

SECOND EDITION

STOP FOOD WASTE DAY COOKBOOK

STOP FOOD WASTE 
Day®



STOP FOOD WASTE DAY COOKBOOK

It is with great pride that I share the second edition of our Stop Food Waste Day global cookbook, updated for 2023 with new recipes including leftover bread casserole from Austria, wonky vegetable enchiladas from Mexico, and stuffed potatoes with vegan Bolognese from Spain.

With a third of all food produced globally wasted every year, we are clear about the collective role we must play in driving permanent change across our industry. We're making good use of technology to understand our food waste footprint and are working in partnership with our clients and suppliers to halve it by 2030.

But let's not forget, Chefs are our real game changers! They're the people behind many of the great meals that we eat around the world every single day. But they're also the ones that make reducing food waste enjoyable; through their creativity, innovation and dedication to always reducing, reusing and repurposing.

The delicious recipes in this cookbook have been submitted by over 54 Compass chefs from more than 37 of our different operating countries - and range from starters, mains and desserts to other handy tips and tricks.

On behalf of everyone at Compass Group, I'd like to extend my thanks. Not just to our Chefs that have contributed to this fantastic and exciting collection of recipes, but all of our teams around the world who choose to fight food waste every day. Thank you.

I hope you enjoy replicating these recipes at home!

Dominic

DOMINIC BLAKEMORE
Group CEO, Compass Group PLC





CONTENT

STARTERS 11

- Jollof Rice **12**
- Coconut Parsnip Soup **14**
- Chicken Croquettes **16**
- Carrot Skin Chutney **18**
- Functional Rice with Pumpkin Peel and Seeds **20**
- Vegetable & Bruised Tomato Galette **22**
- Thai Inspired Roasted Pumpkin Soup & Pumpkin Skin Chips **24**
- Roasted Beet Hummus **26**
- Eggplant Quinoa Fritters **28**
- Baked Potato Gnocchi **30**
- Banana Peel Tapa **32**
- Gourmet Panzanella Salad **34**
- Swiss Pasta Gratin **36**
- Sustaina-Bubble & Squeak Savoury Welsh Cakes **38**
- Crisp-Peels **40**
- Stuffed Chinese Fried Gluten Balls **42**
- Roasted Carrots with Greek Yogurt Labneh **44**
- Sauerkraut **46**

MAINS 49

- Chakchouka **50**
- Spinach, Kale and Vegan Cheese Frittata **52**
- Feijoada Carioca **54**
- Breakfast Pizza **56**
- Chicken Bruschetta over Penne with Summer Vegetables **58**
- Sambal with Beef Strips **60**
- B & B Pot Pie **62**
- Smokey Grilled Chicken with Cauliflower-Potato Hash, Spring Onion Top Chimichurri and Crispy Cauliflower Leaves **64**
- Wild Salmon Tarragon Cake Slider with Fennel Daikon Slaw **66**
- Japanese Style Tacos **68**
- Watermelon Rind Curry **70**
- Veggie Pesto Pasta & Peel Chips **72**
- Kitchen Pot Roast **74**
- Lamb Pilaf **76**
- Veggie Burger **78**
- Cauliflower 360 Degrees **80**
- Roasted Veggies Tray **82**
- Chicken Vegetable Pie **84**
- Bread Casserole **86**
- Fried Chickpea Pie with Traditional Santander Aji **88**
- Garden Vegetable Enchiladas **90**
- Prawn Noodle Pasta **92**
- Potatoes stuffed with Vegan Bolognese and Mashed Potato au Gratin **94**
- Leftover Burger or Brisket Chilli **96**
- Pan Seared Skin-On Salmon, Stir Fried Broccoli and Cauliflower Stems **98**
- Cauliflower Tikka Masala **100**

DESSERTS 103

- Carrot Cake **104**
- Summer Pudding, Lemon Uncured Cream & Fruit Coulis **106**
- Sultana Oat Fritters **108**
- Ice Meringues with White Chocolate & Passion Fruit Mousse **110**
- Mango Pie **112**
- Lost Fruit in Cocoa & Cinnamon **114**
- Coffee Ground Brownies **116**
- Banana Chocolate Cake **118**

CHEFS 121



SUBMISSIONS FROM:

- | | | | | | | | |
|-----------|----------|---------|-----------|-------------|-----------|-------------|-------|
| Angola | Brazil | Denmark | Hong Kong | Kazakhstan | Norway | Spain | USA |
| Argentina | Canada | England | India | Luxembourg | Poland | Sweden | Wales |
| Australia | Chile | Finland | Ireland | Mexico | Portugal | Switzerland | |
| Austria | China | France | Italy | Netherlands | Scotland | Türkiye | |
| Belgium | Colombia | Germany | Japan | New Zealand | Singapore | UAE | |

10 TIPS

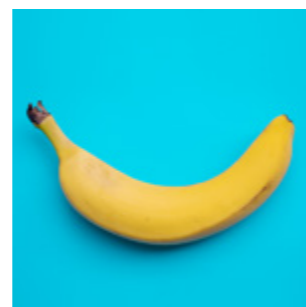
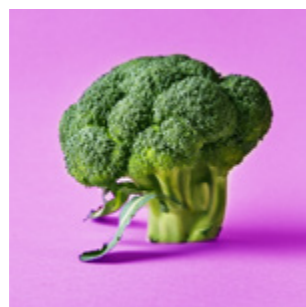
to stop food waste at home

Chefs around the world all agree that with a little help, it is easy for everyone to reduce food waste in their homes.

Here are their top 10 tips to help you to do your part in the fight against food waste.

If you want to learn more about how you can make a difference, visit:

WWW.STOPFOODWASTEDAY.COM



1

MAKE A LIST

A family of four loses \$1,500 a year on wasted food. Plan ahead by making a list and only buying what you know you'll need.

2

LEARN THE ART OF FREEZING

Each of us tosses nearly 300 lbs. of food each year. Get in the habit of freezing leftovers, bread, vegetables and fruit, instead of tossing them in the garbage.

3

HELP SAVE WATER

Wasting a pound of beef is equivalent to running the shower for 370 minutes because of the resources needed to raise a cow. The longer meat is left out in room temperature, the quicker it will spoil. Always be sure to pick up meat, poultry and seafood last and store it first when you get home.

4

REVIVE YOUR VEGGIES

A quick soak in ice water for 5-10 minutes can revive wilted veggies. Even if they can't be restored, some veggies you intended to eat raw in your salad can still shine in a cooked dish.

5

OVERCOOKED ISN'T OVER FOR GOOD

Overcooked vegetables can always be transformed into soups or sauces. Just toss them in the blender with soup stock, milk, or cream. Vegetables like broccoli, carrots, cauliflower and potatoes are excellent for this.

6

LESS AIR = LESS FREEZER BURN

This is what happens when food oxidizes in the freezer. Always squeeze any excess air from plastic bags and containers. For example, you likely won't eat a whole loaf of bread at once, so slice it, wrap it securely and pop it in the freezer. Freezer burn is harmless but does affect taste.

7

DON'T BE BANANAS

Browning or spoiled bananas are perfectly fine to eat. Bruised parts of bananas may be easily cut away or used. Very brown or frozen bananas are great for baking quick breads, muffins or cakes.

8

WASTE LESS WITH KIDS

We want our kids to try new foods, but studies show many children have to try a food up to 15 times before accepting it. Start with small portions and minimize untouched food. You can always offer seconds when they're interested.

9

USE IT UP

90% of us throw away food too soon. Utilize recipes during the week that will use up the food that's about to go bad in your pantry or refrigerator. Just because your lettuce is wilted doesn't mean it's time to toss it.

10

GET CREATIVE

Avoid wasting food by seeing what needs to be used up before you go to the grocery store. Think of a meal to make with those items, check your pantry for the rest of the ingredients and add missing pieces to the shopping list.

Check out our tricks!

TRICKS

to reduce waste

Our chefs know how to get the most out of every ingredient. If there are fruit or vegetable scraps left during the prep of one recipe, they will either be used right way in another recipe or frozen for later use. Vegetable scraps can be used to make homemade stocks and sauces while fruit scraps are a great addition to any delicious and nutritious smoothie.

PINEAPPLE TEPACHE

ANAHITA GUSTASPI | UNITED ARAB EMIRATES

INGREDIENTS

1.5 kg Pineapple Skins (from 2 Pineapples)
10 g Cinnamon Stick
300 g Sugar
3 g Cloves, optional
3 litres Water

METHOD

1. Bring water to a boil and dissolve the sugar in it.
2. Add the pineapple skin, cinnamon, cloves and let it steep.
3. Cover and let it sit for 24 hours at room temperature.
4. Strain using a cheesecloth, chill and consume.

VEGETARIAN MOTHER STOCK

ANDREAS EBBENSEN | DENMARK
CHRISTOFFER CHRISTENSSON | DENMARK

INGREDIENTS

3 litres water

Spices:
2-3 Garlic Clove
5 Star Anise
1 tbsp Coriander Seeds
1 tbsp Black Peppercorns
1 Fresh or Dried Bay Leaf
Salt

2 liters of cut off from:
Leeks
Root Vegetables
Onion and Garlic
Herbs
Mushrooms

METHOD

1. Start by roasting all vegetables besides the herbs on high heat on the stove. After roasting, make sure to put a little water on the frying pan so you get all the great taste from vegetables.
2. Put the roasted vegetables in a pot and pour water so it covers. Add the herbs, spices and maybe dried mushrooms or shiitake. Let the stock simmer and don't forget to mix the stock occasionally.
3. After approximately an hour or two, the mother stock is done and ready to strain. You can cool it down and keep it refrigerated and build on it a couple of times a week with more vegetables.

BEEF STOCK

MATTHEW DOMAN | UNITED STATES

INGREDIENTS

4 gal Container of Leftover Beef Trim
2 gal Carrot, Onion & Celery Trim
12 Garlic Cloves
½ Bunch of Thyme
1 cup Tomato Paste
½ gal Red Wine
5 gal Water

METHOD

1. Preheat Oven to 375° F.
2. Place the beef trim in a roasting pan and roast in oven until brown.
3. Add the vegetables, garlic, thyme and paste into the pan. Mix with the beef using two spatulas.
4. Roast in oven until the aromatics wilt and brown.
5. Drain off the grease and deglaze with the red wine by placing the roasting pan on the burners on the stove. Scrape the pan with a spatula until all the fond from the bottom of the pan comes loose.
6. Place the contents of the roasting pan in a stock pot or kettle. Add 5 gal. of water and bring to a boil.
7. Turn down and let simmer for three hours.
8. Strain into a container and cool.
9. Degrease with a ladle

CAULIFLOWER LEAF & CARROT PEEL KIMCHI

ANDREW MCCLURE | UNITED STATES

INGREDIENTS

6 cauliflowers with leaves
½ cup Water
½ cup Sugar
¼ cup Ginger, minced
1 cup Rice Wine Vinegar
1 cup Tamari (GF Soy Sauce)
2½ cups Korean Hot Pepper Flakes (gochugaru) (to taste)
1 each Red Onion, Julienne
2 cups Leek Tops, Julienne
6 Scallion (sliced on a bias)
3 cups of Carrot Peels
2 cups Daikon Radish Peels
3 Tbsp. Sea Salt
Sesame Seeds or Hijiki Seaweed (For Garnish)

METHOD

1. Cut the leaf and stem off the cauliflower. Trim into florets (for other applications) and reserve core.
2. Remove the leafy parts from the stalks and cut into rough pieces, julienne the stalks, cauliflower stem & core (You can add any floret pieces as well).
3. Wash everything well and drain in a colander. Massage two level teaspoons of sea salt into the mixture. Leave for 30 minutes then pour off any excess liquid.
4. Blend the garlic, sugar, ginger, & chilli powder to a puree with tamari, rice wine vinegar & water. Pour the garlic mixture over the greens add the onion, leeks, scallion, carrot peels, daikon peels and mix thoroughly. Pour into a clean tub and press down, packing it in tightly.
5. For the full benefits of fermentation leave in the refrigerator for at least five days until it is macerated well and starts fermenting. At this point, you can serve it or continue fermenting and the flavour will become stronger.
6. Garnish with sesame seeds or seaweed



STARTERS



JOLLOF RICE

AWO AMENUMEY | UNITED STATES

A staple dish for almost every Ghanaian occasion, Jollof Rice is truly a cultural representation of Ghana. I am very excited to share this recipe and a little bit of my culture because when I think of Jollof, it reminds me of community and togetherness. It's a dish that you can make with very basic ingredients that most people will find in their pantries and refrigerators.

Still, it produces a flavorful dish to feed your entire family. When it comes to reducing food waste, this dish is great because you can mix into your sauce whatever leftover vegetables or legumes and end up with a lovely depth of flavor. I have memories of my aunt making a smoked Herring version of this popular one-pot dish and all my little cousins and I would gather to devour heaping bowls of her Jollof Rice.

SAVED FOOD

Vegetables

SERVINGS

4

PREP

15 minutes

COOK

45 minutes

INGREDIENTS

2 cups Basmati or Jasmine Rice
 ¼ cup Vegetable Oil
 2 Bell Peppers, minced (assorted)
 2 Carrots, minced
 1 Red Onion, minced
 5 Roma Tomatoes, diced
 1 tsp Ginger, minced 1 inch
 2 Cloves Garlic, minced
 ¼ cup Tomato Paste
 1 tbsp Rosemary, ground
 1 tbsp Anise Seeds, ground
 1 tsp Calabash Nutmeg, ground
 1 tbsp Curry Powder
 2 Bay Leaves
 3 Habanero Peppers
 (for a less spicy sauce use 1)
 2 cups Chicken Stock
 1 Bouillon Cube (optional)
 Salt, to taste

METHOD

1. Rinse rice under running water until it runs clear and drain in a sieve. Heat oil in a medium saucepan over medium heat.
2. Add leftover veggies – such as onions, bell peppers, carrot, habaneros, ginger and garlic to oil and fry until fragrant.
3. Add tomatoes to vegetable mixture, stir to combine; cook for about 3 to 5 minutes for tomatoes to break down.
4. Add bouillon (if using), rosemary, anise seeds, calabash nutmeg, bay leaves and curry powder, then bring to a boil stirring occasionally. (Be careful when stirring and keep the pot covered as the sauce will splatter), reduce heat and allow the stew to cook for about 10 to 15 minutes.
5. Add rice and stir in 1 cup of stock (enough to cover the rice, if needed add remaining stock).
6. Taste and adjust seasoning if needed and bring to a boil until liquid is halfway absorbed. At this point, turn the heat to low and let the rice steam until tender and fluffy for another 10 to 15 minutes.
7. Serve Jollof with your choice of protein and fried plantains.

Be creative - feel free to use any leftover vegetables you may have

COCONUT PARSNIP SOUP

ADRIAN BRETT-CHINNERY | NEW ZEALAND

This is a great but simple recipe that uses up lots of vegetables from the week and uses parsnip skins as delicious crunchy chips. It's best served with garlic toast. For the toast, I used leftover frozen burger buns from a recent family BBQ, but you can use any bread that is going stale. For the vegetable stock I save up various trimmings from the week and keep them ready in a pot in the fridge.

Try and avoid strong flavoured vegetables like broccoli, cabbage or any that leak colour like beetroot and red onions. For this recipe, I used brown onion, carrot trim, tomato ends, garlic, celery tops and mushroom trimmings.

SAVED FOOD

Vegetables

SERVINGS

4

PREP

10 minutes

COOK

45 minutes

INGREDIENTS

500 g Parsnips
1 Onion, sliced
2 Garlic Cloves, chopped
2 tsp Curry Powder
400 ml Coconut Cream
(save some for garnish)
1 litre Homemade Vegetable Stock
3 tbsp Olive Oil
Salt and White Pepper, to taste

For Homemade Vegetable Stock:

400 g Vegetable Trimmings
10 g Peppercorns
1 Bay Leaf
1 tsp Salt
1.2 litres Water
2 sprigs Thyme

METHOD

1. Peel the parsnip lengthwise in one long strip and set aside. Then slice the parsnips into equal pieces approximately 5mm thick.
2. Heat the olive oil in a pan and add the onion and garlic. Allow them to soften and add the parsnips (not the skins). Cook for 5 minutes stirring frequently.
3. Add curry powder and cook for another 2 minutes. Pour over the stock and simmer for 1 hour or until the parsnips are very soft.
4. Add the coconut cream and bring back to a boil. Stir well and turn off the heat. Puree the soup and add seasoning to taste.
5. For the parsnip chips, heat a fryer or pot of frying oil to 180°C. Fry the parsnip skins for 30 seconds and allow to drain. Repeat the process and allow to cool. Turn the oil up to 200°C and fry for a third time until crisp, but not burnt. Drain and toss in a little salt and curry powder. Keep to one side on kitchen paper to drain the rest of the oil.
6. Serve with garlic toast, drizzle with coconut cream and top with a handful of parsnip chips.

For Homemade Vegetable Stock:

7. Add all ingredients to a pot. Cover with water and bring to the boil. Turn down and add salt and simmer for 20-30 minutes. Strain the liquid and reserve. Makes 1 liter.



*Serve this delicious soup with
your favourite leftover bread*

CHICKEN CROQUETTES

WITH POTATO SKINS AND ROMESCO SAUCE

DANIEL REY | ARGENTINA

This dish is inspired by Argentine taste and is loved by all – especially the little ones in the house. To make it, we use ingredients that can generally be found in home refrigerators and often thrown away or discarded. The croquettes use leftover chicken, accompanied by fried potato skins that give lots of volume to the dish and topped with delicious romesco sauce. Whilst of course great tasting, it also has high fibre content and includes lots of essential vitamin and minerals.



SAVED FOOD

Chicken, Potato and Bell Peppers

SERVINGS

4

PREP

20 minutes

COOK

1 hour

INGREDIENTS

Croquettes:

200 g of Leftover Cooked Chicken
120 g Flour
120 ml Milk
Oil, for frying
3 g Salt and Pepper
2 g Nutmeg
100 g Green Onion
200 g Breadcrumbs
2 Eggs
2 tbsp Butter

Potato skins:

8 Whole Potato Skins or 2 Whole potatoes
Oil, for cooking
Salt, to taste

Romesco sauce

120 g Leftover Bell Peppers
40 g Almonds
60 g Toasted Leftover bread
40 g Semi-Hard Cheese (Parmesan is great!)
2 Garlic Cloves
80 ml Olive Oil
Salt and Pepper

METHOD

Croquettes:

1. Crumble the chicken into small pieces and set aside.
2. Place the butter in a saucepan to melt. Once it's ready, add the flour and cook for two minutes. Then add the milk and cook until you get a thick white sauce. Flavour with salt, pepper and nutmeg. Remove from heat, add the chicken and finely chopped green onion. Set aside to cool.
3. Once cold, take the mixture and mold to the desired shape for your croquettes
4. To assemble, dip the croquettes in whisked egg (seasoned to taste) and then through breadcrumbs. Reserve and heat oil to 180°. Fry croquettes until golden brown.
5. For a healthier option, cook them in the oven at 180°C until golden brown.

Potato and/or skins:

6. Wash the potatoes well and peel with a potato peeler. Reserve the skins in cold water. You can also use the full potato sliced instead.
7. Reuse your frying pan with oil from the croquettes. Dry potatoes with a cloth to remove any excess water. Fry potatoes until golden. Remove to a container that is lined with absorbent paper.

Romesco sauce:

8. Place leftover red bell peppers in a baking dish with olive oil and garlic. Cook in oven at 180°C until golden in colour. Place the roasted red pepper, salt, pepper, garlic, olive oil, cheese, almonds and a slice of toasted bread in a food processor or blender. Process leaving a little texture. If necessary, add a few drops of water to lighten. Reserve until the time of use.
9. Serve romesco on top of finished croquettes with potato skins as a garnish.

CARROT SKIN CHUTNEY

ARJYO BANERJEE | INDIA

I happened to be introduced to the use of peel-and-prep waste as a child when spending most of our summer breaks at my Grandma's in Kolkata, India. I would notice when she settled down to eat after feeding us, her plate would look different from ours. After quite a bit of prodding, my curiosity led me to understand how she used some vegetable peels to make string fries, or fritters out of ground pumpkin strings.

Reminiscing about these wonderful memories, we came up with this fantastic idea of using fibre-rich vegetable peels to make "sustainability chutneys". The chutneys, dips or relishes change every day bringing variety, choice and a spike of flavours for our consumers - while also reducing our food waste.

Throughout the pandemic, we started fortifying the chutneys or relishes with natural immunity boosters like ginger, garlic, turmeric and many other herbs and spices.

SAVED FOOD

Carrot Skins

SERVINGS

4

PREP

15 minutes

COOK

30 minutes

INGREDIENTS

Carrot Skin Roasting:

320 g Carrot Skin

16 g Oil Refined

Black Pepper

100 g Onion, sliced

2.5 g Iodized Salt

Sautéed Tomato Base:

30 g Garlic, crushed

2 Dry Red Chilis, whole

2 g Cumin Seeds

5 g Coriander Seeds

Oil, for cooking

300 g Tomatoes

25 g Fresh Coriander

120 ml Cold Water

4 g Salt

METHOD

Carrot Skin Roasting:

1. Toss skins with salt, pepper, oil and onions.
2. Roast for 20 minutes in the oven at 200°C.

Sautéed Tomato Base:

3. Heat oil in a pan. Add red chili and whole cumin & coriander seeds.
4. Let the cumin seeds crackle. Add crushed garlic and cook until golden.
5. Add tomatoes. Cook for 5-7 minutes on a medium heat.
6. Add the fresh coriander and salt. Cover & cook until tomatoes become soft.
7. Cool the mix down and add chilled water.
8. Grind the roasted carrot skin and sauté tomato mix into a fine paste.
9. Chill and portion evenly, garnish with some fresh coriander greens.



Use other excess vegetables to make this a sustainable chutney.



FUNCTIONAL RICE

WITH PUMPKIN PEEL AND SEEDS

GIOVANNA MICHELLE CASSIMIRO FERREIRA | BRAZIL

With this recipe, not only are we ensuring we use the entire ingredient – seeds, husk, peel and all – but also we're making it easier to digest. This is especially important for some patients who are recovering from an operation, or those with chewing difficulties. I separated the seeds, husk and peel and blended them together using a food processor.

The processed pumpkin mixture is then sautéed with seasoning and mixed with cooked rice. It was a success, and everyone liked it!

SAVED FOOD

Pumpkin

SERVINGS

4

PREP

15 minutes

COOK

2 hours and
30 minutes

INGREDIENTS

400 g Pumpkin Peels
100 g Pumpkin Seeds
2 kg Rice
1 Garlic Clove, crushed
40 g Salt
15 ml Olive oil

METHOD

1. Wash the pumpkin, open it up and remove the seeds. Put the peels in the food processor in the grate mode and reserve.
2. Separate the seeds, wash to remove the lint from the pumpkin core, dry with absorbent paper and put it in a preheated oven at 180°C to dry for 30 minutes or until crisp and golden.
3. Prepare and cook the rice as usual.
4. Sauté the processed pumpkin with olive oil, garlic and salt.
5. On a plate, mix the cooked rice with the pumpkin, decorate with roasted pumpkin seeds.

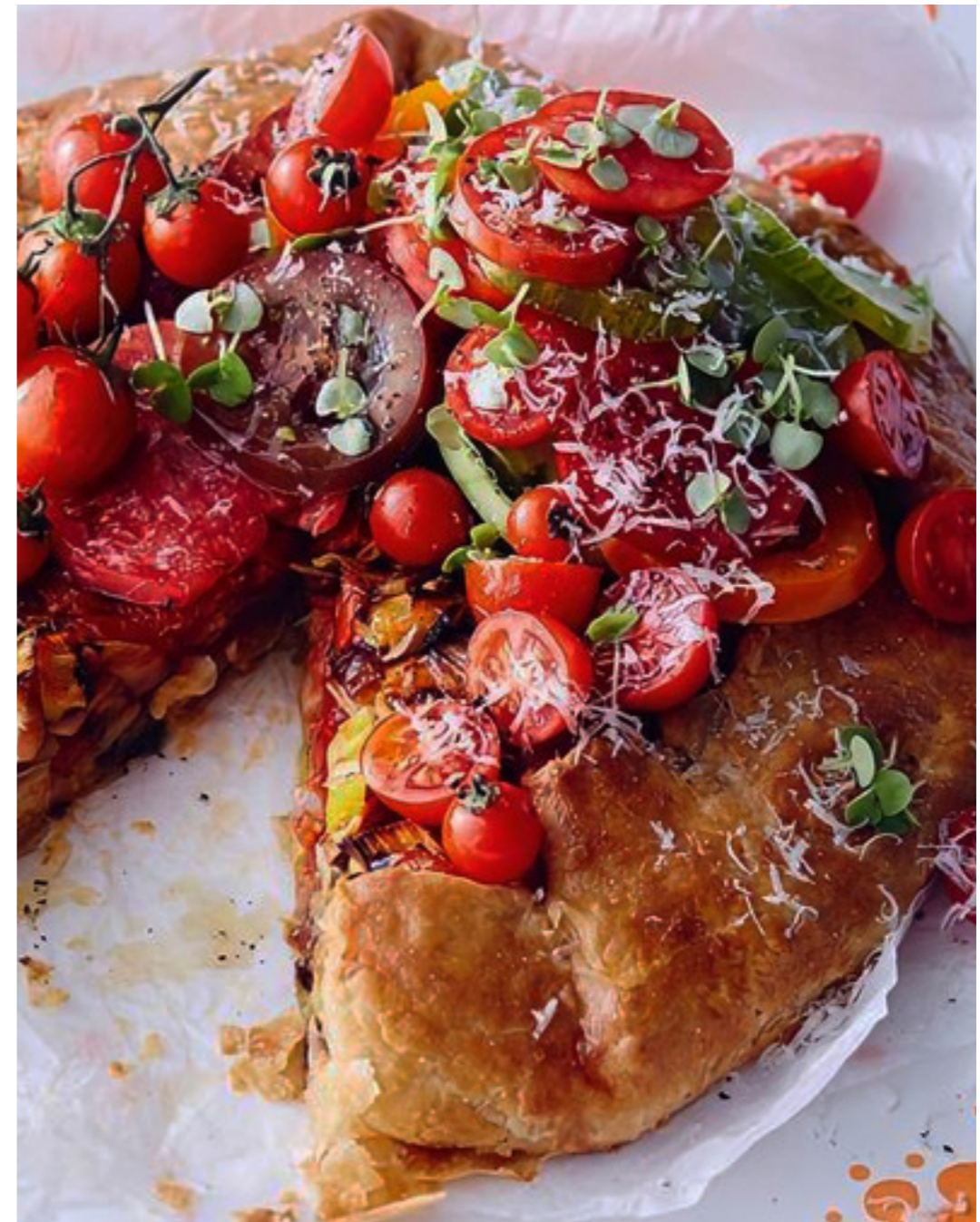
VEGETABLE & BRUISED TOMATO GALETTE

ANDREW RUMBLE | ENGLAND

I work in a private hospital providing food for inpatients, outpatients and staff. We offer the highest quality food on a daily basis but some ingredients, on occasion, don't quite make the grade. Tomatoes can sometimes become too soft or bruised. Vegetables can look a little sad. Herbs can wilt and offer no kerb appeal. Along with pastry trimmings, these can easily start to mount up. So, we thought there must be a way of using this food waste to create a tasty meal - and here it is.

SAVED FOOD	SERVINGS	PREP	COOK
Tomatoes and Vegetables	4	10 minutes	40 minutes

INGREDIENTS	METHOD
200 g over-ripe Cherry Tomatoes 5 Bruised Tomatoes 400 g assorted Chopped Vegetables, or excess roasted Vegetables (Carrot, Eggplant, Zucchini) ½ handful of Hard Herbs (thyme or rosemary) 80 ml Extra Virgin Olive Oil Handful of Basil 50 g Parmesan Cheese, finely grated 2 tbsps Capers 1 Egg, lightly beaten Sliced Mixed Tomatoes, to serve Puff Pastry, either store-bought or homemade	<ol style="list-style-type: none"> Preheat oven to 200°C. Line a baking tray with foil and place bruised tomato, chopped mixed vegetables and hard herbs on top. Drizzle with olive oil and season well with salt and pepper. Roast for 40 minutes, or until vegetables are nice and tender. Transfer mixture to a colander, set over a bowl and set aside to drain and cool, reserving the liquid. Discard the herb sprigs. Meanwhile, roughly chop the basil and place in a bowl with parmesan and capers. Roll out pastry on a lightly floured work surface until 3mm-thick, 30cm round and place on a baking paper-lined baking tray. Scatter over basil mixture, leaving a 7cm border, and top with the vegetable mixture. Fold over pastry border to partially enclose filling. Brush with egg and cook for 35 - 40 minutes or until pastry is crisp and golden. Cool slightly. Serve tart topped with sliced tomatoes, cherry tomatoes, remaining basil leaves and extra parmesan. Drizzle with reserved roasting juices and serve.



*No cherry tomatoes?
Use any type of tomato you have.*

THAI INSPIRED

ROASTED PUMPKIN SOUP & PUMPKIN SKIN CHIPS

AIR DOVEY | AUSTRALIA

The Japanese or Kent Pumpkin is an old favourite in nearly every Australian garden. I grow it during the Autumn, just in time to enjoy pumpkin soups and roasts all through winter. I enjoy pumpkin so much more because I grow it in my own garden. This recipe is easy and flavourful. I include some homemade Thai red curry paste for a bit of a kick. The best part about making this soup is baking it with the skin on!



SAVED FOOD

Pumpkin

SERVINGS

8

PREP

1 hour and 30
minutes

COOK

45 minutes

INGREDIENTS

Soup:

1.5 kg Japanese or Kent Pumpkin, halved, and seeds removed
2 Onions, halved
60 ml Vegetable Oil
50 g Red Curry Paste (See recipe)
Sea Salt and White Pepper
1 litre Water
500 ml Coconut Cream
5 g Coriander Leaves, for garnish

Thai Red Curry Paste:

50 g Dried Large Chillies
5 g White Pepper
30 g Garlic Cloves
15 g Coriander Roots, fresh
15 g Lemongrass, sliced
50 g Shallots
15 g Galangal, sliced
5 g Lime Peel
5 g Shrimp Paste, optional
5 g Salt
50 ml Water

METHOD

Soup:

1. Preheat oven to 200°C. Place the pumpkin and onion, cut-side up on a lightly greased large oven tray lined with non-stick baking paper. Brush pumpkin with honey. Drizzle with the oil and sprinkle with salt and pepper.
2. Cook for 45 minutes or until onion is caramelised and pumpkin is soft. Set aside until cool enough to handle. Scoop out the flesh of the pumpkin and onion from their skins. Put in a food processor, blend until smooth. Set aside pumpkin skins for pumpkin chips.
3. In the meantime, heat oil in casserole pot, add a little oil and Thai red curry paste. Stir and cook until fragrant.
4. Add coconut cream, stir until it forms a smooth paste. Add water and prepared roasted pumpkin and onion paste, stir well.
5. Bring it to the gentle boil and simmer. Once thickened, remove from heat and drizzle with a bit cream and coriander.

Thai Red Curry Paste:

6. Cut dried chillies into 1cm thick pieces, remove seeds. Place the cut chillies in a large bowl and pour over freshly boiled water to cover. Leave to soak for a good 30 minutes or until soften. Remove chillies.
7. Put all of the ingredients in a blender or food processor along with water. Blitz on high until smooth. Scrape into a bowl or airtight container. Store for up to 2 weeks in the fridge or freeze it to use later.

Pumpkin Skin Chips:

8. Cut the roasted pumpkin skins into bite size and drizzle with extra oil, return to the oven and cook further 20minutes or until crispy. Remove and season. Serve with soup.

The Japanese Pumpkin is a type of Kent Pumpkin. They are known for their nutty and very sweet flavour!

ROASTED BEET HUMMUS

IMANI COLCLOUGH | UNITED STATES

Hummus is a Middle Eastern chickpea dip believed to have been developed by the early Egyptians. We chose to share Chartwells K12's Roasted Beet Hummus because our kids love it and it's an easy way for us to use up beets while having students try something new. The beets help turn the hummus into a bright red dip that our kids are not too scared to try. This recipe allows us to use the cut ends from other preparations, or imperfectly delicious produce to create a delicious item in our cafeterias. It is a great addition to our menus for our vegetarian and vegan students and offers a fun and flavorful protein.

SAVED FOOD	SERVINGS	PREP	COOK
Beetroot	4	10 minutes	1 hour and 30 minutes + 3 hours of cooling

INGREDIENTS

10 and 2/3 oz Red Beetroot
 1 and 3/4 tbsp Sesame Tahini Paste
 2 tsp Lemon Juice
 1 3/4 tbsp Cold Water
 1 2/3 tsp Parsley, chopped
 2 Garlic Cloves
 3/4 cup Garbanzo Beans, drained and rinsed
 2 2/3 tsp Canola Oil
 1/4 tsp Salt
 1/4 tsp Pepper

METHOD

1. In a pre-heated 350°F oven, dry roast beets until tender, about one hour checking every 20 minutes. Peel while still warm and cut into cubes.
2. Next, in a food processor, place beets and puree until smooth. Remove beets, and then add garbanzo beans and pulse until starting to puree. Add tahini, garlic, lemon juice, oil, salt and pepper, and process until a smooth paste forms. Return beet puree to food processor and combine. If you need to smooth out the consistency, add the water.
3. Once the hummus is at the right consistency, remove from the processor and place into a bowl. Garnish with the chopped parsley.
4. Chill to let the flavors combine and then enjoy!



EGGPLANT QUINOA FRITTER

JASON CAVANAGH | GERMANY

I have decided to do something with the leftover vegetables from our “save food program” here in Germany.

As the kitchen director for one of our sites in Holzkirchen, we have made food waste reduction a focus in our operations. I achieved 2nd place in a competition in November for reusing ingredients from kitchen production waste - a total of 231kg of odd-shaped vegetables and fruits to be precise.

With this in mind, I have created this vegan dish using only leftover and imperfect vegetables.



SAVED FOOD

Vegetables

SERVINGS

4

PREP

20 minutes

COOK

45 minutes

INGREDIENTS

120 g Eggplant, peeled and diced
 25 g Onion, diced
 400 g Arborio Rice
 100 g Brown or White Quinoa
 10 g Chia Seeds
 8 g Parsley, finely chopped
 750 ml Vegetable Broth, hot
 1 Lemon
 Salt and Pepper, to taste

Breading:

60 g Breadcrumbs, fine
 35 g Chia Seeds

Bell Pepper Sauce

150 g Red Bell Peppers
 20 g Onion, diced
 120 ml Soy or Another Vegan Cream
 Salt and a Pinch of Sugar

METHOD

Fritters

1. Peel and dice the eggplant and cook with the onion in olive oil on a pan over high heat until soft.
2. Add the rice and gradually add in hot vegetable broth. Stir the rice well and season with salt.
3. When the rice is tender, add the chia, quinoa, lemon juice and zest, and parsley. Cover the pan so the quinoa takes on heat and becomes soft.
4. Set aside to chill the mixture.
5. When the mixture is cold, form small balls (approx. 60g-70g).
6. Roll the fritter balls in breadcrumbs and chia seeds. Fry in hot oil until golden brown.

Bell Pepper Sauce

7. Preheat Oven at 175°C.
8. Cut the bell peppers, rub with olive oil and season with salt and sugar.
9. Roast in oven at 175°C until peppers skins look toasted.
10. Once cool and blend the peppers and onions with the soya cream.
11. Plate dish as seen in photo with optional parsley leaves.

BAKED POTATO GNOCCHI

WAYNE CORBETT | ENGLAND

This is a nice simple way of using up leftover potatoes. Baked potatoes are always difficult to get production levels right. It is hard to cook them to order, so this is a recipe I've used over the years at work. Now, it's even made its way into our family recipe book. My kids ask for it regularly and it's a family favorite which we all enjoy getting involved with.

SAVED FOOD

Potatoes and Herbs

SERVINGS

4

PREP

30 minutes

COOK

30 minutes

INGREDIENTS

4 Baked Potatoes (leftover or cooked fresh and chilled)

1 Egg

150 g Flour

40 g Parmesan, grated

40 g of Fresh Herbs, chopped (basil, parsley, chives or tarragon)

1 tsp Black Pepper

METHOD

1. Slice the baked potatoes in half and scoop out all of the flesh into a bowl.
2. Mash the potatoes with a masher or large fork until smooth.
3. Add 1 beaten egg with the flour, pepper, parmesan and herbs to the potato mix.
4. Bring the ingredients together with your hands to form a smooth dough. If it feels a little sticky, add more flour.
5. Divide the dough into four even balls. Lightly flour a clean work surface and roll the balls into a long sausage shape (15cm long). Cut them into 1 inch pieces.
6. Press each gnocchi with a fork to make ridges on the side.
7. Place the gnocchi in a large pan of boiling water (salted) and cook roughly 10 at a time. The gnocchi will rise to the top after roughly 30 seconds and this means they are cooked.
8. Remove from the boiling water and drain any excess water. Serve immediately with a sauce of your choosing.

Blend surplus herbs, nuts and oil to make a delicious pesto sauce for your gnocchi!



BANANA PEEL TAPA

NIKKI SANTIAGO | UNITED STATES

One of the most common kitchen waste products is the banana peel. But did you know, banana peels are in fact edible? Banana peels contain high amounts of vitamins and nutrients. They are great sources of fiber and have protein too. It is important to wash your bananas very carefully to avoid bruising the fruit and ensuring any pesticides are stripped away from the peels before consumption.

Tapa is a staple in Filipino kitchens. Tapa is essentially a thinly sliced, cured meat usually made with beef. Typical recipes for Tapa are peppery and sour from vinegar, but there are also some regions that make their Tapa with a sweeter note. In my childhood, I enjoyed this with garlic fried rice and a sunny side up egg that doubled as a sauce for my Tapa. This meal is a modern take on the traditional tapa and can be served at any time of day.



SAVED FOOD

Banana Peels

SERVINGS

4-5

PREP

30 minutes

COOK

60 minutes

INGREDIENTS

Peels of 5 Firm Bananas – cut into 2 inch pieces

1 Garlic Head, crushed or finely minced

1/3 cup Dark Soy Sauce

1/4 cup Coconut or Apple Cider Vinegar

2 tbsp Distilled White Vinegar

1/2 tsp Kosher Salt

1/2 tsp Granulated Garlic

1/2 tsp Cracked Black Pepper

1 tbsp Canola Oil, for frying

Vinegar Dip:

1 Garlic Clove, crushed

Juice of 1/2 a Lemon

2 Small Thai Bird Chili, finely minced (seeds and all)

1/2 Shallot, finely minced

1/2 tsp, Brown Sugar

Salt and Pepper, to taste

2 tbsps Distilled White Vinegar

METHOD

Vinegar Dip:

1. In a small bowl, gather the garlic, shallot, and chilis. Sprinkle in the sugar, salt, and pepper, then stir.
2. Pour in the lemon juice and slightly muddle everything together.
3. Top with vinegar, mix, then set aside.

Tapa:

4. In a mixing bowl, combine the garlic, soy sauce, vinegars, salt, granulated garlic, and black pepper. Stir until the salt is dissolved.
5. Add the banana peels and massage gently to fully coat with marinade. Set aside in room temperature for at least 20 minutes or as long as overnight in the refrigerator to cure.
6. Drain the marinade from the peels, but save the liquid. Place the peels on a cookie sheet lined with a cooling rack, uncovered in the refrigerator for 20 minutes to slightly dry the peels.
7. In a wide pan over medium heat, warm the frying oil.
8. Add the banana peels in a single layer and cook, turning them every so often for about 3 to 5 minutes.
9. Remove the peels from the pan once they are caramelized. Place onto a plate.
10. Reduce the marinade in the same pan that was used to fry the peels, gently scraping off the caramelized bits that became stuck to the bottom.
11. Once syrupy, add the banana peels into the pan sauce and stir gently.
12. Remove from heat. Serve while hot with a side of steamed rice or stir-fried noodles and the vinegar dip.

GOURMET PANZANELLA SALAD

KORY DIPUCCHIO | CANADA

Regardless of how well prepared a chef might be, there will always be leftover mise en place (food prep) and inventory in the refrigerator. By tossing together the leftover ingredients with some bread and a great dressing, we now cut down on labor for the next day's 'salad bowl special', effectively cutting down 90-100% of the previous days sandwich leftovers and you have created a unique recipe that is one of the most sacred salads in any Italian Chefs arsenal.

SAVED FOOD

Bread and Vegetables

SERVINGS

10

PREP

10 minutes

COOK

10 minutes

INGREDIENTS

400 g Lettuce (Various Types- Romaine, Iceberg, Radicchio)
200 g Stale Bread
450 g Excess Tomatoes, Cucumbers and Zucchini, diced
50 g Roasted Red Pepper (canned)
30 g Red Onion, diced
50 ml 1000 Island Dressing
10 ml Balsamic Glaze, optional
5 g Fresh Basil Leaf, optional

METHOD

1. Preheat convection oven to 400°F.
2. Place the bread onto a parchment paper lined tray and roast for 10 minutes until bread is hard and dry. After the bread is ready, remove the tray from the oven and put aside for later use.
3. In a large mixing bowl, place lettuce, tomatoes, cucumber, zucchini, roasted peppers and red onion. Mix all the ingredients together gently with the dressing.
4. Before serving, mix in the roasted bread from step 2.
5. Garnish suggestions: Basil leaves, Balsamic Glaze, Hard Cheese (Parmesan), Soft Cheese (Crumbled Goat Cheese)



Use a bottled dressing or create your own to complete this meal!



SWISS PASTA GRATIN

STEPHAN WIDMER | SWITZERLAND

A pasta gratin is a perfect way to use leftover food. The combination of pasta and potatoes is very similar to the Swiss national dish of Älplermagronen which got its name from shepherds who had to carry their own food up the mountains and pasta was light to carry, while cheese was something they made themselves. However, you can add all kinds of leftover food to your gratin, such as meat, vegetables, old bread for the breadcrumbs, and so much more. There's really no limit to your creativity. Just use this recipe as a base and experiment to your heart's content.

SAVED FOOD

Vegetables, Pasta
and Cheese

SERVINGS

6-8

PREP

15 minutes

COOK

1 hour

INGREDIENTS

400 g Vegetables, Lightly Cooked
600 g Cooked Pasta
4 Eggs
300 g Sour Cream
160 g Cheese, grated (use Swiss
Cheese for an authentic taste)
Salt, Pepper and
Nutmeg, to taste

METHOD

1. Preheat your oven to 200 °C.
2. If you're using fresh vegetables, pre-cook them briefly so that they do not remain too crunchy in the casserole.
3. Simply put the pasta together with the cooked vegetables in a baking dish.
4. Mix the eggs in the sour cream, add salt, pepper and nutmeg and mix with the pasta and the vegetables.
5. Sprinkle the grated cheese on top - et voilà! The casserole is ready for the oven.
6. Cook for 40-50 minutes or until bubbling and golden brown on top.

Use extra cooked root vegetables from a previous meal to reduce food waste!

SUSTAINA-BUBBLE & SQUEAK SAVOURY WELSH CAKES

ANDREW DRAPER | WALES

I grew up in a large family in Cardiff and money was tight – so this recipe is close to my heart. Food should not be left to waste and sometimes the best meals come from the leftovers. These cakes could be served as a side dish or on their own with a lovely portion of Welsh Cheese and chutney. You can make these cakes from scratch or could even use the leftover. Mashed, roasted or boiled potatoes will also work for this recipe. Don't waste those Sunday roast leftover peelings! For this recipe you can use any waste peel, and leaves from parsnips, leek, carrot, kale, spring greens or cabbage.

SAVED FOOD

Potatoes, Vegetable
Peels or Leaves

SERVINGS

4

PREP

20 minutes

COOK

15 minutes

INGREDIENTS

1 White Onion, finely diced
200 g Carrot Peel
200 g Sprout Leaves
300 g Cabbage, outer leaves
2 Large Potatoes, including peel
Salt, to taste
Cracked Pepper, to taste
50 g Butter (or Vegan Alternative)
50 g Flour
Olive Oil

METHOD

1. Wash and dice your potatoes (leave the skin on) Bring a pot of lightly salted water to the boil.
2. Add potatoes, and cook until tender, for about 15 minutes.
3. Finely slice your left-over cabbage, sprout & carrot peelings, and add any other left over sliced peelings you have. (Skip these steps if using leftovers)
4. Drain potatoes, and transfer to a bowl.
5. Add butter and mash until chunky. Do not over mash the potatoes as the cakes need a bit of body & bite.
6. Fry the onions in a pan with small amount of olive oil until soft, then add carrot peelings, cabbage and sprout leaves.
7. Lightly fry for around 3 minutes on a medium heat then mix with the potato mash and flour. Season to taste.
8. Allow to cool and then form the mixture into 8 small cakes, roughly 2 inches in size.
9. Fry the cakes in a little oil for 4 minutes on each side over a medium heat until golden and crisp.





CRISP-PEELS

GÖKMEN AY | TURKEY

Due to the fact that Artvin is a cold city, we would often experience difficulties in product supply. This situation taught me to get the maximum efficiency from the ingredients at hand. I gained a new perspective. Even when there was good supply, I started to experiment in this way. It became normal for me to use ingredient leftovers to compliment or make main dishes. I created this amazing snack from unused skins and peels of root vegetables. I also love to use them as a garnish for soups and savoury stews.

SAVED FOOD

Carrots and Potatoes

SERVINGS

4

PREP

12 hours

COOK

10 minutes

INGREDIENTS

200 g Carrot Peels
200 g Potato Peels
1 litre Sunflower Oil
Salt and pepper, to taste

METHOD

1. Soak the peels in salty water for a day in advance preferably in the fridge.
2. Chop them into julienne form.
3. Drain the peels well prior to frying. (Dry off the excess moisture with paper towel.)
4. Add oil to wide pan and preheat.
5. Add peels to hot oil and fry until golden brown (1-3 minutes).
6. Serve as a garnish for soups, stews, grilled products or as a light snack!

Use the crisp-peels as a garnish for soups and savory stew or for a quick snack!

STUFFED CHINESE FRIED GLUTEN BALLS

HUI GANG | CHINA

In my hometown of Wuxi, a city in the east of China, Stuffed Gluten Balls is a traditional dish with a long history. It used to be one of the main dishes to celebrate Chinese New Year with family members as a symbol for family reunion and completeness. Because it is delicious and easy to cook, it has become a very popular dish across the east of China.

SAVED FOOD

Meat and vegetables

SERVINGS

4-6

PREP

20 minutes

COOK

30 minutes

INGREDIENTS

6 Fried Gluten Balls
(4-5 cm in diameter)
300 g Minced Pork
20 g Shiitake Mushrooms Stalk
(you can also use button mushroom)
20 g Spinach Root
20g Broccoli Root (or any root
vegetable you have in your kitchen)
5 g Ginger, Minced
3 g Ginger, sliced
10 g Spring Onions
1 teaspoon Shaoxing Wine
1 teaspoon Light Soy Sauce
½ teaspoon Dark Soy Sauce
10 g Sugar
½ teaspoon Salt
10 g Starch
1 teaspoon Oil
1 piece Star Anise

METHOD

1. Finely chop the shiitake mushrooms stalks, spinach root and broccoli root.
2. Mince the ginger and finely chop the spring onions, separating the green and white parts.
3. Heat oil in wok, mix and stir fry mushroom stalk, spinach root, and broccoli root and put aside the mixture to let it cool down.
4. In large mixing bowl, add minced pork, chopped scallion whites, minced ginger, Shaoxing wine, light soy sauce and salt. Mix all together, and whip everything in one direction for 5 minutes.
5. Add the cooled shiitake mushroom stalk, spinach root and broccoli root mixture, as well as starch, and keep stirring in one direction for 3 minutes.
6. Take each gluten ball and use a chopstick to poke a hole without penetrating through to the other side. In a turning motion, make the opening about 3/8" in diameter to make room for the filling.
7. Stuff the gluten ball with the filling a little at a time until there is no more room, all the while keeping the gluten ball whole. Repeat until you've stuffed them all.
8. Heat oil in wok over low heat, add sugar, ginger, and spring onion, and cook for 1-2 minutes.
9. Add Shaoxing wine, dark soy sauce, star anise and water, bring to a boil and then reduce the heat to medium.
10. After 10 minutes, flip the gluten balls so the opening is face down once again.
11. Cover, bring to a boil and reduce the heat to medium low. Simmer for 10 minutes, flipping the gluten balls halfway through the simmering process to ensure they are cooked evenly.
12. After 10 minutes, flip the gluten balls so the opening face down once again.
13. Turn up the heat to reduce the sauce. Once the sauce has become a thin gravy, take off the heat.
14. Serve and garnish with the reserved spring onions





ROASTED CARROTS WITH GREEK YOGURT LABNEH

ERIC KLEIN | UNITED STATES

This recipe is a great way to fully utilise any surplus carrots that may be hanging around in your pantry. Served alongside a delicious Greek yogurt labneh, this dish makes an excellent starter or accompaniment to any meal.

SAVED FOOD

Carrots and carrot tops

SERVINGS

4

PREP

10 minutes

COOK

15 minutes

INGREDIENTS

2 ½ pounds (6-inch) Carrots with Greens attached
 ½ cup Olive Oil, plus more for greasing
 Kosher Salt
 Black Pepper
 3 tablespoons Honey
 1½ teaspoons Apple Cider Vinegar
 ¼ cup Buttermilk
 1 cup full-fat Greek Yogurt

METHOD

1. Wash the carrots and trim the tops. Measure ½ a cup of leafy carrot tops and wash well to get rid of any grit. Put aside and let them sit in the water to remain crisp.
2. Meanwhile, preheat the oven to 375 F.
3. In a bowl combine carrots with salt, pepper and half of the honey and buttermilk. Toss. Place flat on roasting tray. Once the oven is ready, add the carrots and roast for 10 to 15 minutes, remove from oven and let them cool in room temperature.
4. In a large bowl, whisk remainder of the honey, vinegar, and a tiny pinch of salt. Set aside.
5. Take your Greek Yoghurt Labneh and spread it over a medium plater. Drizzle the vinegar mixture over the carrots and place them on top of the yoghurt. Sprinkle the carrot tops at the end and serve.

Greek Yogurt Labneh

To make your own labneh, combine 3 cups plain full-fat Greek yogurt with ¼ teaspoon kosher salt in a medium bowl. Transfer the mixture to a colander lined with cheesecloth folding the overhang over the yogurt, place the colander over a larger bowl and refrigerate for up to 24 hours. Squeeze out any excess liquid, transfer the drained yogurt to a container and reserve. You just made Labneh!

SAUERKRAUT

KATE GREEN | IRELAND

After studying Culinary Nutrition over the last few years, I have come to realise the importance of the gut microbiome in our everyday lives. The Irish Diet lacks fiber and sauerkraut is a great way of looking after our guts. Bringing an element of 'Grow, Cook, Eat' into our lives, cabbage is a staple in most Irish gardens and fermentation is a German cooking method. As German philosopher Ludwig Feuerbach said, "you are what you eat" and the gut microbiome plays a very important role in your health, by helping control digestion and benefiting your immune system and many other aspects of health.

SAVED FOOD

Cabbage

SERVINGS

4

PREP

15-20 Minutes

COOK

N/A

INGREDIENTS

400 g White Cabbage

8 g Table Salt

METHOD

1. Thoroughly wash a large glass jar or bowl then rinse with boiling water. Make sure that your hands, and everything else coming into contact with the cabbage, are very clean. It's wise to use a container that will comfortably fit the softened cabbage, allowing several inches of room at the top to avoid overflow.
2. Shred the cabbage thinly – a food processor makes light work of this.
3. Layer the cabbage and salt in the tub or bowl. Massage the salt into the cabbage for 5 mins, wait 5 mins, then repeat. You should end up with a much-reduced volume of cabbage sitting in its own brine.
4. Cover the surface of the cabbage entirely with a sheet of cling film, then press out all the air bubbles from below. Weigh the cabbage down using a couple of heavy plates, or other weights that fit your bowl, and cover as much of the cabbage as possible. The level of the brine will rise to cover the cabbage a little.
5. Cover the tub and leave in a dark place at a cool room temperature (about 18-20C) for at least five days. It will be ready to eat after five days, but for maximum flavour leave the cabbage to ferment for anywhere between 2-6 weeks (or until the bubbling subsides).

Tip: Check the cabbage every day or so, releasing any gases that have built up as it ferments, giving it a stir to release the bubbles. If any scum forms, remove it, rinse the weights in boiling water and replace the cling film. You should see bubbles appearing within the cabbage, and possibly some foam on the top of the brine. It's important to keep it at an even, cool room temperature – too cool and the ferment will take longer than you'd like, too warm and the sauerkraut may become mouldy or ferment too quickly, leading to a less than perfect result.



The cabbage will become increasingly sour the longer it's fermented, so taste it now and again. When you like the flavour, transfer it to smaller sterilised jars. Will keep in the fridge for up to six months.



—
MAINS
—

CHAKCHOUKA

(ALSO KNOWN AS SHAKSHOUKA IN SOME REGIONS)

KILLIAN CROWLEY | LUXEMBOURG

Chakchouka is a traditional North African dish that combines simplicity of preparation with pleasure of sharing. It can be served as a main course or as a side dish. Families and friends can even eat it together directly from the skillet. Many variations of this dish are possible. In this sense, we make it using any leftover vegetables or herbs available in the fridge. I've selected this dish as it brings conviviality and creativity to the table: no two dishes will ever taste the same.

SAVED FOOD

Vegetables and Herbs

SERVINGS

4

PREP

30 minutes

COOK

45 minutes

INGREDIENTS

1 kg Tomatoes, crushed
 30 g Olive Oil
 2 Onions, chopped
 2 Eggplants, diced
 3 Garlic Cloves, minced
 1 Bell Pepper, diced
 10 g Cumin
 10 g Smoked Paprika
 Salt, to taste
 Pepper, to taste
 4 Fresh Eggs
 Optional: Flatbread

METHOD

1. Preheat Oven to 180°C
2. In a frying pan heat 1 tbsp of olive oil. Brown the chopped onions then add the minced garlic.
3. Add in the eggplants and bell pepper, and roast.
4. Pour the crushed tomato, salt, pepper, cumin and smoked paprika into pan.
5. Cook pan for 45 minutes at 180°C in the oven.
6. Make nests in the sauce, break the eggs into the sauce and cover and cook for about 5 minutes at 200°C in the oven.
7. Serve with warm flat bread.



Customize this dish with any herbs or vegetables available in your fridge!



SPINACH, KALE AND VEGAN CHEESE FRITTATA

GRAHAM SINGER | SCOTLAND

This type of recipe is close to my heart as it focuses on using simple, natural ingredients with a strong sustainability message. I believe it's important to get the most out of our ingredients and the fresh produce that we buy. A dish such as this Spinach, Kale and Vegan Cheese Frittata is fantastic as it gives the opportunity to use any leftover ingredients to make a light and simple meal from ingredients that would normally go to waste - suitable for lunch or dinner.

SAVED FOOD

Vegetables

SERVINGS

10

PREP

15 minutes

COOK

20 minutes

INGREDIENTS

125 g (350 g Raw) Spinach, cooked
(Stalks and Leaves)

125 g (350 g Raw) Kale, cooked

100 g Vegan Cheese, cooked

100 g Mixed Cress
(watercress or mustard cress)

500 g Potatoes, cooked and diced

8 g Rapeseed/ Canola Oil

300 g Medium Eggs

190 g White Onion

1 g Black Pepper, ground

2 g Whole Nutmeg, grated

METHOD

1. Dice the white onion and cook gently in a frying pan with a tbsp of olive oil. Season to taste with the pepper and grated nutmeg and allow to cool.
2. In a mixing bowl, mix together the eggs and the cooked diced onions.
3. Lay a baking tray with a non-stick baking paper, place the cooked diced potatoes on the bottom of the tray, and add the cooked spinach and kale then the vegan cheese on top.
4. Pour the egg mix on top and bake in an oven at 200°C for 15 to 20 minutes.
5. Cool and cut into portions.
6. Serve with the mixed cress.

FEIJOADA CARIOCA

STEVEN HOOPER | ANGOLA

The feijoada is a dish consisting of a bean stew with meat. It is a dish that originated in the North of Portugal, and today is one of the most typical dishes of Angolan & Brazilian cuisine. In Portugal it is cooked with white or red beans and includes other vegetables along with pork or beef, whereas Angolan and Brazilian feijoada is made from a mixture of black beans and various types of pork or sausage and accompanied white rice.

Feijoada became very popular in Angola during the Portuguese occupation and today is considered as part of Angolan local diet.

SAVED FOOD

Meat and Beans

SERVINGS

4

PREP

30 minutes

COOK

2 hours

INGREDIENTS

450 g Excess Meat (Pork, Beef, Sausage), cubed

200 g Beans (Ideally black beans but can be any type you have in your kitchen)

1 tsp Local Gindungoo (or fresh chopped chillies)

100 g Canned Diced Tomatoes or 1 Tomato, chopped

2 Garlic Cloves, minced

100 g Onions, diced

Salt & Pepper, to taste

METHOD

1. Soak, wash and cook the beans as directed on packaging.
2. Using leftover meat, place into a pan and sear for 5 minutes until golden.
3. Add garlic, chillies and onions. Cook for a further 15-20 minutes.
4. Add tomatoes and beans.
5. Slowly cook for 1 hour until all meat is tender. Season to taste.



Typically in Angola they use pork but any type of beef or sausage works great too!



BREAKFAST PIZZA

BRAD ROBERTS | UNITED STATES

Saving our breakfast leftovers from the day before - such as scrambled eggs and breakfast meat like sausages or bacon – gives us the option to create this real “crowd-pleaser” for our guests.

SAVED FOOD

Scrambled Eggs,
Breakfast Meat and
Sausage Gravy

SERVINGS

10

PREP

15 minutes

COOK

20 minutes

INGREDIENTS

2 cups Excess Scrambled Eggs
2 cups Breakfast Meat, chopped
2 cups Shredded Cheese
2 cups Tater Tots
2 cups Sausage Gravy
Pre-Baked Pizza Crust
Ketchup (Optional)

METHOD

1. Using Pre-Baked Pizza Crust spread the sausage gravy on the crust and top with scrambled eggs, breakfast meat and shredded cheese. Top with tater tots.
2. Bake in preheated oven at 375°F for about 20 minutes or until golden brown and heated through.
3. Plate on dish and garnish with ketchup (optional)

CHICKEN BRUSCHETTA

WITH PENNE OVER VEGETABLES

DAVID BRUNETTE | UNITED STATES

This is one of the recipes we use with the Minnesota Vikings Foundation. The recipe uses tomato cores and zucchini ends as a celebration for Stop Food Waste Day. It's both healthy and nutritious too. The MN Vikings Foundation's food truck, Vikings Table, puts 100% of its proceeds towards supporting the mission of serving free-healthy meals and nutrition education to youth in need in our community. Since Vikings Table's launch, over 26,000 free meals have been served across the Twin Cities.

SAVED FOOD

Tomatoes, Protein and Zucchini

SERVINGS

4

PREP

15 minutes

COOK

30 minutes

INGREDIENTS

1/3 lb Whole Wheat Penne Pasta
 1/2 gal Water
 1 tbsp Canola Oil
 1.5 cups Zucchini, chopped
 3 cups Fresh Diced Roma Tomatoes, chopped
 5 tsp Basil, chopped
 1 tbsp Garlic, chopped
 1/2 cup Tomato Sauce
 1 tbsp Balsamic Vinegar
 2 cups Fully Cooked Protein, diced (We used Chicken)
 1/4 cup Parmesan, shredded

METHOD

1. Core tomatoes and cut ends off zucchini. Finely chop and set aside for use in the sauce.
2. Heat water and bring to a boil in medium sauce pot.
3. Add pasta and cook for 7-9 minutes until al dente.
4. Drain and return to pot.
5. Add canola oil to frying pan and heat over medium high heat until small wisps of smoke form. Add zucchini and sauté for 3-5 minutes until softened stirring frequently. Add vegetables to pasta.
6. For the sauce, heat oil in medium sauce pot and sauté garlic for 1 minute. Add the diced tomatoes, tomato cores and zucchini ends, basil, tomato sauce, salt and pepper.
7. Bring to a boil, reduce heat to a simmer, and cook for 10-15 minutes. Add 1/4 cup of water if too thick. Add the balsamic vinegar and chicken and cook for 2-4 minutes until the chicken is heated through.
8. Mix the sauce with the pasta and finish with shredded parmesan.



SAMBAL WITH BEEF STRIPS

BART DE BLIECK | BELGIUM

My great-grandmother, who lost her husband early in the war, used to make her weekly sambal with rice, vegetables, and some leftover meat from the previous day. To flavour the less fresh ingredients, the secret was sambal, to give the dish a dash of spice. My mother used to make it every week as a contemporary dish with fresh vegetables, beef and sometimes a piece of broccoli from the day before. My great-grandmother lived until she was 97 years old, maybe this delicious Sambal dish was the cause?



SAVED FOOD

Meat

SERVINGS

4

PREP

15 minutes

COOK

30 minutes

INGREDIENTS

300 g Rice
 250 g Meat of your Choice (We used beef strips)
 200 g Brussels Sprouts
 2 Leeks, chopped green parts
 1 Onion, chopped
 1 Garlic Clove, chopped
 Mug of Sambal
 Pepper and Salt
 Pinch of Cumin
 Pinch of Turmeric
 Pinch of Gingerroot
 Sunflower Oil, for frying
Mug of Sambal:
 125 g Red Chillies
 2 Shallots, chopped
 4 Garlic Cloves, minced
 30 g Ginger
 1 tbsp. Sunflower Oil
 1 tbsp. Tomato Puree
 Dash of Soy Sauce
 2 tbsp. Sugar

METHOD

1. Boil the rice and leave it to cool completely (ideally, do this the day before and leave overnight in the fridge). If you use hot rice, it will stick.
2. Chop the onion and garlic and fry them in a wok pan in a little oil.
3. Then fry the beef strips and add the spices and sambal. Leave this mixture to fry until the beef is cooked.
4. Moisten with water. Add the sprouts and continue to simmer; finally add the leek and stew it briefly.
5. Spoon the cold rice through the vegetables little by little. Taste whether the sambal has the right flavour.

Mug of Sambal:

6. Peel the ginger and remove the skin from the garlic and shallots. If you like your sambal a little milder, remove the seeds from the chillies. Cut the chillies, shallots, garlic and ginger into large chunks and put them in the food processor and grind finely.
7. Put the red mixture in a pan with oil and heat it. Add the tomato puree, soy sauce and sugar. You can also add this to taste. Let the mixture simmer for 10 minutes. Let the sambal cool down and put it in a covered jar.
8. Keep the homemade sambal in the refrigerator for a maximum of one week. Do you wish to keep it longer? Use an airtight jar and/or put a layer of oil on the sambal so that air cannot get in.

Sambal is a hot relish made with vegetables and spices.

B&B POT PIE

DELACCYEE ABDUS-SALAAM | UNITED STATES

With sustainability at the forefront of everything we do here at the University of Houston, repurposing overproduction is common practice. In Texas, we are known for our hearty and flavorful southern cuisine. We have found that both biscuits and brisket are popular menu items with our students and are often overproduced. We find there's no better way to repurpose than with our B & B Pot Pie.

SAVED FOOD

Bread and Meat

SERVINGS

4

PREP

20 minutes

COOK

20 minutes

INGREDIENTS

12 Biscuits
(or any bread of your choice)
6 cups of Brisket, chopped (or any other meat you have in your kitchen)
3 cups of Frozen Peas and Carrots
3 cups of Frozen Corn Kernels
1 cup Yellow Onion, diced
1 cup Celery, diced
1 gal, Beef Stock
2 cups Flour
½ cup Butter
1 cup Cilantro, chopped
3 tbsp Extra Virgin Olive Oil

METHOD

1. Preheat Oven to 350°F.
2. Heat stock pot on medium heat. Add in oil pot. Add onions and celery and sweat for about 10 minutes.
3. Add in butter allow to melt. Add in flour and stir into mixture. Allow to cook for about 10 minutes while stirring. This is creating a roux. Roux should take on a light brown color.
4. Add in beef stock, brisket, peas and carrots, and corn. Stir mixture until everything is incorporated. Heat until a simmer. Cook until mixture is thickened.
5. Add in half of the chopped cilantro.
6. Pour all mixture into a baking dish place biscuits on top. Brush with butter and bake until biscuit are golden brown about 20 minutes.
7. Serve and garnish with chopped cilantro.

*Don't have biscuits or brisket? Don't worry!
You can use any bread or meat you have in your kitchen!*



SMOKEY GRILLED CHICKEN

WITH CAULIFLOWER-POTATO HASH, SPRING ONION TOP CHIMICHURRI AND CRISPY CAULIFLOWER LEAVES

PETER KLEIN | UNITED STATES

We really wanted to showcase how to use typically discarded veggie parts as integral parts of a dish layering in different textures and flavor combinations and I think we have definitely succeeded with this recipe.



SAVED FOOD

Vegetables

SERVINGS

4

PREP

30 minutes

COOK

20 minutes

INGREDIENTS

Smoked Paprika Grilled Chicken

2 tsp Smoked Paprika
4 Boneless/Skinless Chicken Breasts
½ tsp Kosher Salt
½ tsp Ground Black Pepper

2 tsp Olive Oil

Spring Onion Top Chimichurri

8 tsp Fresh Cilantro
8 tsp Fresh Parsley
4 tsp Fresh Red Onion, diced
2 each Garlic Cloves, peeled
1 tsp Fresh Lemon Juice
½ tsp Ground Black Pepper
1 cup Fresh Green Onions (Scallions), chopped
4 tsp. Olive Oil

Red Skin Potato Cauliflower Hash

1 pound Fresh Red Bliss Potatoes
4 tbsp Canola Oil
2 pounds Fresh Cauliflower
1 tsp Kosher Salt
1 tsp Ground Black Pepper

METHOD

Smoked Paprika Grilled Chicken:

1. Preheat grill. Lightly pound chicken breasts and season with smoked paprika, salt, pepper and oil.
2. Grill chicken until internal temperature reaches 165°F. Sprinkle with additional smoked paprika.

Spring Onion Top Chimichurri:

3. Wash and dry herbs and chop coarsely including the leaves and stems.
4. Add all ingredients except olive oil to a food processor. Pulse a few times until chopped. Slowly add the olive oil. Pulse the mixture a few more times until the olive oil is combined.

Red Skin Potato Cauliflower Hash:

5. Wash, medium dice the potatoes, leaving the skin on.
6. Chop cauliflower into florets similar size as the potatoes, reserving the leaves.
7. Heat oil in a sauté pan or cast-iron skillet over medium heat. Add diced potatoes and cauliflower. Turn heat to medium-high. Season to taste with salt and pepper.
8. Sauté until potatoes are golden and cauliflower is crispy.

Crispy Cauliflower Leaves:

9. Heat oil in a sauté pan over high heat.
10. Add cauliflower leaves, reduce heat to medium.
11. Fry until crisp, then remove from heat and serve immediately.
12. Assemble Dish. Serve Grilled Chicken over Potato Cauliflower Hash and top with Spring Onion Top Chimichurri and Crispy Cauliflower Leaves.

WILD SALMON TARRAGON CAKE SLIDER

WITH FENNEL DAIKON SLAW

CHRISTOPHER IVENS-BROWN | UNITED STATES

If you have leftover fish, you can turn it into a mouth-watering fish cake. We love playing around with different flavors. Adding fennel tops for an unexpected subtle hint of anise complements our sustainable wild salmon along with tarragon, daikon and garlic aioli.



SAVED FOOD

Vegetables

SERVINGS

4

PREP

30 minutes

COOK

20 minutes

INGREDIENTS

Fennel Daikon Slaw:

4 oz Fennel, fresh
2 oz Fresh Daikon Radish
½ oz Lemon Juice, fresh
½ oz Extra Virgin Olive Oil
½ oz Honey
⅛ tsp Kosher Salt
½ tsp Ground Black Pepper

Roasted Garlic Aioli:

1 Garlic Cloves, roasted
¼ tsp Canola Oil
¼ tsp Lemon Juice, fresh
¼ tsp Kosher Salt
1 tbsp 2-¾ tsp Light Mayonnaise

Salmon Cake:

3-¾ oz Wild Salmon Loin, 4 oz
¼ oz Tarragon, Fresh, chopped
¼ tsp Dijon Mustard
1 tbsp ½ tsp Celery, finely chopped
⅛ tsp Ground Black Pepper
⅛ oz Plain Breadcrumbs
1 tbsp 1 tsp Mayonnaise
1-¼ tsp Canola Oil

Final Assembly:

2 Tomatoes Slices, ¼" each
½ cup Arugula Lettuce Leaf
2 Dinner Rolls or other sandwich bread

METHOD

Fennel Daikon Slaw:

1. Shave fennel very thin on a mandolin. Mince fennel tops. Peel and cut radishes into ¼" julienne.
2. Mix lemon juice, oil, honey, salt and pepper in a bowl. Toss fennel and radishes in dressing to coat. Add minced fennel tops.
3. Reserve cold.

Roasted Garlic Aioli:

4. Mash the roasted garlic until it forms a paste.
5. Combine garlic with mayonnaise in a mixing bowl. Whisk in the lemon juice and salt. Transfer to an appropriate storage container, cover, label, date and refrigerate.

Salmon Cake:

6. Steam the salmon until the temp is 145F.
7. Cool and break into manageable pieces. Use ends of the loins and pieces not used for fillets if possible
8. Mix all of the ingredients together (including tarragon stalks and celery stalk/leaves) in a bowl and portion into 2oz. patties. Set aside.
9. Working in batches, heat the oil a small amount at a time: and sauté the cakes in a pan over med-high heat . Cook for 5 minutes and flip over. Cook for another 3 minutes and move pan to a 350 degree oven and cook for another 5 minutes or until the salmon cake reached 165F internally.

Final Assembly:

10. Toast bun on flat top.
11. To assemble one slider place ¼ cup arugula on bottom slider bun, top with one slice of tomato, salmon cake, and 2 tsp aioli.
12. Serve with ½ cup fennel slaw.

JAPANESE STYLE TACOS

WITH JAPANESE STYLE SALSA AND TERIYAKI PORK MISO

MASAKO NAKAMURA | JAPAN

I made salsa, which spreads the flavour of Japanese style soup stock, with Teriyaki, the world-famous Japanese flavour. Our Japanese-style salsa sauce contains seeds of green peppers and celery leaves, which tend to be thrown away. Tabasco and white sauce, which are often left over at home, are combined to create a perfect sauce for fish.

Broccoli core and shiitake mushroom are put in Teriyaki pork miso, and pickled cabbage made from the cabbage core is used to enhance the flavour. Topped with mayonnaise and chopped nori seaweed, this is a real Japanese treat.

Tacos can be delicious no matter what you put in them. Freeze the ingredients that you would normally throw away so you can use them later. We think it would be great if families could enjoy the time thinking and talking about food waste while making these tacos.

SAVED FOOD	SERVINGS	PREP	COOK
Vegetables and Lettuce	4	40 minutes	20 minutes



INGREDIENTS

150 g Cake flour
50 g Rice flour
½ tsp Salt
3 tbsp Olive oil
100 cc Water
80 g Lettuce (Incl. outer leaf)
15 g Carrot with skin

For Japanese Style Salsa Tacos:

200 g Tomatoes
50 g Red Onions
15 g Celery Leaves
2 Green Peppers (Incl. seeds)
1 tsp Lemon Juice
½ tsp Tabasco
¼ tsp Salt
½ tsp Sugar
Black pepper, to taste
Canned boiled sardines (or any preferred fish)

For Teriyaki Pork Miso Tacos

Sauce:

1 tsp Oil
2 g Grated Ginger
100 g Minced Pork
50 g Broccoli Core
20 g Shiitake Mushroom Shaft
2 tbsp Soy Sauce
2 tbsp Cooking Liquor
2 tbsp Mirin "Sweet Sake"
½ tsp Sugar
Water-Soluble Potato starch
(Potato Starch 2g + Water 3cc)

Pickled Cabbage:

70 g Cabbage Core
2 g Salt
30 cc Grain Vinegar
1 g Sugar

Topping:

Mayonnaise, to taste
Chopped nori seaweed, to taste

METHOD

1. Put flour, rice flour and salt in a bowl, mix gently, and add olive oil and water. Knead well for about 5 minutes to form a round shape with a diameter of 15cm and a thickness of 2mm (8 pieces). Heat the frying pan well, set to medium heat for 40 seconds on one side, turn it over and bake for 40 seconds. Since it is easy to dry out after baking, cover it with a wet kitchen towel to keep it moisturized.

2. Cut lettuce into strips and carrots into julienne.

For Japanese Style Salsa Tacos:

Salsa Sauce:

3. Cut the red onion into 5mm squares and expose to water to remove the spiciness. 1cm square tomatoes, 5mm square peppers, chopped celery leaves, and season with lemon juice, tabasco, and seasonings.

Assembly:

4. Put lettuce and carrots on tortillas. Remove sardines from the can and wipe off the water with paper towel. Add sardines and Japanese style salsa sauce on top to complete.

For Teriyaki Pork Miso Tacos:

Teriyaki Pork Miso Sauce:

5. Chop the broccoli core and shiitake mushroom shaft and fry with grated ginger and minced pork. Season with soy sauce, mirin, sake, and sugar, and thicken with water-soluble potato starch.

Pickled Cabbage:

6. Cut the cabbage core into 4-5cm long diagonal strips and knead with salt. Lightly squeeze the water, soak it in vinegar mixed with sugar, and let it sit for at least 1 hour

Assembly:

7. Put lettuce and carrots on tortilla and top with teriyaki pork miso, mayonnaise, pickled cabbage, and chopped nori seaweed to complete.

WATERMELON RIND CURRY

MRIDULA GUPTA | INDIA

When I was working on a food waste project, the thing that bothered me most was the peel waste. Controlling production waste is much easier to do compared to peel waste, so by using peels and leftover trimmings I developed a recipe to make a delicious vegetable curry using watermelon rind. We found out that this vegetable is not only tasty & wholesome, but also goes very well with Indian breads - bringing the best of both worlds together. This unique plant-forward dish repurposes watermelon rind and is not only high on taste and flavour, but also reduces food waste by repurposing leftover peels that would usually go to waste.

SAVED FOOD

Watermelon Rind

SERVINGS

4

PREP

15 minutes

COOK

45 minutes

INGREDIENTS

450 g Watermelon Rind, cut into ½ inch pieces
 30 g Ghee
 3 g Cumin Seeds
 5 Garlic Cloves, minced
 5 g Ginger, minced
 1 Green Chilli, seeds removed, minced
 5 g Coriander Powder
 3 g Amchur (Dried Mango) Powder
 5 g Kashmiri Chili Powder
 3 g Turmeric Powder
 5 g Salt
 2 g Garam Masala

METHOD

1. Melt ghee in a pan on medium heat.
2. Add cumin seeds. Once they begin to splutter, add ginger, garlic and green chilli.
3. Add the watermelon rind and mix well.
4. After a minute, add coriander powder, turmeric and salt. Stir and add little water. Cover and cook for 10-12 minutes, stirring at the halfway mark.
5. Once the rind is soft, When most of the water is absorbed, remove the lid and add the kashmiri red chilli powder, amchur powder & garam masala.
6. Mix well and cook for another couple minutes.
7. Remove from heat and serve. Garnish with fresh coriander and ginger julienne.



Who would of thought a watermelon peel could make such a delicious dish!



VEGGIE PESTO PASTA

AND PEEL CHIPS

MICHELE BOLLINO | ITALY

Pasta with pesto veggie is an innovative idea able to combine the concept of "good and healthy" with that of "zero impact food". The selected products were broken down into their parts and then brought together to complete the preparation, nothing was wasted!

SAVED FOOD

Vegetables and Leafy Greens

SERVINGS

2

PREP

25 minutes

COOK

25 minutes

INGREDIENTS

100 g Pasta
 20 g Eggplant
 15 g Rocket or Arugula (Or any type of Leafy Green)
 8 g Almonds
 5 g Grated Parmesan Cheese
 5 g Cherry Tomatoes
 5 g Extra Virgin Olive Oil
 Salt
 Pepper

METHOD

1. After washing rocket and cherry tomatoes (keeping the skin and stems) blend them into the cutter adding shelled almonds, grated cheese, salt, pepper and oil, until a homogeneous cream is obtained.
2. In the meantime, wash the eggplants and separate the skin from the pulp.
3. Steam the pulp in the oven for about 10 minutes at 180°F.
4. Cook the pasta and toss it in the pan with the vegetable pesto and eggplant pulp.
5. Cook the eggplant peel in oven for 7 minutes at 180°F.
6. Garnish the finished with the eggplant peel chips and enjoy!

KITCHEN POT ROAST

JASON ISON | UNITED STATES

As a good steward of waste, there is no better way to win than using small amounts of ingredients to incorporate them into a stewed or braised dish making it plentiful for the masses. At our unit, we love to do parties, caterings, buffets and employee meals. We order a big variety of produce and are often left with small amounts of proteins a bounty of assorted fresh herbs, micro greens, flowers you name it. So, when making employee meals we decided to make Kitchen pot roast; using everything we had extra in house to make an extraordinary meal for our team. The beauty of this dish comes from the versatile base that allows you to add or subtract different flavors to make it unique each time. Food eaten by anyone beats food waste. Try it out - we did and the community loves it!

SAVED FOOD

Vegetables

SERVINGS

4

PREP

15 minutes

COOK

3 hours and
30 minutes

INGREDIENTS

1 lb Eye of Round Beef
Salt and Pepper, to taste
2 lb Carrots, chopped
1 lb Onion, chopped
2 lbs Celery Root, chopped
1 cup Water
1 tbsp Beef Base or Bouillon Cube
2 lb Potatoes, diced
¼ cup Garlic, minced
2 tsp Garlic Powder
1 tsp Salt
1 tsp Pepper
1 tbsp Butter

METHOD

1. Place the beef on baking dish and season with salt and pepper.
2. Bake the beef in a preheated 400°F oven for 12 minutes. Rest meat in the pan after cooking.
3. Bring the cup of water to boil and mix the beef base to make a jus.
4. Add the chopped mirepoix to the rested beef, add the mixed beef based along with the garlic and the rest of the seasons. Cover and bake in the oven at 375°F for three hours.
5. In the last 30 minutes of the cook time add the potatoes and cook until desired doneness. Beef should be fork tender.
6. Cut beef into 4 in squares and top with cooked vegetables and jus from dish.



This dish is a great way to use all the excess roots and vegetables you have at home

LAMB PILAF

ABDURAKHMANOV ILKHOM | KAZAKHSTAN

The first mention of pilaf is embedded in the ancient story "A Thousand and One Nights" and in the writings of the Persian scholar Avicenna. Pilaf originated in Persia, now known as Iran. Because of the favourable weather and geographical conditions for growing rice, this dish has become popular in Central Asia. In the Middle Ages, rice was abundantly harvested and affordable, meaning it could provide food all year round for the wealthy and the poor. The name pilaf in Persian means "cooked rice". As a child, rice would be included in almost every meal that was served and as a result this dish brings back a lot of my childhood memories and has a special place in my culinary journey.



SAVED FOOD

Carrots and Onions

SERVINGS

6

PREP

15 minutes

COOK

1 hour

INGREDIENTS

1 kg Lamb Leg, 5cm cubed
 1.5 kg Carrot, julienned
 (keep the peels!)
 300 g Onions, peeled and sliced
 (keep the peels!)
 1 kg, Rice
 200g Raw Chickpeas, soaked
 overnight
 100 g Raisins
 10 g Cumin Seeds
 1 Whole Garlic Bulb
 200 ml Sunflower Oil
 1 litre Warm Water
 Salt, to taste

METHOD

1. Heat oil in a large saucepan with a heavy-based bottom over medium heat.
2. Add the sliced onion together with the cumin seeds and sauté until soft, translucent, and just turning golden brown.
3. Remove onion from saucepan with a slotted spoon to prevent it from overcooking and set aside.
4. Add the cubed lamb to the same saucepan and brown on all sides.
5. Once the lamb is browned add the onions back into the saucepan, season with salt and pepper, reduce the heat, cover the pot with a tight-fitting lid and let the lamb cook in its own juices. Check on the lamb every so often and if it seems to dry add a bit of water to prevent it sticking to the bottom of the saucepan.
6. Drain the soaked chickpeas, and put into a separate saucepan, fill the pan with water (just enough to cover the chickpeas), put the saucepan on a medium heat and bring to a simmer. Cook the chickpeas until just tender, drain and set aside. (do not discard the water the chickpeas were cooked in, keep this to one side).
7. Cook the lamb on a medium heat for about 45 minutes or until the meat is tender. Halfway through the cooking process add the drained chickpeas and cook together with the lamb.
8. Once the lamb and chickpeas have softened and are cooked, remove with a slotted spoon.
9. Add a bit more oil to the saucepan if necessary, add your rice and fry the rice until all the rice is heated through. Add your lamb, chickpeas and onion mixture back into the saucepan and stir through with the rice, then add your carrots and raisins on top of the rice and lamb in a single layer.
10. Add warm water to the saucepan to cover your layers of rice, lamb, carrots, and raisins. Top and tail your bulb of garlic and add it to the pot. Lastly add your onion skins to the pot.
11. Once the water starts boiling lower your heat to the lowest setting, cover your saucepan with a tight-fitting lid as for no steam to escape, and steam your rice for approximately 30 minutes.
12. Once your rice is cooked and al dente, remove the bulb of garlic and set a side. Remove the onion skins and discard, fluff up your rice and place in a serving dish.
13. Garnish with freshly chopped parsley, deep fried carrot peelings and the whole bulb of garlic placed on top of the dish.

*The carrot peelings
 can be deep-fried
 and used as a
 garnish for
 the dish!*

VEGGIE BURGERS

WITH ROASTED POTATOES

ALEJANDRO LELAS | CHILE

Amongst some of the most typical dishes in Chile is the pork loin. In this recipe, I present an opportunity to reinvent this dish; delivering a national favourite in a healthier format by replacing the meat with a vegetable (beans). We accompany it with some potatas bravas and onion from the south of the country, and add an egg as a finishing touch. The food waste is minimised in this recipe since the peel of the onion and the egg are also used as fertilizer for plants. For the vegetables, we have cooked with the skin or shells so each product remains 100% no waste.

SAVED FOOD

Beans, Potatoes, Onions

SERVINGS

6

PREP

8-10 hours for beans

COOK

1 hour and 30 minutes

INGREDIENTS

500 g Beans

500 g Red and Green Bell Peppers, chopped

500 g Onions, chopped

1 kg Russet Potatoes

6 Eggs

Salt, to taste

Pepper, to taste

A pinch of Merquen, which is a traditional Chilean seasoning made from Goat's Horn Chile (aji cacho de cabra), which is mildly spicy and smoky. You can sub it with smoked paprika.

METHOD

1. Soak the beans in water overnight.
2. The next day cook them until they are tender, then leave to cool and mash the beans into a grounded consistency.
3. Sauté half of your onion and all of the peppers to make a sofrito.
4. Combine the sofrito and ground beans and shape into a hamburger and bake in the oven at 180°C for 25 min.
5. Caramelize the remaining onion in olive oil on a medium pan to golden color.
6. Cut the potatoes into wedges then brush them with olive oil and the merquen or smoked paprika, then bake in the oven 30 min at 180° F.
7. Fry the egg on a hot pan of olive oil.
8. Plate and serve as shown in the picture.



Reduce food waste with this protein-packed meal!

CAULIFLOWER 360 DEGREES

KRISTER DAHL | SWEDEN

Cauliflower 360 Degrees symbolises our entire thinking around sustainability and purchasing. Here we work with the entire raw material, taking care of and creating beautiful flavours and textures. The bouquet of cauliflower is roasted, the root is boiled to a puree and the tops are fried. The entire raw material is on the plate presented through taste and texture.



SAVED FOOD

Carrots and Onions

SERVINGS

1-2

PREP

30 minutes

COOK

30 minutes

INGREDIENTS

Cauliflower Puree:

100 g Cauliflower
20 g Boiled Potatoes
1 tbsp Rapeseed Oil
1 tsp Lemon Juice
Salt and Pepper

Cauliflower Roasted:

100 g Cauliflower
1 tbsp Rapeseed Oil
Salt and Pepper

Chickpea Balls:

80 g Chickpeas, cooked (keep the liquid after cooking)
1 tbsp Parsley, chopped
2 tbsps Yellow Onion, finely chopped
½ tsp Baking Soda / Bicarbonate
½ tsp Chili Powder
Salt and Pepper

Parsley Oil:

3 tbsps Aquafaba (cooked chickpea liquid)
1 tsp Dijon Mustard
1 dl Rapeseed Oil
1 tbsp Parsley
1 Garlic Clove, grated
Salt and Pepper

Garnish: fried cauliflower and gruyere cheese, optional

METHOD

Cauliflower Puree:

1. The idea with the puree is to include all the leftovers from the cauliflower, but when you make large batches, you can also cook with whole cauliflower.
2. Boil cauliflower in salted water until it is soft through, pour off the water and let it steam off all the liquid.
3. Mix it smoothly in a blender, add in the boiled potatoes, add rapeseed oil, salt, pepper and lemon juice. Mix!

Cauliflower Roasted:

4. Rub the cauliflower with the rapeseed oil, salt and pepper. Bake the cauliflower whole in the oven at 170°C, about 20-30 minutes.
5. Divide for serving.

Cauliflower Fried:

6. Remove stem from the cauliflower and save for frying.
7. Cut off the thick stem or just pull it thin on the blade.
8. Fry in oil at 160°C until crispy, have a lid on hand as it splashes a lot. Drain on paper and salt.

Chickpea Balls:

9. Mix the onion, parsley and spices together. In a food processor or blender mix the cooked chickpeas, until slightly smooth. Then mix in the onion mixture and baked soda, let stand and pull. Shape into small balls and refrigerate until firm. When serving fry in oil at 160°C until crispy. Drain on paper and salt.

Parsley Oil:

10. Mix the oil with the parsley so it becomes completely green and smooth.
11. Add chickpea liquid with mustard, mix with a immersion blender then drop the oil drop by drop into the spade. Blend until it becomes a thick mayonnaise-like consistency, season with grated garlic, salt and black pepper.
12. Plate as shown in photo and garnish with parsley oil.

ROASTED VEGGIES TRAY

KARRI KÄKI | FINLAND

Even for those who plan home meals really well, it can be difficult to buy the exact amount of ingredients. For example, pack sizes might force you to buy more than needed. So, this delicious recipe is inspired by the leftovers in my fridge.

I love this recipe because it inspires the chef to experiment with some of the most common raw ingredients; reinventing them by roasting, condensing, seasoning and more. It also gives great freedom to innovate and create new flavours. For home chefs, it also offers fast, easy and tasty dinner options with all the benefits of seasonality, healthy, colourful and tasty. You can use all types of leftover vegetables and even add meat or fish, but this time I have used fava bean protein so the whole dish is suitable for vegans.

SAVED FOOD

Vegetables

SERVINGS

4

PREP

15 minutes

COOK

35 minutes

INGREDIENTS

100 g Beetroot
 200 g Potato
 100 g Carrot
 100 g Parsnip
 100 g Cauliflower
 100 g Broccoli
 80 g Onion
 80 g Red Cabbage
 80 g Fava Bean Protein
 20 g Pumpkin Seeds
 5 g Fennel Seeds
 1 Garlic Head
 10 g (1 piece) Fresh Red Chili
 10 g Tahini Paste
 10 g Rapeseed Oil
For seasoning:
 2 tsp Salt
 1 g Black Pepper, ground
For serving:
 ¼ bunch Fresh Coriander
 1 tbsp Pumpkin Seed Oil

METHOD

1. Wash beetroots, potatoes, carrots and parsnips properly. Remove the stems, but don't necessarily peel. Cut the roots in smaller and equal size pieces (2x2 cm) and keep them separate.
2. Remove a thin slice of cauliflowers stem, but don't heavily remove it. Cut the cauliflower into sectors. Leave the leaves on.
3. Handle the broccoli same way as the cauliflower.
4. Remove the peels from onion, cut into sectors.
5. Cut the cabbage into equal size pieces.
6. Cut the garlic into half with the skin on.
7. Cut the chili in slices.
8. Combine beetroots, potatoes, carrots and parsnips into tray and mix the rapeseed oil along. Roast in oven 175°C for 20 minutes.
9. Pick up the tray from the oven to table and add cauliflower, broccoli, onions, cabbage, pumpkin seeds, fava bean protein, chili, garlic, fennel seeds and tahini paste. Mix properly together. Season with salt and grind coarsely the pepper.
10. Put the tray back into oven, rise the temperature to 225°C and roast for 5-10 minutes, until cooked.
11. Serve with chopped fresh coriander and pumpkin seed oil.



If you don't have the veggies listed, just use whatever is at home!

CHICKEN VEGETABLE PIE

STACEY JENSEN | AUSTRALIA

This recipe came about as a happy accident one week when I was trying to figure out how to repurpose some roast chickens I had left over. It is so simple to make, plus roasting everything first adds so much more flavour to an otherwise plain but most importantly nothing is wasted.



SAVED FOOD

Chicken

SERVINGS

8 -10

PREP

1 hour

COOK

3-4 hours

INGREDIENTS

2 Whole Chickens
4 Carrots
1 Leek
4 Celery Stalks
1 Onion
5 Garlic Cloves
1 tbsp Oil
1 Packet of pre-rolled puff pastry
1 Egg
4 tsp Flour
Salt and Pepper, to taste

METHOD

1. Preheat the oven to 180°C.
2. Wash & peel all your vegetables. Reserve the trimmings.
3. Cut all the vegetables to about 2cm in size, place them in a large bowl and coat with oil. Place them on an oven tray & roast until they're nice & caramelised. (about 20 minutes).
4. Place the chickens on a roasting tray & cook in the oven until the internal temperature is above 85°C degrees. Once this is done, cool down the chicken until its cold enough to handle with your hands.
5. Remove all the meat from the chicken & set aside. With the chicken bones, place them into a pot & cover with water. Take your trimmings from the vegetables & put them in the pot with the chicken bones. Use some water to loosen up the caramelised bits on the roasting pan that the chickens were cooked in and pour the bits water into the pot.
6. Put the pot on the stove & bring to the boil. Add in the garlic. Once the pot is boiling, turn the burner down so the pot is on a gentle simmer. Leave this pot simmering as long as you possibly can to extract the most flavour from the chicken bones.
7. With the cooked chicken, remove the skin from all parts & place the skin in the pot of stock. Then in a large bowl, pull the chicken meat apart so that you have mainly even sized pieces. Add the roasted vegetables into the bowl with the chicken.
8. With the stock, it is going to be the base gravy for the pie filling. Once you're happy with the amount of chicken flavour then it should be done, at least 30 minutes to a few hours later. Strain all the solids from the stock & make sure it is seasoned well with salt & pepper. You want to make sure you have enough stock to cover all the cooked chicken & vegetables generously.
9. To thicken up this stock and make it a gravy, you must make a slurry. Mix the flour with about 2 tsp of cold water. Bring the stock to a boil in a saucepan & slowly whisk the slurry in. Keep stirring until the stock comes to a boil again & cook for about 2 minutes.
10. Once the sauce has thickened, pour it into the bowl with the chicken & vegetables. Mix together well & check the seasoning of everything once again.
11. Place mixture into a baking dish.
12. Grab your pre-rolled puff pastry sheet from the fridge & top your pie with it.
13. Brush the top of the pie with egg wash & bake the pie at 180°C degrees until the top is golden & the internal temperature reaches 75° C.

BREAD CASSEROLE

RICHARD LIER | AUSTRIA

Austrian cuisine offers many regional delights, but a mainstay across the country's many local wine taverns and beyond is bread. It comes in many shapes and sizes, and can be served with various toppings like cheese, bacon or sausages. This bread casserole recipe is a great way of using up surplus or leftover bread.

SAVED FOOD

Bread

SERVINGS

21

PREP

30 minutes

COOK

40 minutes

INGREDIENTS

Bread Casserole:

1500 g Bread
700 g Eggs
(save 200g for the Royale sauce)
700 g Milk
(save 100g for the Royale sauce)
315 g Onions
20 g Olive Oil
20 g Garlic
100 g Parmesan Cheese
315 g Whipped Cream
20 g Parsley
20 g Salt
1 g Nutmeg
0.8 g Pepper
315 g Cheese
(save for the royale sauce)

Tomato sauce:

150 g Onions
10 g Garlic
120 g Tomato Puree
450 g Chopped Tomatoes
30 g Cornstarch
15 g Salt
0.5 g Pepper
2 g Herbs de Provence
400 g Stock

METHOD

For the bread casserole:

1. Cut your leftover bread into slices (scraps of rye bread, nut bread, baguette work best)
2. Chop your onion and roast until golden brown. Separately, grate the parmesan cheese
3. Whisk egg, milk, whipped cream, salt, nutmeg, pepper and pureed garlic in a bowl
4. Add parsley, onions, parmesan cheese and the whisked milk mixture to the bread - mix loosely - but don't use a mixer! The structure of the bread should be preserved
5. Grease a 65mm tray with olive oil, then spread the bread mixture evenly and press down lightly
6. Mix 100g milk and 200g egg for your royale sauce - pour it over the bread mixture.
7. Sprinkle the top with grated cheese
8. Bake in pre-heated oven at 135°C for approximately 30 minutes - after that bake the casserole another 10 minutes at 200°C to brown.

For the accompanying tomato sauce:

1. Sauté diced onion in olive oil
2. Add tomato puree, and pour in vegetable stock and chopped tomatoes
3. Season with salt, pepper, herbs de Provence and garlic and boil gently
4. Bind with corn starch to thicken
5. Strain through a sieve

Finally cut the bread casserole diagonally and serve with your tomato sauce, grilled vegetables, fresh tomatoes, and fresh basil.



You can also add other leftovers like leaf spinach, olives, dried tomatoes, mushrooms, or asparagus to the bread casserole.

FRIED CHICKPEA PIE

WITH TRADITIONAL SANTANDER AJÍ

TIANNA CAROLINA PINZÓN GARZÓN | COLOMBIA

Using ancestral preparation methods from Santander, Colombia, this fried chickpea pie reuses peels and seeds within the recipe. It also beautifully showcases the people, culture and food of Colombia.



SAVED FOOD

Vegetable peels and seeds

SERVINGS

1

PREP

30 minutes

COOK

45 minutes

INGREDIENTS

Filling:

15 g Dry Chickpeas
2 g White Onion
5 g Spring Onion
6 g Tomato
0.1 g Oil
2 g Red Bell Pepper

Dough:

50 g Plain Flour
5 g Oil
2.5 g Sugar
1 g Salt
0.5 g Anatto Seed Powder
2.5 g Cilantro

Traditional Santander Aji:

1 g White Onion
1 g Spring Onion
3 g Tomato
1 g Oil
1 g Red Onion
2 g Cilantro
1 Egg
5 g Lime
3 g Fresh Chilli

METHOD

Filling:

1. Let the chickpeas soak overnight
2. Cook the chickpeas in a pressure cooker until they soften
3. Make chickpea puree
4. Chop the onion, tomatoes and the red bell peppers (with roots, spring onion and tomato heads) finely, sautee the vegetables on a low heat until the onion caramelises.

5. Mix the chickpeas with the sauteed mixture

Dough:

1. Heat the oil with anatto seeds until its fragrant and colorful
2. Blend the cilantro (including stems) with 15-20ml of water
3. Mix the dry ingredients, add oil and the cilantro water.
4. Mix the dough until it is a wet, elastic but not dry or chewy
5. Let it rest in the refrigerator for at least 30 minutes
6. Add the filling to the dough and bake at 180°C in a pre-heated oven.

Traditional Santander Aji:

1. Boil the egg for 10 minutes
2. Remove the egg from the boiling water and put it in a cold bath to prevent it from overcooking. Peel it and chop into small pieces once cooled
3. Chop the vegetables and mix all the remaining ingredients
4. Season with salt and pepper

GARDEN VEGETABLE ENCHILADAS

JOSÉ CÁRDENAS ELIZARARAS | MEXICO

This recipe turns leftover vegetables, such as potato peel, carrot peel, poblano pepper trimmings and onion trimmings, into delicious vegan enchiladas.

SAVED FOOD

Vegetables

SERVINGS

1

PREP

15 minutes

COOK

8 minutes

INGREDIENTS

70 g Potato Peel
70 g Carrot Peel
10 g Onion Trimmings
10 g Poblano Pepper Trimmings
4 Tortillas
5 ml Oil
3 g Salt

METHOD

1. Collect the leftover vegetables and cut into small pieces
2. Heat oil in a pan and fry the onion with all the vegetables for 8 minutes. Season with salt
3. Heat the tortillas in a separate pan
4. Fill the tortillas with your vegetable stew and roll to form enchiladas
5. Plate the enchiladas. Decorate with fried peel and cilantro



PRAWN NOODLE PASTA

SEAN YAP CHEE WENG | SINGAPORE

A modern take on Singaporean Prawn Broth Noodles. This dish incorporates western techniques but still retains the authenticity in its flavours. Every peel, the trimming of vegetables and shells of the prawns are used to their fullest in this dish, wasting absolutely nothing throughout the whole cooking process.



SAVED FOOD

Vegetables, shells

SERVINGS

2

PREP

15 minutes

COOK

1 hour

INGREDIENTS

250 g Spaghetti
 300 g Whole Prawns
 100 g Baby Spinach
 30 g Garlic
 100 g Shallot
 100 g Red Chilli
 300 g Vegetable Oil
 30 g Ginger
 10 g Chilli Powder
 2 g Star anise
 2 g Clove
 3 g White Pepper
 50 g Salt
 10 g Sugar
 30 g Mushroom Seasoning
 40 g Dark Soy Sauce
 15 g Fried Shallots

METHOD

1. Remove prawn shells and head into a medium-sized pot.
2. Add vegetable oil into pot with prawn shells.
3. Place prawn shells and oil on medium low heat and cook for 20 minutes or until oil is fragrant and orange to light red in colour.
4. Strain oil and set aside, add prawn shells back into the pot and add chopped garlic, 80g of chopped shallot (skin included), smashed ginger, 80g chopped red chilli, chilli powder, star anise, clove, white pepper and finally cover with 700g of water.
5. Bring liquid to boil and cook for another 15 mins on high to reduce stock.
6. Blend stock with contents until smooth and strain.
7. In a large pot, bring water to boil and add 45g of salt followed by spaghetti. Cook for 8 minutes and strain.
8. In a separate frying pan, add prawn oil and prawns. Cook for 20 seconds on medium high heat.
9. Deglaze pan with prawn stock and add mushroom seasoning, salt, sugar and dark soy sauce.
10. Reduce on high heat for 2 minutes, then add spaghetti and baby spinach and toss well until fully coated in sauce. Finish with prawn oil and powder.
11. Lastly, garnish with finely sliced chives, fried shallots and finely chopped red chilli.

POTATOES STUFFED

WITH VEGAN BOLOGNESE AND MASHED POTATO AU GRATIN

JUAN PABLO HUETO GATTANINI | SPAIN

The origin of this rich, hearty dish dates back to the years of the War of the Pacific between Peru and Chile. As the story goes, Peruvian soldiers had to travel long distances on remote roads to avoid encountering Chilean troops. On their journeys, they carried all kinds of food with them, including potatoes, ground meat, and various condiments like chilli peppers, salt and spices. They started preparing this dish in order to make the most of the food they had. They cooked the meat, seasoned it, and then wrapped it in a dough made from boiled potatoes. This recipe is a modern adaptation, turning it into a more sustainable and healthier dish, without losing its essence.

SAVED FOOD

Potatoes

SERVINGS

4

PREP

30 minutes

COOK

5 minutes

INGREDIENTS

For the potatoes:

800 g Potato

For the filling:

200 g textured Soy Protein

80 g Onion

60 g unpeeled Carrot

4 g Garlic

250 g ripe crushed Tomato with skin

30 g Tomato Concentrate

30 g Celery

120 ml White Wine

100 ml Extra Virgin Olive Oil

5 g Sweet Paprika

4 g Fresh Herbs

4 g Salt

2 g Pepper

For the mashed potatoes:

200 g Potato (what we take out when we empty them)

50 ml Soy beverage

20 ml Extra Virgin Olive Oil

2 g Nutmeg

2 g Salt

1 g Pepper

METHOD

1. To prepare the potatoes: in a pot of salted boiling water, cook the whole potatoes for about 15 minutes. Next, let them cool and cut off one side to make a lid. Scoop them out and set aside the insides in a bowl.
2. To prepare the filling: sauté the garlic, onion, celery and carrot. When they are golden brown, add the paprika, pan fry without burning it, and add the wine. Allow the alcohol to evaporate and, finally, add the crushed tomato and the tomato concentrate. Season with salt and pepper and add the herbs. Stir and cook for 30 minutes over medium heat. With 5 minutes left to go, add the textured soy protein.
3. To prepare the mashed potatoes: pour the oil and soy beverage over the potato insides we saved earlier, then add nutmeg, salt, and pepper. Mash until you obtain a homogeneous texture and pour into a piping bag with an open star nozzle.
4. Once everything is ready, fill the potatoes with the soy protein mixture and vegetable mixture from step 2 and place them on a tray lined with baking parchment.
5. Finally, top the potatoes with small dots of mashed potatoes and bake in the oven at 180°C for 5 minutes until they are golden brown.
6. Plate and garnish with Provençal herbs.



LEFTOVER BURGER OR BRISKET OR BRISKET CHILLI

UNITED STATES

The recipe is a huge hit and reduces food waste by using left-over burgers / brisket, onion ends, and over-ripe tomatoes. Jake Melnick's Restaurant was opened 20 years ago in Chicago's Gold Coast neighbourhood as Randall's Rib House and then Blackhawk lodge before becoming Jake Melnick's Corner Tap. Jake was Larry Levy's personal driver, who was a big fan of local, neighbourhood spots which Chicago is famous for. The restaurant was Jake's brainchild, and his portrait still overlooks the main game room!



SAVED FOOD

Burgers or brisket

SERVINGS

4

PREP

5 minutes

COOK

1 hour and 20 minutes

INGREDIENTS

1 2/3 lbs. leftover burgers or brisket
 1 3/4 cups yellow Onions (use ends)
 1 3/4 cups Green Peppers (use ends)
 3/4 tsp Garlic Salt
 2/3 oz. Chicken Bouillon
 2 tsp Chili Powder
 1 tsp Cayenne Pepper
 1 tsp Paprika
 1/4 cup Tomato Paste
 (or over-ripe tomatoes)
 1 3/5 lbs. Kidney Beans
 1 1/3 ounces dry Red Wine
 1/2 Quart Water

METHOD

1. In a skillet, add the leftover burgers/brisket and onions. Sauté on high heat until fully cooked, drain off all excess fat.
2. Add red wine and reduce for five minutes
3. Add remaining ingredients (except the kidney beans) and simmer for one hour constantly stirring
4. Fold in the kidney beans and cook for an additional five minutes.
5. Plate and garnish

PAN SEARED SKIN-ON SALMON, STIR FRIED BROCCOLI AND CAULIFLOWER STEMS

JORDAN HYDE | UNITED STATES

I chose the items in this dish as they're some of the most wasted ingredients in kitchens. For starters, fish skin is delicious and nutrient-dense – especially salmon, flounder, bass and barramundi are especially delicious served with crispy skin. Broccoli and cauliflower stems are lovely and crunchy when stir fried. And last but not least, salsa is one of my favourite ways to use up herb stems and overly or under ripened produce.

SAVED FOOD	SERVINGS	PREP	COOK
Fish skin, broccoli & cauliflower stems	4	10 minutes	30 minutes

INGREDIENTS

2 tbsp Canola Oil
4 each 4 oz Salmon Filets (skin-on)
¼ tsp Kosher Salt
1/8 tsp Black Pepper, Coarsely ground
12 oz Broccoli & Cauliflower core/stems

Sauce:

1 tbsp Canola Oil
2 tbsp Soy Sauce, low sodium
1 tbsp Sweet Chili Glaze

Salsa:

12 oz Small Tomatoes (or Tomatillos)
1 oz Garlic Cloves, skin removed
4 oz Onion, yellow, quartered
1 oz Jalapeno, stem removed, halved
2 tbsp Canola Oil
½ tsp Kosher Salt
1 cup Cilantro Stems (can also use leaves)
1 tsp Kosher Salt
¼ tsp Pepper, black, ground
3 tbsp Lime Juice,
1 tbsp Lime Zest

METHOD

1. Heat a cast iron skillet. Add oil to pan.
2. Sprinkle salmon filets on both sides evenly with salt and pepper.
3. Sear salmon skin-side down until skin is browned and crispy. Flip salmon and cook as desired. Set salmon aside.
4. Trim dry ends from cauliflower and broccoli cores. Slice into 1/8" thick pieces.
5. Heat a pan with oil over high heat. Add broccoli and cauliflower stems once oil is hot. Stir fry for 30 seconds.
6. Add soy sauce and sweet chilli glaze. Toss and cook until sauce is thickened, and vegetables are beginning to soften. Remove from the heat; vegetables should still be crunchy.
7. Quarter tomatoes or tomatillos. Toss tomatoes in a bowl with garlic, onion, jalapeno, canola oil and salt. Roast in a 425°F oven until nicely caramelized, about 20 minutes.
8. Scrape roasted vegetables into a blender with cilantro, salt, pepper, lime juice and lime zest. Blend until smooth. Cool.
9. Spread salsa onto the plate. Top with ½ cup stir fried broccoli and cauliflower stems. Top with seared salmon (crispy skin-side up). Garnish with thinly sliced cilantro stems and cilantro leaves.



Salsa is a great opportunity to clean out your produce drawer; you can use any type of pepper, herbs/stems (such as green onion, parsley, cilantro, oregano) and juice/zest from any type of citrus.

CAULIFLOWER TIKKA MASALA

JONATHAN THOMAS | UNITED STATES

I've always had a passion for finding out where our traditional dishes originated. Being of Scottish descent I was intrigued to find out that one my favourite comfort foods, Tikka Masala, could have roots in Glasgow. Sticking to our Root to Stem concept, I developed a truly waste free dish that's vegetarian and dairy free.

SAVED FOOD	SERVINGS	PREP	COOK
Cauliflower	4	30 minutes	1 hour

INGREDIENTS

Roasted cauliflower:

1 large head of Cauliflower
1 tbsp Olive Oil
1 tbsp Garam Masala
1/2 tsp Cinnamon
1 tbsp Coriander
1 tsp Turmeric
1 tsp Chilli Powder
2 tsp Salt

Tikka Masala sauce:

2 tbsp Olive Oil
Cauliflower stems, peeled and thinly sliced
1 small white Onion, diced
3-4 Cloves Garlic, minced
2 tbsp grated fresh Ginger
Two medium Tomatoes, diced fresh
2 tbsp Garam Masala
1 tsp Chili Powder
2 tsp Cumin
1 tsp Turmeric
1 tbsp Paprika
1 tsp ground Cardamom Seeds
2 tbsp Tomato Paste
1 can, 13.5oz Coconut Milk
2 tbsp Butter
2 tsp Sugar
Salt and Pepper to taste

METHOD

1. Preheat oven to 400 degrees Fahrenheit.
2. Drizzle oil over one head of cauliflower and season with spices. Place on a roasting tray, lightly cover with aluminium foil and roast for 25 minutes or until it's a deep golden brown.
3. While the cauliflower roasts, start making the sauce. Sauté the cauliflower stems on medium heat in oil for three minutes, then add onions and cook and additional 3-5 minutes. Add the garlic and ginger and fry for an additional 30 seconds.
4. Lightly mix spices before adding to pan and sauté for about a minute, then add the diced tomatoes and tomato paste. Stir well, reduce heat and let simmer for 4 to 5 minutes. Add the coconut milk and sugar, let simmer for about 15 minutes.
5. Carefully break apart the roasted cauliflower head, using a knife to cut into bite sized if needed. Add the cauliflower and butter to the pan, stir well and let simmer an additional 8 to 10 minutes.
6. Drizzle the remaining cauliflower leaves with oil, season with salt and pepper, roast for 5 or 6 minutes in the 400-degree oven until crispy. Spoon a generous helping of the tikka masala over jasmine or cauliflower rice, and top with crispy cauliflower leaves.





DESSERTS

CARROT CAKE

JOE NG | HONG KONG

Joe always claims that there are never leftovers, just the start of tomorrow's meal! His favourite way to use leftovers is by making comfort food, repurposing them into tasty dishes. For example, if you have leftover carrot at home in the fridge, simply wash them without peeling the skin, shred directly, and follow this recipe to make an incredibly moist carrot cake.

SAVED FOOD

Carrots

SERVINGS

10

PREP

30 minutes

COOK

1 hour

INGREDIENTS

4 Eggs
 290 ml Vegetable Oil
 450 g Brown Sugar
 2 tsp Vanilla Extract
 250 g Flour
 2 tsp Baking Powder
 2 tsp Baking Soda
 ½ tsp Salt
 2 tsp Cinnamon
 350 g Grated Carrot
 100 g Chopped Walnuts

Frosting:

300 g Cream Cheese
 150 g Icing Sugar (Powdered)
 1 tsp Vanilla Extract

METHOD

1. Preheat oven to 175°C and grease a baking dish (approximately 12x8 in).
2. Beat the eggs and the oil with the sugar for 1 minute.
3. Add the remaining ingredients and mix into a batter.
4. Pour into a baking dish and cook for 40 -50 minutes until golden. Insert a knife in the cake to ensure it comes away clean. Allow to cool completely.
5. Whip the frosting ingredients together and add to top of the cake.
6. Optional: Add a few walnuts to garnish.



Who doesn't love carrot cake? Use your excess carrot to make this delightful treat!

SUMMER PUDDING

WITH LEMON UNCURED CREAM & FRUIT COMPOTE

JON SCOBAY | NETHERLANDS

Food waste is a much talked about subject amongst chefs, with lots of different approaches to reducing our own individual impact. As chefs, foodies or even home cooks, we can really make a difference by getting creative and paying extra attention to menu planning and food shopping.

This dish is one of my favourites and uses old bread, overripe fruit and “forgotten” lemons. Often old or stale bread is quickly used to make croutons or bread crumbs, but here I’m going to show you how to make an incredible dessert that’s easy, tasty and the perfect addition to any meal.



SAVED FOOD

Bread, Berries, Lemon

SERVINGS

4

PREP

24+ hours

COOK

n/a

INGREDIENTS

Forgotten Lemon Compote:

250 g Lemon Zest

500 g White Sugar

200 g Water

Un-Churned Ice Cream:

1 tin Condensed Milk

1 litre Whipping Cream

100 g Forgotten Lemon Compote

Summer Pudding:

400 g- 500 g Stale Bread

600 g Over Ripe Red Berries
(Strawberries or Raspberries are perfect!)

Forgotten Lemon Compote
(Recipe Below)

½ litre Whipping Cream

1 tin Condensed Milk

4 g Gelatin

METHOD

Forgotten Lemon Compote:

1. Take the lemon zest and place in a pan with the sugar and water.
2. Boil until sugar is syrup then puree with a hand blender or kitchen mixer.

Un-Churned Ice Cream:

3. Place all the ingredients into a mixing bowl.
4. Whisk until you have firm peaks.
5. Place in a plastic container and freeze until hard.
(at least 5-6 hours)

Summer Pudding:

6. Place the ripe red berries in a pan. Remove any stems from fruit if needed, pour half of the lemon compote over the fruit and stir gently to mix together.
7. Cover the pan with a tea towel or cling film and leave for 3-5 hours (or overnight) to get the juices running.
8. Place the pan over a moderate heat and bring gently up to the boil. While the fruit is simmering, cut the bread into cubes.
9. When the juices are beginning to flow, raise the heat slightly and simmer for about 2-3 minutes. Then turn off the heat and stir in the gelatin.
10. Place diced bread in a mixing bowl. Strain the fruit and mix with the bread, returning the juice to the pan.
11. Place berry bread mix into glass, making sure you have an even berry spread. Spoon the warm juices into the pudding mold. Each time let them soak so you get an even pudding. Make sure the whole pudding including the top is covered. Let it cool, then place in the fridge overnight.
12. The next day run a thin knife around the edges, or dip them into warm water to loosen the pudding. Turn the pudding out finish with a spoon of lemon compote and a ball of un-churned ice cream.

SULTANA OAT FRITTERS

URS RUPRECHT | AUSTRALIA

This is not only a great way to use up leftover porridge, it's also super tasty light dessert treat!

SAVED FOOD

Porridge/ Cooked Oatmeal

SERVINGS

4

PREP

15 minutes

COOK

10 minutes

INGREDIENTS

120g Uneaten Porridge/Cooked Oatmeal
50 g Eggs
15 g Sultana (Golden Raisins)
10 g Sunflower Seeds
2 g Cinnamon, ground
15 g Sugar
10 ml Canola Oil

METHOD

1. Soak sultanas/raisins in boiling water for five minutes and strain.
2. Mix leftover porridge/oatmeal with strained sultanas, egg and dry ingredients.
3. Heat oil and portion out fritters into discs about one-half inch thick.
4. Place fritter in oil and let sizzle until golden, turn over and repeat on other side.
5. Place cooked fritters on paper towels.
6. Serve with desired condiments.

Add chocolate chips or nuts next time you make this!



ICE MERINGUES

WHITE CHOCOLATE & PASSION FRUIT MOUSSE

LUKASZ WACIRZ | POLAND

This dessert is very simple and mainly based on one ingredient, chickpea water (also known as aquafaba) which is used to make our vegan meringues. Most people throw away the aquafaba when draining chickpeas. But aquafaba is an ingredient that can be used in many different ways, not just in desserts, but also to make vegan mayonnaise, butter, dumplings or even pasta.

There is one other special ingredient which makes our meringues feel “ice cold”. There’s no need to keep your meringues in a cold place, but to get that ice cold feeling on your tastebuds we use Erythritol – an organic sugar substitute.

We also combine white chocolate with chickpea water and passion fruit to fill our meringues; resulting in the perfect balance between sweet and sour.

SAVED FOOD

Aquafaba (Chickpea Water)

SERVINGS

20

PREP

30 minutes

COOK

2 hours and 30 minutes

INGREDIENTS

290 ml Aquafaba (Chickpea Water)
200 g Erythritol or Another Organic Sugar Substitute
5 g Lemon Juice
110 g White Chocolate Chips
50 g Passion Fruit Puree

METHOD

- Whip 150 ml of the aquafaba at high speed until fluffy like egg whites.
- Continue to whip at high speed while adding a spoonful of the erythritol every 2 minutes until all 200g is fully mixed in. Add lemon juice at end.
- Place parchment paper on a baking sheet. Put your mixed aquafaba mixture into a piping bag and make swirls on the parchment paper. They have to be big enough to stuff them with your white chocolate & passion fruit mousse after baking.
- Bake your meringues in a preheated 130°C oven for one hour. Have them cool in a dry place for up to 20 minutes.
- To make the white chocolate & passion fruit mousse, melt the white chocolate. Once fully melted, let it cool.
- With remaining aquafaba, whisk in a bowl until soft peaks, 5-10 minutes.
- Gently fold in the cool, melted white chocolate using a spatula, then lightly stir it until chocolate is fully incorporated into aquafaba.
- Add passion fruit pulp and stir lightly.
- Use second piping bag to fill the mousse into your baked meringues.
- Let it chill in the fridge for an hour and serve!

To keep meringues in place, use a bit of whipped aquafaba and erythritol to stick paper to baking tray!



MANGO PIE

PORTUGAL

We've taken some overripe mangoes that are no longer good enough to serve on their own and turned them into a delicious mango pie recipe. You can also use stale or old oatmeal cookies to avoid them going to waste too. This recipe is submitted on behalf of our chefs and sustainability team at Compass Group Portugal.

SAVED FOOD

Mango and Oatmeal Cookies

SERVINGS

4

PREP

2 hours

COOK

40 minutes

INGREDIENTS

2 Overripe Mangoes
0.6 litres Water
1 Cinnamon Stick
200 g Oatmeal Cookies
1 Yogurt Container
1 Condensed Milk Tin
12.6 g Gelatin

METHOD

1. Peel your mangoes and set aside the peels.
2. Save some of the mango peel for decoration and boil the remaining in water flavored with a cinnamon stick. Grind the peels in a food processor until you have a mango peel pulp.
3. Crush the oatmeal cookies and mix the into the mango peel pulp. The base of the pie is made!
4. For the filling: Crush the fruit of two very ripe mangoes, add the natural yogurt and the condensed milk.
5. Melt the gelatin and add to the mango mixture. Mix well and pour over the crust. Refrigerate until solidified.
6. Meanwhile, take your reserved mango peels and bake at 180°C until dry (for roughly 20 minutes) then crush and sprinkle over your pie.
7. Serve!



You can use stale or leftover cookies for the crust!



LOST FRUITS IN COCOA AND CINNAMON

GILLES BLASCO | FRANCE

Simple and quick using ripe apples and pears, this recipe prevents the fruit from over-sweetening during preparation and turns out to be very creamy with the fruit compote on one hand and the whipped on the other.

A dessert which, once finished, will be sprinkled with a cocoa and cinnamon mixture with a few sticks of raw apples, a guaranteed cappuccino effect that combines sweetness and indulgence for the lunch break.

SAVED FOOD

Fruit

SERVINGS

10

PREP

2 hours and
30 minutes

COOK

n/a

INGREDIENTS

5 Overripe Apples
5 Overripe Pears
80 g Sugar
½ Lemon
50 g Vanilla Extract
300 ml Cream
30 g Superfine or Confectioners Sugar
1 tbsp Cocoa Powder
1 tbsp Cinnamon, ground

METHOD

1. Peel and core the apples and pears. Cut them into pieces.
2. In a pan, add 100 ml of cold water and the vanilla extract, then pour the pieces of apples and pears. Add sugar and lemon juice.
3. Cook covered for about 10 minutes, then uncover to let the liquid evaporate at the bottom of your container. Stop cooking when the latter is almost dry.
4. The fruit should be cooked but left whole.
5. Set aside and cool your cooked fruit.
6. Arrange the fruit in a glass jar, at the rate of 100g per jar.
7. In a tall container, whip the liquid cream with a whisk or hand mixer, adding the superfine or confectioners' sugar as soon as it begins to whip. Whisk until you get a tight whipped cream. Place your cream in a piping bag preferably with a fluted nozzle and refrigerate your whipped cream for up to 2 hours.
8. Sift the cocoa and the ground cinnamon in equal parts.
9. Before serving, place a nice rosette of whipped cream on the stewed fruit, and sprinkle with the cocoa-cinnamon mixture.
10. This dessert can also be finished in front of your guests!

COFFEE GROUND BROWNIES

AMANDA CLARKE | UNITED STATES

If there is one item in my home that gets used every single day of the year, it's coffee grounds. As a single mother, I run on caffeine. With that being said, I thought, why not see if I could make a treat out of the used grounds and any leftover coffee? There are many ways to use coffee grounds - plant food and in body scrubs, just to name a few. You can also bake some sweet chocolate treats with them, and that's how I landed on my Coffee Ground Brownies.

SAVED FOOD

Coffee Grounds

SERVINGS

8-10

PREP

10 minutes

COOK

30 minutes

INGREDIENTS

½ cup Butter, unsalted
5 oz Chocolate Chips
1 ½ cups Light Brown Sugar
⅓ cup Used Coffee Grounds
(finely ground)
2 Eggs
1 tsp Vanilla Extract
½ cup Cocoa Powder
2 tbsps Flour
½ tsp Salt
¼ cup Left Over Coffee (if you don't
have any leftover use water)

METHOD

1. Preheat oven to 350°F & spray 8x8 baking pan with pan spray.
2. Melt butter over low heat slowly add in chocolate, stir to combine.
3. With a mixer blend together brown sugar and coffee grounds.
4. Once combined pour in melted chocolate.
5. Add eggs one at a time, stir to combine.
6. Add all dry ingredients, mix, then add vanilla and coffee.
7. Pour batter into pan and bake 30-35 minutes or until fork comes out clean from center of pan.
8. These gooey and delicious brownies can be kept in an airtight container and enjoyed within 5 days.





Garnish this delicious cake with your favorite topping!

BANANA CHOCOLATE CAKE

AGNIESZKA JURCZAK | NORWAY

Do you have any unused bananas that might be past their best? Don't throw them away, instead you can use them to make a super tasty banana chocolate cake. You can decorate and add to your cake in many ways; we've gone with whipped cream, leftover fruit and chocolate icing.

SAVED FOOD

Bananas

SERVINGS

24

PREP

15 minutes

COOK

30 minutes

INGREDIENTS

600 g Sugar
 500 g Wheat flour
 100 g Cacao or Cocoa Powder
 3 tsp Baking powder
 3 tsp Baking soda
 1 tsp Salt
 2 tsp Vanilla Extract
 4 Large Eggs
 5-6 ripe Bananas (600 g after peeling)
 300 ml Milk
 200 ml Canola oil

METHOD

1. Mix the dry ingredients together in a baking dish.
2. In another bowl, beat eggs together with mashed bananas, vanilla extract, milk and oil.
3. Mix the wet ingredients with the dry (stir as little as possible in the dough and stop as soon as it is evenly mixed).
4. Put the dough in a large, baking paper-lined long pan (approx. 30 x 40 cm).
5. Bake the cake in the middle of the oven at 180 ° C for approx. 30 minutes (check with a baking needle that the cake is cooked through).
6. Garnish with whipped cream, leftover fruit and chocolate icing – or experiment with your own ideas.
7. Enjoy!



—
CHEFS
—

MEET OUR FOOD WASTE CHAMPIONS



DELACCYEE ABDUS-SALAAM

EXECUTIVE CHEF, CHARTWELLS HIGHER EDUCATION,
COMPASS GROUP NORTH AMERICA

Chef Delaccyee-Abdus-salaam, known as Chef D, graduated from the Art Institute of Philadelphia for Culinary Arts and the Art Institute of Atlanta for Baking and Pastry. When Chef D was younger he used to hate cooking. His father is a chef, and initially he didn't want to follow in his father's career path. The more he cooked, the more he saw the creativity that cooking and baking affords, and the more he grew to love it. Originally from Washington D.C., Delaccyee is known for his sweet potato cheesecake and Lemon Chiffon cakes - but is happy to cook "anything that will put a smile on your face."



AWO AMENUMEY

CHEF, FOODBUY CULINARY SOLUTIONS,
COMPASS GROUP NORTH AMERICA

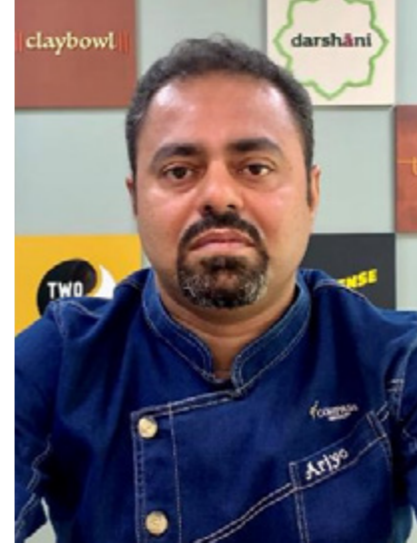
Growing up in Ghana, food was integral to Chef Awo's upbringing. She started cooking aged seven, when her dad would ask her to make his 'Akple' - a cassava dough and corn meal cooked into a dumpling - but she didn't consider cooking a career until her son was born. Until then, it had only been a hobby. In 2015, her husband encouraged her to start Culinary School and her love for cooking soared; fuelled by the pure joy and excitement on people's faces when they tasted her food.



GÖKMEN AY

CHEF, COMPASS GROUP TURKEY

Chef Gökmen Ay was born in 1971 in Artvin, Turkey. His acquaintance with the kitchen started at a young age. His father was a restaurateur, so Gökmen spent his time after school in the family restaurant helping his father. As he grew older, cooking became his profession, gaining knowledge and experience in many different areas of cuisine. He moved to Antalya with his family and initially started working in hotels, then in the military and public fields before joining Sofra Group. Chef Gökmen believes the secret of being successful in this business, as in every profession, is doing your job with love. If you love what you do, you can make a difference in that field.



ARJYO BANERJEE

VICE PRESIDENT OF CULINARY & FOOD INNOVATION,
COMPASS GROUP INDIA

Chef Arjyo comes with over 20 years of experience in food and beverage innovation, food safety, and team development. He has been with Compass Group India since 2018 and leads new product development and the culinary function. He has played a pivotal role in the development of differentiated workplace food concepts and was instrumental in driving the Sustainability and Wellness Strategy. He believes that food unites us with the power of creativity, rituals, techniques, and delightful experiences. He drives process excellence at the Central Commissary Kitchens across India.



GILLES BLASCO

EXECUTIVE CHEF, COMPASS GROUP FRANCE

As the Executive Chef for Compass Group in France, Chef Gilles is in charge of the Food Supply Department for the group and culinary expertise in collective catering activities of all brands and commercial catering activities and, more specifically, the large Puy du Fou Park (France and Spain) and sports and leisure activities.



MICHELE BOLLINO

EXECUTIVE CHEF, COMPASS GROUP ITALY

Michele Bollino is Executive Chef at Compass Group Italy and has been working in and around kitchens since the age of 14. Michele has always been very curious and seized every opportunity to learn and experiment. His extensive experience has seen him hone his skills across all types of catering, along the way learning the importance of anti-waste and forms of recycling food to help protect the planet. Michele joined Compass Group in 2022 and feels he has found a place where he can increase his knowledge, show his skills and create new dishes that are good for both people and the environment.



ADRIAN BRETT-CHINNERY

NATIONAL EXECUTIVE CHEF & CULINARY COUNCIL LEAD FOR APAC, COMPASS NEW ZEALAND

With over 25 years' experience in the catering industry, Adrian joined Compass Group New Zealand in 2017 as National Executive Chef and Culinary Council Lead for APAC. For the past fifteen years, Chef Adrian has worked as an Executive Chef for some of the most prestigious restaurants in New Zealand and abroad. Adrian leads the Compass Group New Zealand National Culinary Council, consisting of a panel of executive chefs across the business. In his role, he supports the continuous development of menus to ensure they remain on trend, seasonal and appropriate for consumers.



DAVID BRUNETTE

RESIDENT DISTRICT MANAGER, CANTEEN, COMPASS GROUP NORTH AMERICA

Chef David Brunette has been working in the food and beverage industry for over 20 years. In 2018 he was awarded the national Compass Group USA Chef of the Year award for Community Involvement. He has a special flair for the creative and enjoys designing specialty dishes from scratch. Throughout his career, he has excelled at cooking for thousands of guests in large banquet venues and creating beautiful individual plated meals. He enjoys spending time with his family and mentoring soccer referees in his free time.



GIOVANNA MICHELLE CASSIMIRO FERREIRA

UNIT MANAGER, COMPASS GROUP BRAZIL

Giovanna started her career at GRSA|Compass Group Brazil in 2016 and is currently a Unit Manager for one of its prestigious clients. For Giovanna, "cooking is a very powerful way of expressing love and affection. It's an inexplicable feeling."



JASON CAVANAGH

EXECUTIVE CHEF, EUREST, COMPASS GROUP GERMANY

With over 25 years' culinary experience, Jason is an Executive Chef at Eurest, part of Compass Group Germany. His career spans corporate catering, high-end restaurants, menu development, cruise ships and more. His career highlight is a seven month long culinary tour around the world in the early 2000's, where he was able to learn about different cultures through the food they eat and serve. Jason still recalls on this trip to influence the food he creates for clients in his current role.



CHRISTOFFER CHRISTENSSON

HEAD CHIEF, COMPASS GROUP DENMARK

ANDREAS EBBENSEN

DEPUTY CHIEF, COMPASS GROUP, DENMARK

Andreas Ebbensen is the Head Chief and Christoffer Christensson is the Deputy Chief at Compass Group Denmark. They worked on this dish as a great way to use up an cut-offs from vegetables and herbs while in the kitchen.



AMANDA CLARKE

PASTRY COOK, RESTAURANT ASSOCIATES, COMPASS GROUP NORTH AMERICA

Since 2008, Chef Amanda Clarke has upheld various positions in various culinary services. She joined Restaurant Associates at Longwood Gardens in May 2014, starting in the Pastry Department and then moving to the fine dining restaurant, 1906. She left Restaurant Associates in 2020 for a short time yet in 2021 rejoined Longwood Gardens, where she currently works in the pastry department. Additionally, Chef Amanda is a dedicated mother and mental health advocate, and she hopes to become an empathetic leader who empowers those around her.



IMANI COLCLOUGH

SOUTH EAST DISTRICT CHEF – SUPPORTING NORTH CAROLINA AND SOUTH CAROLINA, CHARTWELLS K12, COMPASS GROUP NORTH AMERICA

Chef Imani's strength lies in his ability to combine ethnic spices for delightful dishes that excite the palate. As a student at the USC Culinary Institute, Chef Imani honed his skills in making traditional ethnic dishes as a well-developed part of his style. His background speaks to a family tradition of food preparation that includes Southern, Caribbean, and Cajun style dishes. As Director of Culinary, he was able to uphold culinary standards while creating a culture of teamwork. Now, Chef Imani combines the best of both worlds, traveling for Chartwells K12 to ensure school children get the meals they deserve while coaching his culinary colleagues.



WAYNE CORBETT

EXECUTIVE CHEF, EUREST, COMPASS GROUP UK & IRELAND

Wayne has been with Compass Group UK & Ireland for over seven years and is currently an Executive Chef for Eurest. Family and food are two of his biggest and most important passions in life. Wayne's eldest daughter, Abigail, is 12 and has followed in his footsteps by sharing his love of food. Wayne loves nothing more than trialling dishes with his daughter and cooking a feast for the family to share around the table. Elsewhere, sustainability and ingredient provenance are key to Wayne. He loves to create recipes that reuse or repurpose produce that others might normally throw away.



KILLIAN CROWLEY

EXECUTIVE HEAD CHEF, COMPASS GROUP LUXEMBOURG

After prestigious international experiences, the Belgian-Irish chef Killian Crowley has returned home to Compass Group Luxembourg as Executive Head Chef. A graduate of the Libramont hotel school, he cut his teeth in Luxembourg, notably at Clairefontaine during an internship, at La Distillerie for his first job, then at La Cristallerie. He then went through the Louis XV Alain Ducasse in Monaco, before joining the restaurant Bon Bon team in Brussels, before his time in Ireland alongside chef JP McMahon at Aniar. In 2018, he won the San Pellegrino Young Chef UK & Ireland competition and released his first cookbook for children in 2021, where pretty illustrations guide children to make recipes step by step. Part of the sales of the book are donated to Unicef Luxembourg..



KRISTER DAHL

CULINARY DIRECTOR, COMPASS GROUP SWEDEN

Krister Dahl is Culinary Director for Compass Group Sweden, where he joined in 2021. Krister has a long track record in the culinary sphere and has a deep passion for food. He has a unique experience as a world-class chef and of being a strong team leader. Together with the Swedish National Chefs team, he has won four Olympic Golds in the Culinary Olympics and an Olympic bronze, two World Cup golds, and two World Cup silver medals.



BART DE BLIECK

HEAD CHEF, EUREST, COMPASS GROUP BELGIUM

Bart trained as a chef at the Hotel School in Wemmel, Belgium with a year spent specialising in restaurant catering. Now Head Chef at Eurest for Compass Group Belgium, his love of cooking and dining is so strong that he strives for perfection every time and enjoys nothing more than making people happy through the food he serves.



KORY DIPUCCHIO

EXECUTIVE CHEF, GOURMET CUISINE, COMPASS GROUP CANADA

Chef Kory started his career over sixteen years ago at the Sheraton Parkway Hotel where he completed his apprenticeship. During this time, he became one of Ontario's youngest people to receive his Red Seal (Chef's Papers). With this passion for culinary and his knowledge of food, he moved to Toronto to pursue his goal of becoming an Executive Chef. After working at various hotels, he then became the Sous Chef at Pearson Airport which led him to working with some of his greatest role models such as Mark McEwan, Rocco Agostino, Rob Gentile and more. In 2017, Chef Kory left The Royal York Hotel to join Compass Group Canada as a Regional Executive Chef and after a year settled in his current role as Executive Chef for Gourmet Cuisine.



MATTHEW DOMAN

EXECUTIVE CHEF, UNIDINE, COMPASS GROUP NORTH AMERICA

Matthew Doman has been the Executive Chef at Meadowood Senior Living for over six years. Prior to that, Matthew has given support to Twining Village, Jenner's Pond, and the opening of Holy Redeemer Lafayette. Matthew was the Executive Chef at Pine Run Community for two and a half years when he first joined Compass and Morrison Senior Living. Matthew is a Culinary Institute of America graduate and has worked in the Caribbean, Nantucket, Switzerland, and Bar Harbor Maine. Matthew was the Executive Chef of the William Penn Inn for nearly a decade. Matthews's strengths are his positive attitude in the kitchen and his ability to create a cohesive, productive team. Matthew brings his years of experience to the kitchen and uses this knowledge to mentor and teach the chefs in the team.



AIR DOVEY

NATIONAL CULINARY LEAD- ESS OFFSHORE & REMOTE,
COMPASS GROUP AUSTRALIA

Air Dovey is an experienced chef with a demonstrated history of working in the hospitality industry. She is skilled in catering, menu engineering, food and beverage development, operations management, and customer service. She holds a National Certificate in Hospitality (Cookery) Level 4 focused in hospitality from Auckland University of Technology. Chef Air currently holds the position of National Culinary Lead at ESS offshore & Remote, part of Compass Group Australia.



ANDREW DRAPER

HEAD CHEF, LEVY, COMPASS GROUP WALES

Head Chef Andy Draper has been an integral part of the Cardiff City FC family for 20 years. Andy runs a team of up to 20 chefs and kitchen assistants on a matchday, catering for up to 33,500 customers to deliver award-winning matchday hospitality and retail offerings, alongside outstanding conference and events business. From starting as a ball boy at 12 years old, to kitchen assistant, commis chef and then Chef de Partie, to the 1st team chef in Cardiff City's first Premier league Season, Andy's career has progressed right through the heart of the club.



MRIDULA GUPTA

EXECUTIVE CHEF, COMPASS GROUP INDIA

Originally from Rajasthan, Chef Mridula commenced her journey with Compass Group India in December 2018. She was the first Woman Chef to join her account in India and the first women executive chef for the account regionally.

Before joining her team in 2018, Chef Mridula worked in the hotel industry for 13 rich years. Since joining her team, she has had access to incredible opportunities to unleash her culinary creativity and flourish as a leader.

She loves developing new dishes, especially those that put a spotlight on vegetables. This is given the culinary skills she picked up from her family, where they often mash up vegetarian & non-vegetarian recipes to create balanced plant-forward dishes.



ANAHITA GUSTASPI

EXECUTIVE CHEF, COMPASS GROUP UNITED ARAB EMIRATES

Chef Anahita is a passionate and accomplished chef who has spearheaded many award-winning teams and restaurants over the last 16 years. Beginning with Starwood in India, she moved to the Middle East to acquire extensive experience working for the finest hotels, restaurants, corporate venues, and hospitals. Anahita achieves this while showcasing her passion for "Being Global, Acting Local" in menus and themed events, ensuring each experience is unique and memorable. Anahita has worked with some of the most globally renowned chefs like Marco Pierre White, Angela Hartnett, Anton Mosimann and Michel Guerard. Currently, she is researching the evolution of her traditional Persian cuisine and its journey to the Indian sub-continent.



STEVEN HOOPER

OPERATIONS MANAGER, EXPRESS SUPPORT SERVICES,
COMPASS GROUP ANGOLA

Stephen is Operations Manager at Express Support Services, part of Compass Group Angola. Stephen is responsible for the operational management of all catering and logistics operations for the Malongo Remote site camp in Angola as part of Chevron's Cabinda Gulf Oil (CABGOC) project.



ABDURAKHMANOV ILKHOM

HEAD CHEF, COMPASS GROUP KAZAKHSTAN

Abdurakhmanov Ilkhom is the Head Chef at Compass Group Kazakhstan. He currently works in the Catering portion at Compass Group Kazakhstan.



JASON ISON

REGIONAL CHEF, MORRISON LIVING,
COMPASS GROUP NORTH AMERICA

Being a Chef is a commitment that Chef Jason Ison takes very seriously. His journey began over 20 years ago while observing one of his culinary arts teachers prepare sticky buns. Who knew sticky buns would play such a significant role in determining his future! Chef Jason has had the opportunity to practice his craft all over the country, in restaurants, hotels, casinos, schools, and resorts. Now, with Morrison Living, he is fortunate to enrich the lives of seniors and be the best part of someones day. And every day, his professional motivation is the senior residents in our community, his client, his fellow associates, and his family.



CHRISTOPHER IVENS-BROWN

CHIEF CULINARY OFFICER, CORPORATE EXECUTIVE CHEF,
EUREST, COMPASS GROUP NORTH AMERICA

Chief Culinary Officer and Compass Group Eurest Executive Chef Chris Ivens-Brown was born and raised in the south of England. In 1995, Chef Chris moved to the States and started his career working for Compass Group. After seven years working for a banking client, Chef Chris accepted his promotion to Vice President of Culinary Development for Compass Group. Chef Chris's dedication to raising awareness and promoting sustainable solutions for both sea and land-based food supplies has led Compass Group to adopt sustainable food practices. In recognition of Chris's exemplary performance, he was promoted to Chief Culinary Officer in 2018. When Chris is not wearing his chef coat, he enjoys spending his days with his wife Mikah, their two children, Luke and Evelyn, and his daughter, Sophie.



STACEY JENSEN

HEAD CHEF, AUSTRALIA

Stacey is a food visionary! She is passionate, creative and continuously coming up with new ideas and concepts to keep our customers enticed and coming back for more! Stacey commenced with Compass Group in 2015. She joined the B&I Division in October 2020 and has proven to be a valued and integral part of the team displaying drive, commitment and dedication in everything she does"



NORBERT JÓNÁS

TRAINER CHEF, EUREST, COMPASS GROUP HUNGARY

Chef Norbert Jónás, started working at Compass Group in 2019, where he has worked across several units. During this time, he gained a lot of experience, which led him today to be one of the Trainer Chefs for Compass Group Hungary. Chef Norbert is passionate about hospitality and educating and supporting others in the field. His most sincere jury committee, though is his three beautiful children.



AGNIESZKA JURCZAK

CAFETERIA MANAGER, COMPASS GROUP NORWAY

Agnieszka Jurczak is the Cafeteria Manager at Compass Group Norway



KARRI KÄKI

HEAD OF GASTRONOMY & FOOD, DEVELOPMENT,
COMPASS GROUP FINLAND

Chef Karri Käki has over 30 years of experience in the restaurant business in many different roles. Chef has worked in a la carte restaurants, staff restaurants, event arenas, and in sales settings. As a chef, Karri's biggest driver at the moment is developing new vegetarian solutions for everyone, not just for vegetarian/vegan customers. Chef believes that we all are after taste sensations, so the food has to make a strong effect to get people to change their habits.



PETER KLEIN

DIRECTOR OF CULINARY DEVELOPMENT, CULINARY ARTS,
COMPASS GROUP NORTH AMERICA

Peter Klein brings more than 25 years of experience with restaurants in New York City, New Orleans, South Florida, Hawaii and other hotbeds of culinary innovation to Culinary Arts Group, where he works with our Operations teams in nearly 20 states to bring our clients and customers the latest tastes and trends. A graduate of the Culinary Institute of America, Peter has experience at every level of the restaurant hierarchy—from Owner/Operator and Executive Chef to Culinary Director, Food Stylist and Consultant.



ALEJANDRO LELAS

CONTRACT MANAGER, EUREST, COMPASS GROUP CHILE

Alejandro Lelas is a Food Engineer by profession with over 20 years' experience in the foodservice industry. He's been with Compass Group Chile since 2016, working as a Contract Manager for large accounts such as Banco Estado de Chile with more than 5,000 servings per day, and now in BHP Corporate, providing catering services, events and gourmet lunches. Outside of work, Alejandro is a keen athlete, belonging to Adidas Runners and has run eight international marathons. As a hobby he likes experimental cooking, especially in reference to sustainable food and special diets for athletes. Pasta is his favourite dish to cook and he enjoys making it and experimenting with different flavours.



MASAKO NAKAMURA

REGISTERED DIETITIAN, COMPASS GROUP JAPAN

Masako Nakamura has been a Registered Dietitian with Compass Group Japan for almost 3 years. She works as a member of their B&I team, where she supports the corporate cafeteria while serving customers great meals in a fine atmosphere.



JOE NG

EXECUTIVE CHEF, COMPASS GROUP HONG KONG

Joe Ng has been a chef for 20 years and has worked for many award-winning French cuisine restaurants. He has extensive experience in the hotels and restaurants, such as Mandarin Oriental Hong Kong Hotel, Harbour Grand Hong Kong, The Upper House, L'ATELIER de Joel Robouchon, TATE Dining Room and Bar Restaurant, and La Saison by Jacques Barnachon, L'Ambroisie Macau.



JAN PRUSAK

CHEF, SCOLAREST, COMPASS GROUP CZECH REPUBLIC

Chef Jan is from the Scolarest branch of Prague's Dino Schools at Compass Group in the Czech Republic. A keen competitor at internal competitions, Jan enjoys working with ingredients to minimise and reduce the amount that goes to waste. This is not new for Průšek, his grandmother already inspired him from an early age. Jan enjoys being creative in the kitchen and coming up with new and inventive ways to prevent food waste for Compass Group.



URS RUPRECHT

MENU AND RECIPE MANAGER, COMPASS GROUP AUSTRALIA

Chef Urs Ruprecht is the Menu and Recipe Manager at Compass Group Australia.



DANIEL REY

EXECUTIVE CHEF, COMPASS GROUP ARGENTINA

Chef Daniel is of Galician, Italian, and Irish descent and picked up his love of cooking from his grandmothers. As the son of a baker, Daniel has been no stranger to having his hands in dough from a very young age. He loves photography, cooking and traveling – preferably all at once – and has been working for Compass Group Argentina for almost 20 years. In that time, Chef Daniel has worked across several Compass Group sectors, including B&I, Healthcare and the events department, and has been executive chef for the last six years. In his current role, he leads on creating new gastronomic proposals, supporting the operations teams, and teaching colleagues to help them develop new skills.



BRAD ROBERTS

EXECUTIVE CHEF, TOUCHPOINT,
COMPASS GROUP NORTH AMERICA

Brad has been with TouchPoint for about four years. Brad enjoys working alongside his team to develop their skills and become the best at what they do. Brad's success is attributed to his co-workers and crew members, that uphold standards and adhere to TouchPoint's culinary essentials. Brad has created a family-like atmosphere that encourages one another to grow and consistently strive to be better than they were yesterday. Brad is married and has two children. Outside of work, he enjoys spending time outdoors with his family and traveling up north to his cottage.



ANDREW RUMBLE

CATERING MANAGER, HEALTHCARE,
COMPASS GROUP UK & IRELAND

Andrew is a Catering Manager at Compass Group UK & Ireland and is based in Surrey, UK, working for a private hospital client. Over his 30 plus year career as a chef and manager, Andrew has amassed a number of different culinary skills. During his early career when training as a Chef, Andrew recalls the words of a former Head Chef that have stuck with him until today: "You don't have to cook fancy or complicated masterpieces, just great food from fresh ingredients". For Andrew, this couldn't be more relevant. Wherever he works, Andrew takes this philosophy with him and hopes to brighten everyone's day with great tasting, seasonal and local meals.



NIKKI SANTIAGO

CATERING CHEF, BON APPETIT MANAGEMENT COMPANY,
COMPASS GROUP NORTH AMERICA

Growing up surrounded by great cooks, Nikki wanted to distance herself from the healthy competition in her family - but she always found herself returning to the kitchen. It was when she joined BAMCO that she finally accepted that cooking is a large part of who she is. Prior to joining BAMCO, Nikki was fortunate enough to work at Matt Horn's flagship Horn Barbecue in Oakland, California. Starting as a line cook, she left as the Kitchen Team Lead. Growing up in the Philippines, reducing food waste is really important due to food scarcity. Recycling food items to turn them into a new dish or extend their shelf life was important because throwing food away just wasn't an option.



JON SCOBEY

EXECUTIVE CHEF, COMPASS GROUP NETHERLANDS

Jon is Executive Chef at ING Amsterdam for Compass Group Netherlands. He joined Compass in September 2019 and has previously held the roles of Head Chef at G-Star Raw and Head Pastry Chef at Restaurant Vermeer.



GRAHAM SINGER

CULINARY DIRECTOR, COMPASS GROUP SCOTLAND

Over the last 15 years, Chef and ESS Operations Manager Graham Singer has been giving back to the next generation of talent. He's worked for the offshore catering and support Services Company (ESS), part of Compass Group UK & Ireland, for over 11 years, developing the delivery of food operations training initiatives and defining and managing the food strategy for both onshore and offshore. Graham led the COP26 culinary team with his passion for food sustainability and Scottish produce and years spent building relationships with suppliers across Scotland, making him the perfect fit for the project. Prior to his role at ESS, Graham worked in executive-level positions in some of the world's best restaurants and hotels, where he won awards like Caribbean Chef of The Year and Bermuda Restaurant of The Year.



LUKASZ WACIRZ

EXECUTIVE CHEF, COMPASS GROUP POLAND

Lukasz joined Compass Group Poland in October 2018 as National Executive Chef. Lukasz enjoys looking for the best solutions, improving the efficiency of his work and increasing the culinary efficiency of the Compass Group business. His career path has always been connected with gastronomy, hospitality, food technology and nutrition. He enjoys looking for new ideas or those forgotten, especially those that help to move forward or change gastronomic culture.



STEPHAN WIDMER

HEAD OF CULINARY DEVELOPMENT,
COMPASS GROUP SWITZERLAND

Stephan Widmer is Head of Culinary Development and has been with Compass Group Switzerland since 2009. He started his career as a Sous Chef and was promoted to Head of Culinary in 2015 due to his extensive knowledge and passion. Stephan's passion goes into creating simple, authentic and regional food.



RICHARD LIER

EXECUTIVE CHEF, EUREST, COMPASS GROUP AUSTRIA

Richard is an Executive Chef at Eurest, part of Compass Group Austria. Richard has been with Eurest for over 20 years, starting as the Executive Chef for our company restaurant at UNO City Vienna. After that he managed the culinary concepts for the opening of the "Bank Austria Campus". In his current role, he works on menu plans, promotions, facility openings and rolling out new Eurest concepts. He enjoys cooking good quality food and also likes to work with international colleagues.



HUI GANG

SECTOR CHEF, COMPASS GROUP CHINA

Hui Gang is Head Chef of Compass Group China and has been with the business since 2010. He specialises in Chinese cuisine, covering Shanghai, Sichuan, Cantonese, Huaiyang regions. He enjoys cooking and always works with his teams on innovation and kitchen efficiency.



TIANNA CAROLINA PINZÓN GARZÓN

GASTRONOMIC CONSULTANT, COMPASS GROUP COLOMBIA

Chef Tianna is a Gastronomic Consultant at Compass Group Colombia. She strongly believes that from innovation and thinking outside of the box, wonderful ideas arise. Tianna recently had the honour of winning a client-organised cooking contest for waste reduction.



JOSÉ CÁRDENAS ELIZARARAS

CHEF, COMPASS GROUP MEXICO

Chef José was born in Mexico City and has over 25 years of gastronomy experience. His experience in haute cuisine has led him to oversee special services for high-level executives, businessmen, and government personalities. He has participated in national and international gastronomy contests, obtaining 1st place in 2003 at the New York “Competitor chef world cup”.



SEAN YAP CHEE WENG

HEAD CHEF, COMPASS GROUP SINGAPORE

Sean has been part of the Compass Group Singapore team for over four years. He has worked in multiple establishments around the world, including 5-star hotels and Michelin star restaurants with over a decade of culinary experience.



JUAN PABLO HUETO GATTANINI

CHEF, COMPASS GROUP SPAIN

Chef Juan Pablo trained at the Argentine Institute of Gastronomy and has been with Eurest, part of Compass Group Spain, for the last 10 years. Prior to that, he spent over 10 years in the restaurant and hotel industry.



JORDAN HYDE

CORPORATE RESEARCH AND DEVELOPMENT CHEF,
FLIK HOSPITALITY, COMPASS GROUP NORTH AMERICA

Jordan grew up in the restaurant industry in North & South Carolina. She attended JWU in NC and RI where she studied culinary & nutrition and ultimately began her internship-turned career with FLIK testing recipes. Jordan now resides in Coastal Northern Massachusetts with two young sons, a husband (whom is also a Chef), a flock of chickens, two rescue dogs and a cat. Jordan and family enjoy spending time hiking and hosting friends and family for dinner parties. In the warmer months, the Hyde's have a robust garden started from their compost pile.



ERIC KLEIN

WOLFGANG PUCK CATERING,
COMPASS GROUP NORTH AMERICA

Chef Eric Klein brought his signature culinary artistry, passionate hands-on leadership and outgoing nature when he assumed the culinary leadership for Wolfgang Puck Catering in 2016.



ANDREW MCCLURE

REGIONAL EXECUTIVE CHEF, FLIK INDEPENDENT SCHOOLS,
COMPASS GROUP NORTH AMERICA

Chef Andrew McClure started with Flik in 2005. A Johnson and Wales graduate, Chef McClure's hard work and skills quickly grew his career to Executive Chef of Ropes and Gray. He has supported the Boston law firm business with Flik for 10 years and has spearheaded openings across the USA. Andrew is now a Regional Executive Chef for FIKS in the Northeast Region.



JONATHAN THOMAS

EXECUTIVE CHEF - MORRISON HEALTHCARE,
COMPASS GROUP NORTH AMERICA

I began my career in the restaurant industry waiting tables where I discovered my passion for food. With this passion I found myself working in some great restaurants along the gulf coast that introduced me to the freshest seafood, fruits and vegetables. From there I developed my desire for cooking and a drive to learn everything I could about food. From that enthusiasm I also found a desire to not only discover new cuisines and dishes but their histories as well. I believe in using regionally sourced and sustainable products that help support local farms while allowing each dish to tell a story.



KATE GREEN

CULINARY ACTIVITY & DEVELOPMENT CHEF,
COMPASS GROUP IRELAND

Chef Kate attended Ballymaloe cookery school and decided from there that cheffing was the career for her. From there she has gone on to achieve a Higher Certificate in Culinary Arts, a BA in Culinary Nutrition, a BA in Botanical Cuisine and a Masters in Applied Culinary Nutrition. She is currently studying at the Marino Institute to allow her to teach culinary nutrition.

KITCHEN

Conversions

SPOONS & CUPS

TSP	TBSP	FL OZ	CUP	PINT	QUART	GALLON
3	1	1/2	1/16	1/32	—	—
6	2	1	1/8	1/16	1/32	—
12	4	2	1/4	1/8	1/16	—
18	6	3	3/8	—	—	—
24	8	4	1/2	1/4	1/8	1/32
36	12	6	3/4	—	—	—
48	16	8	1	1/2	1/4	1/6
96	32	16	2	1	1/2	1/8
—	64	32	4	2	1	1/4
—	256	128	16	8	4	1

MILLILITERS

TSP	ML	OZ	ML	CUP	ML	OZ	G	LB
1/2	2.5	2	60	1/4	60	2	58	—
1	5	4	115	1/2	120	4	114	—
		6	150	2/3	160	6	170	—
		8	230	3/4	180	8	226	1/2
TBSP	ML	10	285	1	240	12	340	—
1	15	12	340			16	454	1

GRAMS

US TO METRIC

US	1/5 tsp	1 tsp	1 tbsp	1 fl oz	1 cup	1 pt	1 qt	1 gal	1 oz	1 lb
METRIC	1 ml	5 ml	15 ml	30 ml	237 ml	473 ml	.95 l	3.8 l	28 g	454 g

