

# 100 FOOD WASTE KITCHEN HACKS

Use these smart ideas to help you LiveWise and make the most of the food you buy

## LOVE YOUR LEFTOVERS

with these innovative suggestions - from shepherd's pie in a pie to mash doughnuts



**1 Leftover shepherd's pie** is transformed by wrapping it in shop-bought puff pastry, baking til piping hot and serving with brown sauce. A pie in a pie!

**2 Leftover pasta?** Toss in oil and freeze single portions for lunch. Defrost in the fridge in the morning and at lunch stir in tomatoes, cucumbers and feta.

**3 Make a pie with leftover roast dinner:** cover whatever you have left in gravy in an ovenproof dish and cover in ready-made pastry and bake until golden.

**4 Mix leftover mashed potato with finned salmon, salad onions and a beaten egg.** Shape into patties, coat in flour and fry for a quick and delicious fish supper.

**5 Get innovative with leftover mashed potato:** use with ground almonds in gluten-free cakes, with flour for fluffy pancakes or moist doughnuts.

**6 Cool leftover cooked rice quickly, refrigerate, then use to make burritos** by mixing it with canned refried beans, chopped avocado, cheese, cooked meat and wrapping with a tortilla. Make sure the rice is piping hot before serving the burritos.



**7 Coat leftover spaghetti** in a little sauce to just coat, then mix with egg and cheese and fry both sides in a pan to make a version of that US staple - a pasta pie!

**8 Leftover cooked rice can be safely frozen:** cool quickly, portion into freezer bags, microwave from frozen to reheat until piping hot for fried rice or curry.

## THE GREAT BAKE SAVE!

Transform stale bread, cake and surplus baking ingredients



**9 Cake that's a bit past its best** can act as a super thickener for a milkshake - especially chocolate.

**10 To refresh a stale baguette,** spritz with water then place in a hot oven for 5-10 minutes until it's crusty on the outside and soft on the inside.

**11 Been baking and can't get through all the cake?** Wrap individual slices and freeze, ready to take out when you fancy an afternoon treat.

**12 Scattering eggshells** in the garden provides a natural way to keep the slugs away. It adds calcium to the soil, too.

**13 Leftover yolks from meringue making?** Beat together with a little salt or sugar and freeze in small quantities for pastry, sauces and custard.

**14 Whizz leftover bread into breadcrumbs and freeze**

- it takes only minutes to defrost to use as toppings for pies or fish bakes.

**15 Use stale flatbreads** in a fat-tough salad or stale crusty bread in panzanella. Drier bread is best to absorb the delicious dressings.

**16 Tear stale bread into chunks**, - toss in oil, and bake in a hot oven for about 10-15 minutes, turning halfway. Store the croutons in an airtight container and use in soups or salads.

## USE THESE SMART IDEAS

**to make sure your fresh produce is put to good use. Salad days!**



**17 Leftover winter veg or barbecued Mediterranean veg make great houmous.** Tip onto a roasting tray with the same amount of drained chickpeas, add a couple of unpeeled garlic cloves then roast for 15 minutes at 180°C. Whizz with tahini, lemon juice and olive oil.

**18 Make potato peel fries** by dropping peelings straight into a bowl of cold water to prevent them from turning brown and rinse off the excess starch. Pat dry on kitchen paper then deep fry in vegetable oil until crisp. Serve with a simple sour cream and chive dip.

**19 Reuse your juicer pulp.** For veg such as carrot and celery,

leftover pulp makes a great base for soups and stews. Simply fry in a little olive oil with onion and garlic.

**20 Salad leaves or celery looking a little sad?**

Try plunging into ice-cold water for 15-20 minutes, before draining to bring back to life.



**21 Tomatoes too soft to serve fresh?** Waitrose Cookery School chefs advise chopping them and frying slowly with garlic and herbs for a pasta sauce.

**22 Try this nifty trick from Waitrose Cookery Schools for ginger peelings:** dry in a low oven and store in an airtight container for ginger tea. defrost to use as toppings for pies or fish bakes.

**23 Don't chuck the tough stalks from your greens,** say Waitrose Cookery School chefs - instead, slowly braise them in stock for a tasty side.



**24 Asparagus will stay fresher for longer** if you stand spears in a glass with 2.5cm water, cover loosely with a plastic bag and keep chilled.

**25 Use vegetable peelings** to flavour a homemade stock during the simmering stage before

straining, Waitrose Cookery School chefs advise.

**26 If mushrooms are turning brown,** don't discard, peel off the outer layer and discard any dry stalks (don't store in plastic packaging).

**27 Make a 'fridge curry' with leftover vegetables.** Simply roast, fry or boil first and add to your favourite curry sauce.

**28 Keep leftover veg in boxes or bags** at the front of the fridge preferably at eye level, where you're far more likely to notice and use them.

**29 Root veg going to waste?** Slice very thinly and deep-fry in 190°C oil until golden. Season with salt for homemade crisps.



**30 Save your potatoes** by peeling, chopping, parboiling as you would for roast potatoes and then drain, steam dry and open freeze before transferring to bags. Then you can roast from frozen when you're ready.

**31 Grate leftover carrots, courgettes and onions** into pancake batter with some cheese or spices, and fry fritters until golden on both sides.

**32 A Waitrose Living Baby Leaf Salad, £1,** means you can keep it for longer and cut as you need.

**33 Revive carrots** by placing them in a glass of water.

**34 Peel any ripe avocados** – cutting away any brown bits – then slice and toss in a little lemon juice and freeze in a single layer on a lined baking sheet. Once they're frozen transfer to a freezer bag. The avocados will stay green and defrost really quickly.

**35 Save brown onion skins to make stock.** Not only do they provide a delicious flavour, they give the liquid a lovely golden brown colour.

**36 Asparagus doesn't last long** even in the fridge, so add thin ribbons of it using a speed peeler to salads with Parmigiano Reggiano.



**37 Halved onions unused in the fridge** can be whizzed up with a clove of garlic and a thumb-sized piece of fresh ginger and frozen as a base for a scratch curry.

**38 Rocket or other dark green leaves can be frozen** from fresh and added to sauces and stir-fries and wilted just as you would use spinach.

**39 Serve leftover salad leaves** by wilting them on the plate under a just-cooked fillet of fish.

**40 Wilt the last of your salad greens** in a little olive oil or butter with garlic to have as a side dish.

**41 Leftover cooked fish can be made into fishcakes** with mash and salad onions or used in a salad for a packed lunch.

**42 Say goodbye to sad-looking pieces of ginger in the fridge.**

Instead freeze whole on the day of purchase and, using a microplane, grate as much as you need into dishes. This way, you don't even need to peel it.

**43 Make 'fridge soup'** every week or so with any leftover vegetables and herbs that look like they are going to waste, then freeze in portions.

**44 Make smoothie packs** from vegetables and fruit to freeze. Slice into small enough pieces so you can blend from frozen with a little juice.

## TRY THESE GREAT IDEAS

**to use up the fruit bowl remnants...**

**45 Dry out slices of fruit and veg in a low oven and freeze to use later.** Tomatoes can be added to pizza and pasta, citrus fruit to hot water for tea and sweet potato and pineapple slices make super crisps.

**46 Store berries dry in the fridge,** and wash them only just before eating. Any sooner and the residual water will cause them to spoil.

**47 Freeze overripe bananas for an instant 'ice cream':** blend from frozen with a little peanut butter, say Waitrose Cookery School chefs.



**48 Freeze fruit for smoothies and you will never waste it again.**

Pop any leftover berries, or odd pieces of tropical fruit onto a tray lined with greaseproof paper (to stop them freezing in clumps) and freeze. Once frozen, transfer to a freezer bag and keep adding fruit in this way as it needs using up. Make a smoothie by blending a handful from the bag with a chopped banana and a spoonful of natural yogurt.

**49 Waitrose Cookery School chefs make lollies with overripe fruit:** heat in a pan with a little water and honey, blitz and pour into moulds.



**50 Glut of berries?** Open freeze on a tray, then bag up and keep in the freezer. You can use them in puddings or smoothies, just blend from frozen with yogurt and honey.



**51** If you find your bananas are ripening quicker than you can eat them, try wrapping the stalks in clingfilm. That's the point from which they release ethylene gas, which controls browning and ripening rates in fruit.

**52** Mix 2 overripe mashed bananas, 2 eggs, ¼ tsp baking powder for pancakes. Drop small amounts of the mixture onto an oiled pan for 2 minutes each side.

**53** Apples turning soft?

Peel, core, chop, coat in some sugar, spices and freeze, ready for an apple pie or crumble (cook for slightly longer).

## SHOP, STORE AND SERVE WISELY

with these handy hints, from freezing stem ginger to the correct place for tomatoes (it's not in the fridge)



**54** If you need a very small amount of something, try Waitrose service counters, where you can buy a single bacon rasher, just a couple of prawns or a sliver of cheese, for example.

**55** When entertaining, serve food in large dishes and let people help themselves. That way, any leftovers can be saved for later, unlike unwanted food on people's plates.

**56** Consider keeping the entire fruit bowl in the fridge so its contents last longer than it would on the worktop.



**57** If you've roasted a whole chicken, leave the meat on the bone wrapped in foil for as long as you need it - it'll dry out less quickly.

**58** Garnish & Go at Waitrose fish counters provides shoppers with the option of a pat of butter, lemon slice and choice of herb in an ovenproof bag, saving them time, money and the dilemma of how to use leftovers.

**59** When serving salad, dress the amount you'll definitely eat on individual plates so leftovers still have life in them by lunchtime the following day.



**60** When buying fresh fruit and veg, try to have more than one use for them in mind. Fresh rocket is good in salad as well as folded through a risotto. Buy oranges instead of lemons for your G&T, and eat the remainder as a snack the following day.

**61** Buy multiple packs of beef mince on offer and cook the whole lot at once with onion, garlic, canned tomatoes, tomato purée and seasoning. Divide into thirds and keep in the freezer for use as a base for quick cottage pies, chillis and lasagnes.

**62** Just realised your meat's reached its use-by date?

Cook it and freeze to use at a later date. Cooked pieces of chicken are ideal for curries and pies.

**63** Eat before you go shopping - it'll stop you giving in to temptation and veering away from that all-important list.

**64** Freeze mince in manageable portions. Cut a 400g pack into four equal strips and freeze in bags to use as you need. They'll defrost more quickly and you won't use more than necessary.



**65** Butter freezes very well, so if you're only going to use a half a block, don't let it languish in your fridge. Defrost quickly by grating it.

**66** Handy steamer packs like Waitrose Wheatberries Lentils & Green Vegetables, £1.99/300g, provide a variety of veg and pulses for a single meal.

**67** Freeze egg whites or beaten whole eggs in labelled freezer bags in small quantities, ready for meringues or an omelette, thaw in the fridge.



**68 Don't keep garlic in the fridge,** store at room temperature in a wire basket for plenty of air circulation.

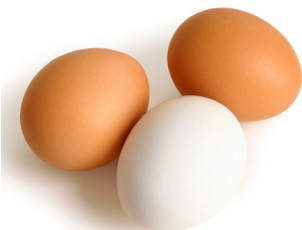
**69 'Use by' dates** are for perishable foods that should be eaten before this date. Use your senses for 'best before' dates – sniff and study for signs of life before discarding.

**70 Storing tomatoes in the fridge damages their membranes** resulting in mealy texture and loss of flavour. Store at room temperature unless fully ripe.

**71 Store potatoes in a cool, dark, ventilated place,** away from onions, which can cause them to sprout faster and taste of onions.

**72 Store soft herbs** such as parsley and coriander in a jar or glass with 2.5cm water (like a flower bouquet) in the fridge. This should be room temperature for basil.

**73 Help woody herbs** (rosemary, thyme) last longer and wrap in damp kitchen paper before storing together in an airtight container in the fridge.



**74 Test your eggs in a bowl of water:** fresh eggs will lie horizontally on the base, eggs that float should be discarded (perhaps use the shells – see no6)

**75 Organise your fridge every week** by moving food to be used sooner to the front, and longer-life products to the back.



**76 Plan your weekly meals:** look in the cupboards, fridge and freezer to see what needs using and shop accordingly with a list.

**77 Correctly stored produce will last longer** so keep the fridge cold enough to keep food fresh but not so cold that things will freeze at the back.

**78 Add a paper towel to a half-eaten bag of salad** to help soak up the moisture that can cause the leaves to spoil quickly.



**79 Don't let hard cheese go mouldy** – grate and freeze in an airtight container, and use from frozen to melt as a topping on pizza or pasta.

**80 Keep a wipeable pad on the front of the fridge door** to write down dates and what leftovers and produce you have in there. It makes meal planning much easier.

## DON'T POUR IT AWAY!

**How to make a meringue from canned chickpea fluid and other solutions for liquid that might otherwise get washed away**

**81 Use the water from a can of chickpeas or other pulses to make a vegan meringue!**

It contains protein like egg whites. [waitrose.com/home/tv/desserts/the-happy-pear-seggfreepavlova.html](http://waitrose.com/home/tv/desserts/the-happy-pear-seggfreepavlova.html)

**82 Nearly empty jars of mayonnaise, mustard, chutney horse-radish and chilli sauce** can be transformed into salad dressing by adding oil, vinegar and chopped fresh herbs to the container, replacing the lid and giving it all a good shake.

**83 For a fast chocolate drink,** fill a nearly empty jar of chocolate spread with warmed almond milk, screw on the lid tightly and shake. Pour into a cup and top with marshmallows, if you like.

**84 Open tin of tomato purée?** Freeze in tablespoon portions or in ice cube trays before transferring to a freezer bag and adding to dishes from frozen.

**85 Whisk together** olive brine from an olive jar with olive oil, herbs and crushed garlic and use as a marinade for chicken, lamb or pork.



**86 Use sour milk** instead of buttermilk for use in scones and sodabread.

**87** Once the last gherkin has been eaten, don't discard the brine – top the jar up with fresh cucumber. Cut a cucumber in half lengthways, scoop out the seeds with a teaspoon and slice. Fill the jar then pop in the fridge – after a couple of days you'll have crunchy pickled cucumber, perfect for salads.

**88** The remnants of jam at the bottom of a jar can be tricky to get out, so simply add oil and vinegar, shake and you have a fruity salad dressing.

**89** Use the liquid/brine, from pickles, capers or olives in the water when boiling new potatoes or poaching fish, or add it to salad dressings.



**90** Leftover Yorkshire pudding batter, pancakes and waffles freeze brilliantly and are useful to have ready in the freezer for a quick morning meal.

**91** Need a use for leftover wine? Freeze in ice cube trays, and use from frozen to flavour gravies, sauces and stews.

**92** Save the liquid that comes with fresh mozzarella and use in place of the water for your next batch of pizza dough.

## IDEAS FOR THOSE ODDS AND ENDS

that we can accumulate from scratch cooking

**93** Rinds from hard cheeses like Parmigiano Reggiano can be cut into chunks and added to soups and tomato sauces during cooking for a richer flavour. Either remove before serving or leave them in like they do in Italy, where they are prized by diners.

**94** Crystallised honey can be revitalised by microwaving it for a few seconds, or sitting the jar in a pan of hot water.

**95** Whizz up leftover rosemary with salt in a food processor or pestle and mortar and leave to dry out for an easy and quick flavoured seasoning to sprinkle on roast potatoes.

**96** Don't consign coriander stalks to the bin: finely chop and add to soup and stews for flavour, using the leaves as a garnish. Or chop and freeze them in ice cube trays to use later for quick hits of flavour.



**97** If you have any half-used jars of pesto, anchovies or sundried tomatoes, spread onto a puff pastry sheet, roll up from each short length to meet in the middle and bake in a hot oven to make palmiers.

**98** Use out-of-date nuts, dried fruit, cheese and oats to make fat balls with suet or lard for the bird in your garden.



**99** Don't discard limp-looking herbs, lemon zest, garlic or capers. Simply add them to softened butter, roll into a sausage shape in some greaseproof paper, chill and slice as needed for use as garnish to cooked potatoes or fish. Any leftover herb butter can be frozen to use when roasting vegetables or chicken breasts.

**100** Have some herbs languishing? Whizz with a bit of oil in a blender and freeze as a paste in ice cube trays. Then you can simply drop them in one at a time to add flavour to stews and sauces.