTS' AND  
RESIDENTS' ASSOCIATION

PREPARATION TIME: 15 MINUTES

SERVES 2

### Per100g:

Energy	821kJ/198kcal
Protein	9g
Carbohydrate	7.1g
Fat	14.8g

### INGREDIENTS

1 or 2 ripe avocados

Juice of 1 lemon

1 garlic clove, crushed

2 tomatoes, peeled and chopped

½ onion (red or white), finely chopped

2 tablespoons finely chopped celery (optional)

2 tablespoons finely chopped parsley or coriander

2 tablespoons olive oil

Salt and pepper

### METHOD

1. Peel and mash the avocados lightly with a wooden spoon.
2. Add lemon juice, garlic, tomatoes, onion and celery.
3. Stir in the parsley or coriander, olive oil, salt and pepper.

*Top tip: If you have any guacamole left over, put the avocado stone into it to stop it from going brown, cover and store in the fridge for up to one day.*



"I always have fresh parsley, garlic, onion and lemons in my kitchen and have a variety of recipes where these can be used. Guacamole is one of them."



## HOT CHICKPEA SALAD

BY JENNY ADAMTHWAITE, WALTHAM FOREST

PREPARATION TIME: 15 MINUTES

SERVES 2

### Per100g:

Energy	834kJ/198kcal
Protein	7.1g
Carbohydrate	28.9g
Fat	6g

### INGREDIENTS

2 tablespoons olive oil

2 cloves garlic, crushed

1 small red chilli (deseeded and finely chopped)

2 bowls of leftover vegetables e.g. spring onions, peppers, courgettes, green beans, spinach, chard

400g chickpeas

Fresh tarragon

Juice of 2 limes

Salt and pepper

### METHOD

1. In a large pan, heat the olive oil over a medium heat and then add the garlic and chilli and stir.
2. Add the vegetables and cook until they are softened but still have bite. Vegetables that take longer to cook may need to be added first.
3. Add the chickpeas and tarragon leaves and allow the mixture to cook gently for five minutes or until the chickpeas are hot.
4. Pour the lime juice over the mixture and stir. Season and allow it to bubble for a few minutes until the liquid has reduced.

**Top tip:** Serve with warm, crusty bread.



## ONION BHAJIS

BY PAMJEET KAUR, THE SOCIAL KITCHEN,  
HACKNEY AND HARINGEY  
PREPARATION TIME: 35 MINUTES  
SERVES 4

### Per100g:

Energy	811kJ/193kcal
Protein	3.1g
Carbohydrate	29.8g
Fat	6.8g

### INGREDIENTS

- 4 medium potatoes, peeled and quartered
- 2 onions, peeled and thinly sliced
- A handful of chopped spinach, carrot or cauliflower, whichever you have
- 1-2 green chillies, finely chopped
- 1 handful fresh coriander leaves, chopped
- 2 teaspoons garam masala
- ½ teaspoon turmeric
- 1 lemon, juice only
- 1 teaspoon baking powder
- 250g gram flour
- 3 tablespoons rice flour (optional)
- ½ teaspoon salt (optional)
- Sunflower oil for cooking

### METHOD

1. Thinly slice the pieces of potato and mix in a bowl with the onion slices, chopped vegetables, chilli, coriander and spices.
2. Stir in the baking powder, rice flour and enough gram flour so that the vegetables are coated.
3. Stir in the lemon juice and enough water to make a thick batter that coats the vegetables.
4. Heat one cup of oil in a frying pan. Carefully add one tablespoon of the mixture for each bhaji and cook for about five minutes.
5. Turn half way through cooking so that they are golden brown on both sides.
6. Remove from the pan with a slotted spoon and drain on kitchen paper to remove excess oil.

*Top tip: These bhajis go nicely with a simple raita made from yoghurt, chopped cucumber and fresh mint.*



“Onion bhajis are traditionally deep fried. For a healthier version they can be baked in a hot oven on a greased baking tray.”

## SUPER VEGGIE STRUDEL

BY KATHARINA ERNE, HACKNEY

PREPARATION TIME: 30 MINUTES

SERVES 8

### Per100g:

Energy 1020kJ/245kcal

Protein 4.8g

Carbohydrate 20.1g

Fat 16.1g

### INGREDIENTS

1 onion, finely chopped

2 cloves garlic, finely chopped

Olive oil

2 – 3 cups chopped vegetables,  
such as half a butternut squash,  
carrots, pepper, courgette, cauliflower

Salt and pepper

Fresh parsley or any other herbs you have, finely  
chopped

150g cheddar, grated, or any other cheese you  
have, try feta or goat's cheese

500g block of puff pastry (defrosted if frozen)

### METHOD

1. Fry the onion and garlic in some olive oil.
2. Add the vegetables and fry until half-cooked.
3. Drain off any liquid and then add salt and pepper, herbs and cheese. Mix well.
4. Preheat the oven to 190°C (gas mark 5).
5. Roll out the pastry to about ½ cm thick and lay it so that it is half-covering a baking tray.
6. Place the filling on the pastry, on the side that covers the baking tray.
7. Cover the filling with the remaining half of the pastry and seal the edges.
8. Pierce the top of the strudel with a fork and glaze with some olive oil or beaten egg.
9. Bake in the oven for 45 minutes.

*Top tip: This recipe is also nice when made as smaller individual pasties.*

“Almost anything goes for the filling. Feel free to experiment and don't forget to add your valuable leftovers, which will make every strudel unique.”



## Tomato sauce

BY SARAH SPARSHOTT, THE SOCIAL KITCHEN,  
HACKNEY AND HARINGEY  
PREPARATION TIME: 15 MINUTES  
SERVES 4

### Per100g:

Energy	278kJ/66.6kcal
Protein	1g
Carbohydrate	7.1g
Fat	3.8g

### INGREDIENTS

### METHOD

- 2 tablespoons olive oil
- 1 onion
- 1 garlic clove, crushed
- 1 stick celery, finely chopped
- 2 – 3 cups of vegetables such as courgette, leek, carrot or pepper
- 1 teaspoon brown sugar
- 1 teaspoon balsamic vinegar
- 400g can plum tomatoes
- 1 teaspoon fresh or dried herbs, such as oregano or thyme
- Salt and pepper

1. Heat the oil in a pan.
2. Add the onion, garlic and celery and cook until softened, about five minutes.
3. Add the remaining vegetables, and continue cook for five minutes, stirring occasionally.
4. Add the brown sugar, balsamic vinegar, tomatoes and herbs and bring to the boil.
5. Season, reduce the heat and simmer for 15 minutes.
6. Carefully blend the sauce with a hand blender.

*Top tip: If you would like a stronger tomato flavour, mix in a squirt of tomato purée.*



“This sauce is very versatile and can be used for a variety of dishes such as pasta bake, pizza or meatballs. It is a great way to use up older vegetables.”



## VEGETABLE PATTIES

BY SARAH SPARSHOTT, THE SOCIAL KITCHEN,  
HACKNEY AND HARINGEY  
PREPARATION TIME: 25 MINUTES  
SERVES 4

### Per100g:

Energy 843kJ/201kcal  
Protein 4.1g  
Carbohydrate 29.6g  
Fat 7.3g

### INGREDIENTS

450g plain flour  
150g butter  
1 teaspoon turmeric  
1 teaspoon curry powder  
1 onion, finely diced  
1 teaspoon minced garlic  
2 teaspoons minced ginger  
3 handfuls peas, sweetcorn, shredded cabbage  
or diced carrot  
½ scotch bonnet pepper, finely chopped  
2 tablespoons white vinegar  
1 teaspoon thyme leaves  
200ml vegetable or chicken stock  
1 handful dry breadcrumbs  
1 egg, beaten  
Salt and black pepper  
Sunflower oil for cooking

### METHOD

1. Sift together the flour, turmeric and curry powder in a bowl. Rub in the butter using your finger tips until crumbly.
2. Slowly stir in enough cold water to make a dough and then wrap and refrigerate.
3. Heat one tablespoon of oil in a pan and cook the onion, garlic, scotch bonnet and ginger for a few minutes.
4. Stir in the thyme leaves and vegetables and cook for five minutes.
5. Add the stock, white vinegar salt and pepper.
6. Bring to the boil and then simmer for 15 minutes. If the mix becomes too dry add a little water.
7. Stir in the breadcrumbs and remove from the heat.
8. Preheat the oven to 200°C (gas mark 6) and grease a baking tray with oil or butter.
9. Divide the pastry into balls and roll out into circles about 15cm across.
10. Brush the outside edge of the pastry with egg then place one tablespoon of filling to one side. Fold the pastry in half and gently seal down the edges using a fork.
11. Place the patties on the baking tray, brush with the beaten egg and bake for 20-25 minutes until golden.

**Top tip:** These small pastries make great finger food and go well with a sour cream dip.



## VEGETABLE SOUP

BY DR PAT CUCKLE, HARINGEY

PREPARATION TIME: 20 MINUTES

SERVES 2

### Per100g:

Energy	217kJ/52kcal
Protein	0.8g
Carbohydrate	7.8g
Fat	1.9g

### INGREDIENTS

- 30g butter
- 2 sticks celery
- 2 broccoli stalks and some florets
- 2 carrots
- Any other vegetables you have in the fridge e.g. squash, cauliflower, kale, cabbage
- 1 onion
- 1 clove garlic
- 2 or 3 tablespoons leftover cooked potato or rice
- 1 teaspoon mixed dried herbs
- 1 chicken or vegetable stock cube
- 600ml water
- 2 tablespoons plain yoghurt or coconut milk
- Salt and pepper

### METHOD

1. Cut all the vegetables into pieces.
2. Put all of the ingredients except the yoghurt/coconut milk into a pan and bring to the boil.
3. Turn down to a simmer and leave to cook for 30–45 minutes, stirring occasionally.
4. Turn off the heat and allow to cool for five minutes.
5. Pour into a blender and blend until smooth (if too thick, add more water).
6. Season and stir in the yoghurt or coconut milk.
7. Re-heat if necessary but do not boil.

**Top tip:** When making soup, you can use leftover rice or potato to help thicken it.



**"This soup is easy to make and costs very little as it uses parts of vegetables that people often throw away."**

## SPICY HERB PASTE

MEHRUNNISA YUSUF, ISLINGTON

PREPARATION TIME: 30 MINUTES

SERVES 4

### Per100g:

Energy	562kJ/134kcal
Protein	2.2g
Carbohydrate	18.3g
Fat	5.8g

### INGREDIENTS METHOD

- |   |  |
|---|--|
| <b>1 small onion</b>                            | 1. Peel and trim onion, ginger, garlic, lemongrass, chillies and fresh coriander, as needed.   |
| <b>2cm piece of ginger</b>                      |  |
| <b>3 garlic cloves</b>                          | 2. Toast coriander seeds on a low heat in a small dry frying pan for a few minutes until a shade darker and smell fragrant.  |
| <b>2 lemongrass stalks</b>                      |  |
| <b>25g fresh red or green chillies</b>          | 3. Place all ingredients except sunflower oil in a food processor. Pulse it to break the ingredients down, then process for at least a minute to achieve an almost smooth paste. Now slowly add the oil whilst processing some more.                                   |
| <b>75g coriander leaves, stalks &amp; roots</b> |  |
| <b>1 tablespoon coriander seeds</b>             | 4. When you're ready to use the paste, fry for a few minutes to take the edge off the raw shallot and garlic, then add chicken stock or coconut milk and whatever vegetables or leftover meat you have for a quick and easy soup or curry. Serve with noodles or rice. |
| <b>1 tablespoon salt</b>                        |  |
| <b>1 teaspoon turmeric</b>                      |  |
| <b>2 tablespoons honey</b>                      |  |
| <b>Juice of a lemon</b>                         |  |
| <b>2 tablespoons sunflower oil</b>              |  |

*Top tip: The paste will keep for several days in the fridge or several months in the freezer.*

**"I never throw away parsley and coriander stalks. They have loads of flavour so I use them in chicken stock."**



# QUESADILLAS

WILL CRAGG, ENFIELD

PREPARATION TIME: 10 MINUTES

SERVES 4

## Per100g:

EEnergy 789kJ/187kcal

Protein 6.3g

Carbohydrate 28.3g

Fat 5.4g

## INGREDIENTS

8 flour tortilla wraps

150g grated cheese (any hard cheese)

100g mushrooms

2 peppers or any leftover cooked vegetables

Salt and pepper

## METHOD

1. Place one of the tortillas into a large frying pan and dry fry it over a medium heat.
2. Layer the vegetables and cheese onto the tortilla and place another one on top. Season to taste.
3. Let the tortilla cook on each side until toasted. Repeat with the remaining ingredients.
4. Cut the quesadillas into slices like a pizza.

*Top tip: These go really well with guacamole – see the recipe on page 30.*







# LEFTOVER PUMPKIN





## PUMPKIN GNOCCHI WITH PUMPKIN SAUCE

CAROLINE ROGNON, MADE IN HACKNEY, HACKNEY

PREPARATION TIME: 60 MINUTES

SERVES 4

### Per100g:

Energy	586kJ/142kcal
Protein	3.2g
Carbohydrate	21.2g
Fat	4.9g

### INGREDIENTS

#### For the gnocchi:

1kg pumpkin

2 potatoes

400-500g of potato flour

1 teaspoon salt

½ teaspoon ground nutmeg

#### For the sauce:

1 tablespoon olive oil

1kg of pumpkin

4 tomatoes

200g of spinach, chopped

3 cloves garlic, finely chopped

4 sprigs rosemary

500ml water

1 vegetable stock cube

1 red chilli

Salt and pepper

### METHOD

1. Set the oven to 200°C (gas mark 5).
2. Put the potatoes in the oven to bake until soft. This should take one hour.
3. Cut the pumpkin into halves or quarters, scoop out the seeds, brush with olive oil and bake for ½ an hour until soft.
4. Scoop out the flesh of the pumpkin and the potato. Now either mash it with a fork, or with a potato ricer, or put in a food processor until very smooth.
5. Combine all the gnocchi ingredients with a spatula. The mix should be sticky but stay together when rolled in a ball. Add some more flour if necessary.
6. Divide into tablespoon size balls and roll these into 2cm sausages on a floured surface. Cut the dough into 1cm pieces and roll over a fork to leave ridges.
7. Place the gnocchi onto a floured baking tray until needed and now prepare the sauce.
8. Chop the pumpkin flesh into 1cm pieces.
9. Heat the oil in a heavy bottomed large frying pan and add all the ingredients apart from the spinach.
10. Place the lid on and leave for 25 minutes on a low heat.
11. When the pumpkin is soft turn off the heat, stir in the spinach and cover.
12. Now cook the gnocchi: Bring a pan of salted water to the boil and drop about a third of the gnocchi into the pan. Cook for a few minutes until they rise to the top and then pour into a colander and serve with the pumpkin sauce.

*Top tip: A great addition to this recipe is crispy sage. Simply chop some fresh sage into small strips, heat some olive oil in a pan with a little salt and fry the sage for a couple of minutes, stirring until crispy.*



## PUMPKIN PIE

SHIRLEY CLEMENTS, WALTHAM FOREST

PREPARATION TIME: 40 MINUTES

SERVES 12

### Per100g:

Energy 1029kJ/245kcal

Protein 3.9g

Carbohydrate 33.2g

Fat 10.8g

### INGREDIENTS

**For the pastry:**

200g plain flour

100g unsalted butter

25g ground almond

25g icing sugar

1 egg, lightly beaten

**For the filling:**

750g pumpkin, seeds removed  
and cut into 2cm sized cubes

140g caster sugar

½ tablespoon salt

½ tablespoon nutmeg

½ tablespoon cinnamon

2 eggs, beaten

25g butter, melted

175g milk

### METHOD

1. Rub together the flour and butter until the mix resembles fine breadcrumbs.
2. Add the ground almond, icing sugar and egg and mix until it forms a dough.
3. Wrap in cling film and leave in the fridge for half an hour before using.
4. Roll out the pastry on a lightly floured surface and use it to line a flan dish or tart tin.
5. Gently press into shape and trim away the excess with a knife. Chill for 20 minutes.
6. Cover the pastry with baking paper, fill with ceramic baking beans (or dry rice or beans kept for the purpose) and bake at 190°C (gas mark 5) for 15 minutes. Remove baking paper and beans and cook for another ten minutes then remove and leave to cool.
7. Now place the pumpkin in a pan, cover with water and bring to the boil. Cover and simmer for 14 minutes until soft.
8. Drain the pumpkin in a sieve but then put the sieve over a bowl and push the pumpkin through so that you have a pulp.
9. Turn the oven on to 220°C (gas mark 7) and now add all the other filling ingredients to the pumpkin and combine.
10. Pour the filling mixture into the pastry case and bake for ten minutes.

11. Now turn the oven down to 180°C (gas mark 4) and bake for a further 35 – 40 minutes. Allow to cool before eating.

**Top tip:** Dust with icing sugar and cinnamon and serve with (leftover) cream.





## PUMPKIN AND COCONUT CURRY

MICHELLE ROSE, LARCHES COMMUNITY, BARNET

PREPARATION TIME: 45 MINUTES

SERVES 4

### Per100g:

Energy	487kJ/116kcal
Protein	5.1g
Carbohydrate	15.9g
Fat	3.5g

### INGREDIENTS METHOD

½ tablespoon light olive oil  
2 tablespoons Thai red curry paste  
1 white onion, finely chopped  
2 stalks lemongrass, outer husk removed and chopped very finely  
½ teaspoon cardamom seeds  
½ tablespoon mustard seeds  
750g pumpkin, seeds removed and cut into chunks  
125ml vegetable stock  
200ml coconut milk  
200g can chickpeas  
2 limes  
14g fresh coriander, chopped  
Salt and pepper

1. Heat the oil in a sauté pan, add the curry paste, onions, lemongrass, cardamom and mustard seeds and gently fry for two or three minutes until fragrant.
2. Add the pumpkin into the pan and stir to coat in the paste.
3. Pour in the stock and coconut milk and bring to a simmer.
4. Add the chickpeas and cook for 10 – 15 minutes until the pumpkin is tender. Season to taste.
5. Squeeze the juice of one lime into the curry and cut the remaining lime into wedges.

**Top tip:** Serve with naan bread or rice and a sprinkle of coriander and wedge of lime.

“I never throw away parsley and coriander stalks. They have loads of flavour so I use them in chicken stock.”



## PUMPKIN, KALE AND LENTIL SALAD

MICHELLE ROSE, LARCHES COMMUNITY, BARNET

PREPARATION TIME: 15 MINUTES

SERVES 4

### Per100g:

Energy	334kJ/79kcal
Protein	4.1g
Carbohydrate	10.8g
Fat	2.2g

### INGREDIENTS

600g pumpkin, seeds removed and cut into wedges about 3cm thick

Olive oil, for drizzling

½ teaspoon chilli flakes (optional)

1 teaspoon ground cumin

1 teaspoon ground coriander

150g chopped kale

1 garlic clove, chopped

Seeds of ½ pomegranate

100g puy lentils (dark black lentils)

1 tablespoon tahini

1 tablespoon light olive oil

2 teaspoon tamari soy sauce

Juice of 1 lime

1 tablespoon water

Salt and pepper

### METHOD

1. Preheat the oven to 180°C (gas mark 4).
2. Slice off the top and bottom of the pumpkin. Cut it in half, remove the seeds, and cut into 3cm cubes.
3. Place the pumpkin in a large mixing bowl, drizzle with olive oil and add the spices, salt and pepper. Mix well and lay the pumpkin cubes on a baking tray.
4. Roast in the oven for 30 - 40 minutes. The pumpkin is ready when the skin is soft, it has some colour and is tender all the way through when pricked with a knife.
5. In the meantime, rinse the lentils in cold water, add to a pan, cover with water and bring to the boil. Season and simmer until soft; about 20 minutes to cook. Drain and leave to cool.
6. Make the tahini dressing by whisking the tahini and lime juice together. Add the water to the bowl gradually and mix to form a smoother paste and repeat until the mixture has the consistency of double cream. Add the tamari and olive oil and mix again until you have a smooth pourable consistency.
7. Add the kale to a mixing bowl, and pour over the dressing and mix by hand. This will marinade and soften the kale.
8. Place the kale on a serving platter, scatter the lentils and then top with the roasted pumpkin. Add the pomegranate seeds, salt, pepper and drizzle with olive oil to serve.

**Top tip:** You can save the pumpkin seeds, toast them in the oven and then sprinkle over the salad.





Pumpkin pie,  
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# LEFTOVER PASTA





## LEFTOVER SPAGHETTI CAKE

BY DONNA GRANT, ISLINGTON  
PREPARATION TIME: 20 MINUTES  
SERVES 4

### Per100g:

Energy 419kJ/100kcal  
Protein 4.1g  
Carbohydrate 11.1g  
Fat 4.4g

### INGREDIENTS

2 or 3 eggs

Pinch cayenne pepper

Salt and pepper

Grated cheese

A carrot or courgette, grated

Leftover cooked spaghetti in sauce

A tomato, sliced

### METHOD

1. In a large bowl, beat the eggs together.
2. Season with cayenne, salt and pepper.
3. Add the carrot or courgette.
4. Add half the cheese.
5. Add in the spaghetti and sauce and mix together.
6. Preheat the oven to 200°C (gas mark 6).
7. Line a cake tin with baking foil and firmly press the mixture into the tin.
8. Top with sliced tomato and the remaining cheese.
9. Fold the baking foil over the top of the cake.
10. Bake for 30 minutes.
11. Allow to cool before slicing as a delicious lunch or snack.

**Top tip:** Add breadcrumbs to the topping for extra bite.



# MINISTRONE SOUP

BY SARAH GERRITSEN, CAMDEN

PREPARATION TIME: 20 MINUTES

SERVES 2

## Per100g:

Energy 331kJ/78.6kcal

Protein 1.6g

Carbohydrate 13.1g

Fat 2.2g

## INGREDIENTS

1 onion, chopped

½ a fresh chilli, chopped

2 cloves garlic, chopped

Olive oil

4 cups chopped vegetables such as  
carrots, potatoes, mushrooms,  
celery, courgette, peppers or kale

1 teaspoon balsamic vinegar

1 tin chopped tomatoes

1 cup hot water with a stock cube dissolved in it

2 tablespoons tomato purée

Salt and pepper

2 cups cooked pasta

1 teaspoon herbs

## METHOD

1. In a large saucepan sauté the onion, chilli and garlic in the olive oil.
2. Add the vegetables and cook for about five minutes, stirring frequently.
3. Add the balsamic vinegar and stir for a further two minutes.
4. Add the tomatoes and stock and then allow to simmer until the vegetables are cooked.
5. Stir in the tomato purée, salt and pepper.
6. Add the pasta.
7. Add enough water to cover and bring back to the boil. If using cooked pasta, only cook until heated. If using dried pasta, simmer for five to ten minutes until cooked.
8. Ladle into bowls and serve with a little grated cheese on top.

**Top tip:** You can add tomato sauce (see page 24) to this recipe.



**“This is a really simple recipe that anyone can make.”**

## PASTA FRITTATA

BY ERIKA SEVERINI, HACKNEY  
PREPARATION TIME: 20 MINUTES  
SERVES 2

### Per100g:

Energy 774kJ/186kcal  
Protein 7.5g  
Carbohydrate 12.1g  
Fat 11.9g

### INGREDIENTS

Leftover cooked pasta

Eggs – 1 for every 100g of pasta

Salt and pepper

Chilli (optional)

Grated cheese (optional)

Leftover cooked vegetables or meat,  
chopped into small pieces

Oil

### METHOD

1. Beat the eggs in a large bowl.
2. Add salt, pepper, chilli and cheese.
3. Add the vegetables.
4. Add the pasta to the bowl and mix well.
5. Heat some oil in a frying pan (preferably one with a metal handle) and also put the grill on at the same time.
6. Pour the whole mixture into the frying pan and cook for a couple of minutes on a high heat.
7. Take off the hob and grill until brown and crispy on top.

*Top tip: Whenever you have leftover cooked pasta, try stirring through a little olive oil so that it is not stuck together when you take it out of the fridge the next day.*

"In Italy, this frittata is served cold as a classic picnic dish."



# PASTA SALAD

FEDERICO LUSI, HARINGEY

PREPARATION TIME: 30 MINUTES

SERVES 4

## Per100g:

Energy	531kJ/126kcal
Protein	6.3g
Carbohydrate	16.1g
Fat	4.1g

## INGREDIENTS

Small bunch fresh parsley  
400g leftover pasta  
2 spring onions  
350g sliced pitted olives  
250g cherry tomatoes  
2 cans tuna in water (approximately 240g)  
Grated parmesan cheese  
Mozzarella cheese  
4 tablespoons green pesto  
2 tablespoons mayonnaise  
Salt and pepper  
Olive oil

## METHOD

1. Chop the parsley, spring onions and cherry tomatoes and cut the mozzarella into pieces.
2. Combine in a bowl with the leftover pasta, tuna, olives and parmesan.
3. Mix in the green pesto and mayonnaise.
4. Add salt, pepper and oil to preferred taste.

*Top tip: You can almost anything to this salad – avocado, leftover roast vegetables, tinned sweet corn or boiled egg!*







Pasta frittata,  
page 49

# **LEFTOVER RICE and COUSCOUS**





## BITS AND PIECES OMELETTE

BY SARAH BEKAERT, HACKNEY  
PREPARATION TIME: 15 MINUTES  
SERVES 4

### Per100g:

Energy 577kJ/138kcal  
Protein 7.4g  
Carbohydrate 7.5g  
Fat 8.8g

### INGREDIENTS

Mixed salad leaves

Olive oil

4 eggs

250ml milk

2 teaspoons pesto

Cooked couscous

Feta cheese

### METHOD

1. Chop the leaves and put in a frying pan with some oil and cook gently to wilt.
2. Whisk the egg with the milk and pesto in a jug.
3. Add the couscous to the frying pan.
4. Pour the egg mixture onto the couscous and stir gently.
5. Sprinkle or crumble the cheese on top.
6. Cook on the hob for ten minutes over a medium heat.
7. Move to the grill and cook the top for five minutes.
8. Remove from the grill and leave to stand for five minutes.
9. Gently loosen edges and turn out onto a plate.

*Top tip: Any leftover omelette is nice eaten cold for lunch the next day.*



## GINGER AND CASHEW FRIED RICE

BY MICHAEL ROSENBAUM, ISLINGTON

PREPARATION TIME: 10 MINUTES

SERVES 2

### Per100g:

Energy 966kJ/231kcal

Protein 4g

Carbohydrate 23.9g

Fat 13.3g

### INGREDIENTS

1 onion, chopped

A handful of small mushrooms

1 clove garlic, chopped

Small knob of ginger, finely chopped

Oil

2 handfuls cashew nuts

2 cups cooked leftover rice

1 tablespoon dark soy sauce

Salt and pepper

### METHOD

1. Fry the onion, mushrooms, garlic and ginger in the oil.
2. Add the cashew nuts.
3. Add the rice and soy sauce and stir until well mixed and the rice is coated by the oil.
4. Add a tablespoon of water, cover and steam for one minute.
5. Season and serve.

*Top tip: Thinly chopped, fried cabbage makes a tasty and green accompaniment to this dish.*





## COUSCOUS FRITTERS

BY CAROLINE GREGORY,  
WELL STREET COMMON USERS GROUP, HACKNEY  
PREPARATION TIME: 30 MINUTES  
SERVES 4

### Per100g:

Energy 1283kJ/307kcal  
Protein 10.2g  
Carbohydrate 24.8g  
Fat 18.6g

### INGREDIENTS METHOD

1 cup cooked couscous or millet

1 onion, chopped

2 cloves garlic, crushed

¼ cup olives, chopped

1 tablespoon peanut butter

Dried herbs

You can also add any leftover vegetables

Salt and pepper

Sunflower oil

1 egg

Breadcrumbs for coating

1. In a large bowl, mix all of the ingredients except the oil, egg and breadcrumbs, then shape into small rissoles.
2. Whisk the egg in a bowl and dip the fritters in, before covering in breadcrumbs.
3. Heat the oil in a frying pan and fry the fritters for a few minutes on each side.

*Top tip: These fritters can be eaten hot or cold and go nicely with chutneys, pickles and salad.*

"These fritters can be made with either couscous or millet. I usually cook too much on purpose and make the remainder into fritters."



## STIR FRIED RICE

BY JUDITH DE WITT, TRANSITION TUFNELL PARK, ISLINGTON

PREPARATION TIME: 10 MINUTES

SERVES 2

### Per100g:

Energy 966kJ/231kcal

Protein 4g

Carbohydrate 23.9g

Fat 13.3g

### INGREDIENTS

Vegetable oil

1 onion, chopped

2 cloves garlic, crushed

1 fresh chilli, chopped or chilli flakes

2 cups cooked rice

Any cooked vegetables such as red pepper, green beans, cabbage, mushrooms, spring onions

2 tablespoons soy sauce or tamari

### METHOD

1. Heat the oil in a frying pan or wok, add the onion and cook until softened.
2. Add the garlic and chilli and cook for a few minutes.
3. Add the rice and stir until coated and warmed through.
4. Add the cooked vegetables
5. When the vegetables are warmed through, add a couple of tablespoons of soy sauce, stir and serve.

*Top tip: Lots of cooked vegetables freeze well. They can be added straight from the freezer and make a great addition to this meal.*



"This recipe is really useful for us, as I never know what time my sons will be home for dinner! It's so quick to cook and I can rustle it up in minutes."

## STUFFED PEPPERS

BY HELEN PAYNE,  
CAMDEN CYPRIOT WOMEN'S ORGANISATION  
PREPARATION TIME: 25 MINUTES  
SERVES 4

**Per100g:**  
Energy 722kJ/173kcal  
Protein 6.1g  
Carbohydrate 15.5g  
Fat 9.6g

### INGREDIENTS METHOD

- |   |   |
|---|---|
| <b>4 peppers</b>                        | 1. Wash the peppers and then open one side with a knife, removing the seeds.                    |
| <b>50g feta cheese</b>                  | 2. Grate the cheese and mix in a bowl with the salt, pepper, rice, mint, chilli and garlic.     |
| <b>50g hard cheese, such as cheddar</b> | 3. Fill the peppers with the cheese/rice mixture and put them in a baking dish.                 |
| <b>50g roquefort cheese</b>             | 4. Mix the oil with the wine, salt, pepper, and oregano and pour this mixture over the peppers. |
| <b>Salt and pepper</b>                  | 5. Cover with foil and bake for 45 minutes at 180°C (gas mark 4).                               |
| <b>1 cup cooked leftover rice</b>       |   |
| <b>Mint</b>                             |   |
| <b>½ small chilli, finely chopped</b>   |   |
| <b>2 cloves garlic, chopped</b>         |   |
| <b>½ cup oil</b>                        |   |
| <b>½ cup wine</b>                       |   |
| <b>1 teaspoon oregano</b>               |   |

***Top tip: If you are not able to find roquefort cheese, another blue cheese, or a soft cheese such as goat's cheese can be used instead.***



## THREE TIN CURRY

URVASHI ROE, THE LIBRARY CAFE, ENFIELD

PREPARATION TIME: 5 MINUTES

SERVES 3

### Per100g:

Energy 576kJ/137kcal

Protein 4.6g

Carbohydrate 15.6g

Fat 6.3g

### INGREDIENTS

2-3 tablespoons sunflower oil

1 teaspoon black mustard seeds

1 teaspoon cumin seeds

400ml tin of coconut milk

1 teaspoon salt or to taste

1 teaspoon mild red chilli powder

2 teaspoons ground cumin

½ teaspoon turmeric powder

400g tin of chickpeas, drained

415g tin of baked beans

Juice of half a lemon

2-3 coriander sprigs, chopped

Optional:

2 cloves garlic, crushed

2cm ginger, crushed

4 cubes frozen spinach, or other leftover vegetable

### METHOD

1. Heat oil on a low heat in a large pan. Add mustard and cumin seeds and let them sizzle and pop for a few minutes, then add coconut milk. Take care as it may splutter.
2. Add salt, chilli powder, cumin and turmeric and stir to combine. If using, add garlic, ginger and cover and simmer for ten minutes.
3. Now add the chickpeas, baked beans and any leftover vegetables. Stir well, cover and leave to simmer for around five minutes until everything is thoroughly heated.
4. Finally stir in lemon juice and fresh coriander and serve with whatever you have - rice, couscous, a thick slice of toast, pitta breads or naan bread.

**Top tip:** You can eat this like a stew, with crunchy croutons and a drizzle of yoghurt.



"I prepare big batches of meals and freeze portions, then don't restock the freezer until we've eaten the last bag."





# LEFTOVER BREAD



# CROUTONS

TETIANA MATVIICHUK, HARINGEY

PREPARATION TIME: 15 MINUTES

SERVES 4

## Per100g:

Energy 1961kJ/469kcal

Protein 8.8g

Carbohydrate 46.7g

Fat 27.5g

## INGREDIENTS

Slightly stale bread

Sunflower or olive oil

Salt & pepper

Optional:

Dried or fresh herbs,  
e.g. thyme, oregano, dill or rosemary

Chilli flakes or other spices

Garlic, finely chopped

## METHOD

1. Before bread is too hard to cut, slice or tear it into crouton-sized pieces. In a bowl toss the cubes of bread in a good drizzle of oil, salt and pepper and herbs, spices or garlic (if using).
2. Heat a frying pan, add the bread and fry over medium heat for a few minutes, tossing frequently, until the bread is crisp and starting to colour.
3. Alternatively, spread the bread over a baking tray and bake at 180°C (gas mark 4) for around ten minutes, tossing half-way through.
4. Spread the croutons over a plate lined with kitchen paper to cool completely, then store in an air-tight container.

*Top tip: Use sprinkled on soups or tossed into salads for extra flavour, body and crunch can go in this soup.*

“As they say in Ukraine; ‘bread doesn’t fall from the sky’... so make the most of it.”



# Panzanella

BY CARLA RANICKI, TRANSITION BELSIZE, CAMDEN

PREPARATION TIME: 20 MINUTES

SERVES 2

## Per100g:

Energy 604kJ/144kcal

Protein 2.2g

Carbohydrate 17.9g

Fat 7.1g

## INGREDIENTS

2 slices stale bread

Olive oil

2 cloves garlic, sliced

Salt and pepper

2 small ripe tomatoes or 6 cherry tomatoes, chopped

½ a cucumber, chopped

Capers (optional)

½ red onion, thinly sliced

Red wine vinegar

½ bunch basil

## METHOD

1. Cut or break the bread into bite-sized chunks.
2. Heat two tablespoons of olive oil in a frying pan with the garlic and then add the bread and sauté until brown, stirring often, until the bread soaks up the olive oil. Season with salt and remove the garlic.
3. Place the tomatoes, cucumber and onion in a salad bowl with the capers.
4. Mix a dressing with two parts olive oil to one part red wine vinegar, plus salt and pepper.
5. Add the bread and dressing to the salad with the torn basil leaves.
6. Leave to sit for up to an hour to allow the bread to soften and the flavours to blend.

*Top tip: There are many variations to this traditional recipe. Try adding anchovies, leftover roast vegetables or feta cheese.*



**“This Tuscan bread salad makes a great lunch or a side dish for a barbecue.”**



## PAPPA AL POMODORO

BY CARLA RANICKI, TRANSITION BELSIZE, CAMDEN

PREPARATION TIME: 15 MINUTES

SERVES 2

### Per100g:

Energy	367kJ/87.5kcal
Protein	1.6g
Carbohydrate	10.6g
Fat	4.3g

### INGREDIENTS

2 tablespoons olive oil, plus extra for serving

1 onion, finely chopped

2 cloves garlic, finely chopped

Pinch dried chilli flakes

400g can chopped tomatoes

500 ml water

½ loaf stale bread, broken into pieces

Salt and pepper

½ bunch basil

### METHOD

1. Heat the olive oil in a deep saucepan, then sauté the onion, garlic and chilli until softened.
2. Add the tomatoes and water and bring to a boil, then add the bread and continue to cook, stirring every so often, until the bread has softened. Add more water if necessary to get a soupy consistency.
3. Season to taste then just before serving, stir in the basil leaves.
4. Garnish with a drizzle of olive oil.

*Top tip: As long as it's not mouldy, any bread can go in this soup.*

“Tuscany has many recipes for stale bread, such as this flavourful and hearty soup. It’s a great way to use up really stale, hard bread, even if you think it’s unusable.”



# OLD FASHIONED BREAD PUDDING

BY JACKIE KANE, BARNET

PREPARATION TIME: 30 MINUTES

SERVES 4

## Per100g:

Energy 837kJ/199kcal

Protein 3.4g

Carbohydrate 27.9g

Fat 8.3g

## INGREDIENTS METHOD

4–6 slices slightly stale bread

1 piece of fruit: apple, pear, peach, plum or nectarine

50g any dried fruit e.g. mixed, sultanas, raisins, apricots, figs, dates

50g granulated sugar

1 egg

1–2 tablespoons fruit juice

1 teaspoon ground cinnamon

25g any nuts (optional)

½ teaspoon mixed spice

1 tablespoon melted butter

1. Preheat the oven to 200°C (gas mark 6).

2. Put the bread in a colander and gently rinse with cold water.

3. Squeeze the bread dry with your hands or press with a spoon.

4. Place in a large mixing bowl and mash with a fork.

5. Peel and cut up the fruit into pieces.

6. Add fresh and dried fruits, mixed spice, nuts, fruit juice and egg to the bread and mix well.

7. Grease an ovenproof dish with the melted butter.

8. Transfer the mixture to the dish and flatten using the back of a spoon.

9. Bake in the oven for approximately 45 minutes, until golden and firm.

*Top tip: This recipe freezes really well cut up into squares, so you can pop a piece into your lunch box any time.*



**“Bread pudding is a great way of using up crusts from sandwich loaves and fruit that is slightly over-ripe or bruised.”**

# EGGY Bread

BY MICHAEL ROSENBAUM, ISLINGTON

PREPARATION TIME: 20 MINUTES

SERVES 2

## Per100g:

Energy 1157kJ/277kcal

Protein 10.4g

Carbohydrate 23.7g

Fat 15.6g

## INGREDIENTS METHOD

4 slices leftover bread

2 eggs, beaten

2 tablespoons milk

Butter

1. Mix the milk and eggs together and pour into a shallow dish.

2. Soak the slices of bread in the egg mixture, turning to coat both sides.

3. Heat the butter in a frying pan and, when melted, add as many slices of the bread as you can fit in.

4. Fry gently on both sides until browned.

*Top tip: Serve with ground cinnamon mixed with sugar, or with jam or maple syrup.*



# TEATIME BREAD AND BUTTER PUDDING

BY LISA KELLY, ISLINGTON

PREPARATION TIME: 30 MINUTES

SERVES 2

## Per100g:

Energy 992kJ/238kcal

Protein 4.9g

Carbohydrate 22.9g

Fat 14.0g

## INGREDIENTS

- 4 slices slightly stale bread
- 50g butter
- 25g currants
- 25g raisins
- 400ml milk
- 5–6 used tea bags
- 4 large eggs
- 130g light brown muscovado sugar
- 300ml single cream
- 1 teaspoon ground cinnamon
- 1 teaspoon mixed spice
- 1 tablespoon Demerara sugar

## METHOD

1. Butter a 28x18cm, 5cm deep ovenproof dish.
2. Butter each slice of bread on one side and cut into four triangles.
3. Lay three slices of bread (12 triangles) buttered side up in the dish so that they slightly overlap.
4. Sprinkle over approximately  $\frac{3}{4}$  of the currants and raisins.
5. Lay the remaining four triangles buttered side up on top of the other triangles and sprinkle with the remaining currants and raisins.
6. Place the milk in a pan with the tea bags. Simmer for 15 minutes, stirring occasionally, until the tea has infused the milk and turned it a pale brown colour. Add the cream, heat gently for a further five minutes and then remove the tea bags.
7. Crack the eggs into a bowl, add the muscovado sugar and whisk until frothy. Now pour the milk mixture into the bowl of sugar and eggs. Add the cinnamon and mixed spice and whisk until all ingredients are combined.
8. Pour the liquid evenly over the bread triangles and sprinkle demerara sugar over the top of the bread.
9. Preheat the oven to 180°C (gas mark 4) then bake for 30 minutes until set and golden.
10. Serve warm with cream or custard.

**Top tip:** Earl Grey tea bags create the best flavour, but you can experiment with other tea bags depending on the tea you have drunk that week.

**“Use up stale bread and old teabags to create this warming winter dessert!”**







Eggy bread,  
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# **LEFTOVER Banana**



## Banana BERRY YOGHURT DESSERT

BY SARAH SPARSHOTT,  
THE SOCIAL KITCHEN, HACKNEY AND HARINGEY  
PREPARATION TIME: 10 MINUTES  
SERVES 2

**Per100g:**  
Energy 270kJ/63.7kcal  
Protein 1.8g  
Carbohydrate 13g  
Fat 0.5g

### INGREDIENTS METHOD

1 ripe banana peeled, chopped and frozen

A handful of frozen berries

2 tablespoons natural yoghurt

Mint

1. Blend together the frozen banana and frozen berries to make a smooth mixture. Add the yoghurt and blend again.
2. Serve garnished with a sprig of mint and chopped fresh berries.
3. Eat straight away or freeze in portions.

*Top tip: Add one teaspoon of desiccated coconut as an alternative topping.*



“This tasty dessert is a great way to use up ripe bananas. Try experimenting with the flavours and blending bananas with other soft frozen fruits like chopped mango or peaches.”

## Banana Bread

BY ROSIE WOODS, HACKNEY

PREPARATION TIME: 15 MINUTES

SERVES 8

### Per100g:

Energy 1318kJ/312kcal

Protein 6.2g

Carbohydrate 60.9g

Fat 4.8g

### INGREDIENTS

2 cups flour

$\frac{3}{4}$  cup sugar

1 tablespoon baking powder

1 teaspoon salt

2 eggs

3 medium-sized brown bananas

4 tablespoons melted butter or margarine

### METHOD

1. Mash the bananas in a large bowl and then add the eggs.
2. Mix in the dry ingredients and pour into greased tray
3. Bake at 180°C (gas mark 4) for one hour.

*Top tip: Try adding different dried fruit or nuts to this recipe to give extra bite.*





## Banana Walnut Muffins

BY SIOBHAN MANNION,  
MANOR GARDENS CENTRE, ISLINGTON  
PREPARATION TIME: 15 MINUTES  
MAKES 12 MUFFINS

### Per100g:

Energy 1976kJ/473kcal  
Protein 8.1g  
Carbohydrate 46.3g  
Fat 28.4g

### INGREDIENTS

150ml oil  
100g sugar  
1 egg  
2 bananas, mashed  
50g walnuts, chopped  
200g wholemeal flour  
50g rolled oats  
1 teaspoon baking powder

### METHOD

1. Pre-heat the oven to 180°C (gas mark 4).
2. In a large bowl, mix the oil and sugar.
3. Add the egg and beat well.
4. Mix in the banana and walnuts.
5. Add the flour, oats and baking powder and thoroughly combine.
6. Prepare a muffin tray with 12 paper muffin cases and divide the mixture into the cases.
7. Bake for 20 minutes and then cool on a wire rack.

*Top tip: Store these muffins in a cake tin or freeze them as they only take a couple of hours to defrost.*

"I often end up with a lot of bananas which are going black by the end of the week. Instead of feeling frustrated when I see the bananas on the turn, I think: 'Brilliant, time to make some muffins'."



# SMOOTHIES

BY SARAH SPARSHOTT, THE SOCIAL KITCHEN,  
HACKNEY AND HARINGEY  
PREPARATION TIME: 5 MINUTES  
SERVES 4

## Per100g:

Energy 183kJ/43.5kcal  
Protein 0.7g  
Carbohydrate 6.8g  
Fat 1.5g

### INGREDIENTS

#### CLASSIC:

- 1 cup strawberries
- 1 very ripe banana
- 2 tablespoons plain yoghurt
- 1 cup orange juice

#### TROPICAL:

- 1 ripe mango
- 2 ripe bananas
- 1 cup plain yoghurt

Juice of 1 lime

#### PEACH MELBA:

- 1 cup raspberries
- 1 ripe banana
- 1 tin peaches in juice
- 1 cup yoghurt

### METHOD

1. Peel fruit and remove any pips or stones then chop into small pieces.
2. Mix all ingredients in a blender and blend until smooth.

*Top tip: Add a handful of oats to the smoothie before blending for a more filling snack.*



## SORBET

BY ADAM WEYMOUTH, HACKNEY

PREPARATION TIME: 10 MINUTES

SERVES 4

### Per100g:

Energy	302kJ/71.2kcal
Protein	0.4g
Carbohydrate	16.5g
Fat	0.4g

### INGREDIENTS METHOD

300g sugar

500ml water

Any very ripe, soft fruit, puréed

Juice of one lemon or lime

1. Heat the sugar and water in a pan until the sugar has dissolved.
2. Bring to the boil and then turn the heat down and simmer for five minutes.
3. Once cool, add an equal quantity of your fruit purée and lemon/lime juice.
4. Pour the sorbet into a glass or plastic dish and put it into the freezer.
5. Remove it from the freezer and beat it every 45 minutes or so, until it is completely set.

*Top tip: For adults you could add a dash of vodka at stage three, for added kick.*



# **LEFTOVER assorted FRUITS**





## APPLE AND PEAR CAKE

BY SARAH SPARSHOTT,  
THE SOCIAL KITCHEN, HACKNEY AND HARINGEY  
PREPARATION TIME: 25 MINUTES  
SERVES 4

### Per100g:

Energy 1571kJ/375kcal  
Protein 7.5g  
Carbohydrate 46.8g  
Fat 17.5g

### INGREDIENTS

3 apples or pears  
Juice of ½ lemon  
3 eggs, beaten  
150g brown sugar  
90ml vegetable oil  
350g flour (200g white and 150g wholemeal)  
1-2 teaspoons ground cinnamon or ginger  
2 teaspoons baking powder

Milk

### METHOD

1. Preheat the oven to 180°C (gas mark 4).
2. Lightly oil a baking tray.
3. Slice the apples or pears and mix in a bowl with the lemon juice (to stop them going brown).
4. In a bowl whisk together the eggs and the sugar until creamy then beat in the oil.
5. Sieve in the flour, cinnamon or ginger and baking powder and mix.
6. Pour the mixture into the tray and arrange the fruit slices upright into the batter to make a pattern.
7. Bake for 40 minutes until a skewer inserted comes out clean.

**Top tip:** This cake can be eaten warm as a dessert, served with custard or cream.

“Don’t throw away those old looking apples or pears. Adding chopped ripe fruit to cakes is a great way to help you achieve your five-a-day. It also helps you to reduce the amount of added sugar in this tasty treat.”



## FRUIT CRUMBLE

BY ORGANICLEA AND THE HORNBEAM CAFÉ,  
WALTHAM FOREST  
PREPARATION TIME: 25 MINUTES  
SERVES 8

**Per100g:**  
Energy 1179kJ/279kcal  
Protein 5g  
Carbohydrate 51.3g  
Fat 6g

### INGREDIENTS

Juice of 1 large lemon  
750g pears (or apples)  
Pinch ground cinnamon  
Pinch ground nutmeg  
85g golden caster sugar  
85g soft brown sugar  
100g plain flour  
75g margarine  
75g demerara sugar  
Pinch cinnamon and/or nutmeg

### METHOD

1. Preheat the oven to 180°C (gas mark 4).
2. Grease a large flan dish or cake tin.
3. Peel, core and cut the fruit into small chunks and place in a pan with the lemon juice.
4. Bring to the boil and then simmer gently.
5. Add the cinnamon, nutmeg, caster sugar and soft brown sugar.
6. Cook, stirring occasionally, until tender then place into the flan dish.
7. In a separate bowl, use your fingers or a fork to rub the flour and margarine together into crumbs and then mix in the demerara sugar.
8. Scatter the crumble mix loosely over the top of the fruit.
9. Bake for 20-30 minutes then serve hot or cold.

**Top tip:** *This crumble is delicious with soya cream.*



**"This recipe is excellent for using pears, apples or whatever fruit you have. Overripe fruit works wonderfully, but you can also use under-ripe fruit."**

## STEWED APPLES

BY MIRIAM CRAGG, HACKNEY  
PREPARATION TIME: 10 MINUTES  
SERVES 4

### Per100g:

Energy	545kJ/128kcal
Protein	0.3g
Carbohydrate	31.1g
Fat	0.3g

### INGREDIENTS

4 apples

1 tablespoon water

20g granulated sugar

½ teaspoon mixed spice

25g sultanas

### METHOD

1. Peel and core the apples and cut into small pieces.
2. Place the apples in a saucepan with the water, sugar and mixed spice.
3. Cook over a moderate heat, stirring occasionally.
4. After a few minutes the apple should be soft. Add the sultanas and mix in, take off of the heat.
5. Serve hot with ice cream or cold with natural yoghurt.

**Top tip:** *This is a great way to save apples from the bin. Once cooked, this also freezes really well.*

“I usually have a few spare apples in the fruit bowl so I use this simple recipe to turn them into a warming, healthy dessert in winter, or for a cold breakfast in summer.”



## STEAMED PLUM PUDDING

BY MIRIAM CRAGG, HACKNEY  
PREPARATION TIME: 25 MINUTES  
SERVES 6

**Per100g:**  
Energy 1145kJ/272kcal  
Protein 4.1g  
Carbohydrate 44.1g  
Fat 8.8g

### INGREDIENTS METHOD

1 kg plums, quartered and stoned  
60g caster sugar  
175g caster sugar  
175g butter, at room temperature  
3 eggs  
175g self raising flour

1. Place the plums and 60g of caster sugar into a saucepan and cook for three to four minutes over a medium heat.
2. Place three quarters of this mixture into a 1.2 litre pudding basin.
3. For the sponge, place all of the remaining ingredients into a bowl and whisk for approximately three minutes, until light and fluffy.
4. Spoon this mixture into the pudding basin over the plums. Cover the basin with greaseproof paper, secured with string. Now cover this with kitchen foil.
5. Place a heatproof saucer or small plate upside down in the bottom of a large pan with a lid.
6. Place the pudding basin onto the saucer then pour water into the pan to come two-thirds the way up the side of the bowl.
7. Place the lid on the pan and bring the water to the boil. Reduce the heat and steam for one and a half hours. Remove the basin from the pan.
8. Serve with the remaining plum mixture, syrup and custard or cream.

**Top tip:** An easy way to make steamed puddings is using a slow cooker. Follow the directions in your cooker manual if you have one.





## CLEMENTINE CAKE

NICOLE FREEMAN, THE KIDS' KITCHEN, BARNET

PREPARATION TIME: 30 MINUTES

SERVES 12

### Per100g:

Energy 1053kJ/251kcal

Protein 3.2g

Carbohydrate 34.3g

Fat 11.3g

### INGREDIENTS

#### For the cake:

125g butter

175g sugar

4 tablespoons clementine juice

175g self raising flour

2 eggs

Grated rind of 2 clementines

#### For the drizzle:

75g icing sugar

Juice of 2 clementines

### METHOD

1. Put all the cake ingredients into a mixing bowl and mix until well combined and you have a smooth batter.
2. Spoon into a loaf tin and bake at 180°C (gas mark 4) for about 45 minutes, until a skewer comes out clean and the top of the cake is golden.
3. Pour the icing and clementine juice into a saucepan and heat gently until the sugar has dissolved.
4. When the cake is cool, carefully prod the cake with a skewer so that there are some holes and then drizzle with the syrup.

*Top tip: You can also add a clementine icing on top of the cakes, made just with icing sugar and more clementine juice. from the bin. Once cooked, this also freezes really well.*



# **FOOD PReServation**



## ORANGE PRESERVE

BY DIMITRA RAPPOU, NORTH LONDON WASTE AUTHORITY

PREPARATION TIME: 15 MINUTES

MAKES TWO BIG JARS

### Per100g:

Energy	1180kJ/278kcal
Protein	0.2g
Carbohydrate	68.6g
Fat	0.4g

### INGREDIENTS

- 1kg oranges
- 1.2kg caster sugar
- 3–4 tablespoons of glucose
- Juice of 1 lemon
- 1 teaspoon baking powder
- 1 glass water

### METHOD

1. Place the oranges in a large pan, cover with water. Bring the water to the boil and simmer for five minutes, then drain the oranges.
2. Repeat step one but this time, add the baking powder.
3. If using whole oranges, chop them into eight and remove the seeds and stem.
4. Add a layer of the orange pieces to a pan, cover with sugar and repeat this procedure until you have all your pieces in the pan.
5. Add one big glass of water and boil until the water is reduced by half.
6. At this stage, there may be a thin layer of 'foam' on the surface of the pan. If so, skim this off.
7. Add the glucose and lemon juice and leave it in the pan for 24 hours.
8. The next day, boil on a low heat again until the juice in the pan has been reduced and it is turned into a golden syrup.
9. When the preserve is ready, ladle it into hot, dry, sterilized jars. Make sure all the orange pieces are covered with syrup and seal immediately.

**"You can create this recipe by using shells of orange peel that you earlier used to make fresh orange juice, or alternatively you can use whole oranges."**

**Top tip: To check if the syrup is ready place a spoon of syrup on to a plate and let it cool down. Tip the plate over a bowl or sink and let it drip away. If the final drop remains hanging then the syrup is ready.**



## RED ONION CONFIT

NICOLE FREEMAN, THE KIDS' KITCHEN, BARNET

PREPARATION TIME: 15 MINUTES

MAKES 1 LARGE JAR

### Per100g:

Energy	658kJ/156kcal
Protein	1.4g
Carbohydrate	28.3g
Fat	4.2g

### INGREDIENTS

**500g red onions (you can use regular white onions or a mix, but red is pretty)**

**2 tablespoons olive oil**

**50g demerara sugar**

**2 bay leaves**

**200ml water**

**4 tablespoons red wine vinegar  
(or sherry vinegar or balsamic)**

**Sterilised jar (see page 95 for instructions)**

### METHOD

1. Halve and thinly slice the onions.
2. Heat the oil in a large saucepan, then tip in the onions and give them a good stir so they are glossed with the oil.
3. Cook with the lid on for about 10 - 15 minutes, until they are really soft and getting sticky on the bottom of the pan. Be careful as they can easily burn, but the sticky bits will be removed when you add the vinegar (this is called deglazing the pan).
4. Remove the lid, add the water, sugar and vinegar and bring to the boil.
5. Now turn down to a simmer and cook without the lid for 45 - 60 minutes, until the onions are very tender and the mixture is syrupy.
6. Taste and season as necessary, then pour into sterilised jars.

***Top tip: Make a simple meal by rolling out puff pastry, covering with goats cheese and red onion confit and baking at 200°C (gas mark 6) for 25 minutes.***





## SPICED APPLE CHUTNEY

CAROLINE ROGNON, MADE IN HACKNEY, HACKNEY

PREPARATION TIME: 25 MINUTES

MAKES 3 JARS

### Per100g:

Energy 837kJ/197kcal

Protein 1.2g

Carbohydrate 47.2g

Fat 0.4g

### INGREDIENTS

750g cooking or other apples, peeled and diced

375g light muscovado or other sugar

250g raisins

1 medium onion, finely chopped

1 teaspoon mustard seeds

1 teaspoon ground or fresh grated ginger

½ teaspoon salt

350ml cider or other vinegar

Optional: other spices such as  
paprika, coriander, mixed spice, cumin,  
cloves, cayenne pepper, allspice

3 sterilised jars (see page 95 for instructions)

### METHOD

1. Combine all the ingredients in a large, heavy saucepan.
2. Bring the mixture to a boil over a medium heat, then simmer uncovered, stirring frequently, for 30 - 40 minutes, or until thick and pulpy.
3. Remove from the heat, leave to cool and transfer to sterilised jars and seal.

*Top tip: Eat with cheese and biscuits, or add to stews and casseroles for a richer flavour.*



## PUMPKIN marmalade

GWEN MAINWARING, THE SKIP KITCHEN, CAMDEN

PREPARATION TIME: 45 MINUTES

MAKES 4 JARS

### Per100g:

Energy	737kJ/173kcal
Protein	0.6g
Carbohydrate	41.9g
Fat	0.4g

### INGREDIENTS

- 1 kg pumpkin or squash
- 1750ml water
- 1 orange, sliced into thin semi-circles
- 2 lemons, sliced into thin semi-circles
- 65 g fresh ginger root, finely shredded
- 750g preserving or granulated sugar
- 4 sterilised jars (see page 95 for instructions)

### METHOD

1. Peel the pumpkin and remove all the seeds and fibres. Slice the flesh into pieces and grate lengthways, so the strands are as long as possible.
2. Put the grated pumpkin in a pot with the water, oranges, lemons, and ginger. Bring to the boil, then simmer for 25 - 30 minutes or until the citrus peel is just soft.
3. Add the sugar, stirring until it has dissolved. Return to the boil, then cook over a medium heat for 25 - 30 minutes or until the mixture is thick enough for a wooden spoon drawn through the centre to leave a clear channel.
4. Remove the pan from the heat and leave the fruit to settle for a few minutes. Ladle the marmalade into the hot sterilised jars and seal.

**Top tip:** The best way to peel fresh ginger is by using a teaspoon to scrape off the skin!



## KIMCHI

XIMENA RANSOM, MADE IN HACKNEY, HACKNEY

PREPARATION TIME: 30 MINUTES

MAKES 2 LARGE JARS

### Per100g:

Energy 93kJ/22kcal

Protein 0.9g

Carbohydrate 4.1g

Fat 0.2g

### INGREDIENTS

**1 head Chinese leaf/Napa cabbage,  
cut into 3cm chunks (or other cabbage)**

**1 daikon radish/mooli (or 3-4 red radishes if not  
available), sliced into 1cm rounds**

**2 carrots, sliced into 5cm long matchsticks**

**50g fresh ginger, peeled and roughly chopped**

**5 cloves garlic, chopped**

**5-8 red chillies, de-seeded  
(depending on the spice level you prefer  
and the heat of the chillies you are using)**

**1 tablespoon Asian Chilli powder (optional)**

### Brine:

**6 tablespoons sea salt**

**2 litres of water**

**2 sterilised jars (see page 95 for instructions)**

### METHOD

1. Prepare the brine by combining the water and salt, then mixing until the salt dissolves.
2. Add the prepared vegetables. Put a plate or large plastic lid on top and then a weight on top such as a jar filled with water. Allow this to soak for eight hours or overnight.
3. Remove the vegetables by scooping them out of the brine. Reserve the brine for later use.
4. Place the chilli, chilli powder (if you are using it) ginger and garlic in a food processor or blender and puree into a paste. Add brine as needed to blend and make a thick paste.
5. Put on a pair of washing up or latex gloves so you don't burn your hands. Mix the paste into your vegetables well, being sure to coat each piece.
6. Finally, pack the kimchi into your prepared jars. Make sure to leave a 3cm gap at the top of the jar for the kimchi to expand.
7. Leave at room temperature for about a four to eight days, checking after four days for required 'sourness'.
8. When the desired flavour is reached, transfer the jars to the fridge. This will keep for months if kept refrigerated.

**Top tip: Try adding kimchi to the stir fried rice recipe on page 51 for the popular Korean dish, Kimchi Bokkeumbap.**



## SIMPLE COURGETTE PICKLE

CARMEN LANGE, CAMDEN

PREPARATION TIME: 20 MINUTES

MAKES 1 LARGE JAR

### Per100g:

Energy	96kJ/23kcal
Protein	0.9g
Carbohydrate	4.4g
Fat	0.2g

### INGREDIENTS

**2 small courgettes, peeled if you like,  
and cut into quarters or sixths lengthways**

**40g salt per 1kg of courgettes**

**Malt, cider or white wine**

**200ml vinegar**

**1 teaspoon honey to taste**

**Spices (optional)**

**1 sterilised jar (see page 95 for instructions)**

### METHOD

1. Toss courgettes and salt in a bowl and leave somewhere cool for several hours. The salt will draw out excess water, essential for the pickle to last.
2. Meanwhile bring a saucepan of vinegar to the boil and sweeten it to taste with honey. You could add spices too.
3. Rinse courgettes in several changes of fresh water and drain well. Carefully pack them into hot sterilised jars then immediately pour over hot vinegar to cover.
4. Seal immediately. Store somewhere cool and dark and they should last a year.

**Top tip: These courgettes are delicious in cheese sandwiches.**





## SWEET-SOUR LEMONS OR LIMES

CARMEN LANGE, CAMDEN

PREPARATION TIME: 15 MINUTES

MAKES 2 JARS

### Per100g:

Energy	220kJ/52kcal
Protein	0.8g
Carbohydrate	11.3g
Fat	0.4g

### INGREDIENTS

8 unwaxed lemons or limes

1 teaspoons fine salt per lemon/lime

Sugar to taste

Spices (optional, e.g. clove, pepper, cardamom, mace, cinnamon, bay, coriander)

2 sterilised jars (see page 95 for instructions)

### METHOD

1. Cut most of the fruit into four wedges.
2. Grind salt with spices and add a little sugar to taste. Rub the mix all over the cut surfaces of the fruit and as you do pack them into jars. Squish them down to get the juices flowing.
3. Juice the remaining lemons/limes and top up the jars with this juice so that everything is covered in salty citrus juice.
4. Close the jar and leave somewhere warm. If using screw-top lids, close loosely rather than tighten the lid so gas can escape. They should start fizzing within a week. After a month they should smell pleasantly fermented and the rinds will be tender and ready to use raw or cooked.
5. As long as no mould appears this preserve will last indefinitely.

*Top tip: Use preserved lemons and limes in tagines for added flavour - a winter favourite.*



# WATERMELON RIND JAM

LASSE PETERSEN, HACKNEY

PREPARATION TIME: 20 MINUTES

MAKES 1 JAR

## Per100g:

Energy 1240kJ/291.9kcal

Protein 1g

Carbohydrate 71.5g

Fat 0.2g

## INGREDIENTS

500g watermelon rind

200g sugar

Juice of 4 limes

1 sterilised jar (see page 95 for instructions)

## METHOD

1. Use a vegetable peeler to remove the very outer dark green skin of the watermelon and discard it. Chop the rind flesh (which will vary in colour from pale green through white to pink) into small pieces.
2. Mix the rind in a bowl with the sugar and lime juice. Cover and leave overnight.
3. The next day you should find the sugar has pulled out lots of juice and dissolved into it. Transfer the mixture to a large saucepan and slowly bring to a boil, ensuring any last sugar crystals dissolve.
4. Boil, stirring occasionally, until the mixture reduces to a jam-like consistency. This should take a little over half an hour.
5. Use a stick blender to blend the mix as smooth as you like, then transfer to the sterilised jar. Store in the fridge once opened.

**Top tip:** Serve with a tangy cheese, as Lasse does, or enjoy with toast.



## PUMPKIN CHUTNEY

CAROLINE ROGNON, MADE IN HACKNEY, HACKNEY

PREPARATION TIME: 25 MINUTES

MAKES 3 JARS

### Per100g:

Energy	385kJ/ 91kcal
Protein	1.1g
Carbohydrate	17.6g
Fat	1.8g

### INGREDIENTS

- 500g of pumpkin
- 2 onions
- 4 tablespoons olive oil
- 75g sugar
- 1 bramby apple
- 2 tomatoes
- 100g sultanas
- 100ml cider vinegar
- ½ tablespoon ground ginger
- ½ tablespoon garam masala
- ½ teaspoon chilli powder/chilli flakes
- ½ tablespoon dried thyme
- Salt and black pepper
- 3 sterilised jars (see page 95 for instructions)

### METHOD

1. Set the oven to 200°C (gas mark 5).
2. Dice the pumpkin and place on a roasting tin with a drizzle of olive oil and a sprinkle of salt. Roast in the oven for half an hour until softened and golden.
3. Meanwhile chop the onion and tomatoes into small cubes.
4. Heat two tablespoons of olive oil in a large heavy based pan. Add all the ingredients except the vinegar and cook on a low heat.
5. When the pumpkin is ready, add to the pan with the vinegar and cook for a further ½ hour or until the mix has thickened and is bubbling slowly.
6. Season to taste, pour into warm sterilised jars and keep for four weeks to mature.

**Top tip:** You can use frozen diced pumpkin instead of fresh, but make sure you cook it a little bit more if there is excess moisture.



## VEGETABLE END SAUERKRAUT

SARAH BENTLEY, MADE IN HACKNEY, HACKNEY

PREPARATION TIME: 20 MINUTES

MAKES 1 LARGE JAR

### Per100g:

Energy	130kJ/31kcal
Protein	1.2g
Carbohydrate	6.1g
Fat	0.2g

### INGREDIENTS

1 large red or white cabbage

Mix of vegetable ends (for example, carrot tops or broccoli stalk)

15g of salt per 1kg vegetables (pure salt without anti-caking agents is best)

1 litre jar, sterilised  
(see page 95 for instructions)

### METHOD

1. Remove an outer leaf from the cabbage, wash well and set aside.
2. Very finely slice or grate all the cabbage and vegetable ends, then weigh them.
3. Place the vegetables in a very large bowl and sprinkle with 15g of salt per 1kg. Mix well and massage strongly with both hands for a good ten minutes until the vegetables are limp and have given off a lot of liquid.
4. Pack the vegetables and juice as tightly as possible into your sterilised jar, leaving at least a 5cm gap at the top to allow for the juice to rise as it ferments. Use the cabbage leaf you set aside earlier to cover the vegetables. The liquid needs to cover all the vegetables so air cannot reach them. If not add a little lightly salted water.
5. Close the jar and leave it on top of a paper towel (in case it leaks) at room temperature to ferment. After a couple of days you should start to see small bubbles of gas rising in the jar. If using a screw-top lid you will need to 'burp' the sauerkraut every couple of days by opening then resealing the lid.
6. Smell and taste the sauerkraut after one week. It should smell sour, like sauerkraut. If it tastes tangy to your liking, it is ready. If not, carry on fermenting for another week or two.
7. Once ready keep your sauerkraut in the fridge to slow the fermentation and use over the next few weeks as a salad.

**Top tip:** If mould appears on top this means either the fermentation did not get going, or the top layer of vegetables became exposed to air. To avoid this keep checking that the vegetables are submerged and if necessary pour over a little lightly salted water to cover them.



**"Save vegetable scraps in the fridge. If you chop anything finely enough you can whack it in a stew or curry."**





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## Safety and hygiene

To help avoid food poisoning it's important to make sure the food you make for yourself and for other people is safe to eat. The Food Standards Agency provides information on the basics of food hygiene. You can find practical advice on how to keep food safe from harmful bacteria – including preparing and cooking food, keeping your kitchen clean, catering for large numbers at parties and events, and shopping for food - on the Food Standards Agency website by visiting **food.gov.uk**. For more information on food safety go to **eatwell.gov.uk/keepingfoodsaf**

## General enquiries

If you wish to make a telephone enquiry you can ring the Food Standards Agency helpline on **020 7276 8829** or email **helpline@foodstandards.gsi.gov.uk**

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# WEIGHTS AND MEASUREMENTS

In this book we have used metric quantities. If you would rather use imperial measurements the exact conversion from metric to Imperial does not usually give very convenient working quantities, so it is usual to round off the numbers. Therefore only follow one set of measures – either metric or imperial.

Imperial	Metric	Usual recommended conversion
Ounces	Approx grams to nearest whole figure	to nearest unit of 25 g
1	28	25
2	57	50
3	85	75
4	113	100
5	142	150
7	198	200
9	255	250
11	312	300
14	396	400
16 (1 lb)	454	450
18	510	500

## LIQUID MEASURES

Imperial	Metric	Usual recommended ml
Pints	Approx ml to the nearest whole figure	
¼	142	150
½	283	300
¾	425	450
1	567	600
1 ½	851	900
1 ¾	992	1,000 (1 litre)



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**oven temperatures** The table below gives recommended equivalents.

	°C	°F	Gas mark
Very cool	110	225	¼
	120	250	½
Cool	140	275	1
	150	300	2
Moderate	160	325	3
	180	350	4
Moderately hot	190	375	5
	200	400	6
Hot	220	425	7
	230	450	8
Very hot	240	475	9

## HOW TO STERILISE JARS

Follow these three simple steps to sterilise your jars:

1. Wash the jar and lid well in hot water with washing up liquid. Remove any rubber rings (these would need to be boiled separately in water for ten minutes).
2. Place in a cold oven and turn on to 130°C (gas mark 2).
3. Leave for 20 minutes and then turn off the oven, allowing the jars to cool inside.

## QUICK TIPS FOR REDUCING FOOD WASTE

It's hard to believe, but you could save up to £60 a month just by reducing your food waste. Try these quick and easy tips to start saving.

- Plan meals in advance
- Make a list before shopping
- Know your dates – always eat or freeze food before the end of the 'use by' date
- Freeze foods you won't get round to eating before the use by date
- Is your fridge too warm? Keep it below 5°C to keep food fresh
- Measure portion sizes to avoid cooking too much
- Get creative with leftovers and adapt recipes to use what you've got

Find out how to waste less food and save more money at  
**[wiseuptowaste.org.uk/foodwaste](http://wiseuptowaste.org.uk/foodwaste)**



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