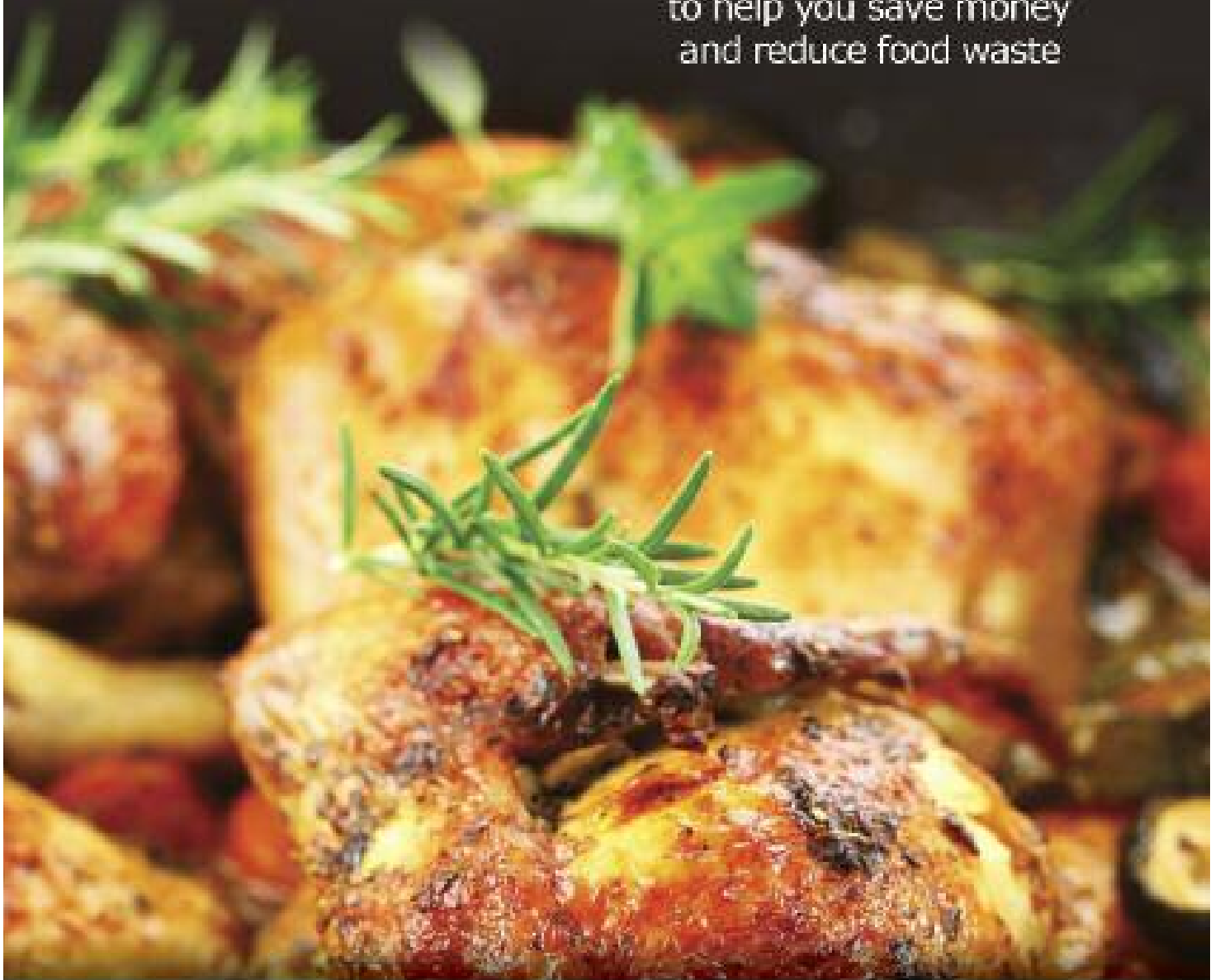


Taste of Monaghan

A LEFTOVERS COOKBOOK

Smart tips and easy recipes
to help you save money
and reduce food waste



Food waste costs the average householder in Ireland somewhere between €700 and €1,000 a year. Think about that, 1/3 of everything we buy ends up in the bin! Hopefully, this booklet might inspire you to make some small changes that will help you reduce the amount of food you waste in your home and in the process save you money. For more information check out these two excellent websites. www.stopfoodwaste.ie & www.lovefoodhatewaste.com

Our Top 5 Tips for saving money on your weekly shopping bill.

Get familiar with your fridge and friendly with your freezer

Just by opening the fridge door and checking the 'use by' dates on what's inside, you can begin saving money. When you get home with your shopping, it is a good idea to transfer as much as you can straight into the freezer.

Understand food dates

Do you know what the 'best before' and 'use by' labels really mean? Check out the infographic at the back of this booklet to understand these dates better.

Carb Control

Day after day we serve up basic staples - bread, rice, potatoes and pasta at meal after meal, but large amounts of these carbohydrates end up going straight in the bin.

Lovely leftovers

It's amazing how many meals you can get from one chicken! If you enjoy a roast on Sunday, the remains of the joint would make a great curry or a delicious risotto later in the week and you'll always find enough for a sandwich

It pays to plan!

Planning your meals is one of the most effective ways you can cut wastage and food bills. Start by checking your fridge, freezer and store cupboard, and before you go shopping, write a list, so you don't shop for things you already have.

Leftover roast chicken can be used in a variety of ways in pasta bakes, curries, salads or sandwiches. Another simple option is to mix a bit of Pollocks' Pickle mango chutney with leftover chicken and serve it on a bed of lettuce or in a pita bread for a delicious lunch. For something a bit more substantial try this

QUICK AND EASY MANGO CHICKEN

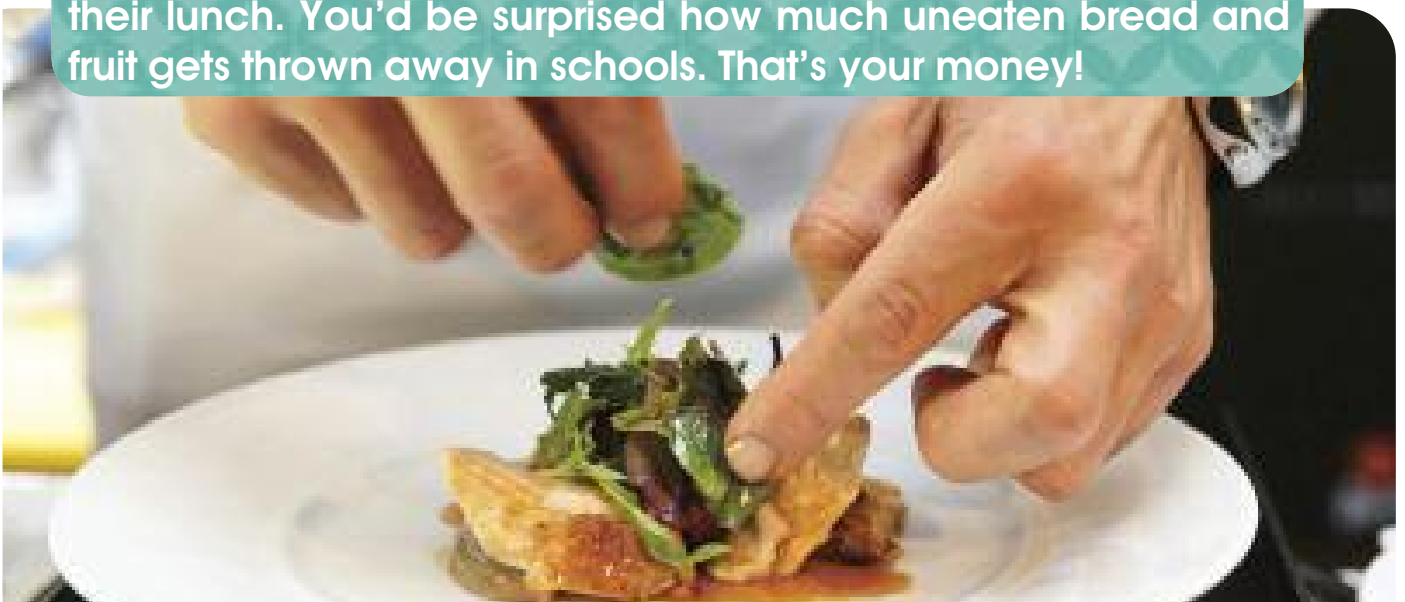
INGREDIENTS:

- 12 oz left over chicken breast or thigh meat. Turkey meat can also be used.
- 1 red or green pepper chopped
- 4 oz mushrooms
- ½ jar Pollocks' Mango Chutney (or add to suit your own taste)
- ½ carton cream or yoghurt

METHOD:

1. Chop chicken and put in a heatproof dish.
2. Add red/green pepper and mushrooms.
3. Lightly whip cream and add Pollocks' Mango Chutney or just add straight to the yoghurt.
4. Pour over chicken and vegetables.
5. Bake in oven at 180C for approximately 20 minutes or until cooked through.
6. Serve with boiled rice or creamed potatoes.
7. Enjoy.

If you have school going children make sure they aren't wasting their lunch. You'd be surprised how much uneaten bread and fruit gets thrown away in schools. That's your money!



We all know roast beef is an expensive cut of meat. Don't waste your money by letting leftovers go to waste. Use this recipe the following day for a hearty nutritious meal for all the family.

ITALIAN BEEF STEW.

INGREDIENTS:

- 1/2 onion chopped
- 1/2 red pepper chopped
- 1 tbsp olive oil
- 8/10oz cooked roast beef
- 2pts beef stock
- 1 can of chopped tomatoes
- 2 carrots peeled & sliced
- 2 cloves garlic peeled and sliced
- 2oz mushrooms sliced
- 1/2 tbsp dried oregano
- 1/2 tbsp dried basil
- 1 tbsp fresh basil

METHOD:

1. Saute the onion, garlic in the olive oil, and add the carrots, red peppers and mushrooms.
2. Add the beef, then the beef stock, the chopped tomatoes and the dried herbs.
3. Reduce the heat down low and simmer with a lid on for 45mins. Stir occasionally, taste for seasoning.
4. Add the fresh basil when stew is done.
5. Serve with potatoes

Always use a shopping list – you will get what you need and you'll waste less. Don't be tempted by offers such as buy one get one free when shopping; it is only cheap if you eat it!



This recipe is great for using up those leftover potatoes (we all cook way too many) & vegetables from your dinner and it make a great supper time treat. You don't have to use sprouts and bacon, just use your imagination and create your own.

BUBBLE & SQUEAK POTATO CAKES

INGREDIENTS:

- 1 tbsp of oil
- 1 red onion thinly sliced
- 4 streak bacon rashers cut into small pieces or small pieces leftover ham
- 1 ¼ lb good dry leftover mashed potato
- 11 oz Brussels sprouts cooked & cut in half
- 1 oz grated parmesan cheese
- Melted butter to grease & brush

METHOD:

1. Preheat oven to 200°C. Heat the oil in a large saucepan add the onion and cook for 3-4 minutes until soft. Add the bacon and cook for a further 3-4 minutes until it browns. Remove from pan and transfer into large bowl.
2. Add the mashed potato & sprouts to the bowl & season well, add the parmesan mix well and divide the mixture into six.
3. Using your hands shape each portion into a cake put onto a greased baking tray and brush with a little melted butter. Bake for 15-20 minutes until slightly crisp and golden. Serve with a dollop of beetroot chutney.

Loads of people don't realise fruit and veg, like carrots, peppers and apples, are best kept in the bag they come in as it keeps them fresher for longer.



Bread is one of the top food items we throw away. Why not make something like breadcrumbs, garlic bread or croutons to ensure it doesn't go to waste. Bread can be frozen, but when defrosting take care to remove any ice from within the pack as this can thaw and cause the bread to become soggy in places

WHISKEY AND ORANGE BREAD AND BUTTER PUDDING:

INGREDIENTS:

Flavoured butter:

- 100g unsalted butter
- 1 pinch nutmeg
- 1 pinch ground cinnamon
- Zest of one orange

Pudding:

- 1/2 loaf of 3-4 day old bread
- 8 eggs
- 600 ml milk
- 250 cream
- 100g caster sugar
- 4 tablespoons fine cut marmalade
- 1 shot whiskey
- 1 shot orange juice

METHOD:

1. Preheat oven to 170°C or gas mark 4
2. Make butter by mixing butter, zest, nutmeg and cinnamon together. Use a little of this butter on shallow oven proof dish
3. Cut crust of bread, cut diagonally, butter on one side and arrange in dish
4. Boil milk in saucepan, turn off heat
5. Separate 6 eggs, use six egg yolks and two full eggs
6. Whisk eggs with sugar and cream pour in milk & mix well.
7. Mix marmalade, orange juice and shot of whiskey, Heat gently on stove in saucepan.
8. Brush over pudding 10 minutes before cooking. Return to oven to glaze.

Supermarkets are smart – they use stock control. Copy them by putting things that need to be used to the front where you won't forget about them.



Do you end up having bits and pieces of vegetables in the bottom drawer of your fridge at the end of the week? Do bananas or other fruit go black on you? Veg and fruit can be used to make healthy salads or delicious fruit smoothies, experiment and enjoy but don't let them go to waste.

Warm Roast Vegetable Salad with Feta cheese

Any veg can be used but we like this version: Alternatively, you can put roast vegetables in a pita or wrap with some Hummus

INGREDIENTS:

Mix of

- Sweet potato
- Red pepper
- Red onion
- Courgette
- Garlic
- Feta cheese cut into pieces

METHOD:

Chop the veg into chunks. Make sure to chop carrot and sweet potato thinner than the other veg to ensure they get cooked. Drizzle with olive oil and add peeled clove of garlic. Roast in pre heated oven for 30-40 minutes, stirring and tossing every 10 minutes. Allow to cool slightly and stir in feta cheese. Season and serve

The main foods that we throw out uneaten are bread, potatoes, apples and 50% of the salad leaves we buy. Next week why don't you make a list of what gets thrown out in your home? We bet you will be surprised.



Date labels - Infographic

BEST BEFORE
04 MARCH



BEST BEFORE

These dates refer to quality rather than food safety. Foods with a 'best before' date should be safe to eat after the 'best before' date, but they may no longer be at their best.

USE-BY

These dates refer to safety, food can be eaten up to the end of this date but not after even if it looks and smells fine. Always follow the storage instructions on packs



USE BY
25 OCT

DISPLAY UNTIL
20 OCTOBER



DISPLAY UNTIL & SELL BY

You can ignore these dates as they are for shop staff not for shoppers.

DID YOU KNOW?

To extend the life of food beyond its date, freeze it before the date and defrost and use within 24 hours. Providing eggs are cooked thoroughly, they can be eaten a day or two after their 'best before' date.



USE BY
11 MARCH



Comhairle Contae Múscraíochta
Monaghan County Council



epa
FoodWaste.ie