

Proud to support
**LOVE
FOOD**
hate waste

LOVE YOUR LEFTOVERS

Cookbook



 **recycle**
for Sheffield



In the UK we throw away **7.2m tonnes** of food and drink waste every year

This means that the average household throws away around **£50** of food per month – that's **£600** per year!

Most food waste can be prevented. One way in which we can all do our bit is by using our leftovers to make a new delicious meal for the following day.



This booklet shares some of Sheffield's favourite leftover recipes which will help you to get creative in the kitchen.



Sunday Roast Monday Pasta Sauce

**THIS RECIPE IS
A REAL WINNER!**

**Marie Biggs
from Crosspool**

Marie Biggs from Crosspool, winner of our Love Food Hate Waste recipe competition, shares her recipe that uses up leftover meat from the Sunday roast to create a super tasty sauce for pasta.

Ingredients

Leftover meat from the Sunday Roast, chopped
2 tins chopped tomatoes
1 medium size onion, chopped
4 mushrooms, peeled and sliced
1 pepper, sliced
1 clove of garlic, chopped
1 tsp Italian seasoning
Butter or oil for frying



Directions

1. Fry the onion, garlic, mushrooms and pepper in a little butter or oil until softened.
2. Add the chopped tomatoes and Italian Seasoning. Stir.
3. Add the chopped meat and allow to simmer for 10–15 mins until the sauce has reduced.
4. Serve immediately over cooked pasta and sprinkle on grated parmesan to taste.



Quick tip

Pasta is one of the easiest leftovers to turn into another tasty meal – create a pasta bake topped with cheese or fry in a pan with some pesto. Pasta even makes a great salad served with olives, basil, olive oil and balsamic vinegar.

Local **Chef Melvin Jarman** shares two of his favourite recipes which use up leftover mashed potato and rice.

“Be open to tweaking recipes and you’ll find that you can learn a lot about cooking which helps to prevent food waste”.

Melvin Jarman



Thai Flavoured Rice Balls

Ingredients

500g cooked rice
1 egg
1 onion
1 clove of garlic, crushed
1 tsp Thai curry paste
1 lemon or lime zest and juice
30g grated ginger
150g of leftovers such as prawns, vegetables, chicken or cashew nuts, chopped
Coriander
Lemongrass (optional)
Oil for frying



Directions

1. Set the oven to 190°C or Gas mark 5
2. In a blender, pulse the onion, garlic, ginger, Thai curry paste, coriander and lemongrass. Add the rice and blend until a ball is formed.
3. In a bowl, mix the rice mix ball with the chopped leftovers, add lemon or lime juice and mix thoroughly. Shape into balls (golf ball size) and chill for 30 mins.
4. Fry in a little oil in a non-stick pan for 10 mins, turning frequently until golden brown. Place in an oven proof dish and bake in the oven for a further 10 mins.
5. Serve immediately as a starter with dips and salads.

Zanzibari Tuna Fishcakes

Ingredients

500g mashed potato – if it is a little wet, add a teaspoon of flour to thicken

1 tin tuna, squeezed dry

1 onion, finely diced

1 clove garlic, finely chopped

1 lemon or lime, zest and juice

30g ginger, grated

Half a fresh chilli (optional)

Salt and pepper to taste

For the batter

4 tbsp plain flour

5 – 8 tbsp water

Salt and pepper

Oil for frying



Directions

1. Mix all ingredients together very well and form into little balls (smaller than a golf ball). Squash between your palms to form oval 'cutlets'. Refrigerate for 30 mins.
2. To make the batter, in a bowl slowly add the water to the flour with the salt and pepper to create a thick paste. Add a little more water to form a thinner batter.
3. Heat the oil in a pan (needs to be 1cm deep). Dip the cutlets into the batter and carefully add to the pan.
4. Fry the cutlets for 2 mins each side, turning with a spatula, until golden.
5. Remove from the oil and drain on kitchen paper.
6. Serve immediately.



Bread and Butter Pudding

Bob and Margaret
Townrow from
Crosspool

Bread and Butter pudding is the perfect quick and easy recipe for using up any leftover stale bread that you have. There are several variations of this recipe but this version of the family favourite is by Bob and Margaret Townrow from Crosspool.

Ingredients

4 slices stale bread (brown or white)
Butter or margarine for spreading
2 eggs
600ml (1 pint) milk
Dried fruit - whatever you have
in the cupboard
Sugar to taste
Nutmeg (optional)



Directions

1. Pre heat the oven to 180°C, gas mark 4.
2. Butter a large ovenproof dish. Lightly butter the slices of bread and line the bottom of the dish with half the buttered slices.
3. To make the custard, in a saucepan add the milk and sugar. Bring to the boil and then immediately turn off the heat.
4. Lightly beat the eggs in a large bowl and then pour over milk, whisking continuously.
5. Pour half the custard over the slices of bread. Sprinkle over the dried fruit.
6. Layer on top the remaining slices of bread and pour over the remaining custard.
7. Cover with cling film and place in the fridge for 30 mins to allow the custard to soak into the bread.
8. Remove from fridge and bake for approximately 30 mins or until golden.

Delicious served hot with custard or cold with cream. Sprinkle on sugar to taste and grate the nutmeg over the top.

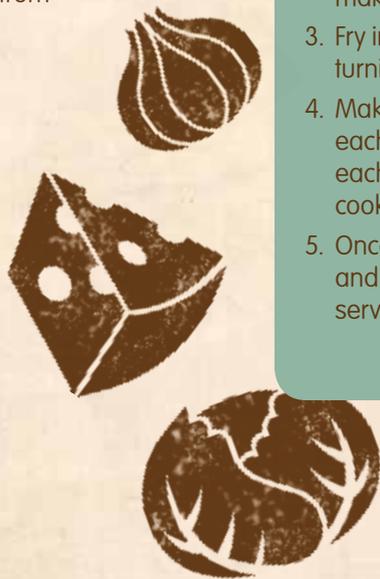
Sunday Leftover Monday Tea Time Special

Jayne Kent

Jayne Kent shares her tea time favourite which she often cooks to use up Sunday roast leftovers.

Ingredients

Leftover mashed potato
Leftover vegetables from
a Sunday roast
Stuffing (optional)
1 onion, chopped
Eggs
100g cheese
Oil for frying



Directions

1. Mash together any leftover potato, vegetables, onions and stuffing in a bowl.
2. Shape the mixture into large balls and pat down gently to make patties.
3. Fry in a little oil until lightly brown, turning once.
4. Make a small well in the centre of each patty and crack an egg into each one. Fry until the egg is almost cooked then sprinkle with cheese.
5. Once the eggs are cooked and the cheese has melted, serve immediately.

Quick tip

Leftover porridge makes a tasty addition to pancakes or Yorkshire pudding – it can even be added to bread dough!

Banana Loaf

Louise Barter
from Deepcar



Bananas are best stored at room temperature, never in the fridge as they will turn black very quickly! Bananas that are a little over ripe can be pureed and frozen to use in other deserts or alternatively, can be used to make a very tasty banana loaf.

Louise Barter from Deepcar shares her banana loaf recipe.

Ingredients

450g bananas (weighed with skins on) peeled and mashed
225g self-raising flour
175g castor sugar
75g butter (or margarine)
2 medium eggs (beaten)
1/4 teaspoon bicarbonate of soda
pinch of salt

Directions

1. Pre heat the oven to 180°C, gas mark 4.
2. Grease a 1kg loaf tin.
3. In a bowl, mix together the flour, bicarbonate of soda and salt.
4. In a separate bowl, cream the butter and sugar by mixing until pale and fluffy.
5. Add the eggs and flour mixture to the creamed mixture, a little at a time to avoid curdling.
6. Stir in the bananas and pour into the greased loaf tin.
7. Bake for approximately 1 hour 15 mins.
8. Cool on a wire rack.
9. Slice and serve.

For an extra treat, spread a little butter onto your slice – yum!

Quick tip

Making the most of over ripe fruit.

Over ripe fruit can be cooked gently, pureed and then frozen to make easy puddings at a later date. Use to make a crumble, add a topping and simply bake in the oven or thaw and mix with custard or cream.

Vegetable Fritters

Niki Baker from Sheffield

Niki Baker from Sheffield Food Festival offers a new twist on a classic pancake batter that helps you towards your five a day too! Potatoes, carrots, onions, sweetcorn, peppers, broccoli, peas – in fact, any vegetable can work well in this recipe.

Ingredients

2 tablespoons self-raising flour
2 medium eggs
Leftover cooked vegetables, diced
Salt and pepper to taste
Butter or oil for frying



Quick tip

Quick cheese tip

Don't throw away leftover hard cheese rinds such as parmesan. Simply cut into small chunks and freeze. They can then be added to dishes to create extra taste such as risottos – delicious!

Directions

1. Crack one egg into bowl. Crack the second egg but separate the white from the yolk. Place the white in a separate bowl.
2. Add the flour, salt and pepper and whisk thoroughly until well mixed. Add the vegetables to the batter mixture.
3. In a separate bowl, whisk the separate egg white until stiff and then fold into the batter mixture.
4. Melt the butter or oil in a frying pan until it begins to sizzle. Place large spoonfuls of the fritter mixture into the pan and fry for a couple of mins on each side until it has browned.
5. Serve immediately.



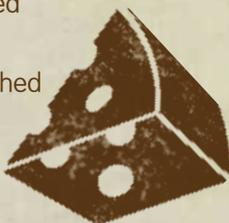
Broccoli and bacon bake

Anne Heathcote from Parson Cross

Anne Heathcote from Parson Cross uses leftover broccoli and bacon to cook up a tasty meal for all of her family.

Ingredients

- 1 pack of broccoli
- 1 cauliflower
- 3 rashers of bacon, grilled and chopped
- 2 slices of bread, cubed
- 100g cheese, grated
- 2 cloves of garlic, crushed
- 450ml milk
- 25g butter
- 2 tbsp flour
- Salt and pepper to taste



Directions

1. Preheat the oven to 180°C, Gas Mark 4.
2. Chop the broccoli and cauliflower into florets and rinse, place in a saucepan of water and bring to the boil. Cook until just softened.
3. Warm the milk in a pan. Add the butter, flour, salt and pepper and stir until it thickens. Add more or less flour depending on how thick you like your sauce.
4. Add the vegetables, bread and bacon to an ovenproof dish. Pour over the sauce and sprinkle on the crushed garlic and cheese.
5. Bake for 25 – 30 mins until golden on top. Serve immediately.



Roast vegetable Couscous Salad



**Ros Arksey
from Sheffield**

Couscous is a great store cupboard essential to make really easy, filling meals with leftover vegetables. Sheffield resident Ros Arksey shares her roasted vegetable and couscous salad.

Ingredients

115g couscous

1 aubergine and 1 yellow pepper, roasted or any vegetables leftover from a BBQ

1 tablespoon olive oil

1 teaspoon cumin seeds, toasted

1 teaspoon fennel seeds, toasted

1 clove garlic, crushed

½ lemon, juice and zest

½ red chilli, deseeded and finely chopped

15g, flaked almonds, toasted

50g raisins

20g feta, crumbled

Handful fresh mint,
roughly chopped

Salt and pepper

Directions

1. Place the couscous in a large bowl and pour over boiling water until just covered. Cover with a plate and leave for 10 mins to steam or until the couscous has absorbed the water. Remove the plate and fluff up the grains with a fork. Leave to cool.
2. Toast the fennel and cumin seeds in a dry frying pan for a few mins until fragrant. Soak the raisins in boiling water for 10 mins and drain. This will give you nice plump fruit.
3. Whisk together the olive oil, lemon juice, zest, chilli, garlic to make the dressing then pour into the couscous. Stir the vegetables into the couscous and fold in the raisins, almonds, feta and mint. Serve immediately.



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To find out more about reducing food waste, please read our Love Food Hate Waste Guide which contains information about food storage, planning, portion control and understanding dates. Copies are available to download at: **www.veolia.co.uk/sheffield**, by calling **0114 273 4567**: or by emailing: **sheffieldenquiries@veolia.co.uk**

