SAVING THE WORLD HAS NEVER TASTED SO GOOD!

A Plant based Cookbook brought to you by the young chefs of West Herts College in collaboration with Veolia on behalf of Watford Borough Council.
THANK YOU AND ACKNOWLEDGEMENTS

The Love Your Leftovers Cookbook is sponsored by Veolia’s Recycling Fund for Communities, to help students and the local community reduce their food waste. Veolia’s Recycling Fund for Communities supports grassroots projects that protect the environment and encourage people to do the right thing with their waste. If you have a project idea that will help to improve the environment or support your community, then apply for funding, resources or volunteers at veolia.co.uk/london/recycling-fund-communities.

Thank you to Andy Wakeford, Head of Food Academy at West Herts College, Pedro Carmichael, Chef Lecturer, Alistair Lamb, Photography Lecturer and Sheila Chauhan, Education, Communications and Outreach Manager at Veolia UK (Watford) for collaborating to make this cookbook.

Thank you to the level 2 Chef students who composed the recipes and produced the dishes for photography students Liam Grange and Mohammed Mansour to capture in photos for the book.

Mohammed Mansour

About me: Mohammed Mansour, 19 years old from Harrow, born in Iraq.
Studying photography at West Herts College.
Likes: I have been taking photos since the age of 10 years old till now and it’s something I can safely say I’m passionate about.
After college: I’m looking forward to focusing on advertisement and commercial photography in the future and anything art related.

Liam Grange

About me: Liam Grange, 18 years old.
Studying photography at West Herts College.
Whilst growing up in a small town just on the border of Greater London, the environment around me inspired me to take photographs and this is where my passion for the art grew.
Likes: I love music and anything art related.
After college: One day I hope to own my own personal studio.
Following a proposal by Sheila Chauhan from Veolia Watford’s Education, Communication, and Outreach Team, West Herts College Food Academy students decided to rise to the challenge of raising the profile of, and educating the local community on, ways to reduce food waste through cooking.

Following a difficult year (2020) due to the Coronavirus pandemic, we decided to go down the route of offering a plant based, vegan healthy recipe collection in this cookbook, composed by the Food Academy Level 2 Chefs with the help of Pedro Carmichael and myself.

The Food Academy is in full agreement that a majority of food waste is perfectly edible and that it contains enough nutrients and goodness to be used in, or to supplement, dishes.

The purpose of this recipe collection is to provoke meaningful thoughts and conversations about what is possible with some waste food when supplemented with some dry goods which are typically in the larder or easily available from the food stores or kitchen garden.

We want to encourage households to plan their weekly shop and to use all the produce that they purchase before spoilage occurs. This can take a few minutes with a weekly menu plan.

According to OLIO, the food sharing organisation, the average UK household sends around 20% of their food to waste, which is scandalous when large parts of the world and some 8.4 million people in the UK struggle to afford to eat (Sustain UK).

Equally the carbon footprint of a lot of the unseasonal produce purchased in the UK is large and contributes to climate change because of the air miles it has to travel. Recent examples that I have witnessed in supermarkets are grapes from Namibia, asparagus from Peru, chicken from Poland and Brazil, and mangetouts from Zimbabwe, to name a few.

We can all play our part in combating climate change through food waste prevention with easy planning, eating seasonal produce, and eating more plant based foods.

I am proud of my Food Academy students, who are the chefs of tomorrow, for sharing the same passion and urgency to tackle the growing global issues of food wastage. They have compiled a selection of creative and mouth-watering recipes to inspire you to love your leftovers.

Get cooking and enjoy!

Andrew Wakeford
Head of School for Food Academy & Hospitality
West Herts College
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"There is no sincerer love than the love of food."

George Bernard Shaw

Yet, sadly, food waste is one of the biggest problems facing the world today.

Over 1/3 of all food produced globally goes to waste. This weighs 1.3 billion tonnes and the cost is $3 trillion.

An area larger than China is used to grow food that is never eaten.

All the world’s nearly one billion hungry people could be fed on less than a quarter of the food that is wasted in the US, UK and Europe.

If food waste was a country it would be the 3rd largest emitter of greenhouse gases (after China & the USA).

In the UK the average family throws away 22% of their weekly shop, which is worth £730 per year.

Reducing food waste is the #1 solution to the climate crisis – coming above electric cars, solar power and plant-based diets.

Source: Olio

All of the food and drink that we purchase has been grown by using resources such as land, water, labour, energy, manufacturing, packaging, transportation, etc, and turning them into products for human consumption. When uneaten food is wasted, it is also a waste of resources. Just think about all of the vitamins and minerals in the food that we are throwing away which could be nourishing and strengthening the body. This all goes to waste when we throw away perfectly good food. The best step we can take is to make the most of the food and drink we buy, rather than throwing it away, as it’s best financially, environmentally and better for our health.
Foods and drinks are wasted mainly because we buy and cook too much, prepare or serve too much. The other main reason we throw away avoidable food waste is because we have not used it in time, for example, it has gone past its use-by date or has gone mouldy or rotten.

**FOOD WASTE FACTS**

We can change this around so the people, planet and purse wins!

**£730 A YEAR SAVED**

An average British family can save £730 a year if they stopped throwing their food in the bin. This could go towards a super fun holiday or 25 family trips to the cinema.

The five key behaviours to reduce food waste are:

1. **Be a meal planner**
   - Check what’s in the cupboard, fridge and freezer before going shopping. Take photos of your fridge and cupboards to save you spending on things you don’t need
   - Know what you’re going to buy before you go shopping
   - Plan meals in advance (which will allow you to shop for meals, rather than just individual ingredients, which may end up not being used)

2. **Know your dates**
   - ‘Best before’ refers to quality: your food will be at its best before the date given. After this date, it might not be at its best, but it will still be safe to eat. Use your senses to make a judgement.
   - ‘Use by’ refers to safety: you must not eat food past the ‘use by’ date.

3. **Be savvy with storage**
   - Seal food properly that you’re planning to eat. Items such as biscuits and cereals, once opened, can last longer if they’re stored using food clips or in an airtight container.
   - Freeze food that you know you may not be able to eat in time, especially before the food deteriorates in quality. For example, you can grate cheese and place it in the freezer ready for it to be used on your pasta. Make sure your fridge and freezer are at the right temperature. Your fridge should be kept below 5°C and your freezer should be kept between -18°C to -25°C. By keeping your fridge below 5°C, you can keep your food fresher for up to three extra days!

4. **Perfect your portions**
   - We can waste a lot of food, especially rice and pasta, when we do not measure the right amount out for the number of people eating. If you don’t enjoy eating your leftovers, then you have to ensure that you are cooking the right amount every day. Use a cup to measure your portions.
   - **Top tip:** an empty yoghurt or cream pot makes a handy measuring tool for rice and porridge.

5. **Lastly, love your leftovers!**
   - This cookbook is packed with mouth watering recipes to help you use all of your fruits, vegetables, and excess servings. Any leftover food can be used for a ‘free’ lunch the next day, or if you don’t know when you’re going to eat it next, freeze it for another day.

Sources used: WRAP, Olio, Out of Date UK, Food and Agriculture Organization of the United Nations, Love Food Hate Waste.
An average family of four can save £60 a month simply by reducing the amount of food they throw away. All inedible food, such as fruit and vegetable peelings, teabags and bones, should be placed in your food waste bin which is collected and used to generate electricity and/or composted and used on local farms. Or, if you have the space, you can compost your uncooked vegetables and fruits in your home compost bin.

**FOOD WASTE HACKS**

**Use your loaf**

If your fresh bread has gone stale then don’t worry! This top tip will breathe new life back into your bread. Dampen your leftover loaf with water, pop into a hot oven for a couple of minutes and you have edible bread again! If your fresh bread has turned hard then follow the same steps as above but wrap the bread in kitchen foil. It’s a game changer!

**Put a lid on it**

You can save on cooking time and your electricity bill by boiling water more efficiently with the lid on. This will keep the water hot without having to turn up the heat. This can save about 3% in energy costs, per saucepan.

**Turn over a new leaf**

If you love your bags of spinach, kale and other green leafy salads but you don’t always eat every leaf on time before it starts wilting, then try out this handy hack. When bought, transfer the greens in a tissue lined container and it will last twice as long in the fridge. If you want your green leaves as well as other veggies such as green beans to last even longer - then place them in the freezer. The best way to do it is by blanching - where you scald the veg in boiling water for a couple of minutes before placing it into iced water. This halts the cooking process and once your greens are dry you can freeze them in individual portions.

**Food Waste Tips:**

1. Blend up spare herbs into a herb paste/butter
2. You can roast the seeds from pumpkins/squashes to make a tasty snack
3. Keep the skin and peel on suitable vegetables to get extra nutrients and reduce your food waste (make sure to clean it well)
4. Blend overripe fruit into smoothies

**Food Storage Tips:**

1. Store nearly empty jars and bottles of table sauce upside down to get every drop
2. Store opened food in airtight containers to keep them fresher for longer
3. Squeeze lemon juice onto fruit and vegetables to preserve their freshness
4. Make sure your freezer is kept between -18°C to -25°C
5. Make sure your fridge is kept below 5°C.
6. Blanch vegetables before freezing to keep their colour and freshness
7. Dry food should be kept in dry, cool, and clean areas
8. Let your leftover food fully cool before putting it into the fridge (do not leave it uncovered to cool for more than 2 hours)