



Love Your Leftovers

10 quick, easy and inspiring recipes

Did you know..?

Almost 50% of the total amount of food thrown away in the UK comes from our homes. We throw away 7 million tonnes of food and drink every year in the UK, and more than half of this is food and drink we could have eaten.

But we can all make a difference and save both money and the environment. It starts with this cookbook. Enjoy the recipes and if you'd like to learn more about reducing your food waste, join us at one of the events taking place this year or find out about our school food waste reduction cookery club.

See the website for dates and details:
www.veolia.co.uk/nottinghamshire

How much food is wasted?

Wasting food costs the average household **£470 a year**, rising to **£700** for a family with children.

There are two main reasons why we throw away food: we cook or prepare too much or we don't use it in time

The foods we waste the most are fresh vegetables and salad, drink, fresh fruit and bakery items such as bread and cakes.

Making small changes to the way we shop, store, cook and eat food can lead to big changes, save money and reduce food waste which is good for everyone!



Our story so far...

Over the years, Veolia and Nottinghamshire County Council have worked together to help encourage people to avoid food waste at home. Through conversations with hundreds of Nottinghamshire residents it became clear that many had recipes, tips and ideas that would be great to share.

So in 2012 the first 'Love your Leftovers' cookbook was created, and we are now proud to introduce our new edition featuring recipes from around the country.



Recipe from
Irena Marriott

Christmas Bread Pudding

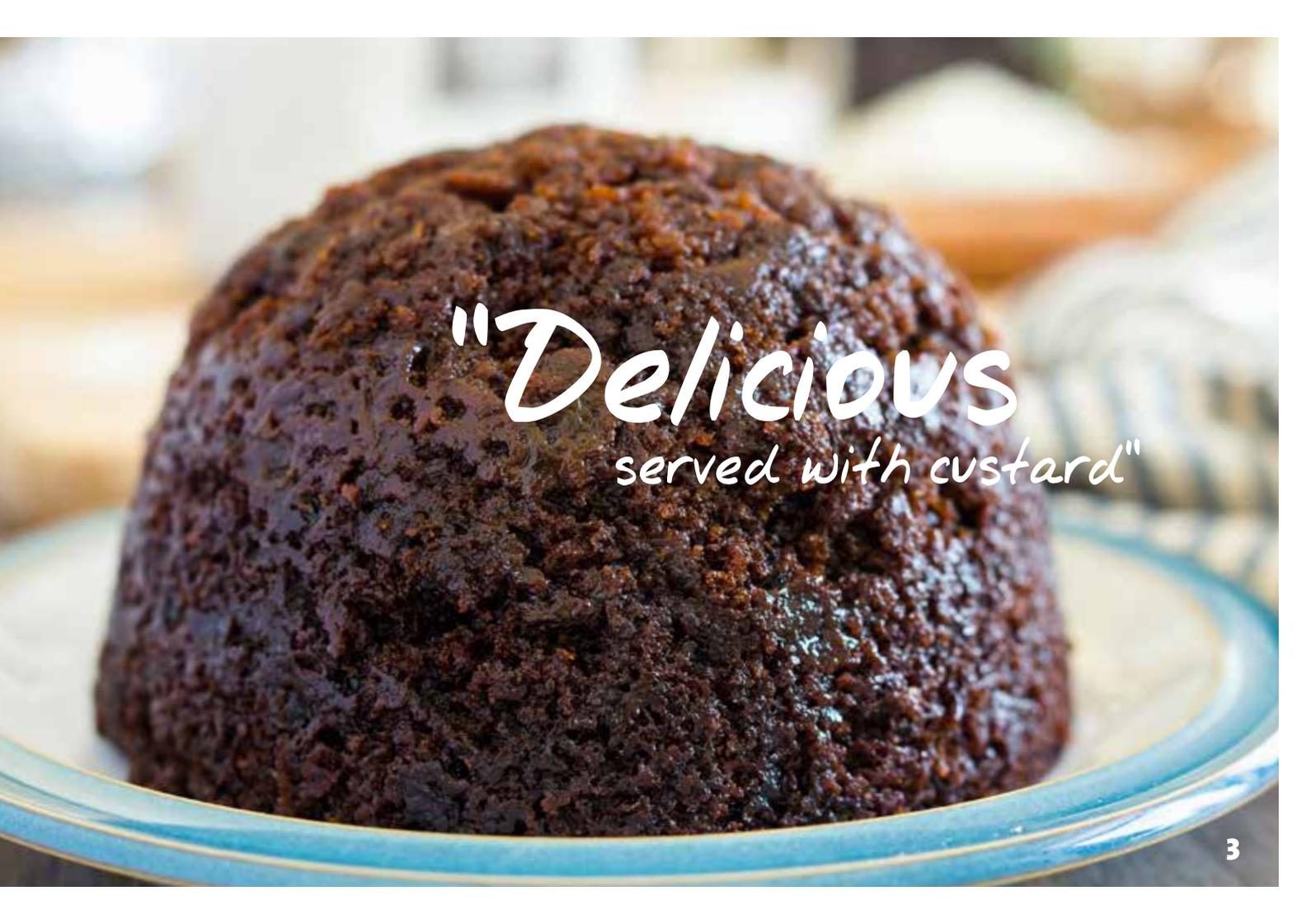
Ingredients

- 125g plain flour
- 125g sugar
- 125g chopped sultanas
- 250ml milk
- 50g breadcrumbs
- 75g lard
- 50g butter
- 60ml rum
- 1 tablespoon bicarbonate soda
- 1 tablespoon cinnamon

Method

1. Put all your dry ingredients in a mixing bowl
2. Mix together
3. Add the milk
4. Add the rum
5. Mix all together
6. Line a 2pt pudding basin with a circle of grease-proof paper or baking parchment
7. Put the mixture in the pudding basin and cover in foil
8. Put the pudding basin in a steamer for 3hrs.





*"Delicious
served with custard"*



*"Hearty
one-pot dish"*



Recipe from
Andrea Wallace

Brunch Paella

Ingredients

- 30ml (2 tbsp) olive oil
- 4 chicken thighs
- 4 sausages cut into chunks
- Leftover bacon lardons
- 1 onion, peeled and chopped
- 1 red pepper, deseeded and diced
- 225g (8oz) paella rice
- 900ml (1¼pt) chicken stock
- 50g (2oz) peas
- 5ml (1 tsp) ground paprika
- 4 tbsp cream

Ingredients that you may have in your fridge that can be added

- Handful of cooked prawns
- Leek diced
- Celery diced
- Fennel sliced
- Mushrooms sliced

Method

1. Heat the oil in a deep frying pan and fry the onion, chicken and bacon for 4-5 mins
2. Add the pepper and any of the leftover ingredients you have in the fridge that you'd like to add
3. Fry for 4 mins then add the rice, stir until the rice turns opaque
4. Pour over the chicken stock until the rice is covered. Season well
5. Bring to the boil then simmer for 15 mins. If using prawns add these after 12 mins, stirring occasionally.
6. At the end, pour over the cream and heat through
7. Serve on warmed plates and sprinkle with paprika.





Recipe from
Joanne Crump

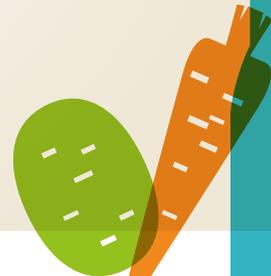
Vegetable Crisps

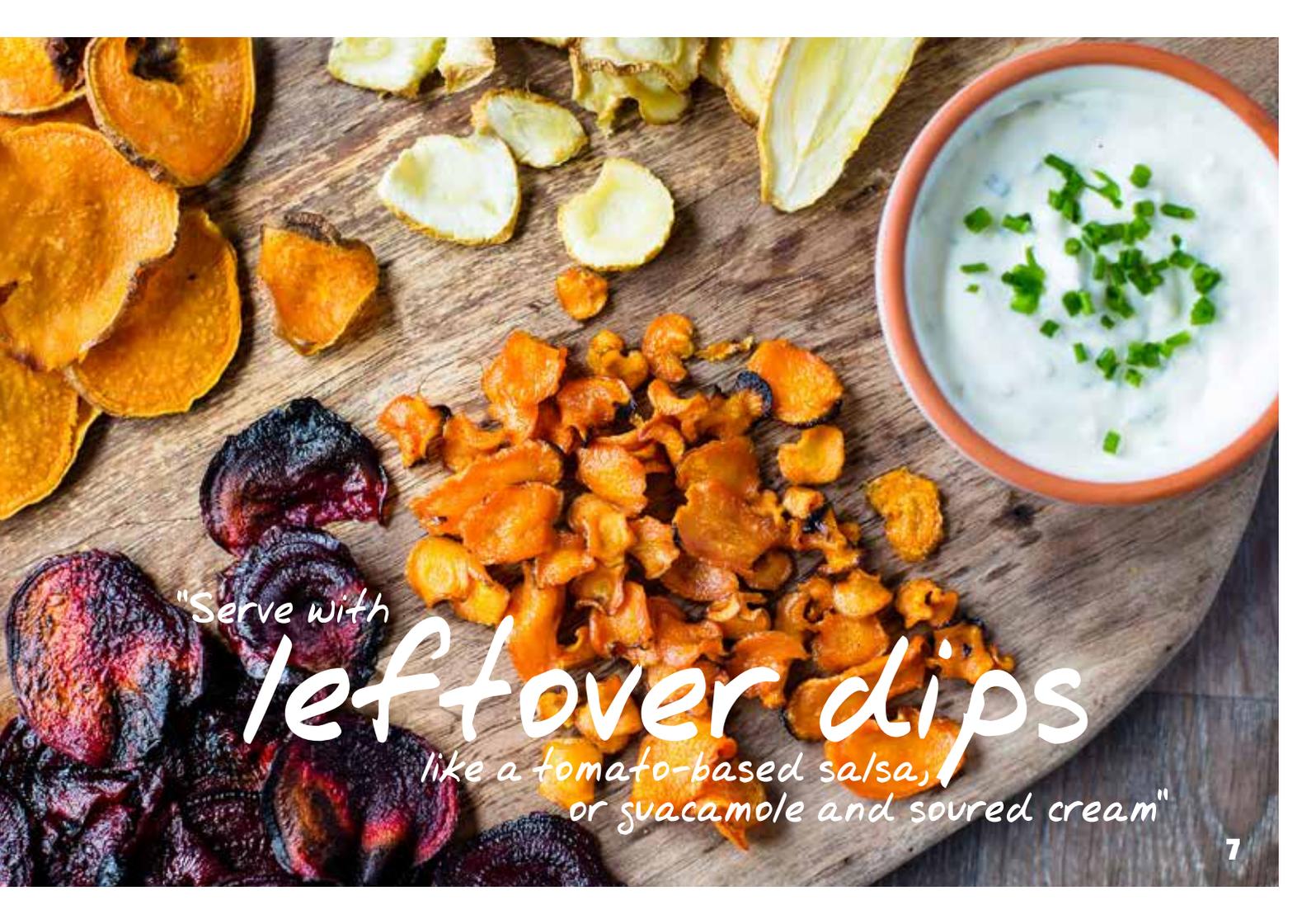
Ingredients

- 2 large carrots
- 1 or 2 large sweet potatoes
- 100g fresh beetroot (4oz)
- 2 tbsp vegetable oil
- Black pepper to season

Method

1. Preheat the oven to 220°C (these do work slightly better when fried if you have a fryer)
2. Take the top and bottom off the beetroot and carrots then clean the skins including the sweet potatoes by scrubbing in water, or peel them
3. Slice the vegetables very thinly, then gently press between kitchen paper to absorb any excess moisture
4. Use three large baking trays, cover with baking parchment and brush with oil. Lay the vegetables on the trays in a single layer, keep the beetroot separate to stop it from staining the other veg
5. Brush the veg with oil, season with black pepper then roast for 25 minutes, turning halfway through
6. Swap to kitchen paper and allow to cool.





"Serve with

leftover dips

*like a tomato-based salsa,
or guacamole and soured cream"*





Recipe from
Kieran Dwyer

Root Mash Shepherd's Pie

Ingredients

- 800g (1lbs 12oz) root vegetables (e.g. potatoes, parsnip, carrot, swede, celeriac, turnip)
- 100mls (3 floz) milk
- A pinch of salt and pepper seasoning
- Dash of oil (sunflower or rapeseed)
- 1 large onion (or leek), finely chopped
- 1 carrot, finely chopped
- 500g (1lbs 1oz) minced lamb (or beef or pork)
- A good pinch of thyme
- 1 stock cube, crumbled
- 1 tbsp plain flour
- 400ml (14 floz) water from the vegetables

Method

1. Peel and roughly chop the vegetables and add to a pan, cover with boiling water, cooking until soft for around 15-20 minutes. Drain, saving the water for later. Season with salt and pepper then mash, adding the milk a bit at a time and beat until smooth and creamy. 2. Add the oil to a pan, then add the onion and cook for 5 minutes stirring regularly until browned. 3. Now add the carrot, lamb, thyme, stock cube, salt and pepper and continue stirring for another 5 minutes. 4. Mix in the flour then gradually add the water from the vegetables, stirring constantly until you get a rich gravy. 5. Put the meat and gravy into an ovenproof dish and top with mash (making spikes in the mash with a fork). 6. Bake in a preheated oven at 180°C for 20-25 minutes until golden brown. Serve with green vegetables.





Recipe from
Teresa Bovey

Microwave Rhubarb & Orange Jam

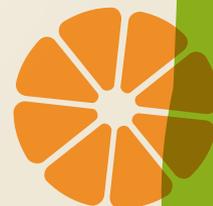
Ingredients

- 2 sticks of rhubarb (250g)
- 1 tsp butter
- Zest and juice of ½ orange
- 250g granulated sugar

Method

1. Cut rhubarb sticks into small chunks (dice) and place into a large pyrex bowl with the orange zest and juice
2. Microwave on full power for 4-5 minutes until rhubarb has softened
3. Stir in the sugar and butter and stir to dissolve
4. Microwave on full power for 3 minutes
5. Stir and cook for a further 3 minutes. (Be careful as this will now be hot and sticky)
6. Pour into a sterilised jam jar, cover with wax disc and leave to cool.

*Try making different mixed fruit jam: use a ratio of 250g fruit to 250g granulated sugar.
Add 1 tsp butter to reduce foaming and a squeeze of lemon juice to help with setting.*





"A great way to use up bits of

*summer and
autumn fruits"*



"Can be enjoyed
hot or cold"



Recipe from
Sarah Taft

Nanny Bettie's Chilli Sauce

Ingredient sizes can vary and be amended to suit to taste; goes well with chicken or pasta dishes.

Ingredients

- 1 onion
- A thumb of grated ginger
- 1 clove of garlic
- 1 red pepper
- 1 yellow pepper
- 2 tins of plum tomatoes
- 1-2 red chillies
- 1-2 tablespoons of sweet chilli sauce
- Salt and pepper to season

Method

1. Sauté the onion, ginger and garlic in a large saucepan 2. Dice and add the peppers then leave it all to soften in the pan 3. Add in the tomatoes and chilli. Stir then leave to simmer for 20 minutes 4. Add a few dashes of chilli sauce (to your taste) and season with salt and pepper 5. Blend it all with a hand blender and voila!





Recipe from
Shirley Pickersgill

Chicken Bake

Topped With Crisps

This recipe is made with leftover chicken (possibly from a Sunday roast), rice, carrots, peppers and salad etc. Can be frozen when cold in plastic containers. Defrost and heat through completely in an oven when required.

Ingredients

- ½ small cooked chicken
- Tin of soup
- 1 small onion, very finely chopped
- 1 pepper, very finely chopped
- 80g cooked carrots or peas
- 100g uncooked rice will make 1½ cups cooked rice (approx. 270g cooked rice)
- 60ml water
- 1-2 tsp Tabasco

Method

1. Mix the water, soup, salt and tabasco in a large bowl 2. Add cold, cooked, chopped chicken 3. Add onion, peppers, rice, carrots / peas 4. Mix together carefully 5. Place in a large rectangular or oval dish 6. Bake for 20 mins at 170°C fan or gas mark 3 7. Remove from the oven and place crisps over the top 8. Return to the oven and bake for a further 8 minutes





*"Serve with leftover
tomatoes and
green leaf salad"*



*"Leftovers from a
full English breakfast"*



Recipe from
Jeremy Putman

Breakfast Cake

This recipe involves using some of the leftovers which you may have around after a good old full English breakfast and also uses mashed potato that is often left over after many dinners.

Ingredients

- 4 cooked sausages
- 4 cooked rashers of bacon
- 240g of mash (approx 4 handfuls)
- 4 medium free-range eggs
- 1 tbsp of brown sauce
- 100g of button mushrooms
- Vegetable oil
- 1 red chilli (optional garnish)

Method

1. First, chop the sausages in half lengthways. Then, slice the sausages into around 7 pieces so that you have small chunks of sausage
2. Repeat with the bacon by cutting it into small squares around 2cm
3. Grab a handful of mash or around 60 grams. Then, push the chopped sausage and bacon pieces into the mash until it is well combined in the mash and shape similar to that of a burger
4. Place a teaspoon of vegetable oil into a frying pan on a medium heat, and then place your breakfast cake into the pan for around 3 to 4 minutes on each side so that the hash is heated through and it is slightly golden on the edges
5. If you haven't already used mushrooms for your breakfast, simply cut medium-sized button mushrooms into quarters and fry with a teaspoon of vegetable oil on a medium heat for around 5 minutes
6. After five minutes add the tablespoon of brown sauce and combine well, leaving in the frying pan for a further minute so that they become well coated and marinated
7. Poach an egg in boiling water for around 2 minutes or longer if you prefer not to have a runny egg
8. Place the breakfast cake on your plate, add the brown-sauce mushrooms to the side and top with the poached egg
9. For added flavour and colour thinly slice strips of red chilli and place on the top of the egg. Alternatively, add finely chopped chives, salt and pepper to bring out the flavours of the dish
10. Serve and enjoy!



Recipe from
Kerry Nightingale

Root Vegetable Pie

Ingredients

- 1 onion finely chopped
- 570ml of milk
(& 1 tbsp of milk for brushing the top)
- 175g of any hard cheese
– grated or crumbled
- 1 tsp of wholegrain mustard
- 500g of puff pastry (ie one packet)
- 225g leeks cut into chunks
- 40g plain flour
- 40g butter or margarine
- 2 tsp of sage
- 900g of any root vegetables – eg carrots, turnips, swede or potato cut into chunks

Method

1. Preheat the oven to 200°C / Gas mark 7 2. Steam or boil the chopped vegetables for about 20 minutes or until tender. Set aside to cool 3. Melt the butter, add the onion and cook on a low heat for about 2 minutes. The onion should go soft and translucent – try not to let it brown 4. Using a wooden spoon, stir in the flour so it absorbs the melted butter then add the milk a little at a time, whisking after each addition if lumps are forming 5. Season with salt and pepper, then let it cook for a few minutes on a low heat, stirring all the time 6. Add the mustard, cheese and sage and turn off the heat 7. Mix together the vegetables and the sauce and pour into an oven dish 8. Roll out the puff pastry onto a sheet the size of your oven dish and place carefully on top of the vegetable and sauce mixture. Crimp around the edges of the pastry with a fork (or your finger and thumb) so it seals the edge of the pastry to the rim of the dish, so the filling doesn't bubble out whilst cooking 9. Brush the top of the pastry with milk (or a little beaten egg) to make sure the pie browns 10. Cook for about 20–30 minutes in the centre of the oven, or until the pie is bubbling hot and the pastry golden brown, puffed up and crispy.







Recipe from
Michael McGhee

Carrot Cake

Ingredients

- 225g self raising flour
- Pinch of salt
- ½ teaspoon ground cinnamon
- Pinch of bicarbonate of soda
- 4 eggs
- 225g soft brown sugar
- ½ teaspoon vanilla essence
- 100g cooked carrot, pureed or finely chopped
- 75g over-ripe pineapple, pureed (or a tin of chunks)
- 75g walnuts, roughly chopped
- 75g desiccated coconut
- 125ml sunflower or rapeseed oil

For the cheese topping

- 75g cream cheese or cottage cheese
- 1 teaspoon vanilla essence
- 175g icing sugar

Method

1. Preheat the oven to 180°C. Grease and base line a 20cm round cake tin
2. Sieve the flour, salt, cinnamon and bicarbonate of soda into a large bowl
3. Whisk together the eggs with the sugar, vanilla essence, pureed carrot, pineapple, walnuts, coconut and oil
4. Pour the wet ingredients into the flour, mix well until combined
5. Spoon into the prepared tin and bake for 45–50 minutes or until golden brown. Cool in the tin before turning out
6. For the topping, beat together the cream cheese or cottage cheese with the vanilla essence and icing sugar until it's smooth. Spoon onto the top of the cooled cake and spread with a knife, leaving a rough effect.

Top tips

Fruits, vegetables and salads are some of the most commonly wasted foods in Nottinghamshire based on event research survey results.

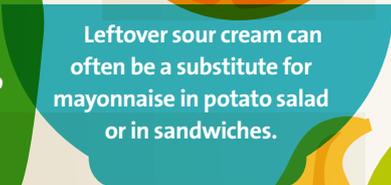
Why not try some of these top tips to stop these foods from ending up in the bin. Not only will the environment thank you, but you'll be saving money too.



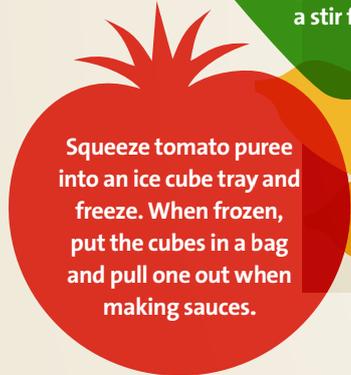
The peel from citrus fruits can be cut and added to black teas or to flavour spirits like vodka.



Use up limp lettuce and leftover cut up vegetables in a stir fry.



Leftover sour cream can often be a substitute for mayonnaise in potato salad or in sandwiches.



Squeeze tomato puree into an ice cube tray and freeze. When frozen, put the cubes in a bag and pull one out when making sauces.



Peel over-ripe bananas and freeze. Once thawed, mash them to make banana cake or banana bread. Alternatively, use frozen bananas to make smoothies.



Remove the tops from over ripe tomatoes, place in a pan and squeeze until they resemble a pulp. Add pepper, a little olive oil, onion and/or garlic. Gently heat to make a simple sauce for rice or pasta.

Composting

Composting at home turns most kitchen and garden waste (such as tea bags and peelings) into a rich compost to keep your garden blooming year after year.

Recycle for Nottinghamshire has teamed up with getcomposting.com to provide an exclusive offer of subsidised home compost bins and other great green products.

See the website for details:

www.nottinghamshire.getcomposting.com



Cooking Oil Recycling

In association with Living Fuels we are now able to recycle used cooking oil from domestic premises at all of Nottinghamshire's Recycling Centres. Please see the website to find your closest recycling centre:

www.nottinghamshire.gov.uk/recycling



Recycle for Nottinghamshire Education

The Materials Recovery Facility (MRF) in Mansfield, Nottinghamshire is where recyclable materials that are collected from households are sorted into different types (e.g. plastics, cardboard, paper, metal). Free tours for community groups and school classes (minimum age of 7) can be booked.

The Schools Waste Action Club (SWAC) is a waste education programme that Nottinghamshire County Council provides free of charge to primary, secondary and special-needs schools throughout Nottinghamshire. It aims to support schools to reduce, reuse and recycle waste and encourages all to take the message home to become more active recyclers in their households.

For further information please email: nottsenquiries@veolia.co.uk or call **0203 567 4391**.



Are you bin smart?

There are so many items in your day-to-day waste that can be recycled and made into something new. Just by putting ✓ cereal boxes ✓ cans ✓ tins ✓ aerosols ✓ paper and plastic bottles into your recycling bin we can make sure that more materials are made into something new.

However, not everything can be recycled in your home recycling bin in Nottinghamshire.

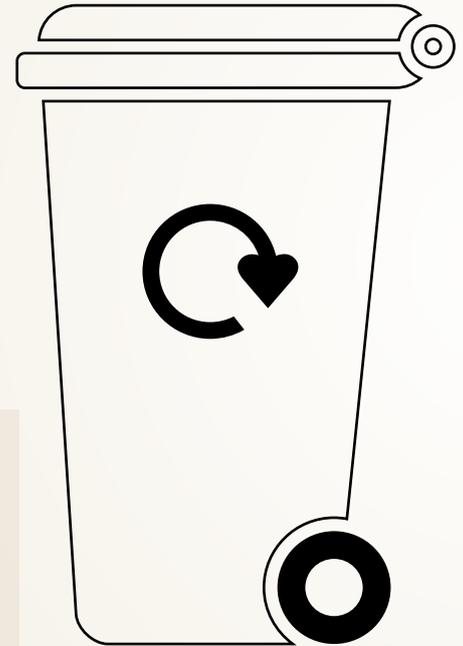
Putting the wrong thing in your recycling bin can spoil the quality of the recyclables and can even be harmful to those sorting out your waste.

Common contaminants

All of the following are **NOT** recyclable in your home recycling bin in Nottinghamshire: please put them in the general waste bin.

Takeaway trays and pizza boxes
Fruit punnets
Sliced meat packets & plastic trays
Food pouches and sachets

Glass bottles and jars – these can be taken to your local recycling centre or 'bring' sites found at some supermarkets, or may be collected separately by your local council



X General rubbish

such as crisp packets, cling film, polystyrene, pouches, sachets, takeaway trays and pizza boxes

These should all be placed in your general waste bin. To find out what to do with a range of waste items, please visit the waste A-Z on the waste pages of the Nottinghamshire County Council website.



X Foil and foil trays

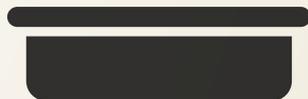
If foil and foil trays can't be reused, please put them in your general waste bin. Even if foil items are rinsed, it is difficult to remove all food residues and these can contaminate or spoil other recyclable materials, especially paper.



X Plastic trays

e.g. meat trays, fruit punnets and ready-meal trays

These are difficult to recycle because of the type and colour of plastic used and often because they are contaminated with food. You can limit the amount of plastic trays that you throw away by choosing items with minimal packaging.



X Food

Food is a problem as it spreads easily and can contaminate a whole load of recyclables. See the Love Food Hate Waste website for information on how to reduce food waste and save money.

www.lovefoodhatewaste.com



X Glass bottles and jars

In some areas, these are separately collected by your local council. Otherwise, they can be taken to your local Recycling Centre or 'bring' sites found at some local supermarkets.





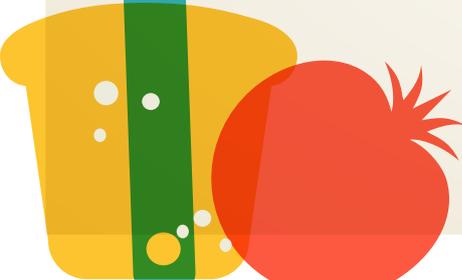
Since 2006, Veolia, Nottinghamshire County Council's waste contractors, has been working with the County Council and the seven borough and district councils of Nottinghamshire to manage household waste created in the county. Together, over the life of the 26-year waste management contract we will help to increase household recycling and composting in the county to 52% by 2020.

Veolia is also responsible for operating the county's Recycling Centres on behalf of Nottinghamshire County Council and has been successful in recycling an average of 80% of the material taken to these sites.

Both Veolia and the County Council deliver waste education workshops and awareness campaigns to encourage residents and school children in their efforts to minimise waste.

Further information available at:

www.veolia.co.uk/nottinghamshire
www.nottinghamshire.gov.uk/recycling
www.lovefoodhatewaste.com



Proud to
support
**LOVE
FOOD**
hate waste