

LUSCIOUS LEFTOVERS!



Easy Recipes to help reduce Food Waste at Home



FoodWaste.ie

STOP Food Waste

We all generate food waste, at home, in school, at work.....everywhere. Nearly all this food is thrown in the bin, and while some of it is composted, most of it ends up in landfill. In the landfill, rotting food decomposes to make methane and other gases that are harmful to our environment.

Food waste CAN be avoided. That's what **STOP Food Waste** is all about. The purpose of this booklet is to show how everyday home cooked leftovers can be transformed into delicious tasty meals, reducing the amount of food that goes into the bin, and ultimately saving you money. The recipes in this booklet have been provided by Galway Chefs, as part of the Galway Food Festival.

So what Food are we Throwing out?

There are 3 types of food waste thrown out:

- 60% is **Avoidable** food waste. Plate scrapings, leftovers, gone off fruit and veg, passed its date perishables, etc.
- 20% is **Potentially Avoidable** food waste – things like bread crusts, potato skins, etc.
- 20% is **Unavoidable** food waste – like general rubbish, some food waste is unavoidable. Examples are banana skins, meat bones, etc.
- The main food items thrown out are: potatoes, apples, bread (just over 30% of bread bought is thrown out), salads (almost half of salads bought are binned!), meat and fish, fruit (1/4 of fruit bought ends up in the bin), and vegetables.

Why Avoid Food Waste?

- One third of the food we purchase is wasted without being used.
- Throwing out food contributes to Climate Change through energy usage in production and through emissions from landfill.
- There are ethical and moral arguments for avoiding waste when food is scarce in many parts of the world.
- More immediately, it will save you money, with the average Irish Household throwing out **€700** worth of food each year.

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CHICKEN STOCK

By Maria Conboy, College of Tourism & Arts, GMIT

A good chicken stock can be used as a base in soups, stews, and sauces

Leftover Item: Chicken Carcass

Serves: depends what it is being used for

Preparation Time: 5 minutes

Cooking Time: 3-4 hours

Ingredients

- 1 – 2 chicken carcasses
- 1 litre water
- 2 cloves garlic
- 200g onion, carrot, celery, roughly chopped
- 4 peppercorns
- 2 sprigs of rosemary, parsley & thyme
- 1 bay leaf

Method

1. Place all the ingredients into a large deep-bottomed pan, and bring to the boil.
2. Skim the surface, then turn the heat down to a simmer and continue to simmer gently for 3 to 4 hours, skimming as necessary.
3. Pass the stock through a fine sieve, and allow to cool for about half an hour, and then refrigerate.
4. Once the stock is cold, it should look clear and slightly amber in colour.
5. Use as a base for soup or divide into small plastic containers and freeze.

Tip! *Stock will keep in the fridge for about 4 days and in the freezer for 3 months.*

VEGETABLE SOUP

By Brendan Keane, The Malt House

Any leftover vegetables, in your cupboard or refrigerator, raw or cooked can be simply transformed into a healthy and hearty Vegetable soup.

Leftover Item: Cooked & Uncooked Vegetables

Serves: 6

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Ingredients

1 large onion, peeled and chopped
2 garlic cloves, chopped
20ml Donegal Rapeseed oil or butter
750g of raw mixed vegetable chunks (carrots, leeks, celery, cauliflower)
500g of leftover cooked vegetables (including peeled or mash potatoes)
1 litre of vegetable stock, or water
sprig of parsley or thyme (if available)
50ml cream or milk
20g of ground cumin (optional)
15g ground coriander (optional)
Salt and black pepper

Method

1. Sweat off the onion and garlic in the oil, until the onion becomes transparent, add the raw vegetables, putting in the ones that will take the most cooking time first.
2. Add the herbs and the spices (if using) followed by the stock. Bring the soup to the boil and simmer until all of the ingredients are cooked.
3. Add whatever cooked vegetables and potato you are using as well as the milk or cream and gently bring the soup back to a simmer for another 5 minutes. Blitz the soup in a food processor or with a hand blender, return to the pot, adjust the seasoning, and serve immediately with buttered crusty bread.

Tip! *The above recipe is completely versatile and you can add or leave out any of the ingredients.*

MINESTRONE SOUP

By Pavel Maslov, The Skeff Bar & Kitchen

A hearty soup, using leftover cooked pasta and a mixture of vegetables

Leftover Item: Cooked Pasta

Serves: 6

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Ingredients

50g cooked penne pasta (or any other type of cooked pasta)

1-2 tbsp rapeseed oil

1 onion, chopped

1 carrot & 1 celery, diced

2 slices bacon, cut into thin strips

1 red pepper, diced

1 tomato, cut into small wedges

1 garlic clove, crushed

1 tbsp tomato paste

1 litre vegetable stock

1 potato, diced

1-2 sprigs thyme

Method

1. In a medium saucepan, sauté the bacon, onion, carrots, celery and garlic on a medium heat without changing colour until softened. Add the tomato paste and sauté for another 2 to 3 minutes.
2. Add the vegetable stock, and bring to the boil, then add the potatoes, the peppers, thyme sprigs, and tomatoes and reduce the heat to simmer until all the vegetables are soft.
3. Season to taste with salt and pepper. Add the cooked pasta and allow to heat through, and then serve with crusty bread.

Tip! *If you have the end of a jar of basil pesto in your fridge, you could add a spoon to the soup for a richer flavour...*

CHICKEN, LEMONGRASS & CORIANDER NOODLE SOUP

By Sinead Johnstone, Love2cook

A fast, easy, warming chicken noodle soup with an Asian twist

Leftover Item: Roast Chicken

Serves: 6

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Ingredients

100g leftover roast chicken, shredded
3 lemongrass stems, cut into 2 inch pieces and bruised
1 onion, thinly sliced
1 tbsp hot curry paste (madras, or similar)
1.2 litre chicken stock
200g noodles (udon noodles, rice noodles or vermicelli)
1 tbsp soy sauce
2 spring onions, chopped
2-3 tbsp chopped coriander
Juice of 1 lemon
½ red chilli, sliced

Method

1. Heat a little oil in a sauce pan or wok, add in the onion and cook for a minute or two to soften, then add the lemongrass and the curry paste and stir to combine and cook out for a minute.
2. Add in the stock and bring to the boil. Simmer for about 5 minutes.
3. Add the noodles and the chicken into the pot and allow to warm through, then add the lemon juice and the soy sauce and allow to simmer for about 2 to 3 minutes.
4. When the noodles are cooked add the spring onion, the coriander and serve with a little sliced chilli for garnish.

Tip! *You could add extra vegetables to the soup like baby spinach, sliced mushrooms, sliced green beans etc.*

SPICY CHICKEN WRAP

By Rachel Lynch, Vina Mara

A fast and tasty lunch from last night's curry

Leftover Item: Chicken Curry

Serves: 2

Preparation Time: 10 minutes

Cooking Time: None

Ingredients

2 Tortilla wraps

150g Leftover chicken curry

30ml mayonnaise

¼ Head iceberg lettuce

2 tomatoes

Salt & pepper to taste

Method

1. Strain the chicken curry of excess sauce.
2. Roughly chop the lettuce and tomatoes, toss with salt and pepper to taste.
3. Spread the mayonnaise over both wraps and layer on the chicken curry, lettuce and tomatoes.
4. Fold the bottom of both tortillas up 2 inches, roll from one side. When half-rolled, fold the top of the tortilla down to enclose the filling and make a tight, compact cylinder.

Tip! *If you have leftover rice, toss the rice with a little soy sauce and white wine vinegar and add to the wrap.*

BLACK BEAN & CORIANDER QUESADILLAS

By Sinead Johnstone, Love2cook

Tortilla wraps can be transformed into tasty snacks, using mainly store cupboard ingredients

Leftover Item: Tortilla Wraps

Serves: 4

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Ingredients

- 4 flour tortillas
- 4 tbsp cream cheese
- 4 tbsp black beans or adzuki beans, drained (any other bean can be used)
- 4 tbsp cheddar cheese grated
- 2 tbsp chopped jalapenos (or other chilli)
- 2 tbsp coriander, chopped
- 2 tbsp spring onion, chopped or ½ red onion, thinly sliced
- Salt & pepper
- 1 tbsp rapeseed oil for brushing

Method

1. Mix together the cream cheese, beans, cheddar, chilli, coriander, and onion in a bowl, add a little pinch of salt and pepper to season.
2. Brush one side of the tortilla with a little oil, turn over, and spread some of the filling mixture over half of the tortilla, then fold over. Repeat for the remaining tortillas.
3. Heat up a frying or griddle pan, and place the tortillas onto the pan. When the bottom side of the tortilla is golden brown, flip over and cook the other side.
4. Transfer to a plate and cut into wedges, and serve with some tomato salsa, guacamole or sour cream

Tip! *Vary the fillings according to what you have in the fridge e.g. pesto, parma ham & cheese or smoked salmon, spring onion & cream cheese, etc.*

TUNA, CREAM CHEESE & SWEETCORN ROLLS

By Pavel Maslov, The Skeff Bar & Kitchen

Fast and easy finger food – perfect for a party!

Leftover Item: Tortilla Wraps

Serves: 2

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Ingredients

2 Tortilla wraps

1 tin Tuna

100g cream cheese

2 tbsp sweet corn

1 spring onion, chopped

Method

1. Mix the drained tuna, sweet corn, finely chopped spring onion and cream cheese together in a bowl.
2. Spread the mixture thinly on the tortillas, and roll them tightly, then wrap with cling film and place in the fridge for about 15 minutes.
3. Cut the ends off the rolls, then slice the remaining roll into 1 inch thick wheels, and present them on a plate, sliced side up. Decorate with sprigs of fresh herbs like dill, parsley or basil.

Tip! *The tuna can be replaced with smoked salmon, prawns, leftover chicken or any other filling you prefer – look in the fridge and see what needs using up!*

VIETNAMESE CHICKEN SALAD

By Heather Flaherty, Upstairs at McCambridge's

A fresh, healthy, delicious salad – perfect for lunch or supper!

Leftover Item: Roast Chicken

Serves: 4

Preparation Time: 15 minutes

Cooking Time: None

Ingredients

½ head of green cabbage, shredded finely
2 carrots, grated
Left over chicken, shredded
Chopped peanuts

For the Dressing:

1 tbsp chilli flakes
2 cloves garlic, minced
2 tbsp sugar
1 tbsp rice wine vinegar
3 tbsp lime juice (or lemon)
3 tbsp fish sauce
3 tbsp sunflower oil
1 medium onion, finely sliced
1 bunch of mint, chopped

Method

1. Combine all the ingredients for the dressing in a bowl. Leave to stand while you prepare the ingredients for the salad.
2. In individual bowls or one large flat serving dish, layer the cabbage, then the carrots then the chicken. Pour the dressing over the salad and top with chopped peanuts and serve.

Tip! *Combine all the salad and dressing ingredients together and use as a filling for softened rice paper wrappers to make Vietnamese Summer Rolls and serve with soy & sesame oil dipping sauce!*

CRISPY TORTILLA 'SPAGHETTI' for salads

By Pavel Maslov, The Skeff Bar & Kitchen Bar

A crispy and delicious addition to salads or soups

Leftover Item: Tortilla Wraps

Serves: 2

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Ingredients

2 Tortilla wraps

2 tbsp olive oil

1 garlic clove, chopped

Method

1. Roll the tortilla into a tight roll, cut into thin strips, which look like spaghetti.
2. Peel and chop the garlic clove finely, then sprinkle the tortilla strips with the olive oil and chopped garlic and give a good mix.
3. Place on a baking tray and bake in the oven at 180 C for a few minutes until golden. Let cool and serve with salad as decoration or with soup as crispy croutons.

Tip! *These can be done without the garlic and used to decorate children's ice creams, if sprinkled with icing sugar and/or cinnamon powder.*

CHICKEN CURRY SALAD

By Campbell White, West Restaurant, The Twelve Hotel

Leftover Item: Chicken Curry

Serves: Depends how much leftovers you have but around 4

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Ingredients

Left over chicken from curry

1 bag bean sprouts

1 head Chinese cabbage, thinly sliced

1/2 sweet bell pepper, thinly sliced

3-4 scallions, sliced

1 carrot, thinly sliced

1/2 cup loosely packed coriander leaves, chopped

1/2 cup roasted peanuts

Chow mein noodles, or rice noodles for gluten-free option

Dressing:

1 tbsp soy sauce (use gluten-free soy sauce for gluten-free option)

2 tbsp rice vinegar

1 teaspoon mustard powder

1 teaspoon fresh grated ginger

1 clove garlic, minced

1/2 teaspoon chilli pepper flakes

2 teaspoons sugar

1 tbsp dark sesame oil

1/4 cup grapeseed oil

Method

1. Cook noodles according to instructions and cool in cold water and leave to drain. Strain all of the sauce off the chicken. You can leave it as it is or chop smaller. Prepare all your salad ingredients, add to a bowl.
2. Place all the dressing ingredients into a small bowl and whisk together to combine, and then adjust to taste. In a large bowl, toss the chicken and salad ingredients together.
3. Just before serving, toss with the dressing and noodles, and serve.

Tip! *If you don't have time, then use the curry sauce as the dressing. You could also use the leftovers in wraps and take for tomorrow's lunch.*

OVEN BAKED POTATO, CHORIZO & FETA FRITTATA

By Sinead Johnstone, Love2cook

A lunch or even breakfast dish with minimal effort!

Leftover Item: Cooked Boiled or Baby Potatoes

Serves: 6-8

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients

1 tbsp olive or rapeseed oil
100g chorizo, chopped
8 eggs
100ml cream or milk
100g leftover potatoes, cubed
100g feta cheese, cubed
1 tbsp chopped parsley
Sea Salt & pepper

Method

1. Preheat the oven to 180°C/Gas 4. Grease and line an oven dish with parchment paper.
2. Heat a pan and add the oil, and then add the chorizo and sauté for about 2 -3 minutes, then remove from the pan and allow to cool.
3. In a bowl, whisk the eggs, cream or milk, and herbs, and season.
4. Scatter the cubed potatoes and chorizo into the oven dish, then pour over the egg mixture – stir to distribute.
5. Scatter in the feta cheese.
6. Place in the pre-heated oven to cook for about 20-30 minutes until the frittata is just set.
7. Remove from the oven, and allow to sit a few minutes before serving with a green salad and /or tomato salad.

Tip! Vary the filling to your particular liking – see what needs using up in the fridge!

BEEF STEW PASTIES

By Pavel Maslov, The Skeff Bar & Kitchen

These tasty pasties can prepared and frozen for use at a later date

Leftover Item: Beef Stew

Serves: 2

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Ingredients

200g leftover beef stew

1 potato

1 carrot

1 parsnip

1 packet of ready to roll Puff Pastry or Shortcrust Pastry

1 egg, beaten

Method

1. Peel the vegetables and chop them into small cubes. Boil in hot boiling water for about 5 minutes until just soft. Drain and refresh the vegetables under cold running water, and drain well.
2. Mix the vegetables with the cold stew and set aside (make sure the mixture isn't too runny – otherwise add a little mashed potato to hold together).
3. Roll out the pastry and cut into large rounds – use a cereal bowl for size.
4. Place 2 tablespoons of the stew mixture onto one half of the pastry, fold over the other half, then pinch the edges together tightly to make half moon shapes.
5. Brush the pasties with the beaten egg, make a few pricks with a fork to allow the steam to escape during cooking.
6. Place on a baking tray and into a preheated oven at 190°C/Gas 6 for 15 to 20 minutes until the pastry is golden brown and the filling is hot.
7. Serve and enjoy with a green salad.

Tip! *If cooking from frozen, allow approximately 35 to 40 minutes to bake. Similar pasties can be prepared from leftover lamb, chicken, or fish stew.*

LAMB CROQUETTES

By Sinead Johnstone, Love2cook

A delicious way to use up leftover roast lamb and mash from your Easter Lunch!

Leftover Item: Roast Lamb

Serves: 3-4

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Ingredients

100g leftover roast lamb

200g leftover mashed potato

2 tbsp grated Killeen's Fenugreek cheese (or cheddar will work)

2 tbsp flour

1 tsp curry powder

1 egg beaten

80g breadcrumbs (or 'panko' breadcrumbs – Japanese breadcrumbs)

Sea salt & pepper

Rapeseed oil for frying

Knob of butter (optional)

Method

1. Tear the lamb into chunks and mix with the mash, and grated cheese in a bowl. Shape the mixture into small barrel shapes.
2. Mix the curry powder with the flour and season with salt and pepper, and place in a bowl. Put the beaten egg and breadcrumbs in 2 separate bowls.
3. Dip the barrels in the flour, then the egg and then roll in the breadcrumbs and repeat until all are covered. Place in the fridge for about 15 to 20 minutes to firm up before cooking.
4. Heat a frying pan, then add the oil and butter if using and fry the croquettes until crisp and golden brown, and serve immediately!

Tip! *You can leave out the cheese and curry powder if you like. The method can be used for other leftover meat e.g. bacon or chicken croquettes are equally delicious.*

SLOPPY JOES

By Heather Flaherty, Upstairs at McCambridge's

The ultimate in comfort food!

Leftover Item: Chilli con Carne

Serves: Depends on your leftovers

Preparation Time: 5 minutes

Cooking Time: 5-10 minutes

Ingredients

Leftover Chilli

Floury Baps

Grated Cheese

Diced red onion

Method

1. Heat your leftover chilli in a pot, stirring often so it doesn't stick.
2. Turn on your grill and grill your buns till they're nice and golden brown.
3. Divide the chilli between your buns and top with cheese and onion, then place back under the grill for 1-2 minutes until the cheese is melted and bubbling.
4. Serve with extra napkins!

Tip! *For a 'less-mess' version, use some baking parchment or brown paper to wrap half of the bun before you pick it up!*

CHEESY BOLOGNESE BAKE

By Campbell White, West Restaurant, The Twelve Hotel

This is a family favourite from when I was growing up. It sounds weird, but try it – it's really good!

Leftover Item: Bolognese Sauce

Serves: 6

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Ingredients

- 1 lb bolognese sauce
- 1 tin spaghetti – or you could also use cooked spaghetti
- 1 dessertspoon brown sugar
- 1 tsp mustard
- 1 tsp salt
- 1 tsp curry powder
- 1/2 cup water
- 4 slices of bread, diced
- 100g cheese grated (cheddar or other hard cheese will work)

Method

1. Preheat the oven to 180c.
2. Mix all of the ingredients up to and including the water, and put into a greased casserole dish.
3. Top with the dices of bread, and scatter over the grated cheese.
4. Bake for 20 minutes until the cheese is golden and the bake is heated through.
5. Serve with a crisp green salad.

Tip! *Let the bake rest for about 5 minutes after it comes out of the oven – it will be easier to serve.*

COOKED CHICKEN CURRY LAKSA NOODLES

By Andy, Chi Asian Takeaway

Comforting spicy noodles in a flash!

Leftover Item: Cooked Chicken Curry

Serves: 2

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Ingredients

Leftover chicken curry

100g flat rice noodles

Handful of bean sprouts

¼ onion

¼ fresh cucumber, skin removed

1-2 fresh chillies & handful of fresh mint and/or coriander

Method

1. In a pan, bring some water to the boil. Turn off the heat, add a teaspoon of salt, stir, add the rice noodles and cover with lid, checking every 2 or 3 minutes to ensure noodles are softened, but not overly so. A minute or so before straining add a handful of bean sprouts into the pot and blanch them together with the almost-readied noodles.
2. When ready, pour the noodles & sprouts into a strainer and drain for about 2 minutes. Meanwhile put the leftover curry in a pan and reheat slowly, stirring frequently to ensure that the curry does not stick, adding a little stock or water if the mixture is too dry. As the curry is simmering, prepare the garnish - finely slice the onions, cut the cucumber into fine strips, and cut the chillies cross-wise and set aside.
3. Once the noodles have been drained properly, set it on a plate or bowl, and slowly pour the heated chicken curry over the bed of noodles. Scatter over the garnish and herbs and serve hot.

Tip! Enhance the dish with a hard-boiled egg cut in half and placed on the side of the plate, or some freshly-cut pineapple.

THAI FRIED RICE

By Sinead Johnstone, Love2cook

Transform leftover rice into a delicious meal for 2 in less than 10 minutes!

Leftover Item: Cooked Rice

Serves: 2

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Ingredients

2 tbsp rapeseed or sunflower oil
1 onion or 2 shallots, sliced thinly
2 garlic cloves, sliced
½ chilli, sliced (more if you like it spicy)
200g cooked cold rice
50g frozen peas, defrosted
50g cooked prawns or chicken
2 spring onions, shredded
1 tbsp soy sauce
1 tbsp fish sauce
1 tsp oyster sauce
50 g beansprouts
Fresh coriander for garnish

Method

1. Heat the oil in a wok until very hot. Add the onion, garlic and chilli and stir-fry for 2-3 minutes.
2. Add the cooked cold rice, stir and combine with the onions. Then add the prawns or chicken, and peas and stir until heated through.
3. Add the soy, fish and oyster sauce and stir in the spring onions, and most of the beansprouts, and stir to combine.
4. Serve, garnished with the remaining beansprouts and the coriander.

Tip! *If you don't have any leftover cooked chicken or prawns, use up some of your vegetables like thinly sliced carrots, peppers or mushrooms.*

ROASTED ARANCINI

By Enda Hoolmaa, Martine's Restaurant

Risotto is a very easy dish to accomplish, all it requires is good base ingredients and patience! If you manage not to scoff it all and you have some leftover then it's perfect for making risotto balls or 'arancini'

Leftover Item: Cooked Risotto Rice

Serves: 6

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Ingredients

100g cooked risotto rice

50 g Panko breadcrumbs (Japanese breadcrumbs, from any good Supermarket)

Olive or rapeseed oil

Method

1. Preheat the oven to 200°C and line a baking tray with parchment paper.
2. Divide the risotto in to 32 even size small balls. Roll to smooth and compress the risotto balls.
3. Roll each ball in the Panko bread crumbs, roll to compress.
4. Place the balls on the baking tray, drizzle with oil and bake them in the oven for 20 minutes, shaking the tray once to roll them over to ensure an even golden brown colour.
5. Serve the warm crispy arancini balls with your favourite dip such as hummus, garlic aioli, chilli jam etc.

Tip! *I've opted for the healthy option of baking them but you can deep-fry them if you wish. You could also add a little square of cheese into the centre of each ball – use up whatever cheese is in the fridge!*

MACARONI CHEESE

By Pavel Maslov, The Skeff Bar & Kitchen

This is a great way to use up those end pieces of cheese in your fridge to create a tasty and filling supper dish

Leftover Item: Cooked Pasta

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients

150-200g cooked pasta

20g butter

20g flour

200ml cream or milk

Pinch of nutmeg (optional)

100g cheddar cheese, grated

Salt & pepper

Method

1. In a saucepan, melt the butter under a gentle heat, then add the flour stirring all the time to make a roux.
2. Bring the cream to a simmer in a separate pan, then pour into the roux slowly, whisking all the time to make a thick smooth sauce. Take off the heat and season with salt, pepper and a little pinch of nutmeg if you like.
3. Add 80g of the grated cheese and allow to melt into the sauce, then add the pasta and pour the contents of the pan into a greased oven dish.
4. Sprinkle the remaining cheese over the top of the pasta, then place the dish in a preheated oven and bake at 160°C for about 15 to 20 minutes until nicely golden and bubbling.
5. Remove from the oven and allow to settle for about 2 minutes before serving with a crisp green salad.

Tip! *You can add other ingredients to the bake such as sautéed onions, mushrooms, ham, wilted spinach, smoked salmon etc... or why not try stronger flavoured cheeses such as Cashel blue, Killeens, Milleens, Gubeen etc. You could also mix breadcrumbs with the cheese for an alternative crispy topping.*

LEEK AND POTATO CAKES

By Rachel Lynch, Vina Mara

Delicious potato cakes that will go well with fish, meat or even poached eggs!

Leftover Item: Mashed Potato

Serves: 2

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Ingredients

2 eggs, beaten

600g mashed potato

1 medium leek, sliced

20g butter

3 tbsp sunflower or rapeseed oil

Pinch salt

Method

1. Heat a frying pan, melt the butter and toss the leeks and salt until just softened.
2. With a wooden spoon beat the eggs into the mash, when well combined add the leeks and mix.
3. Preheat a non-stick frying pan while forming 6 cakes out of the mix.
4. Add the oil to the pan and lay your cakes gently into it.
5. Fry for 3-4minutes each side until golden and crispy.

Tip! *You could replace the leek with cooked cabbage and add some chopped bacon if you have it! Feel free to add some chopped herbs such as parsley, chives or thyme.*

SPICY WEDGES WITH SWEET CHILLI YOGHURT DIPPING SAUCE

By Heather Flaherty, Upstairs at McCambridge's

Transform those leftover cooked potatoes into tasty bites that will quickly disappear!

Leftover Item: Cooked Baby Potatoes

Serves: 3-4

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Ingredients

Cooked baby potatoes, halved or quartered lengthwise

2 tbsp Rapeseed oil

1 -2 tsp Cajun spice mix

Sea salt & pepper

125ml plain or Greek yoghurt

75ml sweet chilli sauce

1 tsp lemon juice

Method

1. Preheat oven to 200° C
2. Mix the oil with the spices and salt and pepper in a large bowl.
3. Toss the potatoes in the oil mix and spread in one layer on a baking tray.
4. Place in the oven and bake for 25-30 minutes until golden and crispy.
5. Meanwhile, mix together the yoghurt, sweet chilli sauce and lemon juice.
6. Serve the wedges with the dipping sauce on the side.

Tip! *You can vary the spice mix or use herbs instead.*

FIG AND WALNUT BREAD PUDDING

By Rachel Lynch, Vina Mara

An easy recipe, transforming day old bread into a delicious pudding

Leftover Item: Bread

Serves: 8

Preparation Time: 15 minutes

Cooking Time: 1 hr

Ingredients

3 Eggs, beaten

300g caster sugar

25g brown sugar

75g butter, melted

700ml milk

250g day old bread, cubed

1tsp ground cinnamon

120g walnuts, chopped

120g dried figs, chopped

Method

1. Preheat the oven to 170°C, grease a 30 x 20 x 3 cm baking tin.
2. In a bowl whisk the eggs, sugars, milk and butter. Gently stir in remaining ingredients.
3. Spoon the mix into the greased tin, cover the tin with tinfoil and bake for 25minutes.
4. Remove the tinfoil from the tin and continue to bake for a further 25minutes.
5. Remove from the oven and allow to cool a little before serving

Tip! *Baileys or Tia Maria leftover from Christmas would be a great addition to this recipe, add 50ml of your choice to the recipe to give it a richer flavour.*

CHOCOLATE FRIDGE CAKE

By Sinead Johnstone, Love2cook

A simple recipe using up leftover Easter Eggs – if there's such a thing!

Leftover Item: Chocolate Easter Eggs

Serves: 16

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Ingredients

350g milk chocolate egg, broken into pieces

3 tbsp golden syrup

150g butter

120 digestive biscuits, broken into small pieces

300g sweets from the middle of the Easter eggs

150g raisins or sultanas (soaked in a little apple juice for 10 minutes)

Method

1. Line a 20cm square baking tin with clingfilm.
2. Place the chocolate into a large heatproof bowl, and add the syrup and butter, and melt over a pot of simmering water, stirring to combine – be careful not to allow the bowl touch the water.
3. Stir the biscuits and raisins and most of the sweets into the chocolate mixture and stir to combine.
4. Pour the mixture into the lined tin, smooth out and then scatter the sweets on top.
5. Place in the fridge for at least 4 hours to set.
6. Remove the cake from the tin, and cut into 16 squares using a sharp knife, dipped in boiling water.

Tip! *For an adult version, soak the raisins in brandy!*

FLUFFY BANANA BUTTERMILK PANCAKES

By Heather Flaherty, Upstairs at McCambridge's

Perfect for a lazy Sunday brunch!

Leftover Item: Ripe Bananas

Serves: 6-8

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Ingredients

350 g cream flour

50 g sugar

5 tsp baking powder

1 ½ tsp salt

1 tsp cinnamon

750 ml buttermilk

6 large eggs

4 tablespoons unsalted butter, melted, plus more for cooking

3-4 ripe bananas, sliced

Rapeseed Oil for cooking

Method

1. Whisk the flour, sugar, baking powder, cinnamon and salt in together.
2. In a separate bowl, whisk the buttermilk, eggs and melted butter, then add the 'wet' ingredients to the 'dry', mixing only until combined and no large lumps are left. Keep the bananas separate to add to the pancakes on the pan.
3. Heat a large frying pan or flat skillet to medium high heat.
4. Coat the pan with oil and pour some of the batter onto the pan, top the pancakes with about 8 slices of banana's and push down into the batter. The pancakes are ready to be flipped when the bubbles on the top of the pancake do not break but stay formed and the sides of the pancake are set (approx 4 minutes depending on the size of the pancake).
5. Flip the pancake and cook for a further 2-3 minutes. Serve with lashings of butter and maple syrup.

Tip! *The less you mix a pancake batter, the fluffier your pancakes will be!*

APPLE & RAISIN PANCAKES

By Pavel Maslov, The Skeff Bar & Kitchen

Perfect for Sunday breakfast!

Leftover Item: Ripe Apples

Serves: 2

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Ingredients

2-3 Ripe apples

30g Raisins

200g self raising flour

100ml milk (buttermilk could also be used)

1 large egg

Pinch of salt

2-3 tbsp caster sugar

½ tsp baking powder

Method

1. Prepare the pancake batter by mixing the flour, sugar, salt, baking powder, and egg together in a large bowl, then slowly add the milk to make a smooth batter, but not too runny.
2. Peel the apples and chop into small cubes, then mix into the batter with the raisins and mix well.
3. Heat a non-stick frying pan, add a little oil then add spoonfuls of the mixture to the pan to make small round pancakes about 2 inch in diameter.
4. Allow to brown on one side then turn over and cook fully until golden and risen. Sprinkle with a little icing sugar and serve.

Tip! Other fruit can be used instead of the apples and raisins, such as pears, blueberries, raspberries, strawberries etc.

BANANA & WALNUT MUFFINS

Dr. Clare Gilsean, College of Tourism & Arts, GMIT

Save up those ripe bananas for these delicious tasty muffins!

Leftover Item: Ripe Bananas

Serves: 12

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Ingredients

250g self-raising flour
300g caster sugar
1 tsp baking powder
2 eggs, beaten
100ml milk
85g butter, melted & cooled
1 tsp vanilla extract
2 ripe bananas, mashed
50g walnuts, chopped

Method

1. Preheat the oven to 200°C/Gas6. Line a 12 hole muffin tin with muffin cases.
2. In a bowl, combine the flour, sugar, and baking powder together.
3. In a jug, combine the bananas, eggs, milk and butter together.
4. Pour the wet ingredients into the dry ingredients and stir until just combined. Don't over mix or the muffins will be tough.
5. Fold in the chopped walnuts, and spoon the mixture into the muffin cases.
6. Place in the oven and bake for 15 to 18 minutes until golden and firm.
7. Cool on a wire rack and serve warm.

Tip! *You could also add some raisins, sultanas or chocolate chips into the mixture.*

APPLE & MINT LEMONADE

By Pavel Maslov, The Skeff Bar & Kitchen

A refreshing drink from ripe apples!

Leftover Item: Ripe Apples

Serves: 6

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients

2-3 ripe apples

1 litre water

100g sugar

Juice of 1 lemon

6-8 Ice cubes

2-3 sprigs of Mint

Method

1. Peel and cut the apples into large chunks.
2. Mix the water and sugar in a saucepan, bring to the boil and boil for 2 minutes, then add the apples, lemon juice and then take off the heat.
3. Allow to cool to room temperature, then add the mint leaves and ice cubes and using a smoothie blender, blend until 'slushy'.
4. Pour into glasses, decorate with mint sprig and lemon zest, add a straw and enjoy!

Tip! For adults, you could add a shot of brandy or peach schnapps and serve in a Martini glass! Other herbs such as thyme or basil could be used instead of mint.

Tips for Reducing Food Waste

- Check your fridge, freezer and cupboards before you go shopping, and plan meals around what you find.
- Make a list when shopping and stick to it – only buy what you need and avoid special offers that may go unused.
- Don't go shopping when you're hungry – you get more than you need.
- Buy loose fruit and veg – you get what you need and can cut down on packaging waste in your bin as well.
- Check use-by-dates when shopping – avoid buying food that might be thrown out if not eaten immediately.
- Try shopping online if it's an option for you – you avoid the distraction of special offers and tend to get only what you want.
- Try and buy local and in season.
- Use measures or weighing scales for items like potatoes, pastas, rice etc.
- Freeze food to prolong its life – always label and date, so you know what you have.
- Serve food from serving bowls or plates where you can and let everyone serve themselves – the untouched leftovers can be re-used and there is less waste scraped from the plates.
- Invest in a hand blender – most leftover cooked vegetables can be transformed into a soup by adding some stock and a little seasoning. Blitz with the blender and serve!
- Be creative with leftovers – the recipes in this booklet are just some examples of how leftovers can be transformed into delicious meals.

For further information visit www.stopfoodwaste.ie



THANK YOU

Go Raibh Maith Agaibh

Contributors

Galway Food Festival participating chefs from: Chi Asian Take Away, GMIT College of Tourism & Arts, Love2cook, Martine's Restaurant, The Malt House Restaurant, The Skeff Bar & Kitchen, Upstairs at McCambridge's, Vina Mara Restaurant, West Restaurant at The Twelve Hotel. Galway County Council Environment Section and Galway City Council Environment Section.

Cartoons by

Lee Strand, SFW resident artist

Contact Details

Email: foodwaste@galwaycity.ie

Tel: 091 536400

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