

Top tips and leftover recipes

by

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for

Stop Food Waste



Mark and Bernie Doe are passionate about good food and their **Just Cooking** cookery aims to 'add a little flavour' to life with creative Cookery Classes that can teach people how to be the perfect "Domestic God or Goddess". With step by step recipes, guidance and menu advice it's a practical way to learn a skill for life and can put the fun back into home cooking.



But most of all, **Just Cooking** hates food waste. Below Mark Doe shares his top tips to prevent food waste and the following recipes to convert leftovers into flavoursome meals.

- Left over turkey or chicken stroganoff
- Leftover chicken pie
- Potato, cabbage and bacon cakes with mustard mayonnaise
- Pasta, Tomato sauce
- Smoked bacon and broccoli bake
- Bread and butter pudding

Top tips to prevent food waste

- If you see food that is coming up to or on its use by date, freeze it.
- Make a list of the food you waste over a week and see how much it has cost you.
- Bulk cooking and freezing is a great way of having food prepared for days where no leftovers are available.
- Shop wisely. Prepare your shopping list according to the plan and stick to it.
- On left over days, why not google some ideas?
- Soups are a great way of using over leftover vegetables and potatoes. They can be frozen in individual portions
- Always have some basic tomato sauce in the freezer as it is great for creating hundreds of dishes from leftovers.
- Frozen vegetables are fantastic. Packed full of nutrients and always at hand to create quick dishes.
- Take a stock check on your freezer once a month. Make a list of what is in there and plan to use any excessive food.
- Make breadcrumbs from old bread and freeze them. Old bread also makes great toasted sandwiches.
- Sliced bread can be frozen in individual portions and then toasted from frozen.
- Store vegetables in the fridge for a longer shelf life.
- Remove pre packed vegetables from plastic packaging to prolong shelf life.

Left over turkey or chicken stroganoff

Fed up with turkey sandwiches and curry? This is a great way of using your leftover turkey

Serves 4

1 onion, finely sliced
½ tablespoon paprika
2 garlic cloves, finely chopped
2 tablespoons wholegrain mustard
Small knob of butter
2 tablespoons olive oil
250g Button mushrooms, finely sliced
200ml leftover turkey gravy
200ml cream
700g leftover cooked turkey or chicken cut into strips
1 tablespoon white wine vinegar
Salt and pepper
Chopped parsley to serve

1. Add the oil and butter to a heavy based frying pan, and place over a medium heat.
2. Heat until the butter froths and then add the onions.
3. Cook the onions for 4-5 minutes until soft.
4. Add the mushrooms and garlic and cook for a further 3 minutes.
5. Now stir in the paprika and cook for a further 1 minute.
6. Add the turkey meat and gravy and bring to the boil.
7. Pour in the cream bring to the boil and simmer for 3-4 minutes until piping hot.
8. Stir in the mustard and parsley, season with salt and pepper.
9. Serve with crusty bread and rice.

Left over chicken pie

100g button mushrooms
20g butter
400g leftover roast chicken, shredded
1 packet of shop brought ready- made puff pastry
1 egg beaten
80g frozen peas

For the sauce

25g butter
25g flour
200ml chicken stock (made from a stock cube will do)
4 tbs cream (optional)
salt and pepper

1. Preheat the oven to 200c/gas mark 6



2. Wipe the mushrooms and slice. Fry in the 20g butter for 2-3 minutes until golden. Set aside.
3. For the sauce, melt the 25g/1oz butter in a heavy-bottomed saucepan, add the flour and cook slowly over a low heat for 1 minute. Pour in the chicken stock, turn up the heat and stir constantly until simmering. Add the cream, if using and simmer for 8 minutes. If the sauce thickens too much add a little ore stock or some water.
4. Turn off the heat, add the chicken, peas and mushrooms to the pan.
5. Butter an ovenproof dish large enough to hold the mixture. Add the chicken mixture to the dish.
6. Roll out the pastry on a floured work surface, to a thickness of approx 1 cm. Place the pastry over the filling and trim the edges. Peirce the pastry a couple of times a couple of times with a fork, to allow the steam to escape. Brush the pastry with the beaten egg.
7. Bake the pie in the preheated oven for about 25-35 minutes until nicely browned and the filling is piping hot. Serve

Potato, cabbage and bacon cakes with mustard mayonnaise

This is a great way of using left over bacon and cabbage.

I often serve these with black pudding and a poached egg, they are a great Sunday morning breakfast.

Serves 4

600g mash potato
 100g left over cooked bacon, cut into small cubes
 100g left over cooked cabbage, chopped
 Salt and pepper
 2 eggs beaten
 50g flour
 100g bread crumbs
 Olive oil to cook

1. Mix together the mash potato, cabbage and bacon. Season with a little salt and pepper.
2. Mould the mix into 12 small cakes.
3. Pass the cakes through the flour first, then the beaten egg and finally the breadcrumbs.
4. Heat some olive oil in a frying pan over a medium heat.
5. Panfry the cakes until golden on both sides.
6. Serve with the mustard mayonnaise.

Mustard mayonnaise

100g mayonnaise
 1 tbs wholegrain mustard.

1. Mix the mayonnaise through the mayonnaise and store in the fridge until needed.

Pasta, Tomato sauce

Use this sauce to make your own pizza, or great just simply stirred through some cooked pasta.

2 tablespoons of olive oil	1 onion chopped
1 tin of chopped tomatoes (400g)	1 tablespoon of tomato puree
Salt & pepper	1 tablespoon of balsamic vinegar
1 teaspoon of dried mixed herbs	1 garlic clove, peeled and chopped
1 teaspoon of sugar	100ml of water

1. Heat the oil in a saucepan and add the onion, garlic and mixed herbs.
2. Cook gently for 4 minutes until soft.
3. Add the tomato puree and stir through. Add the tomatoes, water, sugar & vinegar.
4. Bring to the boil and reduce to a simmer.
5. Simmer for 10-12 minutes and then season with salt and pepper.
6. If you want a smooth tomato sauce, blend till smooth in a food processor.

Smoked bacon and broccoli bake

Serves 4

1kg pasta shells
200g broccoli, cut into very small florets and the stems thinly sliced
2 tablespoons olive oil
100g smoked bacon pieces
100g button mushrooms, quartered
200ml tomato sauce (see recipe)
100g cream cheese with garlic and herbs
Salt and pepper

For the topping

100g cheddar cheese, grated
100g breadcrumbs
Salt and pepper

1. Preheat oven to 190c/gas mark 5/375f
2. Cook the pasta in a large pan of boiling salted water for 6 minutes, then add the broccoli and cook for 2-3 minutes longer, until the pasta is just cooked.
3. Drain well and return to pan.
4. Heat the oil in a frying pan and add the bacon pieces.
5. Fry until lightly browned.
6. Tip in the mushrooms and fry for 2 minutes, then stir in the tomato sauce and bring to the boil.

7. Add the cream cheese and gently simmer until the cheese has melted, stirring, until the sauce is thickened slightly.
8. Season with salt and pepper.
9. Pour the sauce over the pasta, stirring gently until coated, then tip into a shallow ovenproof dish.
10. Mix together the cheese and breadcrumbs and sprinkle over the pasta.
11. Bake for 20 minutes until golden.

Bread and butter pudding

Serves 8

100g butter (preferably unsalted) at room temperature
 12 slices white bread
 70g sultanas
 400 ml cream
 400 ml milk
 4 egg yolks
 2 eggs
 70g caster sugar

1. Generously butter a shallow oven-proof dish.
2. Remove the crusts from the bread, butter both sides of the bread with the rest of the butter and cut into quarter triangles.
3. Arrange a single layer of the bread, slightly overlapping the slices in the bottom of the dish.
4. Sprinkle with some sultanas and arrange another 2 layers with sultanas between each until the dish is full.
5. Pour the milk and cream in a thick bottomed saucepan and place over a medium heat.
6. Bring to a simmer, remove from the heat, then whisk together the egg yolks, whole eggs and sugar in a large bowl.
7. Whisk the hot milk and cream onto the eggs and sugar.
8. Preheat your oven to 200c/gas mark 6/fan 180C.
9. Pour half of the mix over the bread and leave to stand for 8 minutes.
10. Pour over the rest and leave to stand for a further 5 minutes.
11. Cook for approximately 30 minutes, until golden and firm to touch.
12. Serve hot with butterscotch sauce.

You can also add some chopped chocolate between each bread layer.
 Another favourite of mine is to make the pudding using croissants or pain au chocolate.
 Slices of panettone or brioche also work well.
 I also occasionally like to add 5 tablespoons of Baileys to the egg mix.