

THE FOOD LOVERS' COOKBOOK

Recipes and tips from the residents
and restaurants of north London



LOVE
FOOD
hate waste

FOREWORD

We're all happier when food gets eaten, which is why we launched a competition in north London to find the best recipes that make the most of the food you love. The competition was open to anyone living or working in Barnet, Camden, Enfield, Hackney, Haringey, Islington or Waltham Forest – the seven boroughs which make up the North London Waste Authority area.

We were looking for all types of recipes, as long as they were made from food that you might find covering in the back of the cupboard or floundering in the fridge; each recipe had to include at least one leftover ingredient.

From the winning recipes that were entered into the competition we have created this booklet. It also includes a few other recipes donated by local cafés and restaurants too. It is not intended to be the definitive guide to loving your leftovers, but aims to provide you with some ideas of how to get started.

As the waste disposal authority for north London every day we see the large amount of food that is thrown away, and whilst we can put it to good use through composting for example, it would be much better if it wasn't produced in the first place. We all know that it affects our purses too, most households could save around £50 per month on their shopping bill by making the most of the food that they buy.

So, if you are stuck for ideas about how to make the most of the food that you love we hope that this will help. We've aimed to provide you with some suggestions for tasty meals and snacks made from those small quantities of cooked pasta or potato in the fridge or the few frozen peas lurking at the bottom of the bag. There's even one recipe using old teabags.

I would like to say a big 'thank you' to all of those people who entered the competition to provide recipes for this book and to the judges who had the difficult task of selecting the best entries.

The recipe competition and resulting book form part of north London's contribution to an ongoing national campaign called 'Love Food Hate Waste' which aims to raise awareness of the need to reduce food waste. The campaign shows that by doing some easy practical everyday things in the home we can all waste less food, which will ultimately benefit our purses and the environment too.

For more information about the campaign, handy tips and advice about wasting less food and additional recipes for leftovers go to the national Love Food Hate Waste website at www.lovefoodhatewaste.com or for more information on the north London campaign log on to www.nlwa.gov.uk/lovefoodhatewaste

I very much hope that you will enjoy making the most of your leftovers and join in the campaign to Love Food Hate Waste.



A large, stylized handwritten signature in black ink, appearing to read 'Clyde Loakes'.

COUNCILLOR CLYDE LOAKES
CHAIR OF THE NORTH LONDON WASTE AUTHORITY



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ACKNOWLEDGEMENTS

Thank you to all those living and working in North London who entered the competition to provide recipes for this book.

We would also like to thank the competition judges:

SARAH MOORE, SARAH MOORE ARTISAN CATERERS

ALASDAIR TATAM, LONDON SUSTAINABILITY EXCHANGE

JOSE VEIGA, COMMUNITY KITCHENS, PART OF MANOR GARDENS WELFARE TRUST

DIMITRA RAPPOU, NORTH LONDON WASTE AUTHORITY

ELLIE ROWLES, RESOURCE FUTURES



**LOVE...
VEGETABLES**

ANGIE'S BITS AND PIECES PIZZA

KINDLY SUBMITTED BY ANGELA CASEY, ENFIELD

PREPARATION TIME: 40 MINUTES

COOKING TIME: 40 MINUTES

MAKES TWO 25CM (10") PIZZAS

Per 100g:

Energy 1080kJ/256kcal

Protein 9.7g

Carbohydrate 29.6g

Fat 11.0g

"The only things you really have to buy for this recipe are the bread mix (which normally costs around 75p to £1), a tin of tomatoes and about 75g of cheese. The rest you will probably find in your fridge or store cupboard, so these are cheap pizzas and they taste fantastic."

FOR THE BASE: TO MAKE THE BASE:

1 x 500g packet of bread mix

FOR THE SAUCE:

1 x 400g tin of tomatoes

2 good squirts of tomato purée

2 cloves of garlic or a good squirt of garlic purée (or to your taste)

1 teaspoon of mixed dried herbs or a tablespoon of fresh chopped herbs

1 onion, finely sliced

Any leftover vegetables your kids won't normally eat like that last courgette or carrot

Salt and pepper to taste

1. Make up the dough according to the instructions on the packet.
2. Divide in two and stretch out each half into a 10" pizza flan dish.
3. Leave the dough to rise, covering as instructed.

TO MAKE THE TOMATO SAUCE:

1. Finely chop or grate any vegetables.
2. Put all the ingredients into a medium saucepan.
3. Cook down until the sauce is thick with only a tiny amount of liquid left.

It may not look like a lot of sauce but there is enough for two pizzas as a little goes a long way!

FOR THE TOPPING: TO ASSEMBLE THE PIZZA:

Almost anything goes. What's left in the fridge and your imagination are the only limits! Try...

Cured meat

The last of the Sunday roast

A couple of leftover slices of ham

That bit of leftover cheese from something else or a cheese board

Veggies including things like spinach, courgettes, aubergines, carrots and mushrooms

Those last few olives

A pinch of dried herbs such as oregano...

1. Preheat the oven to the temperature directed on the bread mix packet.
2. Once the dough has had its rising time, put into the oven and cook for 5–6 minutes.
3. Remove from the oven and add the sauce.
4. Arrange the toppings of your choice over the sauce, finishing with some kind of cheese.
5. Sprinkle a pinch of herbs over the top of the pizza (optional).
6. Put the pizza back in the oven to cook until the cheese melts and starts to brown in places.
7. Serve with salad.

VARIATIONS:

- Try adding finely chopped olives or sun dried tomatoes to the sauce.
- If you like hot rather than herby sauce, you can vary the amount of herbs and add chilli to taste.
- Try scattering a few small salad leaves (like rocket for example), over the pizza just before serving.



Per 100g:
 Energy 217kJ/52kcal
 Protein 0.8g
 Carbohydrate 7.8g
 Fat 1.9g

"This soup is easy to make and costs very little as it uses parts of the celery and broccoli that people often throw away."

PREPARATION TIME: 15 MINUTES
 COOKING TIME: 45 MINUTES
 SERVES 2



CELERY AND BROCCOLI SOUP

KINDLY SUBMITTED BY DR PAT CUCKLE, HARINGEY

30g butter
 2 outer sticks of celery
 2 thick broccoli stalks
 (not the florets)
 1 onion
 1 clove of garlic
 2 or 3 tablespoons of leftover
 cooked potato or rice
 1 teaspoon of mixed dried herbs
 1 chicken or vegetable stock cube
 600ml water
 2 tablespoons plain yoghurt or
 coconut milk (optional)
 Salt and pepper to taste

1. Cut all the vegetables into pieces.
2. Put all of the ingredients into a pan and bring to the boil.
3. Turn down to a simmer and leave to cook for 30–45 minutes, stirring occasionally.
4. Turn off the heat and allow to cool for five minutes.
5. Pour into a blender and blend until smooth (if too thick, add more water).
6. Add chicken or vegetable stock, salt and pepper.
7. Stir in yoghurt or coconut milk and re-heat if necessary but do not boil.

TOP TIPS:

- Adapt the ingredients according to any leftover vegetables that you have.
- When making soups, use leftover rice or potato to thicken the soup.
- Garnish with any fresh herbs you may have and serve with lightly toasted day old bread.

LENTIL AND VEGETABLE LOAF

KINDLY SUBMITTED BY LORRAINE THORNTON, ENFIELD

PREPARATION TIME: 30 MINUTES

COOKING TIME: 45 MINUTES

SERVES 4-6

Any vegetables such as tomatoes, courgettes and mushrooms

1 onion, chopped

½ tin tomatoes

A little carrot, grated

200g cooked red or green lentils

50g grated cheese

A pinch of mixed dried herbs

1 or 2 eggs, beaten

A little cream (optional)

Salt and pepper

1. Grease a small loaf tin and line with grease-proof paper.
2. Preheat the oven to 190°C (gas mark 5).
3. Slice some of the vegetables and place in a pattern at the bottom of the tin.
4. Finely chop the remaining vegetables.
5. Mix the chopped vegetables together with all the remaining ingredients.
6. Pour this mixture on top of the sliced vegetables.
7. Bake for about 45 minutes, or until firm.
8. Leave to stand for 5 minutes before turning out of the tin.

Per 100g:	
Energy	485kJ/115kcal
Protein	7.4g
Carbohydrate	13.9g
Fat	3.3g

"This is a great recipe I used to cook when I was a student. You can use up random pieces of vegetables and it makes a really nutritious and colourful meal which can be a vegetarian main course, or part of a Sunday roast."



MINISTRONE STEW

KINDLY SUBMITTED BY SARAH GERRITSEN, CAMDEN

PREPARATION TIME: 25 MINUTES

COOKING TIME: 30 MINUTES

SERVES 2

"This is a really simple recipe that anyone can make!"

Per 100g:

Energy 350kJ/83kcal

Protein 2.5g

Carbohydrate 11.1g

Fat 3.2g



1 large onion, chopped

½ a chilli

Garlic, chopped

Olive oil

4 cups of chopped vegetables that are past their best (but still edible!). Try carrots, potatoes, mushrooms, celery, courgette/marrow, peppers, kale...

A splash of balsamic vinegar (if you have it)

1 tin of chopped tomatoes

1 cup of hot water with a stock cube dissolved in it

2 tablespoons tomato purée

Salt and pepper to taste

4 precooked sausages, chopped (if you have them in the house – not essential)

1 cup dried fusilli (spiral) pasta

½ teaspoon of dried thyme

1 teaspoon of dried basil

Grated cheese to serve (optional)

1. In a large saucepan sauté the onions, chilli and garlic in the olive oil.
2. Add the vegetables and cook for about 5 minutes, stirring frequently.
3. Add the balsamic vinegar and stir for a further 2 minutes.
4. Add the tomatoes and stock, then bring to the boil and simmer until the vegetables are cooked.
5. Stir in the tomato purée, salt and pepper.
6. Taste at this stage and if it is a little acidic from the tomatoes then add a sprinkling of sugar.
7. Add the sausages if you are using them and the pasta.
8. Add water and bring back up to the boil, then simmer for about 10 minutes until the pasta is cooked.
9. Ladle into bowls and serve with a little cheese on top and some crusty bread.

TOP TIPS:

- Add more water at any stage if it's looking a bit dry. It should be a thick soup/stew consistency.
- Experiment with adding different leftovers or things from the back of your cupboard – try kidney beans instead of sausages.

SUNDAY ROAST CAKES

KINDLY SUBMITTED BY BRIAN KAVANAGH, ISLINGTON

Leftover roast potatoes

2 eggs

Leftover cooked vegetables
such as green beans, carrots
or broccoli, chopped into
very small pieces

Breadcrumbs made from
stale baguette

Olive oil

TO SERVE:

Salad

Salad dressing

1. Break up the potatoes by mashing with a fork, but leave some texture.
2. Add one egg and the vegetables and mix.
3. Beat the second egg in a separate bowl.
4. Spread the breadcrumbs out onto a plate.
5. Take tablespoonfuls of the potato mixture and shape into round, flat cakes.
6. Dip each one in the beaten egg, then into the breadcrumbs and set aside on a clean plate.
7. Heat some olive oil in a large frying pan and add the cakes.
8. Cook slowly until crisp and golden, turning once.
9. Serve with a simple mixed salad and dressing, such as honey and mustard.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 10 MINUTES
MAKES APPROXIMATELY 8 CAKES

"Serve these savoury cakes with salad for a nice lunch the day after a roast dinner. Bon appetit!"

Per 100g:
Energy 929kJ/223kcal
Protein 5.2g
Carbohydrate 18.5g
Fat 14.2g

TOP TIP:

These cakes go well with cold sliced meats that may also be left over from a roast dinner, or with smoked fish.



SIZZLING BEAN CHILLI

THIS RECIPE WAS NOT PART OF THE NORTH LONDON LOVE FOOD HATE WASTE RECIPE COMPETITION, BUT WAS KINDLY PROVIDED BY ORGANICLEA AND THE HORNBEAM CENTRE CAFÉ, WALTHAM FOREST

SERVES 6

1 cup black beans (or other beans such as pinto, black-eyed, kidney) soaked and drained or 2–3 cups cooked (1 can will be fine)

2 tablespoons vegetable oil

1 large onion, chopped

1 large sweet pepper (any colour), seeded and diced OR carrots/courgettes – whatever you have

1 large tomato, cored and diced (if you have it, if not just use a can of chopped tomatoes)

4 cloves garlic, crushed

50g green or brown lentils

1 tablespoon rice vinegar or red wine vinegar

1 ½ teaspoons ground cumin

½ teaspoon chilli powder (more if you like it spicy, less if you don't!)

1 teaspoon dried thyme

1 teaspoon oregano

½ teaspoon salt

½ teaspoon ground black pepper

½ teaspoon bottled liquid smoke (optional if you have it, it gives the chilli a nice smoky flavour)

2 cups spinach/chard/kale/cabbage (whatever greens you need to use up), washed thoroughly and sliced into small pieces

2 tablespoons chopped fresh parsley

"This is a classic chilli from our weekly chef, AJ. It's one of her favourite ways of spicing up greens and any other leftover vegetables and sharing it with local volunteers and all that eat lunch at the café."

1. If not already cooked, place the beans in plenty of water, bring to the boil and boil hard for 10 minutes, then simmer for 35–45 minutes, until tender. Reserve about 4 cups of the cooking liquid if possible.
2. Heat the oil in a large saucepan, add the onion and the pepper and sauté for about 5 minutes.
3. Add the tomato and garlic, and cook for 4 minutes more.
4. Add the beans, lentils, reserved cooking liquid (or the same amount of stock), all of the seasonings (except the parsley), and cook for 30–40 minutes over medium heat, stirring occasionally. The mixture should be thick and chunky.
5. About 10–15 minutes before serving, stir in the greens.
6. Stir in the chopped parsley just before serving with rice.

VARIATIONS:

- Try using carrots or courgettes in this recipe if you don't have peppers to hand.
- If you don't have fresh tomatoes, a can of chopped tomatoes will be fine.
- Adjust the amount of chilli powder depending on how hot you like it.



AJ'S TOP TIPS:

There's never a need to waste any food – you can always make something interesting out of it, so get creative! Try...

- A basic any-veg stir-fry with a bit of soy sauce and some of your favourite seasonings.
- Bubble and squeak to use up any leftover cooked greens and potatoes.
- Leftover roast potatoes are great sliced, seasoned and lightly fried.
- If you have fresh veg but are not sure what to do with it, lots of vegetables including beetroot, carrots, courgettes, celeriac, Jerusalem artichokes and more are all good raw, grated and mixed with a bit of mayonnaise and/or some olive oil, lemon juice, chopped fresh herbs and seasoning. Quick, healthy and no cooking required!

ABOUT ORGANICLEA AND THE HORNBEAM CENTRE:

Organiclea runs a Saturday organic market stall and community veg box scheme at the Hornbeam Centre in Walthamstow. Our produce is supplied by small organic farmers (Hughes Organics), and by ultra-local London growers sharing their surplus – from gardens and allotments in Leyton and Walthamstow and our own growing site in Chingford.

Our partnership with the Hornbeam Centre's café is vital. Any leftover organic veg and fruit from the stall or box scheme goes straight into the café's healthy, lovingly prepared lunches.

We understand how much care goes into producing organic food and we know the growers in person. We are determined to make the most of this 'real' food and ensure that none is wasted and instead fires up as many local bellies as possible. The Centre's cooks are stars when it comes to using up anything that's in season and available in gluts.

THE HORNBEAM CENTRE CAFÉ IS OPEN WED-SAT, 10AM-5PM.

458 HOE STREET, WALTHAMSTOW (CLOSE TO THE BAKER'S ARMS JUNCTION ON LEA BRIDGE ROAD).



Per 100g:
Energy 1020kJ/245kcal
Protein 4.8g
Carbohydrate 20.1g
Fat 16.1g

SUPER VEGGIE STRUDEL

KINDLY SUBMITTED BY KATHARINA ERNE, HACKNEY

PREPARATION TIME: 40 MINUTES

COOKING TIME: 1 HOUR

SERVES 8

1 medium onion, finely chopped

2 cloves of garlic, finely chopped

Olive oil

Half of, or 1 very small butternut
squash, peeled and diced

2 carrots, diced

1 onion

Mushrooms

Sweet corn

Broccoli

1 small pepper, or half a red and
half a yellow pepper, diced

Half a courgette, diced

Salt and pepper

Fresh parsley, or any other herbs
you have, finely chopped

150g mature cheddar, grated,
or any other cheese that needs
to be used, try: feta, goat's cheese,
pizza cheese...

500g block of puff pastry
(defrosted if frozen)

FOR THE DIP:

250g of sour cream (can be mixed
with natural yoghurt or crème fraîche)

1 garlic clove, crushed

Any fresh herbs, finely chopped

Drizzle of olive oil

Salt and pepper

1. Fry onion and garlic in some olive oil.
2. Add the squash and carrots and cook for a few minutes, then add the pepper and courgette.
3. Fry vegetables until they are half done, then take them off the hob. If there is juice in the pan, drain it (this can be used for soups), but leave the vegetables in the pan.
4. Season with salt and pepper.
5. Add the herbs and cheese and mix well.
6. Preheat the oven to 180°C (gas mark 5).
7. Roll out the pastry between two sheets of baking paper to about ½ cm thick.
8. Place the filling along the centre line of the pastry.
9. Wrap the pastry around the filling and seal on the top and at the ends.
10. Use the baking paper to turn the strudel over and place on a baking tray with the seam at the bottom.
11. Pierce the top of the strudel with a fork and glaze with some olive oil or beaten egg.
12. Bake in the oven for 45 minutes.
13. Meanwhile prepare the dip by mixing all the dip ingredients together.
14. Serve the strudel in slices with the sour cream dip.

"Another great combination to make a Greek-style strudel is red onions, feta cheese, spinach and pine nuts. Feel free to experiment and don't forget to add your valuable leftovers, which will make every strudel unique."



COOK'S TIPS:

- I always keep some puff pastry in my freezer for making strudel to rescue vegetables that are looking tired.
- I often make two strudels at a time – one is for now, the other I freeze (unbaked) for a quick meal later.
- If you haven't got a rolling pin to roll out the pastry, a bottle will do the job just as well.
- To make a complete meal, serve with some fresh mixed salad, again using whatever you have in the fridge.

VARIATIONS:

This is a suggestion for a filling which definitely works, but use whatever you think goes together. Use any wilting vegetables such as carrots, potatoes, sweet potatoes, leeks, courgettes, paprika/peppers, pumpkin, squash, egg-plant, spinach, broccoli, peas, cauliflower, olives, cabbage, mushrooms, apples, maize...



**LOVE...
PASTA,
POTATOES
& RICE**

POTATO LATKES (POTATO PANCAKES)

KINDLY SUBMITTED BY MICHAEL ROSENBAUM, ISLINGTON

PREPARATION TIME: 10 MINUTES
COOKING TIME: 10 MINUTES PER BATCH
MAKES APPROXIMATELY 10 PANCAKES

Per 100g:
Energy 1360kJ/325kcal
Protein 4.1g
Carbohydrate 32.7g
Fat 19.7g

"This is the best and easiest use of leftover mashed potatoes I have found. They can be served as a savoury accompaniment to a fry up breakfast or with sour cream and/or fruit jam as a course on their own."

250g leftover mashed potatoes
1 egg
2 tablespoons self raising flour
100ml liquid (milk, water or plain yoghurt)
1 teaspoon baking powder
Vegetable oil

OPTIONAL, FOR SAVOURY VERSION:

1 small onion, chopped
Salt and pepper, to taste

1. Blend all ingredients (except the oil) together to make a bubbly batter.
2. Heat the oil in a frying pan until it begins to smoke.
3. Drop tablespoonfuls of the batter into the pan.
4. Fry until the top of the latkes appears firm, then turn over and fry the other side until brown.

VARIATION:

For a more crispy finish, grate some fresh potato onto the latkes when they are frying (before turning them over).



LEFTOVER SPAGHETTI CAKE

KINDLY SUBMITTED BY DONNA GRANT, ISLINGTON

PREPARATION TIME: 15 MINUTES
COOKING TIME: 30 MINUTES
SERVES 4

Per 100g:
Energy 419kJ/100kcal
Protein 4.1g
Carbohydrate 11.1g
Fat 4.4g

2 or 3 eggs
Pinch of cayenne pepper
Salt and pepper
Grated cheese
A carrot or courgette, grated
Leftover cooked spaghetti
in sauce
Tomato, sliced

1. In a large bowl, beat the eggs together.
2. Season with cayenne, salt and pepper.
3. Add the carrot or courgette.
4. Add half the cheese.
5. Add in the spaghetti and sauce and mix together.
6. Preheat the oven to 200°C (gas mark 6).
7. Line a cake tin with baking foil and firmly press the mixture into the tin.
8. Top with sliced tomato and the remaining cheese.
9. Fold the baking foil over the top of the cake.
10. Bake for 30 minutes.
11. Allow to cool before slicing as a delicious lunch or snack.



EASY PEA(SY) QUICHE

KINDLY SUBMITTED BY CLARE GIBSON, HACKNEY

PREPARATION TIME: 15 MINUTES

COOKING TIME: APPROXIMATELY 1 HOUR

SERVES 4-6

Leftover mashed potato
2 cups of mixed vegetables
(including peas)
1 onion, peeled and sliced
3-4 eggs, beaten
Salt and pepper

1. Preheat the oven to 180°C (gas mark 4).
2. Spread the mashed potato into a greased ovenproof dish and press down to make a firm base.
3. Mix together the vegetables, onions and eggs and season with salt and pepper.
4. Pour the egg mixture on top of the potatoes.
5. Bake for approximately 1 hour until the eggs are set.
6. Serve with salad.

Per 100g:

Energy	407kJ/97kcal
Protein	4.7g
Carbohydrate	7.5g
Fat	5.4g

TOP TIPS:

- Arrange sliced tomatoes or grated cheese on top of the quiche after cooking and quickly place under the grill to brown.
- The cooking time for this quiche can vary depending upon the thickness of the potato and type for vegetables you use. Check after 45 minutes.

BITS AND PIECES OMELETTE

KINDLY SUBMITTED BY SARAH BEKAERT, HACKNEY

PREPARATION TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

SERVES 4

Whatever you can find in the fridge! I used:

Mixed salad leaves
Olive oil
4 eggs
250ml milk
2 teaspoons red pesto
Cooked pasta
Cooked couscous
Feta cheese

1. Chop the leaves and put in a frying pan with some oil and cook gently to wilt.
2. Meanwhile, whisk 4 eggs with the milk and pesto.
3. Add the pasta to the pan with the leaves.
4. Pour the egg mixture on to the pasta, add the couscous, and stir gently to evenly spread the ingredients.
5. Sprinkle or crumble the cheese on top.
6. Cook on the hob for 10 minutes over a medium heat.
7. Move to the grill and cook the top for 5 minutes, until browned.
8. Remove from the grill and leave to stand for 5 minutes.
9. Gently loosen edges and turn out onto a plate.

TOP TIPS:

- Can be eaten hot or cold.
- I recommend always putting some couscous in as it firms up the texture of the omelette.



Per 100g:

Energy	577kJ/138kcal
Protein	7.4g
Carbohydrate	7.5g
Fat	8.8g

FRITTATAS

Here we have a double bill of frittata recipes – the perfect speedy summer supper for using up all the odds and ends in the fridge before shopping day. Eggs are the main ingredient then after that pretty much anything goes, but here are two suggestions that have been tried and tested.

Erika Severini shows us how to do a classic Italian frittata, a great use of leftover pasta, and Back 2 Earth have been inventive in using leftover bread which goes deliciously well with the leftover cheeses in their recipe.



"In Italy, this frittata is served cold as a classic picnic dish."

Per 100g:

Energy	774kJ/186kcal
Protein	7.5g
Carbohydrate	12.1g
Fat	11.9g

PASTA FRITTATA

KINDLY SUBMITTED BY
ERIKA SEVERINI, HACKNEY

PREPARATION TIME: 10 MINUTES
COOKING TIME: 10 MINUTES

Leftover cooked pasta

**Eggs – 1 for every
100g of pasta**

Salt and pepper

Chilli (optional)

Grated cheese (optional)

**Leftover cooked or raw
vegetables, chopped into
small pieces**

Oil

1. Beat the eggs in a large bowl.
2. Add salt, pepper, chilli and cheese.
3. Add vegetables.
4. Add the pasta to the bowl and mix well.
5. Heat some oil in a frying pan (preferably one with a metal handle) and also put the grill on at the same time.
6. Pour the whole mixture into the frying pan and cook for a couple of minutes on a high heat.
7. Take off the hob and grill until brown and crispy on top.

TOP TIPS:

- Any time you have leftover cooked pasta, try stirring through a little olive oil so that it is not stuck together when you take it out of the fridge the next day.
- Cheese that has been hanging around and gone hard is good in this recipe, as it melts and turns delicious when cooked.
- You can add whatever you like to the frittata – bits of bacon, finely chopped onions, leeks...

FINISH-UP FRITTATA

SERVES 5-6

THIS RECIPE WAS NOT PART OF THE NORTH LONDON LOVE FOOD HATE WASTE RECIPE COMPETITION, BUT WAS KINDLY PROVIDED BY BACK 2 EARTH'S COMMUNITY CAFÉ

- A little vegetable oil
- 2 handfuls each of chopped vegetables, whatever you have to hand e.g. onions, courgettes, peppers, mushrooms...
- 1 clove of garlic, crushed
- 6 eggs, beaten
- Half a pot of single cream
- Half a tub of cream cheese (soft cheese)
- 2 handfuls of hard cheese, grated
- 4 slices of wholemeal bread, cut into cubes
- Salt and pepper

1. Preheat the oven to 175°C (gas mark 4).
2. Lightly grease a deep baking dish (about 20x30 cm).
3. Heat the oil in a large skillet or frying pan.
4. Add the garlic and the vegetables and sauté until tender.
5. Remove the pan from the heat and set aside.
6. In a large bowl, beat together the eggs and cream, then stir in both cheeses, the bread cubes, and finally the sautéed vegetables.
7. Season with salt and pepper, mix well and pour into the baking dish.
8. Bake in the oven for 1 hour or until the centre is set.
9. Serve hot or cold.



TOP TIPS:

- Frittata is delicious eaten cold as part of a picnic or packed lunch.
- This recipe makes a large frittata which will feed 5-6 people with some salad or 3-4 with leftovers for lunch the next day! Reduce the quantities if you don't need so much, or don't have enough of the ingredients.

ABOUT BACK 2 EARTH:

Back 2 Earth's Community Café is an exciting project based at Broadwater Farm Community Centre. The centre is situated in one of the most ethnically diverse communities in the UK. Almost 4,000 people live on the Broadwater Farm Estate, where it is thought 58 different languages are spoken. To celebrate this incredible mix of cultures and approaches to cooking and food, Back 2 Earth have set up this Café, staffed by a team of volunteers and managed by the indomitable Nimet Sayar, where people come in with recipes to prepare and share, and serve to local customers. With an emphasis on fresh, organic ingredients, the Community Cafe has hosted cooks from Turkey, the Philippines, the Congo, Chechnya, Goa, Jamaica, Ireland, Somalia as well as preparing

vegan and other specific menus. This means that the customers never quite know what to expect when they arrive to eat. The Cafe charges £3.50 for a two course meal and makes sure no-one goes home hungry. As well as preparing these meals, the Community Cafe is also used to bring local people in, for catering training and to gain experience of working in a busy kitchen. In this way, it really fulfils its function, of being a truly community-orientated enterprise. And the customers will tell you, the food is pretty tasty too!

BACK 2 EARTH COMMUNITY CAFÉ IS OPEN 12.30-3.30PM EVERY FRIDAY, AND THE LAST SATURDAY OF EACH MONTH AT BROADWATER FARM COMMUNITY CENTRE, 1 ADAMS ROAD, TOTTENHAM, N17 8AT.



**LOVE...
MEAT & VEG**

MEAT AND TWO VEG' BIRYANI

KINDLY SUBMITTED BY DINISHIA MITFORD, CAMDEN

PREPARATION TIME: 25 MINUTES

COOKING TIME: 40 MINUTES

SERVES 2

"This dish can be made from leftovers from any 'meat and two veg' dinner. It works especially well with leftovers from roast dinners."

Per 100g:

Energy 353kJ/84kcal

Protein 6.8g

Carbohydrate 7.4g

Fat 3.0g

100g basmati rice
1 egg, boiled (optional)
1 tablespoon of vegetable oil or mild olive oil
1 small onion, chopped
1 clove garlic, crushed
1 tablespoon of curry paste, such as Patak's
Pinch of cinnamon
½ a green or red chilli, deseeded if you don't like it too hot
3 curry leaves
1 portion of cooked leftover meat, chicken or fish without bones (the size of a chicken fillet)
A handful of any vegetables e.g. green beans, broccoli, sweet corn, carrots, peas, potatoes, mushrooms, leeks, cauliflower, peppers...
100ml of stock
Half a lemon
Salt and pepper to taste

1. Cook rice until al-dente (firm to the bite).
2. Hard boil the egg.
3. In a frying pan or wok, heat the oil and add the onion and garlic. Fry until the onions are translucent, ensuring the garlic does not burn.
4. Add the curry paste, cinnamon, chilli and curry leaves and stir for approximately 2 minutes.
5. Add the meat and stir for 10 minutes.
6. Add the vegetables and stir for a further 2–3 minutes.
7. Gently fold in the rice and mix through evenly.
8. Add the stock, salt and pepper and let it simmer for 3–5 minutes until most of the stock has evaporated and the biryani is moist.
9. Transfer to a plate, squeeze over the lemon and garnish with the sliced boiled egg.
10. Serve with poppadoms and cucumber raita.

VARIATIONS:

- The vegetable quantity can be doubled and the meat/fish omitted to make a vegetarian biryani.
- Choose from biryani, balti or madras curry paste depending on how hot you like it.
- Leave the seeds in the chilli if you like a hotter dish.
- You can also make this dish with leftover rice and curry, omitting the spices and stock from the directions.

Per 100g:
Energy 1100kJ/263kcal
Protein 9.2g
Carbohydrate 29.5g
Fat 12.0g



SAMOSAS

KINDLY SUBMITTED BY SHANA NESSA, BARNET

PREPARATION TIME: 20 MINUTES

COOKING TIME: 10 MINUTES

MAKES 15 SAMOSAS

About 250g self raising flour
Cold water
Sunflower oil

FOR THE FILLING:

Leftover cooked minced meat
or leftover curry (vegetable,
chicken or lamb)

1. Make a ball of dough using the flour and water.
2. Knead into a ball, then make into about 15 small balls.
3. Use a rolling pin to make each one into a thin round pancake the size of a saucer.
4. Drain the filling of any liquid and remove any large spices i.e. bay leaves, cardamom pods.
5. Add a teaspoon of the filling to the centre of each pancake.
6. Wet the bottom edge of the pancake by dipping your finger in water and seal the pastry. You can add an edging design by twisting the edge.
7. Fry in a pan of deep cooking oil, or freeze to fry at a later date.
8. Serve hot as a starter.

COOK'S TIP:

If you have frozen these samosas, defrost thoroughly in the fridge before frying.

ROAST BEEF STIR-FRY WITH VEGETABLES

KINDLY SUBMITTED BY MRS GRACHVOGEL, ENFIELD

PREPARATION TIME: 10 MINUTES

COOKING TIME: 7-10 MINUTES

SERVES 4-6

- 1 tablespoon of oil
 - 2 peppers – red and/or yellow, cut into strips
 - 3 spring onions, cut into 3cm lengths
 - 50g mushrooms, sliced
 - 1 cup of leftover cooked green beans
 - 150ml beef stock
 - 2-3 tablespoons hoisin sauce
 - 1-2 tablespoons soy sauce
 - 1 tablespoon dry sherry
 - 100-150g leftover roast beef, thinly sliced
 - 300g medium whole-wheat noodles (quick wok)
1. Heat the oil in a wok over a high heat.
 2. Add the peppers and onions and fry for 2 minutes.
 3. Add the mushrooms and fry for 1 minute.
 4. Add the beans, stock, hoisin, soy and sherry and cook for 1 minute.
 5. Add the beef and toss well, continue to cook for another minute.
 6. Add the noodles and cook for 2 more minutes, or until everything is piping hot.
 7. Serve at once.



"A quick and easy meal, and very healthy too."



Per 100g:
Energy 465kJ/111kcal
Protein 9.0g
Carbohydrate 8.4g
Fat 4.6g

HOT CHICKPEA SALAD

KINDLY SUBMITTED BY JENNY ADAMTHWAITE, WALTHAM FOREST

PREPARATION TIME: 20 MINUTES

COOKING TIME: 40 MINUTES

SERVES 2

2 tablespoons of olive oil

150g chorizo, cubed

2 cloves garlic, crushed

1 small red chilli (de-seeded and finely chopped)

Red, green or yellow peppers, chopped

2 bowls of leftover vegetables e.g. spring onions, peppers, courgette, fennel, green beans, sugar snap peas, mange tout, spinach, chard

400g of chickpeas (canned or soaked)

Fresh tarragon

Juice of 2 limes

Salt and pepper to taste

1. In a large pan, heat the olive oil over a medium heat.
2. Add the chorizo and cook for five minutes so that the meat flavours the oil.
3. Add the garlic and chilli and stir to coat the chorizo.
4. Add the vegetables and cook until they are softened but still have bite. Vegetables that take longer to cook may need to be added first.
5. Drain the chickpeas and add them to the pan.
6. Add tarragon leaves to taste and allow the mixture to cook gently for five minutes or until the chickpeas are hot through.
7. Pour the lime juice over the mixture and stir through. Allow this to bubble for a few minutes until the liquid has reduced.
8. Serve with warm, crusty bread.



VARIATIONS:

- You can use any vegetables that you have left over for this recipe, even if there's only a little of each of them.
- You could also swap the chorizo for any leftover spicy sausage.



Per 100g:

Energy 612kJ/146kcal

Protein 5.0g

Carbohydrate 14.2g

Fat 7.7g



Per 100g:	
Energy	223kJ/53kcal
Protein	1.6g
Carbohydrate	7.7g
Fat	1.7g

"My kids love this rich chicken soup, which is much better than plain old ramen noodles but almost as easy to prepare. It also gets rid of vegetables lurking in the bottom of the fridge!"



CHEEKY CHICKEN SOUP

KINDLY SUBMITTED BY WENDY SLOANE, CAMDEN

PREPARATION TIME: 30 MINUTES

COOKING TIME: 45 MINUTES

SERVES 4

1 chicken carcass left over from previous day's dinner, preferably with a little meat on it

700ml water

At least 3 carrots

2 onions

1 parsnip

1 leek

Other tired vegetables from the fridge (optional)

2 chicken stock cubes

Dash of soy sauce

1 teaspoon of Italian seasoning

About a third of a glass of wine, or even beer – whatever you have open (optional)

1 or 2 packets of ramen type noodles or pasta

1. Put chicken carcass into a large pot.
2. Add water to completely cover, plus 3 inches.
3. Chop carrots, onions and any other vegetables and add to the pot.
4. Bring to the boil.
5. Add the stock cubes, soy sauce, Italian seasoning and wine or beer.
6. Turn down and simmer for about 20 minutes.
7. Remove the chicken carcass and add the noodles with the packet of stock from the noodles.
8. Simmer for a further 3 minutes.
9. Taste and adjust seasonings.
10. Serve!

TOP TIPS:

- Keep the chicken skin on when cooking (for flavour), but discard before serving.
- If you don't have ramen noodles, pasta stars are also great in this soup.
- If there is still meat on the carcass at stage 7, cut it off and add back into the soup before serving.



"This ragu will be different every time depending on what leftovers you have, but delicious all the time, from my experience. Very nice with a medium or full bodied red wine if you have any left that wasn't thrown into the ragu! Bon appetit!"

Per 100g:
 Energy 350kJ/84kcal
 Protein 4.3g
 Carbohydrate 5.9g
 Fat 4.8g

RAGU FOR PASTA

KINDLY SUBMITTED BY
 KAREN BENNETT, WALTHAM FOREST

PREPARATION TIME: 20 MINUTES
 COOKING TIME: 1 HOUR
 SERVES 4

2 tablespoons olive oil
 2 tired carrots, finely chopped
 2 onions, finely chopped
 2 bowls of any leftover vegetables such as mushrooms, peppers, leeks, fennel, celery, squash or eggplant (aubergine)...
 Any leftover meat, finely diced (optional)
 4 ripe tomatoes, chopped
 Any herbs you have, fresh or dried, such as basil, thyme, oregano, bay leaves, marjoram, rosemary...
 Any spices and flavourings – no limitations – be creative and use whatever appeals to you, e.g. capers, hot pepper sauce, garlic...
 Up to 2 cups of leftover wine, red or white
 1 teaspoon tomato purée (optional)
 2–4 tablespoons milk
 Salt and pepper to taste

TO SERVE:

Pasta
 Cheese (optional)

1. Heat the oil in a big pot.
2. Sauté the carrots and onions until soft.
3. Stir in the other vegetables and the meat, if using.
4. Add the tomatoes and any herbs, spices and flavourings you are using.
5. Slowly pour in the wine, adding more as the sauce reduces.
6. Add some tomato purée if you prefer a thicker sauce, or some water for thinning the sauce.
7. Simmer the ragu, stirring occasionally for as long as you can wait, at least 1 hour (it becomes tastier the longer it cooks).
8. Stir in the milk towards the end of cooking.
9. To serve, cook some pasta, ladle ragu on top and sprinkle with grated cheese, if liked.

DINNER IN THE OVEN

KINDLY SUBMITTED BY ANN BEALE, ENFIELD

PREPARATION TIME: 40 MINUTES
COOKING TIME: 1 HOUR 30 MINUTES
SERVES 4

"This recipe has been in our family for years. In the 20's my Dad asked a Danish lady called Mrs Ulstrom, what the lovely smell was, and she said "Dinner in the oven". She was cooking this. I think she really meant "It's my dinner cooking", but the name has stuck! It uses leftovers from a Sunday beef roast."

Leftover cooked vegetables,
such as peas, cabbage,
carrots, leeks and peppers

Leftover cooked beef
Onions

Leftover cooked potatoes

Raw potatoes

Leftover gravy

Oxo cubes

1. Preheat the oven to 180°C (gas mark 4).
2. Chop up the vegetables and place half in the base of a casserole dish.
3. Cover the vegetables with half the beef (slice and break large slices into smaller pieces).
4. Peel and slice the onions and sprinkle half of them on top of the beef.
5. Slice up both types of potatoes and spread half over the onions.
6. Repeat all four layers.
7. Half fill the dish with leftover gravy (topped up with gravy granules made up to packet instructions if necessary).
8. Put the lid on and bake for 1 hour.
9. Take the lid off and bake for a further 30 minutes to allow the top layer of potatoes to brown.



Per 100g:
Energy 396kJ/94kcal
Protein 6.7g
Carbohydrate 8.8g
Fat 3.6g

COOK'S TIP:

I haven't given amounts of ingredients because you can make it as big or as small as you like. I usually make it for 4 people, and if there isn't much beef left I put in more potato.



Per 100g:
 Energy 478kJ/115kcal
 Protein 6.2g
 Carbohydrate 7.2g
 Fat 6.8g

WRAP SURPRISE

KINDLY SUBMITTED BY
 DAVID BOLTON, HACKNEY

PREPARATION TIME: 30 MINUTES

COOKING TIME: 20 MINUTES

SERVES 4-6

Butter
 1 onion, finely chopped
 1 packet of tortilla wraps
 (normally 8 per pack)
 250g of mince or chicken (leftover cooked
 meat is fine if you have any)
 Leftover cooked or raw vegetables
 such as peppers, carrots, mushrooms,
 sweet corn and peas (mixed with ½
 packet of frozen oriental vegetables
 if you need to bulk up the quantity)
 1 jar of salsa (mild or hot)
 Salt and pepper

1. Melt a little butter in a wok or frying pan.
2. Add the onion and the meat and cook for 5 minutes.
3. Add the vegetables and continue to cook for 3 minutes.
4. Add the salsa, salt and pepper to taste and heat through.
5. Meanwhile, put the wraps in the microwave for 25 seconds.
6. Put the meat and vegetable mixture into a large bowl, the wraps on a plate and let the kids help themselves.

TOP TIPS:

- To make this meal go further, serve with fries or oven chips.
- Almost any leftover meals can be used to fill wraps, curry tastes great in these.

HOQ 'N' DOUGH

THIS RECIPE WAS NOT PART OF THE NORTH LONDON LOVE FOOD HATE WASTE RECIPE COMPETITION, BUT WAS KINDLY PROVIDED BY CLLR. CLYDE LOAKES, CHAIR OF THE NORTH LONDON WASTE AUTHORITY

PREPARATION TIME: 20–30 MINUTES

COOKING TIME: 30–45 MINUTES



FOR THE DOUGH EDGING:

Plain flour
Pinch of salt
Baking powder
Cold water

The quantities depend upon the size of your tin and how much chicken you have to use up.

FOR THE FILLING:

The last bits of meat from the carcass of a roast chicken

Some potatoes
2 onions
Gravy

VARIATIONS

- Try adding mixed dried herbs and ground black pepper to the dough before you add the water for extra taste.
- Optional – smear some English mustard over the meat before you put it into the tray.

TO MAKE THE DOUGH:

1. Mix together the plain flour, salt and baking powder.
2. Add cold water and mix to a stiff dough.
3. Leave the dough to stand whilst you prepare the chicken and potatoes.

TO MAKE THE FILLING:

1. Firstly cut up the potatoes (roasting size) and par boil in a pan of water.
2. Place your leftover chicken taken from the carcass in a deep baking tray.
3. Slice up onions and mix in.
4. Drain your potatoes keeping the cooking water to make your gravy.
5. Place the potatoes on top of the chicken.
6. Use the water from the par boiled potatoes to make some gravy – medium texture, not too runny and not too thick – and pour over chicken mixture. The chicken needs to be covered and potatoes need to be partially submerged in the gravy.
7. Now roll out your dough flat and cut into 4 strips that will go around your baking tray.
8. Place your dough around the edges of the baking tray so that it forms an edging to your chicken, onion, potato and gravy mix.
9. Place in oven and cook until dough and potatoes are cooked to the way you like them usually 30–45 minutes at 175–200°C (gas mark 4–5).



**LOVE...
BREAD & FRUIT**

ORANGE PRESERVE

THIS RECIPE WAS NOT PART OF THE NORTH LONDON LOVE FOOD HATE WASTE RECIPE COMPETITION, BUT WAS KINDLY PROVIDED BY DIMITRA RAPPOU, NORTH LONDON WASTE AUTHORITY

PREPARATION TIME: 1 HOUR
COOKING TIME: 2 HOURS
MAKES 2 BIG JARS

"You can create this recipe by using shells of oranges that you earlier used to make fresh orange juice, or alternatively you can use whole oranges. My mother, Sofia Rappou, was taught how to make this traditional Greek recipe by her mother, who was an expert in creating low cost zero waste meals. I usually serve it in the afternoon with Greek coffee but if you have it with coffee or tea make sure that you have the preserve last, otherwise your drink will taste extremely bitter!"

1kg of oranges
1.2kg of caster sugar
3–4 tablespoons of glucose
Juice of 1 lemon
1 teaspoon of baking soda
1 glass of water

Per 100g:
Energy 1180kJ/278kcal
Protein 0.2g
Carbohydrate 68.6g
Fat 0.4g

COOK'S TIPS:

- I prefer using big oranges with thick skin for this recipe as they tend to stay firmer.
- To check if the syrup is ready place a spoon of syrup on to a plate and let it cool down. Then get some with a spoon and let it drip away. If the final drop remains hanging but not falling off the spoon the syrup is ready. If it doesn't, boil for another 10 minutes and repeat the procedure again.

1. Remove a thin layer of the orange skin by scraping with a fine grater. This will take some of the bitterness away.
2. Put the oranges in a big pan, cover them with cold water and put them on to boil.
3. When the water starts boiling, cook the oranges for a further 5 minutes and then strain them in order to get rid of the bitterness completely.
4. Put them back in the pan, cover with cold water and boil until they become relatively soft, add one tea spoon of baking soda and let them soften further.
5. If you are using the whole of orange, cut each orange into four to eight pieces, depending how big your oranges are, but make sure that they are all of equal size.
6. Remove any seeds and the stem of the oranges as they tend to make the preserve taste bitter.
7. In a big pan, add a layer of the orange pieces, cover with sugar and repeat this procedure until you have all your pieces in the pan.
8. Add 1 big glass of water and boil until the water is reduced by half.
9. At this stage a thin layer of 'foam' may be created on the surface of the pan. It is suggested that you skim the foam off as it will give a better colour to the syrup.
10. Add the glucose and lemon juice and leave it in the pan for 24 hours...
11. The next day, boil on a low heat again until the juice in the pan has been reduced and it is turned into a golden syrup.
12. When the preserve is ready, ladle it into hot, dry, sterilized jars. Make sure all the orange pieces are covered with syrup and seal immediately.

TEATIME BREAD AND BUTTER PUDDING

KINDLY SUPPLIED BY LISA KELLY, ISLINGTON

PREPARATION TIME: 35 MINUTES

COOKING TIME: 30 MINUTES

SERVES 2

Per 100g:

Energy 992kJ/238kcal

Protein 4.9g

Carbohydrate 22.9g

Fat 14.0g

"Use up stale bread and old teabags to create this warming winter dessert!"

- 4 slices of leftover, slightly stale bread
- 50g butter
- 25g currants
- 25g raisins
- 400ml milk
- 5-6 leftover (used) tea bags
- 4 large eggs
- 130g light brown muscovado sugar
- 300ml single cream
- 1 teaspoon ground cinnamon
- 1 teaspoon mixed spice
- 1 tablespoon Demerara sugar

1. Butter a 28x18cm, 5cm deep ovenproof dish.
2. Butter each slice of bread on one side and cut into 4 triangles.
3. Lay 3 slices of bread (12 triangles) buttered side up in the dish so that they slightly overlap.
4. Sprinkle over approximately $\frac{3}{4}$ of the currants and raisins.
5. Lay the remaining 4 triangles buttered side up on top of the other triangles and sprinkle with the remaining currants and raisins.
6. Place the milk in a pan with the tea bags. Simmer for 15 minutes, stirring occasionally, until the tea has infused the milk and turned it a pale brown colour.
7. Meanwhile, crack the eggs into a bowl, add the muscovado sugar and whisk until frothy.
8. Add the cream to the pan of milky tea and heat gently for a further 5 minutes. Stir, but take care not to break the tea bags. When the liquid starts to come to the boil turn off the heat and remove the tea bags.
9. Pour the milk mixture into the bowl of sugar and eggs. Add the cinnamon and mixed spice and whisk well until all ingredients are combined.
10. Pour the liquid evenly over the bread triangles. It should cover the bottom layer of bread triangles and lightly cover the top layer.
11. Preheat the oven to 180°C/gas mark 4.
12. Sprinkle the Demerara sugar over the top of the bread and leave to stand for 5 minutes.
13. Bake in the oven for 30 minutes until set and golden.
14. Once baked, place under a hot grill for 1 minute to caramelise the sugar topping.
15. Serve warm with cream or custard.

VARIATIONS:

Earl Grey tea bags create the best flavour, but you can experiment with other tea bags depending on the tea you have drunk that week!



POACHED QUINCES

THIS RECIPE WAS NOT PART OF THE NORTH LONDON LOVE FOOD HATE WASTE RECIPE COMPETITION, BUT WAS KINDLY PROVIDED BY EMMA AT THE CLERKENWELL KITCHEN, ISLINGTON

This recipe uses up a glut of fruit:

"At the restaurant, we cook as locally and as seasonally as we can, so the arrival of the English quinces is always a treat, breaking up the monotony of the months of apples and pears after the berries, plums and damsons have gone. Quinces are an incredibly versatile and undervalued fruit. We tend to use this recipe to preserve them in a lovely pink syrup so that we can use them through the year."

Quinces

1 lemon

Sugar

TO PREPARE THE QUINCES:

1. Wash the quinces, then peel and core them, but keep the peelings and cores.
2. Slice the quinces into eighths so they can be a nice shape for tarts and other desserts.
3. Put the slices of quince into a bowl and squeeze over the juice of the lemon, then cover with water to stop them from going brown.

TO MAKE THE SYRUP:

1. Place the skins and cores in a saucepan, cover with water and boil for about an hour.
2. When the liquid is a deep red colour, strain and add about 2 tablespoons of sugar per quince, or to taste.
3. Add the quince slices and simmer for about half an hour, until tender.
4. Pack the fruit in hot sterilised jars and cover with the syrup.



ABOUT THE CLERKENWELL KITCHEN

The Clerkenwell Kitchen in Islington is a restaurant where you can eat in (booking advisable), take away or order for your office. The restaurant sources local food, cooks seasonal produce and uses organic and free range ingredients.

The Clerkenwell Kitchen is dedicated to creating an ethical and accountable company. We are committed to fair and sustainable trade, real value for money and transparency. We recycle and actively try to reduce waste generated by our business. We use biodegradable packaging and recycle all our used glass, paper, cardboard, cans and plastic bottles.

THE CAFÉ IS OPEN FROM 8AM-5PM MONDAY TO FRIDAY (THURSDAY UNTIL 11PM) AND SERVES: BREAKFAST 8-11 • LUNCH 12-3 • CAKES AND SNACKS 3-5 EVENING MEALS 6.30-10.30 THURSDAYS ONLY.

THE CLERKENWELL WORKSHOPS, 27-31 CLERKENWELL CLOSE, LONDON, EC1R 0AT.

OLD FASHIONED BREAD PUDDING

KINDLY SUBMITTED BY JACKIE KANE, BARNET

PREPARATION TIME: 30 MINUTES

COOKING TIME: 45 MINUTES

SERVES 4



Per 100g:

Energy 837kJ/199kcal

Protein 3.4g

Carbohydrate 27.9g

Fat 8.3g

"Bread pudding is a great way of using up crusts from sandwich loaves and fruit that is slightly over-ripe or bruised. It's very versatile; a variety of chopped nuts and dried fruits can be added depending on what you have in the store cupboard. It also freezes really well cut up into squares, so you can pop a piece into your lunch box any time!"

- 4–6 slices of bread – slightly stale white, wholemeal or granary (crusts can be used)
- 1 piece of fruit: eating apple, pear, peach, plum or nectarine (using up bruised/marked fruit is fine)
- 50g any dried fruit e.g. mixed, sultanas, raisins, apricots, figs, dates
- 1 heaped tablespoon granulated sugar (this may vary depending upon type and sweetness of fresh fruit used)
- 1 egg
- 1–2 tablespoons fruit juice or water
- 1 teaspoon cinnamon
- 25g nuts: chopped mixed or walnut pieces (optional)
- ½ teaspoon mixed spice
- 1 tablespoon melted spread or butter

1. Preheat oven to 200°C (gas mark 6).
2. Put bread in colander and gently rinse with cold water.
3. Squeeze the bread dry with your hands or press with a spoon.
4. Place in a large mixing bowl and mash with a fork.
5. Peel and cut up the fruit into pieces, removing any bruised or marked pieces.
6. Add fresh and dried fruits, mixed spice, nuts, fruit juice and egg to the bread and mix well.
7. Grease an ovenproof dish with the melted spread/butter.
8. Transfer the mixture to the dish and flatten using the back of a spoon.
9. Bake in the oven for approximately 45 minutes, until golden and firm.

WEIGHTS & MEASUREMENTS

In this book we have used metric quantities. If you would rather use Imperial measurements the exact conversion from metric to Imperial does not usually give very convenient working quantities, so it is usual to round off the numbers. Therefore only follow one set of measures – either metric or Imperial.

WEIGHTS		
IMPERIAL	METRIC:	
Ounces	Approx g to nearest whole figure	Usual recommended conversion to nearest unit of 25 g
1	28	25
2	57	50
3	85	75
4	113	100
5	142	150
7	198	200
9	255	250
11	312	300
14	396	400
16 (1 LB)	454	450
18	510	500

LIQUID MEASURES		
IMPERIAL	METRIC	
Pints	Approx ml to the nearest whole figure	Usual recommended ml
¼	142	150
½	283	300
¾	425	450
1	567	600
1½	851	900
1¾	992	1,000 (1 LITRE)

OVEN TEMPERATURES			
The table below gives recommended equivalents.			
	°C	°F	GAS MARK
VERY COOL	110–120	225–250	¼–½
COOL	140–150	275–300	1–2
MODERATE	160–180	325–350	3–4
MODERATELY HOT	190–200	375–400	5–6
HOT	220–230	425–450	7–8
VERY HOT	240	475	9



SAFETY AND HYGIENE

To help avoid food poisoning it's important to make sure the food you make for yourself and for other people is safe to eat. The Food Standards Agency provides information on the basics of food hygiene. On their website you will find practical advice on how to keep food safe from harmful bacteria – including preparing and cooking food, keeping your kitchen clean, catering for large numbers at parties and events and shopping for

food. For more information on food safety go to www.eatwell.gov.uk/keepingfoodsafef/ or for general information to www.food.gov.uk/

GENERAL ENQUIRIES

If you wish to make an enquiry you can ring the Food Standards Agency helpline:
Tel: 020 7276 8829
 or email: helpline@foodstandards.gsi.gov.uk

