



How to turn Left over Bread into a Savoury Mushroom Pudding:

Stale bread absorbs liquid better than fresh so bread puddings are ideal for using up slices that are past their peak. In this recipe left over vegetables could also be used: such as asparagus, broccoli or roasted tomatoes. The vegetarian recipe listed below can also be adapted into a more substantial main meal – by just adding in left over cooked ham, chicken or turkey. This is a great Monday recipe for using up vegetables from Sunday's dinner and cream from the week-end!

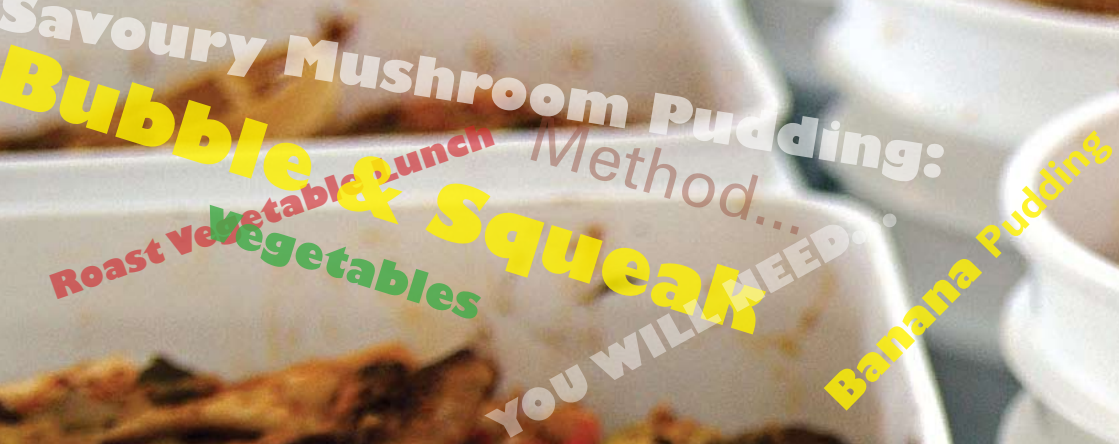
Ingredients:

340g mixed mushrooms, sliced
2 Tablespoons of butter (divided)
1 small shallot chopped
1 small onion very finely chopped or minced
2 cloves of garlic minced
1 stalk of celery chopped
3 teaspoons of finely chopped herbs such as rosemary & thyme
¾ cup of milk
½ cup of cream
2 large eggs
1 teaspoon of mustard
5 thick slices of bread (preferably slightly stale) cut into cubes (this should equal about 4 cups of cubes)

Method:

1. Preheat the oven to 220 degrees Celsius, grease a medium sized loaf tin and set aside.
2. In a large pan melt one tablespoon of butter, add the shallot, onion, garlic and celery and sauté until softened, remove from the heat and place the vegetables in a mixing bowl.
3. Return the pan to the heat and melt the remaining butter, add the mushrooms and cook through till all the liquid has evaporated.
4. Return the previously cooked vegetables to the mushrooms and add the chopped herbs, stir to combine & season to taste with salt and pepper, remove from the heat.
5. Place the bread cubes in a large bowl, pour in the mushroom/vegetables and stir to combine. Spoon the mixture into the loaf pan.
6. In a separate bowl combine the milk, cream, eggs, mustard and a pinch of salt and pepper. Whisk until smooth.
7. Pour this mixture over the bread cube/vegetable mix in the loaf pan. Press down on the bread to ensure all pieces are soaked in the custard.
8. Bake the pudding for 20 to 30 minutes till browned on the top and along the edges. Serve with salad. Yum

Turning leftovers into a completely new dish keeps meals interesting and helps your money go further!



It is estimated that one third of all food purchased is thrown away – this is a shocking figure and for many people they don't quite believe it till they start to look at what they bought this week and what has ended up in their **brown bin or compost**.

If we throw away one third of all the food we purchase that could amount to €1000 per annum!

The **cost** of food waste rises when we also factor in travelling to the shop, using energy to refrigerate and/or cook the food and of course the cost of **waste disposal**.

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1. Before shopping think about meals for the days/week ahead, check out what **ingredients** you already have & what's needed.
2. Make a **shopping list** & stick to it!
3. Beware of special offers especially on **perishable** goods – only purchase these if you know you can use it all or if you can freeze it, **Freezing** food prolongs its life – but remember it won't last forever

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4. Find out more about **labels**: always follow "use by" dates; remember "best before" dates are only a guide
Store food properly especially fruit & veg.
5. Remember 50% of all salad leaves bought are **thrown away** – why not grow your own salad in a window box or garden pot? Buy "living herbs" in pots
6. Think **portion control** particularly when cooking potatoes, pasta & rice: these are some of the most common leftovers,
7. Also why not use **serving bowls**: letting each person take what they want will reduce plate scrapings and leftovers in the bowl can be used up for tomorrow's lunch.

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How to turn leftover vegetables into a tasty Bubble & Squeak Lunch or Supper:

This great leftover recipe can be made with any vegetable leftovers from lunch or dinner. It can be served on its own, with poached eggs, crispy bacon, sausages, or any other accompaniment you fancy!

You will need:

1 red onion finely chopped
450g of left over potato
(mash this up)
300g of leftover cooked vegetables
(roast parsnips, cauliflower, broccoli
or peas work particularly well,
bigger veg should be chopped into
small pieces)
Salt & Pepper
25g of hard cheese –grated
25g of butter – melted
Plain flour

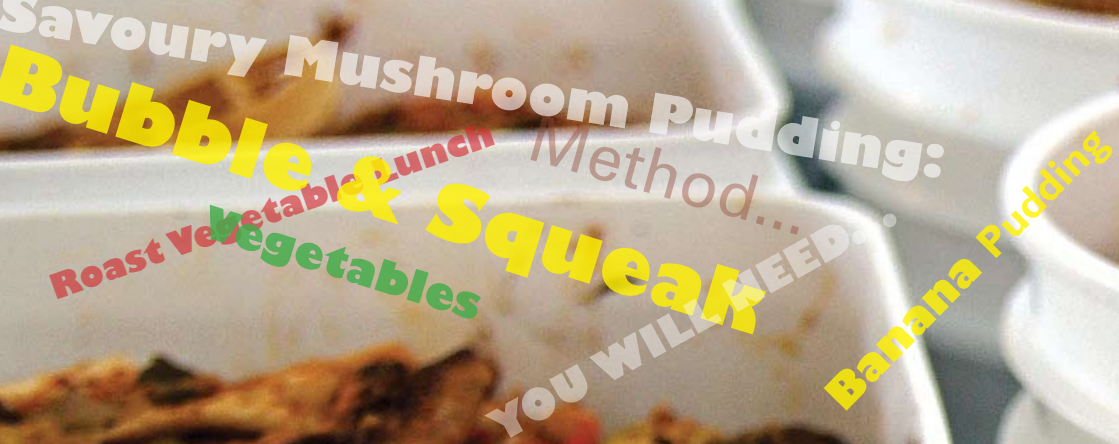
Optional extra ingredients: 4 rashers of
streaky bacon cut into small pieces.

How to make it:

1. Heat the oil in a frying pan and cook the onion for 4 to 5 minutes until soft, if using bacon add it now and cook for a further 3-4 minutes or until it begins to turn a golden colour
2. Remove the pan from the heat and transfer the onion (and bacon) into a bowl
3. Add the mashed potato & cooked veg, season well. Add the cheese, mix well and divide the mixture into six portions.
4. Using your hands shape each portion into a cake, put a little flour on a plate or board and coat each cake in flour on both sides
5. Place the cakes on a greased baking tray and brush with a little melted butter, bake in a preheated oven (200°C/400°F/Mark 6) for 25 minutes or alternatively fry on both sides until golden brown.

Prevention Tip:

These bubble and squeak cakes can also be frozen and used at a later date – simply freeze after step 2 above!



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Roast Vegetable Lunch

Don't despair when soft vegetables you bought for a meal haven't got used up, follow this simple recipe to rescue tomatoes, peppers and mushrooms, courgettes etc. Remember the riper tomatoes are the sweeter they will be. Tomatoes are often referred to as super foods rich in vitamins C, E, potassium and beta-carotene.

You will need:

450g of mixed vegetables e.g tomatoes, peppers, mushrooms, courgettes etc

1 lemon quartered
4 cloves of garlic
Ground black pepper
Olive oil
160g feta cheese

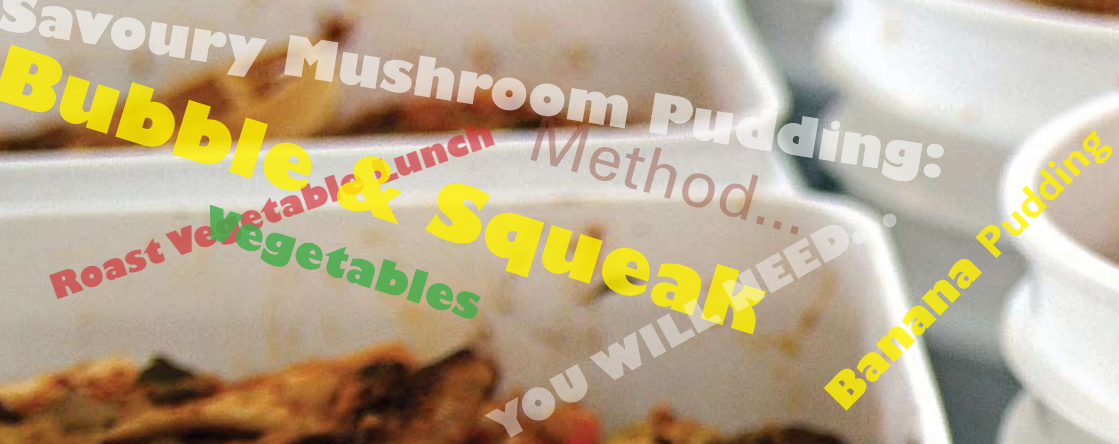
How to make it:

1. Preheat the oven to 200°C (400°F) gas mark 6
2. Prepare the vegetables by cutting into chunks, place them in a roasting dish with the lemon and garlic. Season well & drizzle liberally with olive oil. Cook in the oven until the vegetables are tender (this will take approx 30 to 35 minutes)
3. Crumble the cheese over the vegetables – serve with pita bread, crusty loaf or a jacket potato

Variations

For a Mediterranean twist add olives and sun dried tomatoes. Swap feta cheese for parmesan or blue cheese to vary the recipe





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Brilliant Banana Bread

This simple recipe will use up over ripe bananas and doesn't even require a mixer. Banana bread is gorgeous for breakfast or lunch and is loved by kids and adults alike.

You will need:

- 3 or 4 over ripe bananas, smashed
- 75g melted butter
- 200g sugar (reduce to 175g if you wish)
- 1 egg, beaten
- 1 teaspoon vanilla essence
- 1 teaspoon baking soda
- Pinch of salt
- 200g of plain flour

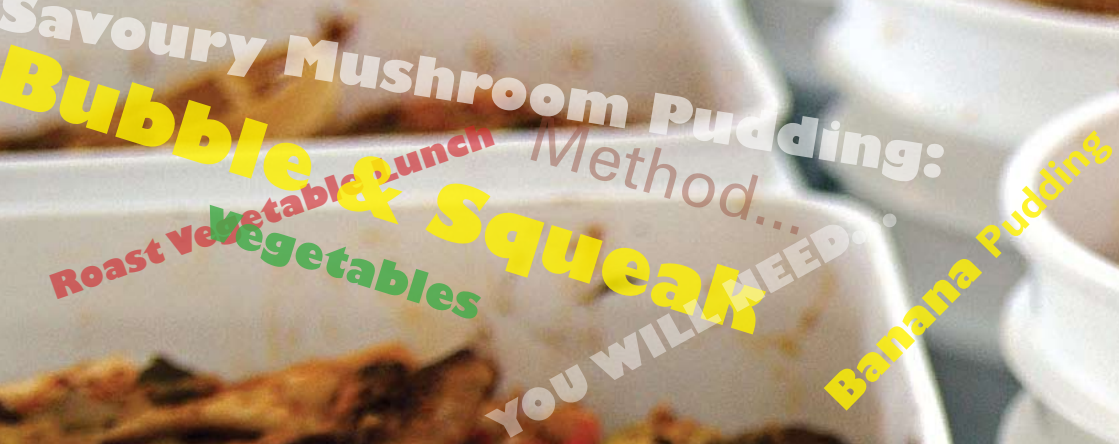


How to make it:

1. Preheat the oven to 175°C (350°F)
2. With a wooden spoon, mix butter into the mashed bananas in a large mixing bowl. Mix in the sugar, egg, and vanilla. Sprinkle the baking soda and salt over the mixture and mix in. Add the flour last, mix.
3. Pour mixture into a buttered loaf pan. Bake for 1 hour. Cool on a rack. Remove from pan and slice to serve.

Tips to turn banana bread into a tempting desert:

Delicious banana bread can be eaten on its own and is especially gorgeous fresh from the oven, but to take banana bread to another level serve with Greek yogurt and fresh berries such as raspberries, blackberries or cherries. These fruits can be warmed in a warm pan for a minute or two for extra indulgence add some toasted almonds.



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