

Quick & Easy Recipes



Quick & easy recipes for using leftovers and extra food

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This booklet has been prepared as part of CIT's Food Waste Reduction Fair, being held for the European Week for Waste Reduction.

The European Week for Waste Reduction (EWWR) runs from November 21st to November 29th. Member States are running a series of events to promote and encourage waste prevention and reduction. www.ewwr.ie

Chicken & Turkey

Perfect for St. Stephen's Day dinner!

QUICK TURKEY CURRY

4 x 6oz (450g) turkey (or chicken) cut in strips (cooked or uncooked)

- 1 Eating apple
- 1oz (30g) Diced Onion
- Juice of half a lime
- ½ Pint (250ml) natural yoghurt
- ½ Red bell pepper diced.
- 1 Teasp curry powder or paste
- ¼ Teasp of Cayenne pepper or little chilli powder
- 2 Finely chopped garlic cloves
- 1 Teasp chopped ginger
- A little cornflour and water to thicken
- 2 Teasp of mango chutney

(If using raw turkey fillets cook for 5 minutes on each side on gentle heat in oil and butter. Cooked meat pieces can be added straight to sauce)

Sauce:

1. Cook onion, garlic and ginger until onions soften.
2. Add diced red pepper, cook for 1 minute.
3. Add curry paste or powder and mix well. Add Cayenne.
4. Add yoghurt and peeled sliced apple.
5. Add chutney and lime juice.
6. Gently bring to boil, thicken slightly with a little cornflour blended with water.
7. Add cooked turkey pieces or pour the sauce over whole or sliced fillets.
8. Serve with boiled rice.

TURKEY, HAM & LEEK PIE

- 90g butter
- 25g flour
- 1 litre turkey stock
- A pinch of salt
- Black pepper
- 1 tablespoon English mustard
- 350g cooked turkey or chicken cut into chunks or strips
- 125g cooked ham cut into chunks
- 6 leeks, cleaned and chopped
- 2 tablespoons chopped parsley
- 1 lightly beaten egg
- 200g ready made shortcrust pastry

1. Preheat the oven to 220°C (425°F) mark 7.
2. Melt the butter in a heavy based pan and add the flour off the heat. Whisk in the turkey stock and cook over a medium heat, stirring all the time until the sauce is smooth. Season well and add the mustard.
3. Place the turkey pieces, ham and leeks in the bottom of an oval pie dish, sprinkle with the fresh parsley and pour over the sauce.
4. Roll out the pastry on a lightly floured surface and cover the pie dish with the pastry.
5. Brush the top of the pastry with a little beaten egg and bake in the oven for 20-25 minutes. After this time reduce the heat to 180°C (350°F) mark 4 and bake for a further 15 minutes.

Fish or Chicken RISOTTO

A quick and tasty meal, ideal for cooking in a hurry

- 1 cup Arborio rice
- ½ Pint chicken stock
- 1oz (30g) finely diced onion
- 1 finely diced clove garlic
- 2oz (60g) sliced mushrooms
- ¼ Teasp of Turmeric
- 1 Star Anise
- 1 splash white wine
- Cooked chicken or fish (2-4oz)
- Grated parmesan & fresh rocket to garnish.

1. Add 2 dessert spoons of olive oil to wok, or heavy pan.
2. Add rice, cook on medium heat until rice is well coated and becomes translucent (2-3 minutes).
3. Reduce heat, add onion, garlic, turmeric powder and star anise. Stir continuously. Add stock gradually.
4. Add finely diced chicken or flaked fish and mushrooms.
5. Stir continuously, adding all stock. Cover with lid, leave on heat for about 5 minutes.
6. Add a dash of white wine if desired.
7. Serve hot with freshly grated parmesan and rocket.

CHICKEN A LA KING

- 1lb (450g) chicken (or turkey), cut in strips (cooked or uncooked)
- 1 Medium Onion
- 1 Red Bell Pepper
- 1 Small tin peaches
- ¾ pint milk
- 2½ Tablespoons of flour
- Salt and Pepper

1. Melt knob of butter in saucepan.

2. Add chicken strips (if using raw chicken fry until cooked). Season.
3. Add onion and red pepper. Cook until soft.
4. Gradually stir in milk. Bring to boil stirring until thickened.
5. Strain peaches, add and bring to boil.
6. Serve with boiled rice.

Perfect for using up those Sunday roast leftovers and cheese

FISH CAKES

2 tablespoons olive oil
 50g spring onions, finely chopped
 900g cooked fish fillets
 Chopped herbs
 Salt
 Black pepper
 550g leftover mashed potato
 Squeeze of lemon juice
 Flour
 Beaten egg
 2 handfuls bread crumbs
 100g butter

1. Preheat the oven to 250C (475F) mark 9.
2. Heat the oil in a pan and cook the spring onions for 1-2 minutes. Flake the fish into a bowl with the chopped herbs, seasoning, mashed potatoes and lemon juice. Add the cooked spring onions and lightly mix.
3. Shape the mixture into 24 fat cakes about 4cm across. Dip into flour, egg and then breadcrumbs. Chill for 15 minutes.

Melt the butter and brush all over the fishcakes. Cook for 20 minutes or until golden brown. Alternatively, shallow fry in oil.

EGGS BENEDICT

Rich and elegant way to use your leftovers!

4 eggs
 4 slices Canadian bacon or ham slices
 4 thick slices grilled focaccia artisan bread or 2 English muffins split in half
 3 egg yolks
 2 tbl hot water
 2 tbl lemon juice
 1 stick unsalted butter, melted and hot
 cayenne or favorite hot sauce
 salt and pepper to taste
 paprika
 chives
 sliced lemon rounds

1. Poach 4 eggs.
2. Grill ham and bread or English muffins.
3. Make Hollandaise sauce: put 3 egg yolks, hot water, and lemon juice in blender and blend until frothy (about 1 - 2 minutes). Drizzle in hot butter slowly as you continue blending. Add hot sauce to taste.

If you are short on time, you can use a pre-made Hollandaise sauce mix.

4. Assemble: Place bread slices on plates and stack a ham slice and poached egg on top of each. Pour Hollandaise sauce over the top of the eggs. Sprinkle salt, pepper, and paprika over the top and garnish with chives and lemon slices.

Lamb Fritters

100g plain flour
 1 teaspoon baking powder
 A good pinch of cayenne pepper
 2 eggs, separated
 150ml milk
 300g diced roast lamb
 2 tablespoons parsley, chopped
 Sea salt
 Ground black pepper
 1 tablespoon vegetable oil

1. To make the batter, sift the flour, baking powder and cayenne into a bowl. Add the egg yolks and lightly mix, then slowly add the milk, beating with a wooden spoon until smooth. Beat the egg whites until peaky, and fold into the batter.
2. Add the lamb, parsley, sea salt and pepper to the batter, tossing well.
3. Heat half the oil in a non-stick fry pan until hot, and drop 4 separate tablespoonfuls of the batter into the pan. Turn the heat to low. When holes appear on top of the batter, turn and cook the other side for 3 or 4 mins until golden. Keep the fritters warm. Add remaining oil and make four more fritters. These go well with tomato ketchup.

RUSSIAN PILAFF

3 tbs olive oil
 1 onion, chopped
 85g/3 oz button mushrooms, cleaned & halved
 3 rashers unsmoked bacon, chopped
 1 tsp mixed dried herbs
 200g/7oz long grain rice
 leftovers from 1 roast chicken
 400ml/14 1/4 fl oz chicken stock
 2 tbs fresh parsley, chopped, to garnish

2. Heat the oil in a large casserole dish. Add the onion and fry, over a gentle heat, until translucent. Add the mushrooms, bacon and dried herbs and fry for a further 2-3 minutes.
3. Stir in the rice and the leftover chicken. Pour in the stock. Cover and transfer to the oven for 12-15 minutes or until the rice is cooked and the stock has been absorbed.
4. Check the seasoning before garnishing with parsley and serving with a green salad.

1. Preheat the oven to 200 C/400F/Gas 6.

Rice & Pasta

CONCHIGLIE AL FORNO (BAKED PASTA SHELLS IN A CHEESE AND CHRISTMAS LEFTOVERS SAUCE)

500g/1lb 2oz dry conchiglie pasta (or freshly cooked pasta)

50g/2oz salted butter

200g/7oz soft cheese, such as mascarpone or ricotta

100g/3½oz parmesan cheese, freshly grated

150g/5½oz cheddar cheese

1 glass full fat-milk, at room temperature

200g/7oz leftover turkey and stuffing,

chopped 3tbsp fresh flatleaf parsley, roughly chopped

salt and freshly ground black pepper to taste

1. Preheat the oven on 180C/360F/Gas 4.
2. Cook the pasta in salted boiling water until al dente.
3. Drain the pasta and place back into the saucepan. Add in the butter and the cheeses excluding half of the parmesan.
4. Mix well and then add in the milk. Return the saucepan to a low heat and stir until you get a creamy-textured sauce.
5. Add the turkey, the stuffing and the flatleaf parsley and season, to taste, with salt and freshly ground black pepper.
6. Transfer the pasta mixture to a large baking tray. Sprinkle over the remaining parmesan cheese and place in a pre-heated oven to bake for 15 minutes, until the top is golden and crispy.

CHINESE FRIED RICE

2 - 4 cups of cooked leftover white rice

1 - 2 eggs

2 - 3 garlic cloves chopped

2 - 4 tablespoons of Kikkoman Soy Sauce

2 - 3 teaspoons of Sesame oil

1 - package of frozen peas (optional peas & carrots)

3 - tablespoons of Peanut oil or Olive oil

Hand full of chopped fresh shrimp, chicken or beef (may be cooked)

1. Beat the eggs as if you were going to make scrambled eggs

2. Place 1 tablespoon of oil into a frying pan or wok and heat to high. Before the oil starts to smoke throw in your eggs and beat until they are over-cooked and start breaking apart into smaller pieces. Remove the eggs from the wok and place them into a container for later.

3. Add 1-2 tbspoons of oil and half the chopped garlic to the pan. Throw the meat in the pan and stir fry for a few

minutes until cooked and then remove from the wok and place in the container with the eggs. If the meat is already cooked heat it up.

4. Add the rest of the oil and 1-2 teaspoons of sesame oil. Add the remaining chopped garlic and a handful of frozen green peas. Stir fry for a minute then add the white rice and stir fry for another few minutes.

5. Add the ingredients you put aside in the container and gradually add the soya sauce as you continue to fry to taste.

VEGETABLES & SALADS

ROSTI CAKES

450g potatoes, peeled and halved
2 medium carrots, halved lengthways
250g parsnips or swede cut into chunks
250g courgettes, grated
4 spring onions
2 level tablespoons of plain flour
1 lightly beaten egg
Sunflower oil

1. Par boil the potatoes with the carrot, parsnips or swede for 10 minutes, then drain them and leave to cool.

2. Coarsely grate the par-cooked vegetables into a large bowl and stir in the grated courgettes, spring onions, flour, egg and seasoning.

3. Lightly oil a frying pan and cook the rosti mixture in small flat fritters or rostis and cook until crisp and golden on

both sides. Flatten with a fish slice as they cook. They will need about 3-4 minutes on each side.

WARM SALAD

Head of Lettuce
Tomatoes
Cucumber
Red Onion
Bell Peppers etc.
Sliced bread or rolls
Olives or semi sundried tomatoes can also be added

1. Put pan or wok on medium heat.
2. Dice bread or slice rolls and cook in a little olive oil until golden brown. Put aside.
3. Thinly slice red onion and cucumber, cut tomatoes into wedges.
4. Slice or dice a bell pepper.
5. Cook in wok for 1-2 minutes with a little olive oil. Take off heat. Stir in washed roughly sliced lettuce.

6. Finish with croutons, Balsamic vinegar, and perhaps freshly grated Parmesan.

A great way to eat salad in cold weather

SPICY POTATO WEDGES

Potatoes
Olive Oil
Cajun spice/ garlic clove & parsley
need about 3-4 minutes on each side.

1. Cut potatoes into wedges.
2. Cook in hot pan with a little olive oil.
3. Sprinkle on Cajun spice or alternatively finely chopped garlic and parsley.
4. Serve hot with mayonnaise or salsa dip.

A great way to use boiled potatoes leftover in fridge

POTATO, BACON AND FETA TART RECIPE

A good glug of olive oil
25g butter
1 medium onion, finely chopped
Bacon
Leftover potato or sweet potato

6 beaten eggs
2 tbsp cream or creme fraiche
125g feta, or any leftover cheese
15 minutes.

1. Preheat the grill. Heat a non-stick frying pan with a splash of olive oil and a knob of butter.
2. Cook the chopped onion with a little bacon for 3-4 minutes or until lightly golden. Add leftover chopped potato or sweet potato and cook until lightly golden.
3. Whisk the eggs together with the cream or creme fraiche,

pour over the potatoes and crumble over feta cheese or grated Cheddar.

4. Cook over the heat until the egg begins to set. Finish it off under a hot grill until the centre is set. Serve warm with a green salad

Sweet Things

BANANA & COCONUT MUFFINS

120g caster sugar
280g plain flour
Pinch salt
3 tsp baking powder
60ml vegetable oil
2 bananas
1 egg, beaten
280 ml coconut milk

1. Preheat the oven to 200°
2. In a large bowl, mix the flour, baking powder, sugar and salt.
3. In another bowl, mix together the coconut milk, oil and the beaten egg.
4. Fold the liquid from the second bowl into the first, and mix together lightly.
5. Add the mashed banana before all the ingredients are fully combined. Do not over-

mix, it's fine if the mixture looks a bit rough.

Spoon the mixture into a muffin tray (oiled with vegetable oil) or fairy cake cases on a baking tray. Bake for 20-25 mins until golden on top.

A great way to use up browning bananas

BAKED APPLES

4 eating apples (the ones with wrinkly skins)
2 tbsp maple syrup or brown sugar
100g mixed sultanas, nuts, pumpkin seeds
Knob of butter
Yogurt to serve

1. Preheat the oven to 180°C.

2. Wash and core the apples, load the cores with sultanas, nuts and pumpkin seeds and pour in two dessertspoons of maple syrup.
3. Place the apples in a flameproof dish, top each with a little butter, cover and cook for about 30 minutes or until the apples are just cooked.

Ideal for using any apples past their best

FRUITY SALSA (with pork chops)

600g ripe fruit, peeled & roughly chopped

4 spring onions
225g over ripe tomatoes, core removed and finely chopped
1 tablespoon chutney
3 tablespoons coriander, roughly chopped
3 tablespoons olive oil
Serving as topping on pork chops
4 x 140g loin pork chops
Ground black peppercorns
Salt

1. Mix the finely chopped fruit with the spring onions, tomatoes, olive oil, chutney and chopped coriander.

Use on pork chops:

2. Preheat the oven to 190°C (375°F) mark 5.
 3. To cook the chops, drizzle with olive oil and a little black pepper.
 4. Heat a frying pan until very hot, and then cook the chops in batches, on both sides, until golden.
- Pop them onto a baking sheet, top with the fruit salsa and cook for another 5 - 10 minutes or until cooked through and piping hot.

This recipe is great for using up leftover fruits such as peaches, oranges and apples - just cut off and compost any bruised bits.

These recipes have been sourced from:

Andy's Bar, Monaghan Town



Andy's Bar & Restaurant is a family run pub/restaurant in Monaghan town. Andy's has been run by the Redmond family

for over a quarter of a century. Cianar along with eldest son Sean use only the finest locally sourced ingredients cooked simply with an innovative twist. Sean has kindly provided his tasty recipes for using up leftovers.

Love Food Hate Waste

The UK web-site www.lovefoodhatwaste.com/ provides a wealth of information on how we can all reduce food waste. We would like to

acknowledge as a source for some of the recipes in this booklet.



European Week for Waste Reduction

Everyone can take action! Each day, at home, in the office or at school, while doing the shopping or DIY, every one of us can take up simple actions to reduce our production of waste.

See www.ewwr.eu/everyday-life

