



# Why Waste?

**THE COOKBOOK VOL. 2**




# *Introduction*

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According to the United Nations Environment Program, **over one billion tonnes of food** is wasted every year, contributing to **up to 10% of global greenhouse gas emissions**. Most of that food is wasted in the home.

For the third iteration of the *Why Waste?* initiative, by Fine Dining Lovers in collaboration with chef Massimo Bottura and the Food for Soul non-profit, which works to transform surplus food into meals for the needy, we have put the call out to you, the reader.



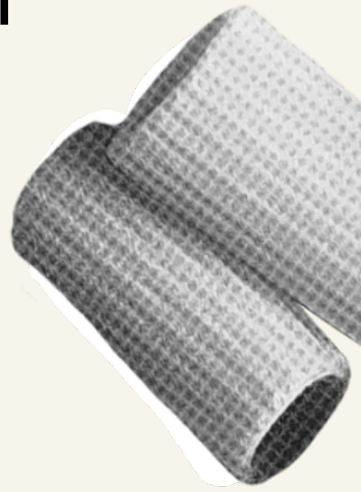
We asked you to create a recipe using at least one discarded or leftover ingredient and to share it on social media using *#whywasterecipes* and *#everyplatecounts*.

We've collected the best recipes we received in this cookbook, judged by a panel of chefs from Food for Soul's Refettorios - community hubs where people in situations of vulnerability are served nutritious meals cooked with surplus ingredients that would have otherwise been thrown away. The recipes were chosen based on creativity, upcycling and use of ingredients.

At the beginning of this collection you will also find recipes from the chefs of Food for Soul, which, we hope will inspire you to use your leftovers and kitchen waste even more creatively and reduce the amount of waste we produce in our kitchens.

We hope you enjoy cooking these recipes because *together we can help create a better future, one plate at a time.*

 [Discover more on Food for Soul](#)



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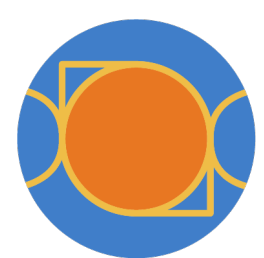
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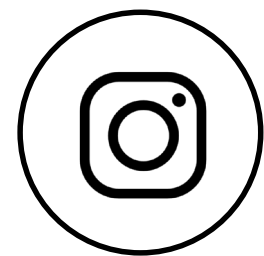
# *Pasta* and **POTATOES**



**Sabrina Russo**



Refettorio  
Made in Cloister



@sabrinarusso.chef

This down-to-earth recipe is brought to you by Naples-born chef Sabrina Russo.

Having enjoyed preparing lunches for her large family from a very early age, Russo is now Chef and Food Manager of the Made in Cloister Foundation and responsible for the Food for Soul Refectory project, created with Michelin-starred chef Massimo Bottura of Osteria Francescana.

“I chose a traditional Neapolitan dish made mainly with leftovers,” she explains. “This version uses vegetable peels and stems, leftover pasta, Parmesan cheese rind and stale bread.”

## INGREDIENTS

SERVES 6

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### BROTH

- 1.5 l** water
- surplus of vegetables:  
peel of potatoes, carrots,  
stalks of artichokes,  
broccoli, spinach,  
chard, onion, celery and  
tomatoes

### PASTA

- 1** onion
- 2** carrots
- 4** medium potatoes
- A few** basil leaves
- 3** anchovies in oil
- parmesan peel
- stale bread
- 280 g** pasta ammesca  
francesca (residues  
of packets of pasta)
- to taste** seed oil
- to taste** extra virgin olive oil
- to taste** salt and pepper



## METHOD

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- Step 1** For the broth: bring the water with the vegetables to the boil in a tall saucepan and cook for 20 minutes.  
Peel potatoes and carrots, keep the peels separately in water and ice.
- Step 2** Fry the parmesan peel, anchovies, onion and carrot cut into cubes in a pan with extra virgin olive oil. When golden, add the roughly chopped potatoes and a few basil leaves. After a few minutes, cover everything by 2 cm with the filtered broth, add salt and cook for 30 minutes.
- Step 3** Cut the stale bread into pieces and spread it on a pan with baking paper. Brush it with oil and salt and bake it at 180°C for 20 minutes.
- Step 4** In a pan, heat the seed oil and fry the peels of potatoes and carrots previously dried with a cotton cloth.
- Step 5** When the potatoes are soft, drop the pasta and turn continuously until it is cooked through. Let it rest for a few minutes and then serve. Serve with toast crumble, vegetable peel chips and a sprinkling of pepper.

## FAVA BEAN

# *risotto and arancini,*

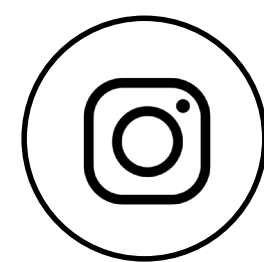
## SPRING ONIONS AND MOREL MUSHROOMS



Phil Saneski



Refettorio  
San Francisco



@phil\_eatsbeer

Chef Phil Saneski has worked in Michelin star kitchens and served on the board of the Research Chefs Association. He is an evangelist about upcycled foods and how chefs can extend the shelf-life of ingredients.

This risotto recipe combines Arborio rice with late-spring fava beans, taking advantage of the fact that the beans get larger and starchier over time, which gives them a deeper, creamier flavour.

The discards are then used to make arancini, along with grated parmesan rind, an umami-rich ingredient that is often thrown away.

## INGREDIENTS

SERVES 6

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- 450 g** fresh fava beans
- 1 stalk** spring onions, diced 0.5 cm
- 15 ml** olive oil
- 225 g** morel mushrooms,  
chopped 0.5 cm
- 240 g** Arborio rice, cooked in  
**500 ml** a stock made with fava  
bean leaves and pods
- 120 ml** sherry vinegar
- 2** parmesan rinds, grated
- 1** bay leaf
- 120 g** crème fraiche
- mint sprig
- salt and pepper to taste
- leftover fava bean-rice
- 2** eggs
- 240 g** cornstarch
- 500 g** panko bread crumbs
- canola oil for frying

## METHOD

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### Step 1 For the risotto

Boil 2 litres of salted water to blanch fava beans for 1 minute, then immediately shock in cold ice water.

Peel the fava bean outer shells, then place them back in the boiling water.

Add Arborio rice to the boiling water and turn down to medium heat for 40 minutes uncovered, stirring occasionally to prevent the rice from sticking to the bottom of the pan.

In a food processor, pulse fava bean-rice water until almost a puree, then strain into a bowl without pressing down.

In the same food processor, pulse fava beans until 'rice-sized' and beginning to form a chunky paste.

In a large sauté pan on medium heat with olive oil, sauté onions until translucent, then add the morel mushrooms and sauté until brown.

Deglaze the pan with sherry vinegar.

Add fava bean chunky paste and bay leaf.

## METHOD

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Gently add fava bean-rice stock in cups, stirring the pot often enough to evenly cook the fava beans until tender.

Finish with grated parmesan rind, crème fraiche and mint garnish.

### **Step 2** For the arancini

Set up a breading station with cornstarch, beaten egg and panko.

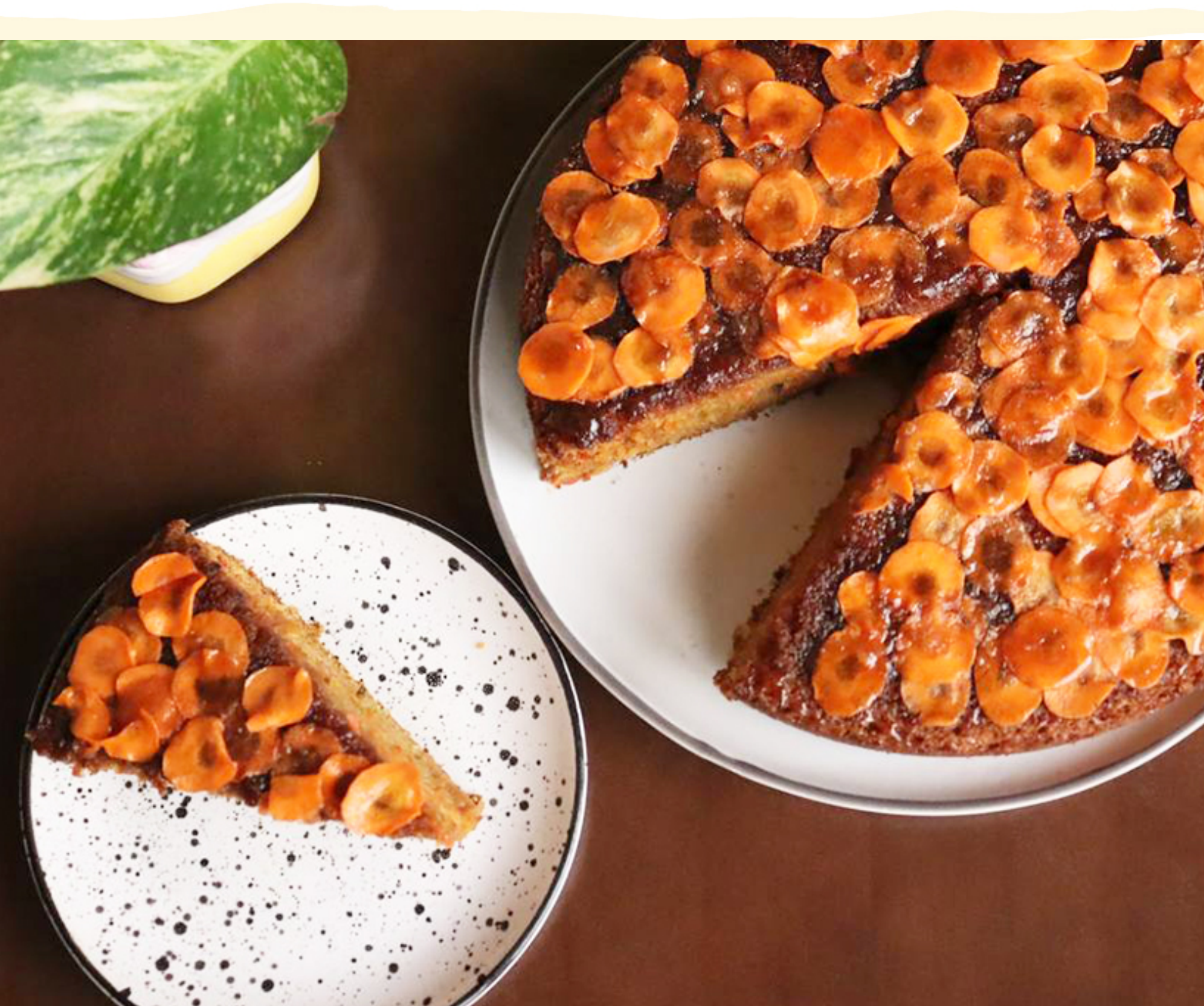
Heat canola oil to 180°C in a pot deep enough to submerge your arancini.

Add 1 grated parmesan rind into fava bean-rice.

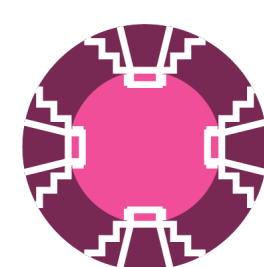
Scoop into balls, then dip into cornstarch, egg and panko.

Fry in canola oil until golden brown and season with salt and pepper.

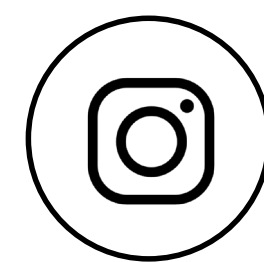
# Carrot BREAD



Jesus Eduardo  
Canche



Refettorio Mérida



@eduardo.canche.1

“Preparing food generates a feeling of wellbeing in the body and soul. It is a way of telling our guests and ourselves ‘I care about you and I want to show it with a delicious dish’. That makes cooking an act of love,” says Jesus Eduardo Canche, Executive Chef at Refettorio Mérida.

The recipe he has chosen to share here is one that is very easy to make at home, taking advantage of ingredients that are usually not used, like leftover bread and carrot peels.

## **INGREDIENTS**

**SERVES 6**

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- 500 g** carrot peels  
(or grated carrot)
- 400 ml** vegetable oil
- 500 g** sugar
- 10 g** baking soda
- 10 g** ground cinnamon
- 400 g** stale bread
- 225 g** egg
- 4 g** salt
- 2 pieces** carrot to make slices

### **CARAMEL**

- 200 g** sugar
- 5 g** cinnamon
- 100 ml** water

## METHOD

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- Step 1** Blend the bread to a powdery consistency and strain to make sure there are no whole pieces left.
- Step 2** In the mixer add the egg to start beating at a medium speed and add the sugar little by little.
- Step 3** In a container add all the powdered ingredients (baking soda, cinnamon, breadcrumbs, salt).
- Step 4** Once you have obtained a fluffy mixture of egg and previously beaten sugar, reduce the speed and add the powder mixture in the form of rain. Then add the carrot peel to incorporate into the mix.
- Step 5** Then pour the oil in the form of a thread until a homogeneous mixture is obtained.
- Step 6** In a 30 cm mold add a splash of oil and spread all over its parts to prevent it from sticking. Add the mixture in the previously oiled mold and bake at 160°C for 40 minutes.
- Step 7** After the time has elapsed, to verify that it is ready, insert a toothpick into the centre of the bread, if it comes out clean, the bread is ready. Let cool and unmold it.



## METHOD

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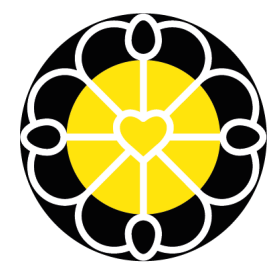
- Step 8** In a pot, add the sugar for the caramel until it starts to melt, add the cinnamon and then the water.
- Step 9** With the help of a mandolin, make simple carrot slices.
- Step 10** Varnish the bread with the caramel with the help of a brush and stick the carrot slices on the bread. Finally, cover the carrot slices with the remaining caramel.

# Corn **TORTILLA** *with*

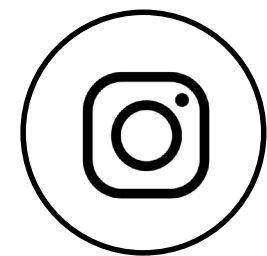
**SPICED *and* ROASTED CAULIFLOWERS STEMS,  
FERMENTED BROCCOLI PASTE,  
SALSA MATCHA *and* PICKLES**



**Jez Wick  
*and* Lauren Evers**



Refettorio  
OzHarvest Sydney



@jezcooks  
@lauren\_\_evers

Like every Refettorio around the world, OzHarvest in Sydney is working towards a future of zero food waste by using rescued and donated produce. It is also a space for bringing people together.

In the words of Head Chef Jez Wicks, “Cooking is a way to connect, to understand each other, to show love and be expressive.” Sous Chef Lauren Evers shares her enthusiasm for the creativity and community focus of the project.

Making use of corn tortillas along with parts of vegetables that are sometimes thrown away, this delicious recipe is the fruit of their combined creativity.

## INGREDIENTS

SERVES 6

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<b>6</b>	blue corn tacos
<b>200 g</b>	cauliflower stems
<b>15 g</b>	smoked paprika
<b>15 g</b>	ground cumin
<b>15 g</b>	half crushed coriander seeds
<b>8 g</b>	sea salt and black pepper
<b>100 ml</b>	olive oil
<b>150 g</b>	goat's cheese
<b>50 ml</b>	cream
<b>2 whole</b>	ancho dried chilli (toasted in dry pan to revive)
<b>100 g</b>	black and white sesame seeds (toasted)
<b>100 g</b>	pepitas (toasted)
<b>30 g</b>	black pepper
<b>2</b>	garlic cloves, crushed and chopped
<b>200 ml</b>	neutral oil

## INGREDIENTS

SERVES 6

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- Half head** broccoli and stems (cut and fermented in a 2% salt brine for 1 week)
- 100 g** spinach
- 2** shallots
- Half bunch** coriander
- 1** jalapeño
- 1** garlic clove, grated
- 15 g** sea salt
- ice
- half** red onion or carrot peel/  
cucumber peel
- 50 ml** rice wine vinegar
- 30 g** caster sugar
- 15 g** sea salt

## METHOD

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- Step 1** Preheat an oven to 200°C. Cut cauliflower excess stems and toss with spices, salt, pepper and oil. Grease an oven tray, add cauliflower and place in oven for 25 minutes or until golden and crispy. Set aside in a warm area.
- Step 2** Crumble goat's cheese into a bowl, whip in the cream and bring together until smooth but still thick. Set aside.
- Step 3** Toast your ancho dried chilli in a dry pan to revive and take out the seeds. Place in a blender with sesame seeds, pepitas, garlic, seasoning and oil and blend until it looks like a chilli oil/paste. This can be made weeks in advance.
- Step 4** Cut the broccoli into small pieces. Bring a medium sized pot of salted water to the boil and add spinach and shallot for 20 seconds, then drain and put them in iced water. Drain and squeeze out the water, add to a blender with the rest of the ingredients and pulse to bring the mixture together. Season well with salt and also extra virgin olive oil if needed.

## METHOD

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- Step 5** You will have a half-moon of onion. If using carrot or cucumber peel, slice lengthways very thinly then toss with vinegar, salt and sugar and leave to steep for 1 hour. This is a quick pickling method and will add spark to a dish!
- Step 6** Heat a pan on medium heat. Brush each taco with water and add to the pan for 1 minute each side, then place in a tea towel to keep warm. Put all your little yummy bits in bowls with some lime.

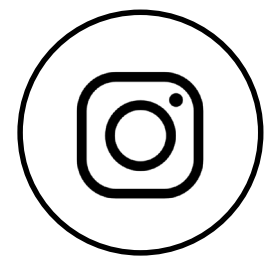
# *Couscous fritter* WITH ROASTED PLUM *mayonnaise*



**Iulia Nonu**



Refettorio Felix at  
St Cuthbert's Centre



@zoe\_smbmileys

Iulia Nonu is the Head Chef at London's Refettorio Felix. Under her leadership it has become a beacon of hope for vulnerable individuals in the local community, a place where each day she transforms surplus ingredients into restaurant-quality meals.

Here, she provides a few ideas for what to do with those tired pieces of fruit, vegetables or other ingredients you sometimes find at the back of the fridge, which may be slightly past their best but which, in Nonu's words, "deserve another chance!".

## INGREDIENTS

SERVES 6

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### ROASTED PLUM MAYONNAISE

- 4 (100 to 150 g)** plums – halved and de-stoned
- 2 (60 g)** egg yolks
- 250 ml** oil (sunflower or cooking/rapeseed)
- 50 ml** white wine vinegar
- 7 g** French mustard
- 7 g** sugar
- 15 g** salt

### STRAWBERRY SALSA (HOT)

- 2** small dry cascabel or 1 ancho
- 1** dry morito soaked in warm water
- 1** halved onion
- 4** tomatoes
- 1** garlic bulb, halved horizontally
- 2** peppers



## INGREDIENTS

SERVES 6

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- 250 g** fresh strawberries
- 1 tbsp** salt
- 100 ml** oil
- 1 tbsp** sugar or molasses
- 1** lime juice or red wine vinegar
- 2 to 3** fresh red chillies

### **PICKLED STRAWBERRY SALSA (COLD)**

- 250 g** strawberries, chopped small
- 1 tbsp** good vinegar
- 2 to 4** spring herbs (any of these: dill, tarragon, basil, chervil), finely chopped
- 2** shallots, diced
- 1** white turnip, small dice (use instead core of cabbage, chicory, core of gem lettuce)
- 1 tbsp** salt
- 2** chilli, small any colour
- 1** lime – zest and juice

## **INGREDIENTS**

**SERVES 6**

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**1 tbsp** salt

**1 tbsp** oil

### **COUSCOUS FRITTER**

**250 g** tabbouleh of cooked  
couscous

**100 g** grated cheese (or small dice  
of various cheese 'lost' in  
the cheese box)

**50 g** raw vegetables (could be  
grated carrot, turnips,  
celeriac)

**100 g** cooked vegetables cut into  
small pieces (for example  
cabbage, sprouting broccoli)

**30 g** preserved lime or lemon,  
if not, juice of 1 lemon

**10-15 g** salt

**2** eggs

**50 ml** cooking oil

## METHOD

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### **Step 1** For the roasted plum mayonnaise

Preheat the oven to 180°C. Line a small tray with baking parchment. Mix the plums, sugar, a pinch of salt and 1 teaspoon of vinegar in a mixing bowl, then lay on the lined tray. Bake for 10 minutes until the plums are soft and ready to fall apart.

Leave to cool. Put the plums in a blender and blend to a paste. Switch off then add the 2 egg yolks, the rest of the vinegar, the salt and the mustard. Start the blender again on a slow or up to medium speed, then add the oil in a slow drizzle. Make sure the oil is fully incorporated before adding more.

Once all the oil is added, check the consistency. If it is too thick, add 1 teaspoon or more of cold water.

### **Step 2** For the strawberry salsa (hot)

Preheat the oven to 200°C. Line a tray with baking parchment. Toss the onion, tomatoes, peppers, garlic with oil, pinch of salt then spread on the lined tray. Roast in the reheated oven for 15 minutes until vegetables look toasted and smoky.

Cool slightly then pop the garlic and onions out from their skins.

## METHOD

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Put all the cooked vegetables in a blender and blend at high speed for a minute. Add the strawberry, soaked chillies, the rest of the oil, salt, sugar and lime juice and blend again. Adjust seasoning and spicing to your tastes.

### **Step 3** For the pickled strawberry salsa (cold)

Mix the chopped strawberry with the vinegar and set aside for 5 to 10 minutes. Mix all the other ingredients, then add the pickled strawberry.

### **Step 4** For the couscous fritter

Preheat the oven to 220°C. Line a small baking tray with baking parchment. Prepare a small jug with cold water and an ice cream or cookie scoop.

In a mixing bowl put all the ingredients together. Put some gloves on and give it a good mix, making sure you have an even distribution.

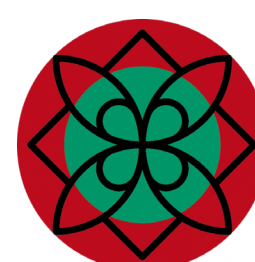
Use the scoop to get 5 medium sized round cakes, place them on the lined baking tray. Slightly flatten them on the top.

Bake for 10 minutes, until light brown and beautiful speckles of crunchiness and roastiness appear. Leave to cool. Serve with tartare sauce (what we did) and plum mayonnaise.

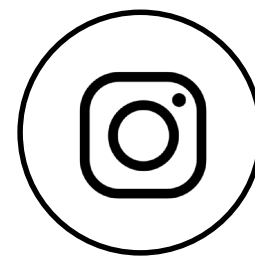
# SMOKED TOMATO *soup* *with* TOMATO CROUTONS *and* BASIL OIL



Elizabeth Richards



Refettorio  
Harlem



@ehrichards

Raised in London, educated in New York and a key figure in the latter's non-profit food scene, chef Elizabeth Richards sees cooking as an act of service and love.

“The community that is built and nurtured around plates of food sustains the soul. And when we cook with a mindful approach to sustainability, we are showing love to the planet.”

Behind this recipe is a tip about what to do with tomatoes once they begin to soften. “As their texture changes past my preferences, I freeze them. Then, once I have a big enough batch, I defrost them and make soup or sauce.”

## INGREDIENTS

SERVES 4

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<b>120 g</b>	basil, leaves and stems separated
<b>240 g</b>	canola oil
<b>450 g</b>	frozen tomatoes, defrosted
<b>180 g + 1tbsp</b>	olive oil
<b>2</b>	sprigs thyme, leaves stripped
<b>2</b>	small onions, diced
<b>6</b>	cloves garlic, sliced
<b>1 tbsp + 1 tsp</b>	smoked paprika
<b>¼ tsp</b>	cayenne pepper
<b>60 g</b>	sherry vinegar
<b>946 g</b>	homemade vegetable scrap stock
	kosher salt and black pepper
<b>120 g</b>	stale bread

## METHOD

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### **Step 1** For the basil oil

Blanch the basil leaves in heavily salted water for 5 seconds and cool in ice water.

Squeeze out all the water from the basil leaves and add to a blender with 3/4 teaspoon kosher salt and 1 cup canola oil.

Blend until thoroughly incorporated and then pass through a fine mesh sieve to separate the solids. Save the reserved basil pulp.

### **Step 2** For the soup

Set a smoker to 100°C.

Arrange tomatoes on a rack on top of a foil-lined baking sheet and drizzle with 60 g of olive oil, season with a teaspoon of kosher salt and a few cracks of black pepper and sprinkle with thyme leaves.

Smoke the tomatoes for 2 hours until the skins start cracking and peeling.

Peel the skin off of the tomatoes and reserve for the tomato powder.

Heat 60 g of olive oil in a medium pot over medium heat.

Once the oil is shimmering, add the basil stems and cook for 10 minutes.

## METHOD

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Remove the basil stems and add the onions. Season with a teaspoon of salt and sauté until soft and translucent, approximately 7-10 minutes.

Add the garlic, 1 tablespoon smoked paprika and cayenne pepper and continue cooking for another 5 minutes.

Deglaze the pan with the sherry vinegar.

Add vegetable stock and the roasted tomatoes to the pot.

Bring to a boil and reduce to a simmer. Simmer for 15 minutes.

Thoroughly blend the soup with the reserved basil pulp with an immersion or regular blender.

Mix in the remaining 60 g of olive oil. Taste and adjust seasoning.

This soup can be stored in a refrigerator for up to 4 days or frozen and stored for up to 4 months.

### **Step 3** For the tomato powder

Place the tomato skins in a single layer in a dehydrator set to 58°C or on a rack above a sheet tray in an oven set to the lowest possible setting, typically around 80°C. Dehydrate the skins until they are completely dry and crispy.



## METHOD

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In a dehydrator this will take approximately 5 hours, in an oven this will take around 1.5-2 hours.

Once the tomatoes are completely dry and cool, add them to a spice grinder and process until you are left with a fine powder.

Store in an airtight container.

### **Step 4** For the tomato croutons

Preheat an oven to 190°C.

Cut the bread into 1 cm cubes, toss with the remaining 15 g of smoked paprika and 8 g kosher salt.

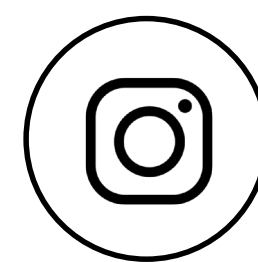
Toast the croutons in the oven for 5 minutes until golden brown on all sides. Remove from the oven and toss with 1-2 tablespoons of tomato powder.

### **Step 5** To serve

Divide the soup into bowls. Top each bowl with a drizzle of basil oil and sprinkle of the tomato croutons.

This soup can be eaten hot or cold.

# CUTTLEFISH *sausage*



Vito Rosato

@chef\_rosato

An original idea to transform squid scraps into a flavourful sausage.

## INGREDIENTS

SERVES 2

**200 g**

cuttlefish cooking water

cuttlefish scraps (head and wings)

vegetable scraps

## INGREDIENTS

SERVES 2

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	fresh herbs, e.g. rosemary and thyme
<b>1 pc</b>	celery, stalk and leaves
<b>2 or 3</b>	pumpkin flower stalks
<b>30 g</b>	strawberry scraps

## INSTRUCTIONS

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**Step 1** Take the cuttlefish scraps, add a little cuttlefish cooking water and mince in the meat mincer.

Place the minced cuttlefish meat in a pork casing (you can find cheap fresh ones at the butcher's shop) and cook it in a vacuum bag together with vegetable scraps and herbs such as rosemary and thyme, at 62°C for 12 minutes in a sous vide machine.

Alternatively, slowly cook the vacuum bag with the cuttlefish, vegetable scraps and herbs in a pot of gently boiling water.

**Step 2** Peel the celery stalks and leave to soak in cold water together with the leaves for 5 minutes.

## METHOD

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Dry and leave to marinate for 5 minutes in a little oil and the cuttlefish cooking water.

**Step 3** Blanch the pumpkin flower stalks in salted water for 3 minutes, then freeze and dry.

Marinate in oil and lemon juice.

**Step 4** Blend the strawberry scraps with a dash of salted cooking cream to make a kind of fatty mayonnaise.

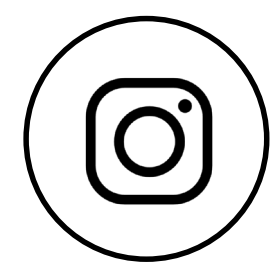
Pour into a bottle and set aside.

**Step 5** Roast the cuttlefish sausage in a non-stick frying pan with a drizzle of rosemary oil for 7 minutes.

**Step 6** Cut into rounds and arrange on a plate with the marinated vegetable scraps.

Decorate with the strawberry sauce.

# LEFTOVER *rice* CROQUETTES



**Garg Recipes**

@gargrecipes

Perfect for snacking, dipped in ketchup or green chutney.

## INGREDIENTS

SERVES 2

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<b>400 g</b>	leftover boiled rice
<b>60 g</b>	onion, chopped
<b>15 g</b>	green chillies or to taste, chopped
<b>60 g</b>	gram flour

## INGREDIENTS

SERVES 2

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salt to taste

**3 g** turmeric powder

**5 g** red chilli powder

**5 g** coriander powder

**4 g** crushed fennel seeds

oil for frying

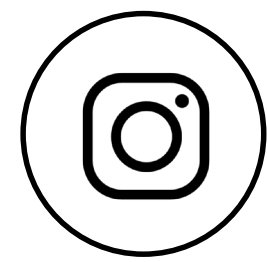
sesame seeds for coating

## METHOD

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- Step 1** Mix all the ingredients except the oil and the sesame seeds.
- Step 2** Create the desired shapes using a spoon or your hands and coat all the croquettes with sesame seeds.
- Step 3** Deep, shallow or air fry the croquettes and enjoy with ketchup or green chutney.

# *Carrots* BAKED *with* COFFEE, FAVA BEANS *and* TOASTED BREAD SAUCE, WITH KUMQUATS



Fantastisk Frisk -  
Dansk Cater

@fantastiskfrisk

An ingenious way to utilise used coffee grounds and bread that's past it's best.

## INGREDIENTS

SERVES 5

### CARROTS BAKED WITH COFFEE

- 500 g** carrots in mixed colours
- oil
- salt
- used coffee grounds

## **INGREDIENTS**

**SERVES 5**

---

### **SAUCE ON TOASTED BREAD AND CARAMELISED ONIONS**

- 25 g** day-old bread
- 150 g** onions
- butter
- 10 g** fermented black garlic
- 1/2 g** black pepper
- 1/2 g** allspice
- 1 g** star anise
- 5 g** Dijon mustard
- 75 ml** water
- 75 ml** whole milk

### **NUT CRUMBLE WITH TOASTED YEAST**

- 5 g** yeast flakes
- 25 g** walnuts
- 25 g** almonds
- 15 g** pine nuts
- 3 g** coriander seeds



## **INGREDIENTS**

**SERVES 5**

---

### **FERMENTED KUMQUATS**

**400 g** kumquats

**500 g** water

**40 g** salt

### **TO SERVE**

**20 g** shallots

**5 g** parsley

**100 g** cooked fava beans

**50 g** fermented kumquats

thyme

red sorrel

wood sorrel

## METHOD

---

### **Step 1** For the carrots baked with coffee

Wash the carrots thoroughly and toss them in oil and salt. Spread half of the coffee grounds on a piece of tin foil. Place the carrots on top of the coffee grounds, spread the rest of the coffee grounds on top of the carrots and wrap in the tin foil.

Bake the carrots at 180°C for 60 minutes.

Let the carrots soak in the tin foil to get as much coffee flavour as possible. The carrots can be baked the day before.

### **Step 2** For the sauce on toast with caramelised onions

Cut the bread into cubes and place on a baking tray. Toast the bread in a 180°C oven until golden brown.

Peel and coarsely chop the onions. Heat the butter in a pan and add the onions. Brown them thoroughly until they are golden brown and tender, about 20 minutes.

Put pepper, allspice and star anise in a spice grinder and blend it into a fine powder.

## METHOD

---

Add the spice mix, fermented garlic and mustard to the pan with the onions. Add the water to the pan with the onion and bring to a boil. Add the toasted bread to the pan and take the pan off the heat.

Put the mix in a blender, add milk and blend to a smooth sauce. Taste the sauce.

### **Step 3** For the nut crumble with toasted yeast

Put the yeast flakes in a dry pan. Put the pan on the burner and toast the yeast flakes until they are golden brown.

Put walnuts, almonds, pine nuts and coriander seeds in a food processor and blend to a coarse mixture.

Spread the nut mixture on a baking sheet and roast the nuts at 170°C for 5-8 minutes.

Mix the roasted nuts together with the toasted yeast flakes and season with salt.

## METHOD

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### **Step 4** For the fermented kumquats

Wash the kumquats and place them in jars.

Stir the water and salt together. Pour the brine over the kumquats and close the jars.

Leave the kumquats to ferment for 4 days on the kitchen counter. Then store them in the fridge.

### **Step 5** To serve

Finely chop the shallots. Chop the parsley and mix it with the finely chopped shallots.

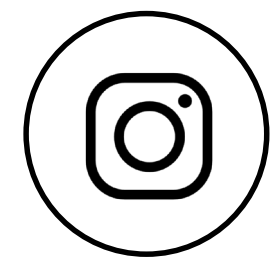
Cut the fermented kumquats into slices and some into quarters.

Put butter in a pan on a medium heat. Add the baked carrots and cooked fava beans to the pan and fry.

Arrange carrots, fava beans and sauce on toast on a plate.

Spread the kumquats, nut crumble, thyme, and parsley and shallot mix over the dish. Distribute the sorrel over the dish.

# **TZATZIKI, *roasted* POTATO, *white fish* ROE, CUCUMBER CARAMEL CRISP *and* JUICE**



**Karl Sagri**

@karlthecchef.creations

A delicious way to use up cucumbers, in a variety of textures.

## **INGREDIENTS**

**SERVES 1**

---

- 1** roasted potato  
white fish roe

### **CUCUMBER JUICE**

- 200 g** cucumber  
**3 g** salt

### **CUCUMBER CARAMEL CRISP**

- 85 g** brown sugar  
**45 g** sugar  
**80 g** cucumber juice  
**30 g** rye flour  
**20 g** butter

### **TZATZIKI**

- 300 g** oat crème fraîche  
**120 g** hung, grated cucumber

## METHOD

---

### **Step 1** For the cucumber juice

Grate the cucumber using the largest slot on the hand grater and mix with salt.

Leave to hang overnight over a container to collect the juice.

### **Step 2** For the cucumber caramel crisp

Mix the sugar with the cucumber juice. Add flour and melted (cooled) butter. Let the mix rest, the longer the better.

Apply a thin layer on a silicone mat or baking paper and cook in a 180°C oven for 7 minutes.

Once cooled, brake it up and put it in a container with an airtight seal.

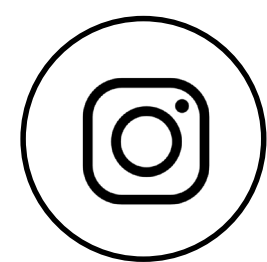
### **Step 3** For the tzatziki

Mix the crème fraîche with the grated and hung cucumber and season with salt and a little bit of cucumber juice.

### **Step 4** To plate

Dip the potato in the tzatziki and place it in the centre of the plate. Pour cucumber juice over it. Place the white fish roe on top of the potato, garnish with the cucumber caramel crisp.

# *Kimchi* rice **WAFFLE**



**Mattie Hanley**

@hungry\_hungry\_hanley

A quick and creative way to use leftover rice from the previous day and restaurant kimchi leftovers.

## **INGREDIENTS**

**SERVES 5**

- 
- 30 g** leftover kimchi
  - 30 g** day-old rice
  - 1** chopped fresh jalapeño (optional)
  - 1** chopped fresh coriander (optional)



## INGREDIENTS

SERVES 5

---

<b>1</b>	egg
	cooking spray
<b>1 tbsp</b>	sesame oil
	sesame seeds
<b>1 tsp</b>	chilli crisp
<b>1 tbsp</b>	soy sauce
<b>To taste</b>	Sriracha
<b>1</b>	green onion
<b>To taste</b>	pickled veggies

## METHOD

---

**Step 1** Chop leftover kimchi into small bits with scissors and mix with the rice (optional: add chopped fresh jalapeño and coriander to taste).

**Step 2** Coat a mini waffle maker with cooking spray twice (the dash waffle maker light goes off once it's through one cycle, so open the lid and close again to start the second cycle).

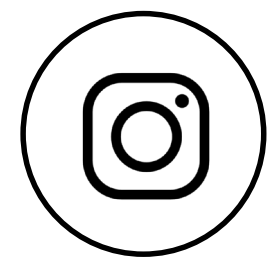
Spread the rice and kimchi mixture and cook.

## METHOD

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- Step 3** While that's cooking, crack an egg into a hot pan already containing sesame oil, sesame seeds and chilli crisp.
- Step 4** Add a splash of soy sauce a few minutes in. Cook on medium until crispy on the edges (cover the egg if you want it more done without having to flip it).
- Step 5** Top the waffle with the egg and garnish with Sriracha and green onion. Enjoy with any pickled veggies or more kimchi!

# **EGG** *and* **EEL** on *vegetables* and *rice*



**Nomadic Traysah**

@nomadictraysah

An umami-bomb of a dish made from leftover rice, with satisfying oozy egg.

## **INGREDIENTS**

**SERVES 1**

- 
- |              |                               |
|--------------|-------------------------------|
| <b>15 g</b>  | sunflower or olive oil        |
| <b>120 g</b> | leftover rice                 |
| <b>1</b>     | minced garlic clove           |
| <b>70 g</b>  | sautéed spinach and mushrooms |

## INGREDIENTS

SERVES 1

---

<b>100 g</b>	roasted eel in sauce
<b>1</b>	egg
<b>6 g</b>	furikake seasoning

## METHOD

---

- Step 1** Heat rice separately in the microwave (60 to 90 seconds with a wet paper towel on top to keep it from getting dry). Set rice aside. Do this about 3 minutes before serving.
- Step 2** In the first pan, heat the leftover spinach and mushrooms and the minced garlic over medium-low heat until steaming.
- Step 3** In a separate pan on medium-low heat, add the eel in the sauce (scrape that tin!). This works best in a non-stick pan, but if that's not available, lightly spray/wipe oil on the cooking surface to prevent sticking/burning.
- Step 4** In the first pan, move the vegetables to the side and add 1 tablespoon oil to the pan and crack the egg over the top.

Cook the egg until the white is fully cooked and the yolk is cooked to preference. I like mine runny, as it works best with the rice.

## METHOD

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**Step 5** In your serving bowl, place the rice, then the vegetables.

Pour the eel in sauce over the top. Be sure to scrape the pan with your rubber spatula, the sauce is important.

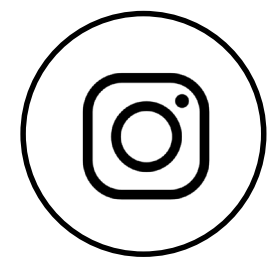
**Step 6** When the egg is finished, slide it on top and sprinkle furikake seasoning over the dish.

Allow everything to settle, for about 30 to 60 seconds, and eat.

**Step 7** Utensils are the maker's choice, but I find that chopsticks help to break up the rice and egg combination beautifully. You want the dish to have a combination of textures to balance properly. If you find you want additional salt, use soy sauce sparingly.

# RAVIOLI

alla *norma*



Rita Monforte

@rita\_masterchef11

This is one way to use aubergines and minimise waste, from the pulp to the skins, and achieve the maximum flavour.

## INGREDIENTS

SERVES 6

- 
- |                 |                      |
|-----------------|----------------------|
| <b>2</b>        | aubergines           |
| <b>100 g</b>    | fresh ricotta cheese |
| <b>To taste</b> | parmesan cheese      |

## **INGREDIENTS**

**SERVES 6**

---

### **PASTA DOUGH**

- 300 g** 00-type plain flour
- 3** eggs
- 20 g** aubergine powder

### **TOMATO SAUCE**

- 300 g** cherry tomatoes
- 200 g** pachino tomatoes
- 1** garlic clove (unpeeled)
- To taste** extra virgin olive oil
- To taste** salt, pepper, basil
- To taste** anchovy sauce

### **RICOTTA SALATA SAUCE**

- 200 g** fresh ricotta salata
- 100 g** cream

## METHOD

---

### **Step 1 To make the sauce**

Using a large shallow pan, gently fry the unpeeled garlic clove in a little oil, then add the tomatoes (previously peeled), together with salt, pepper, a teaspoonful of anchovy sauce and a few basil leaves.

Simmer for 15 minutes.

### **Step 2 To make the pasta filling**

Steam the peeled aubergine for 35 minutes.

Blend the pulp together with a basil leaf, one spoonful of fresh ricotta, one spoonful of parmesan cheese and salt and pepper.

### **Step 3 To make the aubergine powder**

Dry the aubergine peel at 60°C for about 8-12 hours and add it to the ravioli dough.

### **Step 4 To make the aubergine chips**

Cut the aubergine peel into strips and fry them at 160°C.

### **Step 5 To make the ricotta sauce**

Use a bain-marie to dissolve the ricotta salata and then add the cream.

Cook until the sauce thickens.



## METHOD

---

### **Step 6** To make the ravioli

On one side, beat the eggs and add them gradually to a bowl containing the flour and the aubergine powder, while continuing to stir.

Continue to knead the dough in the bowl until the mixture starts to detach itself from the sides of the dish. Then transfer it to a pastry board.

Continue to knead the dough until smooth in consistency.

Wrap the dough in clingfilm and leave to rest for 30 minutes.

When the time is up, divide the ball of dough into two parts and roll out the first part, sprinkling with flour as you go, to obtain an elongated rectangular shape.

Then put the sheet of dough through the pasta machine, reducing its thickness gradually to about 1-2 mm.

Follow the same procedure for the other half.

Using a knife, trim the edges of the two pasta sheets and then distribute the filling on one of the sheets, leaving a space of 3 cm between one filling and another.

## METHOD

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Cover with the second sheet, taking care to match the edges and pressing them down with your fingers.

Use a pastry wheel with fluted edges to cut the ravioli.

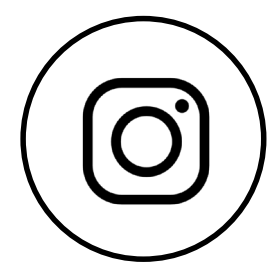
### **Step 7** To cook the ravioli

Put a saucepan on the hob containing plenty of salted water: the water should simmer, otherwise the ravioli may fall apart. They take about 3 minutes to cook.

As soon as they float to the surface, transfer them to a frying pan with a little butter, add the tomato sauce, the ricotta salata sauce and the fried aubergine skins.

Garnish with a few basil leaves.

# *No-waste* **RISOTTO**



**Ciccio Giuliano**

@cicciogiuliano82

With asparagus, there is no need to bin anything, and in this recipe, every part of the vegetable confers flavour and different textures to the dish.

## **INGREDIENTS**

**SERVES 4**

### **RISOTTO**

<b>320 g</b>	nano vialone rice
<b>900 g</b>	asparagus cooking water
<b>6 g</b>	salt
<b>15 g</b>	butter

## **INGREDIENTS**

**SERVES 4**

---

**150 g** asparagus tips

### **ASPARAGUS WAFERS**

**40 g** cooked and blended  
asparagus scraps

**30 g** 00-type flour

**10 g** extra virgin olive oil

**1 g** salt

### **ASPARAGUS PUREE**

**300 g** asparagus

**900 g** water

**15 g** extra virgin olive oil

**2 g** salt

### **DEHYDRATED ASPARAGUS NESTS**

**100 g** steamed asparagus leafy  
peelings

## INGREDIENTS

SERVES 4

---

### THYME-FLAVOURED RICOTTA SAUCE

**150 g** fresh ewe's milk ricotta  
cheese

**100 g** fresh cream

**2 g** fresh thyme

## METHOD

---

### Step 1 To make the risotto

Toast the dry rice in butter before proceeding to gradually add the asparagus cooking liquid.

6 minutes before the rice is done, add the asparagus puree and salt to taste.

Remove the risotto from the heat and add the butter, stirring and tossing thoroughly.

### Step 2 To make the asparagus wafers

Knead all the ingredients together and spread the resulting dough onto a silicone mat or greaseproof paper.

Cover with greaseproof paper and bake in an oven preheated to 180°C for about 13 minutes.

## METHOD

---

### **Step 3 To make the asparagus puree**

Boil the asparagus for about 20 minutes or until well done.

Transfer to iced water. Then blend with the oil and other ingredients.

Filter the blended product, taking care to separate the waste for re-use and keeping the asparagus puree for the risotto.

### **Step 4 To make the asparagus nests**

Blanch the asparagus leafy peelings and dry them using absorbent food-grade kitchen paper.

Then create nests and dehydrate until crisp.

### **Step 5 To make the thyme-flavoured ricotta sauce**

Mix the ricotta cheese with the cream and thyme.

Heat in the microwave oven and mix thoroughly.

Filter with a fine sieve and leave to cool to a lukewarm temperature.

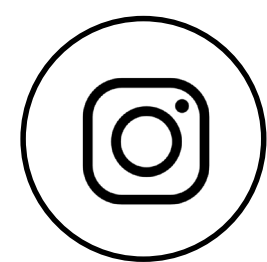
## METHOD

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### **Step 6** Plating up

Place one ladleful of risotto on the plate, allowing it to spread. Garnish with the asparagus tips tossed in extra virgin olive oil, the ricotta sauce, the dehydrated nests and the wafers. Add a few leaves of fresh thyme. Serve hot.

# HERBAL TEA and *banana pancake*



Sabrina Pignataro

@delizieeconfidenze

Breakfast is the most important meal of the day. Better still if you can get off to a good start by wasting nothing of your banana.

## INGREDIENTS

SERVES 1

### BANANA HERBAL TEA

- |        |                |
|--------|----------------|
| 300 ml | water          |
| 1      | banana skin    |
| 1      | cinnamon stick |



## INGREDIENTS

SERVES 1

---

### BANANA PANCAKES

- 1** ripe banana (pulp only)
- 2 spoons** wholemeal flour  
(or oatmeal flour)
- 1 tsp** maple syrup
- 1 tsp** seed oil
- 1** egg white
- Generous  
pinch** baking powder
- To taste** cinnamon powder

## METHOD

---

### Step 1 To make the banana herbal tea

Rub the banana peel thoroughly with bicarbonate of soda and then wash it by rinsing under running water. Peel the banana and set aside the pulp. Place the water, cinnamon and banana peel in a sufficiently large saucepan. Heat to boiling point and then remove from the hob and leave to cool slightly. Filter the liquid and drink it with or without sweetening.

## METHOD

---

### **Step 2** To make the banana pancakes

Take the banana pulp previously set aside and mash it in a bowl with a fork to a creamy consistency.

Vigorously whisk the egg white in a jug and add it to the banana puree. Mix thoroughly.

Add the flour, oil, maple syrup and a generous pinch of baking powder, together with the cinnamon. Blend all the ingredients well to a smooth lump-free batter.

### **Step 3** Heat a non-stick pancake griddle or, alternatively, grease a frying pan with a sheet of kitchen paper and heat over a medium temperature.

Pour one ladle at a time into the pan, lowering the heat to minimum and covering with a lid.

Cook each pancake for 2-3 minutes, until bubbles form on the surface and the edges start to detach themselves from the pan.

With the aid of a fish slice, or the lid itself, turn the pancake over without breaking it and cook the other side for a further 2 minutes, approximately.

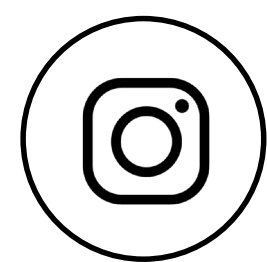
Continue in this way until all the batter is used up.

## METHOD

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- Step 4** Serve the pancakes hot.  
Enjoy with a drizzle of maple syrup  
or a sprinkling of icing sugar.

# Broccoli LASAGNE



Micaela Castellino

@chez\_mik\_79

A creamy, flavour-packed lasagne that celebrates broccoli, without wasting any of its goodness.

## INGREDIENTS

SERVES 4

- 
- |                  |   |
|------------------|---|
| <b>250 g</b>     | gluten-free lasagne pasta sheets (preferably fresh)   |
| <b>500/600 g</b> | head of broccoli                                      |
| <b>500 ml</b>    | béchamel sauce containing gluten-free wholemeal flour |

## INGREDIENTS

SERVES 4

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**100 g**      grated parmesan cheese

**To taste**      extra virgin olive oil

**To taste**      salt and pepper

## METHOD

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**Step 1** Wash the broccoli thoroughly and separate the florets from the stem. Dice the stems, taking care to remove only the harder external parts.

Then pan toss the diced broccoli stems with a couple of spoonfuls of extra virgin olive oil until they are cooked through. Season with salt and pepper to taste. Cook them with a well-fitting lid on the pan so that the steam produced in the cooking process helps to keep the broccoli moist and prevents it from drying excessively. Alternatively, add a few spoonfuls of water while cooking.

When the stems are done, transfer them to the beaker of an immersion blender and reduce to a puree. If the resulting puree is too thick, add a little lukewarm water.

**Step 2** You can now deal with the broccoli florets by tossing them in a pan, as you have previously done with the stems.

## METHOD

---

Cook them until they start to break up. Combine the broccoli stem puree, the florets and the béchamel made with gluten-free wholemeal flour in the same dish.

Stir well until you have a creamy mixture.

Season with salt and pepper to taste.

If the creamy mixture is too thick, you can thin it down to the required consistency by adding lukewarm water.

**Step 3** If you are using fresh lasagne sheets that do not require pre-cooking in boiling water, it is preferable for the cream to be thinner. If, on the other hand, you are using lasagne sheets needing to be cooked previously in water, the cream should be thicker.

Pre-heat a ventilated oven to 170°C.

Take an oven dish measuring 20x30 cm and start to alternate the gluten-free pasta sheets with the cream of béchamel and broccoli, finishing each layer with grated parmesan cheese to taste, until all the ingredients have been used up.

Top the last layer with a particularly lavish sprinkling of parmesan cheese to create a nice golden topping.

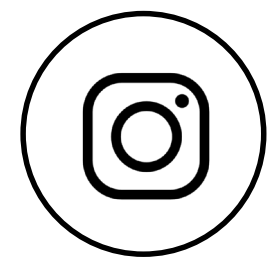
## METHOD

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**Step 4** Cook on the middle shelf of a pre-heated oven for about 25–30 minutes. Check that the lasagne sheets are cooked by inserting a fork and switch off the oven when they feel done and the gratin topping is golden brown.

Leave the dish to cool slightly before cutting into portions and serving.

# *Carrot* CAKE



Romina Manzanarez

@romina.manzanarez

Carrots, juice extractor scraps... and hey presto!

## **INGREDIENTS**

**SERVES 6**

---

<b>190 g</b>	porridge oats
<b>360 ml</b>	almond milk
<b>120 g</b>	wholemeal flour
<b>7 g</b>	cinnamon
<b>2.5 g</b>	nutmeg



## INGREDIENTS

SERVES 6

---

<b>1.5 g</b>	spoonful pink salt
<b>18 g</b>	bicarbonate of soda
<b>120 ml</b>	olive oil
<b>3</b>	eggs
<b>70 g</b>	brown sugar
<b>240 g</b>	carrot scraps leftover from the juice extractor
<b>12 ml</b>	vanilla extract
<b>60 g</b>	chopped almonds

## METHOD

---

- Step 1** Soak the porridge oats in the almond milk.
- Step 2** While the oats are soaking, chop the almonds and add the dry ingredients: flour, cinnamon, bicarbonate of soda, nutmeg and salt.
- Step 3** Add the olive oil, eggs, sugar, carrot scraps and vanilla extract to the soaking oats.

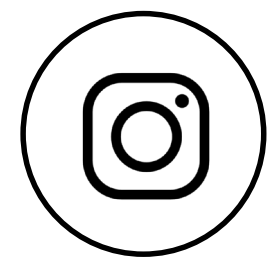
## METHOD

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- Step 4** Pour the mixture into a loaf tin lined with greaseproof paper or previously greased with butter and dusted with flour. Place the almonds on top of the cake mixture to decorate.
- Step 5** Bake in an oven preheated to 80°C for 45 minutes.
- Step 6** Leave to cool and enjoy.

# *Pappardelle pasta*

**FILLED WITH *cream of pea puree***  
**AND *pan-tossed cuttlefish***



**Arianna D'Amico**

@atuttocibogram

An amazingly tasty dish created from fresh pea pods.

## **INGREDIENTS**

**SERVES 4**

### **PEA FILLING**

**500 g** fresh peas

**200 g** pea pods

**30 g** butter

## INGREDIENTS

SERVES 4

---

- 1 onion
- ice

### PAPPARDELLE

- 400 g 00-type flour
- 3 eggs
- 100 g pea pods in powder form

### CUTTLEFISH

- 4 cuttlefish
- parsley
- extra virgin olive oil

## METHOD

---

### Step 1 To make the pea filling

Pod the peas and set the empty pods aside.

Cook the peas in boiling water, then transfer them to the ice or to icy cold water.

Wash the pods and put them through an extractor machine to obtain the juice.

## METHOD

---

Using a frying pan, gently fry the onion in butter, then add the peas and a small quantity of the juice extracted from the pods.

Cook the peas on a medium heat until done.

When done, leave them to cool slightly before blending in the liquidiser.

### **Step 2** To make the pappardelle

Place the eggs in a bowl with the flour and start to break them up with a fork, while gradually incorporating the flour.

Use your hands to make a smooth and even dough. Transfer to a pastry board and continue to knead the dough for a few minutes.

Wrap the dough in clingfilm and leave it to rest for 30 minutes.

When the time is up, cut off a small piece of dough, dust it with durum wheat flour and flatten it with a rolling pin or pasta making machine to obtain a thin sheet of pastry.

### **Step 3** To make the cuttlefish

Clean the cuttlefish, preserve the ink sack and set it aside.

Slice the cuttlefish into thin strips, rinse under running water and marinate in oil and finely chopped parsley.

## METHOD

---

Toss the cuttlefish in a pan together with its marinade. Set aside and keep warm.

### **Step 4** To make the pappardelle filling

Pour the puree of peas into a piping bag and distribute it at the centre of the pasta sheet for the entire length.

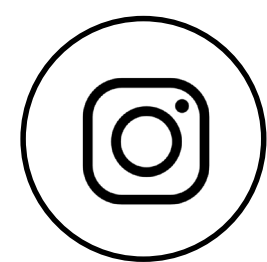
Fold the sheet of pasta in half and seal the edges by pressing them with your fingers.

Fold over the pappardelle and seal the end well.

### **Step 5** Cook the pappardelle in boiling salted water. Remove from the pan using a skimmer and arrange on a dish decorated with a dash of cuttlefish ink.

Add the pan-tossed cuttlefish to the pasta and serve.

# *Cream* OF *polenta* AND *mushrooms*



Selina Cucuruzan

@la\_pizzaiola\_pazza

How can you use up leftover polenta and the skin of one aubergine? This is a recipe for authentic gourmet palates.

## **INGREDIENTS**

**SERVES 1**

leftover polenta

papaya seeds

vegetable stock

garlic

salt

extra virgin olive oil

champignon mushrooms

oil for frying

the skin of one aubergine

parsley

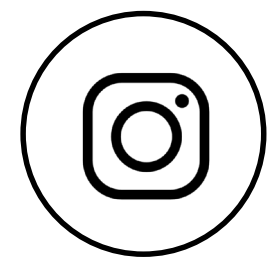
## METHOD

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- Step 1** Place the leftover polenta in a blender and add the vegetable stock gradually until the consistency is nice and creamy. Salt to taste.
- Step 2** Peel and slice the mushrooms.
- Gently fry a garlic clove in a shallow pan until golden brown and then add the mushrooms. Cook them thoroughly.
- Step 3** Wash and dry the aubergine and then peel it.
- Heat the oil to a correct temperature and fry the aubergine peel in it for a few seconds.
- Step 4** Plate up, garnishing with some rosemary sprigs and the papaya seeds previously washed under running water.



# Macafame



Massimiliano Guaiana

@caparoccia

Stale bread is the key ingredient of this traditional cake from the Vicenza area of Italy.

## INGREDIENTS

SERVES 4

### CAKE

250 g	stale bread
200 g	sugar
80 g	softened butter
4	medium size eggs

## **INGREDIENTS**

**SERVES 4**

---

- 100 g** dried fruit  
(sultanas or raisins)
- 80 g** hazelnuts
- 100 g** apple
- 150 g** yellow corn flour
- 1 l** milk
- Flavouring** rum
- 1/2 lemon** grated zest

### **QUENELLES**

- 40 g** sugar
- 5 g** honey
- 20 g** cornflour
- 75 g** cream

### **SPUN SUGAR DECORATIONS**

- 150 g** sugar
- 150 g** water

## METHOD

---

### **Step 1** To make the cake

Cut the stale bread into pieces, soak it in the milk and leave it to rest in the fridge for 10 hours.

Using a sieve separate the bread from the milk and set aside 200 ml of milk for the quenelles.

Add the sugar to the softened bread in a bowl, blending the ingredients thoroughly to obtain a white and even mixture.

Add the grated lemon zest and the rum flavouring. Mix with a balloon whisk.

Now add the eggs, one at a time.

Add the diced apple, the dried fruit previously soaked in lukewarm water, the butter and the flour.

Grease a 26 cm cake tin and pour in the mixture. Bake at 190°C in a non-ventilated oven for approximately 50 minutes. Leave to cool.

### **Step 2** To make the quenelles

Warm the milk, sugar and honey and thicken the mixture by adding the sieved cornflour and stirring constantly with a balloon whisk over a low heat. Leave to cool.

Whip the cream with a whisk and combine the two mixtures.

## METHOD

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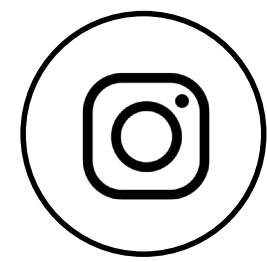
### **Step 3** Spun sugar decorations

In a heavy bottom saucepan, dissolve the sugar in the water at 170°C until it thickens.

Pour the caramel onto greaseproof paper or a silicone mat and spread it out by tipping the sheet back and forth. Shape the caramel as you like and leave to cool. Finally snap it into smaller pieces.

### **Step 4** Serve the cake in slices, accompanied with the quenelles and the spun sugar decorations.

# *Cheese rind* SAUCE



Izia Vivot

@voyage\_a\_poele

Is cheese rind edible? It certainly is, and what a great flavour it can give to your recipes!

## **INGREDIENTS**

**SERVES 6**

---

<b>100 ml</b>	white wine
<b>1/4</b>	vegetable stock
<b>1</b>	garlic clove
<b>1</b>	onion

## INGREDIENTS

SERVES 6

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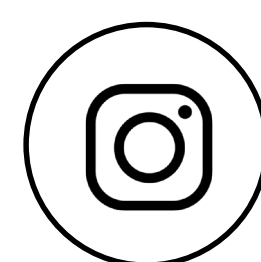
<b>1/2 tsp</b>	nutmeg
	thyme
<b>150 ml</b>	cream
<b>100 g</b>	cheese rind
	salt and pepper

## METHOD

---

- Step 1** Finely dice the cheese rind.
- Step 2** Peel and slice the onion and garlic.
- Step 3** Melt the butter in a pan and add the onion, garlic and thyme. Gently fry, stirring constantly.
- Step 4** Add the white wine and continue to stir until the wine evaporates completely.
- Step 5** When the onions are golden yellow in colour, add the diced cheese rinds. Now incorporate the cream and cook until the sauce acquires a smooth consistency. Season with nutmeg, salt and pepper.
- Step 6** Serve hot as an accompaniment for red meat, pasta or boiled potatoes.

# COURGETTE *rissoles*



**Audrey Coste**

@travels\_and\_cooking

This is a zero-waste recipe, ideal for using up courgettes that have lost their initial freshness and don't look too appealing.

## INGREDIENTS

SERVES 4

---

<b>100 g</b>	grated Emmental cheese
<b>1</b>	onion
<b>1 tsp</b>	curry powder
<b>400 g</b>	leftover courgettes that almost look too old to eat

## INGREDIENTS

SERVES 4

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- 2** eggs
- 130 g** porridge oats
- Espelette chilli powder

## METHOD

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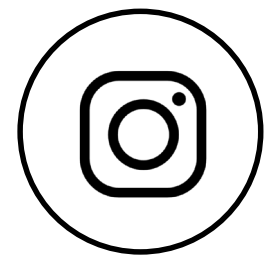
- Step 1** Gently fry the onion and curry powder in 2 spoonfuls of olive oil.
- Step 2** Mix the courgettes, eggs and oatmeal flakes.
- Step 3** Add the cheese, 3 pinches of salt and 2 generous pinches of Espellette chilli powder.
- Step 4** Shape the mixture into balls, and then flatten them slightly.
- Step 5** Cook in the oven for 25-30 minutes at 180°C.



# OLD BREAD and tomato *mille-feuille*



**Dominique Crenn**



@dominiquecrenn

Almost a third of the bread produced globally every year gets wasted – 240 million slices. Instead of seeing waste, see opportunity with this Italian-inspired recipe from Dominique Crenn, the US’s first three-Michelin-starred female chef, from Atelier Crenn and Petit Crenn in San Francisco.

A glossy vegan mayonnaise, toasted bread, fresh tomatoes and breadcrumbs, are turned into an elegant and delicious mille-feuille. “Bread is gold. Don’t ever throw out stale bread, use it and make something delicious,” says Crenn.

## **INGREDIENTS**

**SERVES 4**

---

### **CRUMBLE**

- 1** shallots
- 2** garlic cloves
- 50 g** breadcrumbs
- To taste** fleur de sel
- To taste** Espelette pepper

### **INFUSED SOY MILK**

- 1** stale sourdough bread slice
- 1** tomato core
- 250 g** soy milk, unsweetened
- To taste** Espelette pepper
- To taste** salt

### **VEGAN MAYONNAISE**

- 40 g** Dijon mustard
- 130 g** infused soy milk
- 5 g** basil, chopped
- grapeseed and olive oil

## INGREDIENTS

SERVES 4

---

### SUNGOLD TOMATO

<b>1</b>	ripe cherry tomatoes
<b>10 g</b>	shirodashi
<b>10 g</b>	olive oil
<b>10 g</b>	lemon juice
<b>To taste</b>	salt
<b>To taste</b>	Espelette pepper

## METHOD

---

### Step 1 For the crumble

Slice the garlic and shallot with a mandoline, then deep-fry them until golden. Mix the breadcrumbs with the deep-fried garlic and shallot (chopped). Season with the fleur de sel and Espelette pepper.

### Step 2 For the infused soy milk

Toast the sourdough over hot coals. Cook and dry out the tomato, then add the toasted bread. Pour over the milk, bring to a boil then let it infuse for a few minutes. Pass through a chinois and reserve.

## METHOD

---

### **Step 3** For the vegan mayonnaise

Emulsify the mustard and soy milk with the oil (half and half) until the mayonnaise is thick, add the chopped basil.

### **Step 4** For the sungold tomato

Blanch the tomatoes for 30 seconds in boiling water, then shock them in iced water.

Put them to marinate in the remaining ingredients.

### **Step 5** To assemble

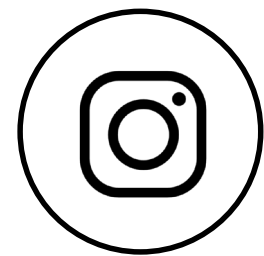
Place the tomatoes on the first slice of bread, pipe the mayonnaise on the top of the tomatoes. Add the crumble before covering with another slice of toasted bread.

Finish with some fresh basil leaves.

# YESTERDAY'S BREAD WITH *scallop roe taramasalata*



Sat Bains



@satbains1

This recipe is by Sat Bains, one of the UK's leading chefs, known throughout the world for his endless creativity and no-nonsense approach to fine dining.

“Any ingredient has the potential to be at the top end,” says Bains. Here he uses up stale bread with an elegant spin befitting his two-Michelin-star restaurant, Sat Bains with Rooms, in Nottingham, England.

Turning stale bread into light and crunchy deep-fried crackers topped with a smoky umami scallop roe taramasalata, he makes the perfect snack, proving that bread really is gold.

## **INGREDIENTS**

**SERVES 4**

---

### **SOURDOUGH TUILE**

- 500 g** water
- 250 g** breadcrumbs
- 10 g** salt

### **TARAMASALATA**

- 200 g** scallop roe
- 40 g** white bread
- 20 g** milk
- 1** egg
- 2** garlic cloves, peeled
- 10 g** Tabasco
- 30 g** lemon juice
- 400 g** sunflower oil
- 100 g** olive oil

## METHOD

---

### **Step 1** For the sourdough tuile

Toast the bread and process into breadcrumbs.

Bring the water to a boil and add the toasted breadcrumbs and salt.

Cook on a medium heat until a thick porridge consistency is achieved (usually around 30 minutes).

Spread the mixture thinly on a silpat, and dry in an oven for 12 hours at 65°C (make sure the mix is dry and brittle). Break into required shape.

Bring a pan of oil up to 220°C and fry the crisps for 10 seconds, they will puff up straight away, so be careful of splash-backs from the oil.

Remove from the oil and drain on kitchen paper. Reserve until needed.

### **Step 2** For the taramasalata

Smoke the scallop roe for 1 hour. Soak the bread in the milk and set aside for 10 minutes.

Combine the smoked scallop roe, soaked bread, egg and garlic in a food processor and blend until a smooth paste is achieved. Gradually add the olive oil followed by the sunflower oil. Finish by adding the Tabasco and lemon juice. Reserve until needed.

## METHOD

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### **Step 3** For the dried scallop roe

Clean the roe and dry in an oven at 80°C for 24 hours.  
Reserve in an airtight container until needed.

### **Step 4** To assemble

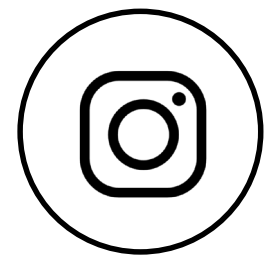
Place the taramasalata in a piping bag. Pipe it onto the fried crisps and gently stack up. Grate over the dried scallop roe and serve.



# The *Carrot* that wanted to be a **PASTA**



César Troisgros



@cesar.troisgros

Almost half of the vegetables produced globally are wasted. This recipe from César Troisgros, the fourth-generation chef of the legendary Troisgros family, is an ingenious way to use carrot trimmings to make a crunchy, interesting ‘pasta’ salad dish with saltiness, sweetness and umami.

Elegant and earthy with citrus, and the spiciness of harissa, this is a simple way to give a second life to your carrot trimmings and elevate them to Michelin-star level.

## INGREDIENTS

SERVES 4

---

- 500 g** carrots, peelings and trimmings
- 2** fresh garlic cloves
- 20 g** harissa
- 2** sage sprigs
- 1** lemon
- olive oil
- 1 l** clarified butter

## METHOD

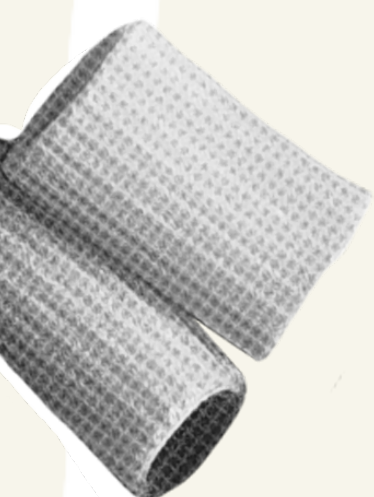
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- Step 1** Heat up the clarified butter to 130°C and fry the carrot peelings until golden and crispy. Drain and dry immediately.
- Step 2** Slice the garlic, fry in the same clarified butter and drain immediately.
- Step 3** Take the sage leaves and fry until crispy. Drain immediately.
- Step 4** Plate the carrots, seasoned with harissa, lemon, olive oil, garlic chips and sage.

Serve immediately.



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