



# **STOP**FoodWaste.ie

WORKPLACE TRAINING

## **WORKING TO REDUCE FOOD WASTE**

TOPIC 4.

## **COOKING & REUSE**

11 PAGES - APPROX 5 MINS READING TIME



## Cooking & Reuse

There is something very satisfying in rustling up a meal from a mishmash of leftovers or incorporating an ingredient into a meal when it would have otherwise gone in the bin. It doesn't need to be fine dining – some of the best home-cooked meals are thrifty maker uppers such as potato hash, omelettes, French Toast and vegetable soup.

Whatever your level of skill, there will always be opportunities to reduce food waste in the kitchen. A few handy meals to use up what needs to be eaten is all anyone needs to prevent food from going to waste.

**WITH A LITTLE BIT OF KNOW-HOW AND A DIFFERENT PERSPECTIVE, LEFTOVERS AND RANDOM INGREDIENTS CAN QUICKLY BECOME A 'MEAL IN THE MAKING'.**

## WANT A CHALLENGE?





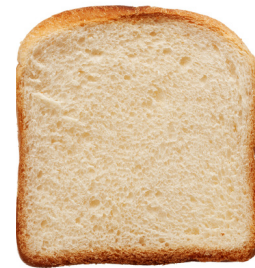
## Cooking Challenge No.1

# Thinking outside the pot

What else could you  
make from these three  
foods that you might  
find in your kitchen at  
the end of the week?



**End of a bag of greens**



**Stale Bread**



**Veggie mix**

# TADA!



## Added greens!

Many of us buy healthy foods with the best of intentions but the healthy eating doesn't always go according to plan. Bags of greens are often wasted.

Freeze what you don't use and add them to soups/curries when you're in the mood for something healthy!



## French Toast

Dip staling bread in beaten egg and fry it up to make French Toast. Perfect for breakfast on the weekend.



## The everything pizza

Top up a frozen pizza with all the vegetables you've got. This is a great way to use up veg that's on the turn.

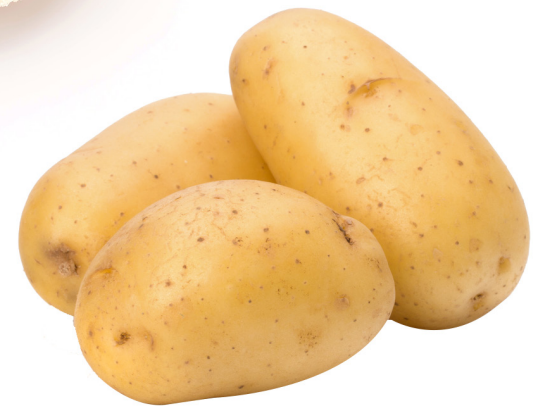
**CHALLENGE  
NO.2**



## Cooking Challenge No.2

### Use it up!

What could you make  
from banana skins,  
burger buns and  
potatoes?



## Pulled Banana Skin BBQ Bap with Home Fries

Who knew? Banana skins are edible!

This recipe is provided by Tara Lambe of Food Space, Friars Restaurant NUI Galway and can be found in the [Luscious Leftovers cookbook](#), collaboratively produced together with Galway Gastronomy and a number of Galway's Chefs.

Another way of using up banana skins is making a banana skin chutney. For more information on bananas, check out the [A-Z of Foods](#).



**CHALLENGE  
NO.3**



## Cooking Challenge No.3

### What to cook?

Derek, Emma and Tim are coming over for dinner. Derek is vegetarian, Emma does not eat potatoes and Tim likes his meat. What would you make them?





## You can't go wrong with a veggie chilli!

Preparing food for people with allergies and dietary requirements (including picky toddlers!) can be demanding.

Most people will happily eat well known classics and there's nothing wrong with substituting ingredients depending on what you have at home and who you have to feed.

In fact, a lot of the time we get caught up on the specifics of a recipe. Don't be afraid to swap out ingredients - you may end up surprising yourself with fantastic changes/ additions to recipes that end up becoming legendary!

**CHALLENGE  
NO.4**





## Cooking Challenge No.4

### Portion size?

Which one of these items is best for measuring rice? A mug, a rice measure or a weighing scales?

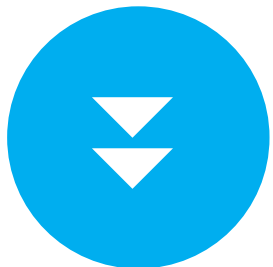


## Whatever works for you!

Have you ever gone to cook rice or pasta, guessed what you need, added a bit more (just to be sure!) and then ended up with way too much? It happens all the time with all sorts of food and much of this becomes food waste. That is why proper portion measurements are so important.

Measuring portions can be as simple as having a particular cup for rice, using a specific portioning tool or going all out with a weighing scales.

Regardless of how you do it, try to measure out portions.



# Don't just tick it, do it!

Before next week, what actions will you try?

For tips and pointers on cooking and reuse to help you prevent and reduce food waste, check out [www.stopfoodwaste.ie](http://www.stopfoodwaste.ie).

Next we will cover preserving and composting.

Preserving food presents a world of flavours and ideas.

Composting is fun - it keeps organic waste out of landfill, and it gives you a great resource for the garden.

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## 'Make and Do' meal

Try one new recipe and consider whether or not it's possible to incorporate additional items into the dish. Otherwise, come up with ways of using up what will be left over of any new ingredients required.



*Yes, I will do this*

## Serve it up

Serve food in dishes in the centre of the table and let people take what they need. We're more inclined to save leftovers from a serving dish than from someone's plate.



*Yes, I will do this*

## Love your leftovers

Make a special effort to use up all of your leftovers this week. We have found that having a lunchbox you love can make leftover lunches feel that bit more glam!



*Yes, I will do this*

## Lifelong learning

Instead of a new recipe, learn one new cooking technique (e.g. how to make soup, to caramelise onions or how to season food). The ability to apply the principles of cookery will help with using whatever is to hand in the kitchen. Once you nail it, you'll know it for life.



*Yes, I will do this*