

Did you know that 25% of food bought in the UK is thrown away? \*

## Waste Not Want Not

Here are some tasty recipes to make use of the bits of vegetables and leftovers you probably throw away

### Leek and Potato Soup

Serves 4 to 6

Most leek dishes call only for the white parts. The green leaves are more strongly flavoured and make a good soup.

Green tops from 1lb/500g leeks	1lb/500g of potatoes
1 onion	A little oil
1 glove garlic	1.5 pints/850ml stock
Salt and pepper	

Peel and chop the potatoes and the onion. Fry both lightly in a little oil, add the garlic, crushed, and fry for another few minutes. Pour on the stock, cover the pan and simmer slowly. Meanwhile, wash the leek leaves well, chop them and add to the pan when the potatoes are half cooked. By the time the potatoes are done, the leeks should be soft but still bright green. Press the whole lot through a sieve or *mouli-legumes* and heat through gently for another few minutes. Add more stock or milk, if necessary, season and serve. Washed young leek leaves can also be used raw, very finely chopped, in place of chives.

### Cauliflower Leaf Soup

Serves 4 to 6

1lb/500g cauliflower leaves and stalks (those left attached to a large cauliflower should be enough)	Margarine, oil or butter for frying
1.5 lb/250g onions	1.5 pints/850ml water or stock
Milk to taste	Salt and pepper
A pinch of nutmeg	

Separate the leaves from the stalks and wash both well. Chop the stalks and onions roughly and fry in a saucepan in a little margarine, oil or butter. Pour over them the water or stock, bring to the boil and simmer with the lid on the pan for 10 to 15 minutes. Add the leaves, after about 5 minutes. Press through a *mouli-legumes* or sieve, season with salt and pepper and a pinch of nutmeg, heat through and add a little milk just before serving.

# Use up your leftovers from Sunday lunch with this tasty chicken soup

## Leftover Chicken Soup

Before you throw the chicken carcass away, try using the bones and skin from a roast chicken to make a delicious soup.

### For the Chicken Stock:

- Chicken carcass left over from roast dinner
- 1 large onion
- 2 or 3 carrots
- Mixed dried herbs

On the Sunday evening make stock using the chicken carcass, onion, carrots broken in half and some mixed dried herbs. Add enough water to cover the chicken and boil everything for anything from 1/2 – 1 hour then strain (the longer it's boiled, the more concentrated the flavour). Keep covered in the fridge overnight if you aren't going to make the soup straight away.

### For the Soup

- Chicken stock
- Left over cooked chicken
- 2 or 3 leeks, chopped
- 2 or 3 carrots, grated
- 3 potatoes, peeled and chopped
- 1 clove garlic, crushed
- Left over vegetables from the Sunday roast

Fry the chopped leeks in olive oil and a little crushed garlic until starting to soften, then add the grated carrots. Allow to cook for 3-5 minutes, then add in any left over bits of chicken and cooked vegetables from the Sunday roast. After a couple of minutes, pour in as much chicken stock as required and bring to the boil. Then add the potatoes and boil for a further 15 mins, or until the potatoes are soft. Add salt and pepper to taste and blend, or press through a *mouli-legumes* or sieve, .



# Bubble and Squeak

This traditional British dish is a great way to use up leftovers and can be served with leftover cold meat and pickle, or as a quick brunch with fried eggs and beans.

The main ingredient is leftover potatoes, mashed, which makes up between 50% and 75% of the dish, accompanied by a green vegetable, usually cabbage.

Shred the cabbage and mix together with the mashed potato and add salt and pepper to taste. Heat a knob of butter or some olive oil in a frying pan over a medium to high flame or medium-hot electric ring. As soon as the fat is heated, spoon in the potato/cabbage mixture and flatten it to cover the bottom of the pan in a round cake about 1" (2.5cm) thick. This is when you might hear it 'squeak'. When the bottom has a golden brown crust on it, flip the bubble and squeak over and cook the other side.

Vary the basic recipe by adding fried onions, chopped fried bacon, cheese, garlic, herbs or a little Tabasco. You can also change the vegetable – try adding some cauliflower, broccoli, sprouts, parsnips, carrots, peas or mushrooms. Don't overdo it though - bubble and squeak is best when kept simple.

