



Recipes to Reduce Food Waste

2022 Learning Circles: Global Places and Issues
KAOHSIUNG MUNICIPAL JHENG SING JUNIOR SCHOOL



TAIWAN

Kaohsiung Municipal Jhengsing Junior High School



雜菜湯 (MINESTRONE SOUP)



From the picture, you can see this is a type of soup containing a mixture of vegetables, meat, or seafood. In the past when the feast was over, the host would share the leftovers with relatives, friends, and neighbors to bring home for cooking. Then people created this special soup with a mixture of various things. If you were lucky, you could even find precious food like shark fins and scallops. The taste of this soup is common memory of many people. It's the taste of old Taiwan, the spirit of cherishing food. With the same spirit, today we can have a new recipe for reducing food waste.



RECIPE



Directions

- 1 Find the ingredients you already have at home and cut them into pieces.
- 2 Heat oil in a pot. Add all the ingredients and fry them.
- 3 Pour water. Cover and cook until tender.
- 4 Season with salt and pepper.



雞蛋糕 (TAIWANESE EGG PANCAKES)



Egg pancake is one of the most popular street food in Taiwan. You can see the pancakes in different shapes. Children love the special-shaped pancakes very much. It is said that the egg pancake was invented in the 50s by a grocery owner. He didn't want to waste the broken eggs in the shop, so he tried to put flour, eggs, sugar, and oil altogether. Then, bake egg pancakes.

Egg pancake has become a famous snack for a long time. Until now, you can still see kids asking their parents to buy some egged-shaped pancakes for them. If one day you accidentally break some eggs, you can try to make egg pancakes by yourself.



RECIPE



Ingredients

eggs
flour
milk
sugar

Directions

- 1 Prepare eggs, flour, milk, and sugar.
- 2 Put them together, and stir them well.
- 3 Turn the oven to 150 degrees, and bake it for twenty minutes. Then you can have many delicious egg pancakes.



果乾 (DRIED FRUIT)



Taiwan is known by many as the "Kingdom of Fruit." We have varieties of sweet fruit all year round. But the climate in Taiwan is hot and humid. Humidity makes fruits and vegetables rot faster and causes food waste. Dried fruits can be stored for a long time. Dried fruits are popular in Taiwan. Maybe they don't look beautiful, but we love their special sweet and sour flavors.



RECIPE



Let's make dried pineapple at home.

Directions

- 1 Peel the pineapple and cut it into 2 cm-thick rounds.

- 2 Use the oven, set 100 degrees Celsius, and bake at low temperature for about 5 hours. Simple dried fruit is done !





USA

Byram Hills High School



Food Waste Recipes

No Food Waste

- In the US, 30-40% of food supply become food waste
- USDA's Economic Research Service estimates that 31% of food loss at retail and consumer levels is about 133 billion lbs and \$161 billion worth of food (2010)
- The U.S. Environmental Protection Agency to set a goal to cut our nation's food waste by 50 percent by the year 2030.
- We can do this by coming up with zero waste solutions such as zero waste recipes or composting

LOVE
FOOD
hatewaste

Hummus with Preserved Lemon

When life gives you lemons, use them all up with these recipes, including the peels, and avoid food waste.



[Link to full recipe](#)

- Ingredients
- 1 cup dried chickpeas or white beans, soaked for 6 hours or longer
- 1/2 cup reserved liquid from cooked beans
- 2 cloves garlic or to taste
- 3 quarters of a whole preserved lemon, including skins and pulp, seeds removed
- 2 tablespoons liquid from jar of preserved lemons
- 2 tablespoons tahini
- 3/4 teaspoon cumin or to taste
- 1/8 teaspoon cayenne pepper or to taste
- 1/4 teaspoon salt or to taste

Directions:

1. Cook beans in a pot on the oven, in a slow cooker or in a pressure cooker according to instructions. In my pressure cooker, the beans are ready as soon as the regulator starts to shake. Yours may take longer.
2. Drain beans and reserve some of the liquid.
3. In a food processor, process the garlic. Add the rest of the ingredients and whir until smooth. If the mixture is too thick, thin it out with some of the cooking water from the beans.
4. Store in the refrigerator for about a week to 10 days.



No Waste Pork Spring Rolls

Rollin with the zero food waste

With these Spring Rolls all you need is the wrap and you can put whatever leftovers you have into the wrap

- 100g rice vermicelli noodles
- 1 tbsp vegetable oil, plus extra to deep-fry
- 4 spring onions, chopped
- 3 garlic cloves, crushed
- 3 tsp finely grated ginger
- 1 carrot, grated
- 3 cups finely chopped **cabbage**
- 2 tbsp soy sauce
- 3 cups chopped leftover roast pork
- 250g pkt frozen spring roll wrappers, thawed
- Finely chopped red chillies, in soy sauce, to serve

Step 1

Place noodles in a heatproof bowl. Cover with boiling water. Stand for 5 mins, then drain and cool. Squeeze out any excess liquid, and use kitchen scissors to cut into shorter lengths.

Step 2

Meanwhile, heat 1 tablespoon of oil in a large deep frying pan over medium heat. Add the spring onions, garlic and ginger. Stir-fry for 1 min. Add carrot and stir-fry for 2 mins. Add cabbage and stir-fry for 2 mins or until soft. Add soy sauce, pork and noodles to the pan, and toss until evenly combined. Set aside to cool.

Step 3

Lay out 1 spring roll wrapper with the corners at the top, bottom and sides. Place 1/3 cup filling in a 9cm-long pile across the lower third of the wrapper. Fold bottom corner up and over filling, then fold in the sides and roll up. Dab a little water at the top corner to seal. Repeat with remaining wrappers and filling.

Step 4

Half-fill a large saucepan with extra oil. Heat over medium-high heat. Cook rolls, in batches, for 2 mins or until golden. Use a slotted spoon to transfer to a plate lined with a paper towel. Serve with combined chili and soy sauce.



No-waste carrot gnudi

- 1 bunch baby (Dutch) carrots, trimmed, leaves reserved
- 500g carrots, cut into 2cm pieces
- 1/3 cup (80ml) extra virgin olive oil
- 60g unsalted butter
- 1 large onion, finely chopped
- 2 garlic cloves, finely chopped
- 250g fresh ricotta
- 1 egg, lightly beaten
- 1/2 cup (40g) finely grated parmesan, plus extra to serve
- 2 heaped tbs plain flour, plus extra to dust
- Finely grated zest and juice of 1 lemon, plus lemon wedges to serve

- Preheat oven to 180°C. Wash carrot leaves and set aside. Place chopped carrots and baby carrots on 2 baking trays and drizzle each tray with 2 tbs oil. Season, then roast for 40-50 minutes until tender and lightly caramelised. Set carrots aside to cool.
- Melt 20g butter in a frypan over medium-low heat. Add onion and garlic, and cook, stirring, for 5-6 minutes until soft. Transfer to a food processor with chopped carrots (don't use baby carrots) and whiz until almost smooth.
- Transfer to a bowl with ricotta, egg, parmesan and flour, and stir to combine. Season. Using two dessert spoons, shape spoonfuls of mixture into ovals and place on a baking paper-lined baking tray dusted with extra flour. Bring a large saucepan of salted water to the boil over high heat.
- In 3 batches, cook gnudi for 2-3 minutes until they float. Remove with a slotted spoon and drain on paper towel.
- Melt remaining 40g butter in a pan over medium-high heat. Cook gnudi, turning gently, for 3-4 minutes until golden. Remove and keep warm.
- Add baby carrots, leaves and lemon juice and zest to pan. Season. Cook, tossing, for 2-3 minutes until wilted and warmed through.

Recipes to Reduce Food Waste

Breakfast:

Jack-O'-Lanterns and Pumpkin Bread

In the US, we celebrate a holiday called Halloween. We decorate our houses with scary decorations, like fake monsters and witches. One of the decorations many people use is called a Jack-O'-Lantern, which is a carved pumpkin with a candle in the center. The inside of the pumpkin is taken out, and used in different recipes, like pumpkin bread, a type of breakfast food. Here's a recipe that uses both the insides and the seeds of the pumpkin:

Pumpkin Olive Oil Cake:

1 cup (200g) light brown sugar
2 large eggs
1 cup (230g) pumpkin puree
 $\frac{1}{2}$ cup (120ml) olive oil
1 teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon ground cardamom
1/8 teaspoon ground allspice
A few grinds of black pepper
 $\frac{1}{2}$ teaspoon kosher salt
1 $\frac{1}{2}$ cups (190g) all-purpose flour
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
2 tablespoons chopped toasted pepitas (optional)

Maple Olive Oil Glaze:

1 cup (100g) confectioners' sugar
2 tablespoons olive oil
2 tablespoons maple syrup
1 to 2 tablespoons hot water
Pinch of kosher salt
Chopped pepitas (optional)

Flaky salt (optional)

1. Position a rack in the center of your oven and preheat the oven to 350°F. Butter or coat an 8-inch square baking pan with nonstick spray. Line the pan with a strip of parchment paper that hangs over two of the edges.
2. MAKE THE CAKE: In a large bowl, whisk the brown sugar and eggs until pale and foamy, about 1 minute. Add the pumpkin puree, olive oil, cinnamon, cardamom, allspice, pepper, and kosher salt. Whisk until smooth and emulsified.
3. Add the flour, baking powder, and baking soda and whisk until well-combined and smooth.
4. Pour the batter into the prepared pan, tap the pan gently on the counter to release any air bubbles, and smooth the top of the batter with an offset spatula. Sprinkle the pepitas over the top if you are not going to glaze the cake.
5. Bake until puffed and golden, and a tester inserted into the center comes out clean, 25 to 35 minutes. Set the pan on a rack to cool for about 15 minutes. Then use the parchment paper to lift the cake out of the pan and set it on the rack to cool completely.
6. MAKE THE GLAZE: Combine the confectioners' sugar, olive oil, maple syrup, 1 tablespoon of the hot water, and a pinch of kosher salt in a medium bowl. Whisk until smooth, adding more water as necessary to make a thick but pourable glaze.
7. Pour the glaze over the cooled cake and sprinkle with the pepitas and flaky salt, if desired. Let the glaze set for about 20 minutes before slicing the cake. (Store the cake, well wrapped, at room temperature for up to three days.)

Use Another Pan

LOAF: Bake in a 9 x 5 x 3-inch loaf pan until puffed and golden, and a skewer inserted into the center comes out clean, 50 to 60 minutes. You'll need a half batch of glaze to coat the cake in a thin layer.

ROUND: Bake in a 9-inch round pan until puffed and golden, and a tester inserted into the center comes out clean, 25 to 35 minutes.

SHEET: Double the ingredients for the cake and bake in a 9 x 13-inch pan until puffed and golden, and a tester inserted into the center comes out clean, 30 to 40 minutes. Double the ingredients for the glaze, too.



Lunch:

Leftover greens, seeds and cheese tart

INGREDIENTS

Plain or gluten-free plain flour, to dust

400g frozen Careme Sour Cream Shortcrust Pastry or Gluten Free Sour Cream Shortcrust Pastry, thawed
300g baby spinach leaves
150g feta, crumbled
4 eggs, lightly beaten
Zest and juice of 1 lemon
1 garlic clove, crushed
1 cup (80g) finely grated parmesan
1/2 cup (70g) mixed seeds, (such as sunflower, linseed and pumpkin (pepitas)), toasted, lightly ground, plus extra toasted seeds, to serve
400g ricotta, crumbled
1 cup mixed sprouts, (such as radish sprouts and mung beans)
1 cup wild rocket leaves

METHOD

Preheat oven to 200°C. Grease a 22cm fluted loose-bottomed tart pan. Lightly flour a work surface with the plain or gluten-free flour. Roll out pastry until 3mm thick and use to line pan. Line with baking paper and fill with pastry weights or rice, then bake for 25 minutes or until pastry is just dry. Remove weights and paper, and bake for a further 10 minutes or until golden and dry. Remove from oven and set aside. Reduce oven to 160°C.

Blanch 250g spinach in a saucepan of boiling water, then refresh in iced water. Drain, then squeeze out excess water. Place in a blender and whiz to a coarse puree, then combine in a bowl with feta, eggs, lemon zest, garlic, parmesan, seeds and 300g ricotta. Fold through remaining 50g spinach leaves, then pour into pastry shell. Bake for 25-30 minutes until just set. Set aside to cool completely.

Toss the lemon juice, sprouts, rocket, extra toasted seeds and remaining 100g ricotta in a bowl and season. Scatter over the tart and serve.



Take leftovers for the next day

Dinner:

ragu with sage pesto

INGREDIENTS

100ml extra virgin olive oil
1 eggplant, cut into 1cm cubes
1 large onion, finely chopped
3 garlic cloves, crushed
1½ tsp dried chilli flakes
500g beef mince
1/3 cup (95g) tomato paste
2 x 410g cans crushed tomatoes
½ tsp Worcestershire sauce
1½ cups (375ml) beef stock
400g spaghetti

Finely grated parmesan and small basil leaves, to serve

SAGE PESTO

1 small garlic clove, roughly chopped
½ bunch sage, leaves picked
½ bunch basil, leaves picked
½ cup (40g) finely grated parmesan
¼ cup (40g) pine nuts, toasted
2 tbs red wine vinegar
1/3 cup (80ml) extra virgin olive oil

METHOD

1. Heat half the oil in a large frypan over medium-high heat. Add eggplant and cook, turning, for 10 minutes or until browned. Remove with a slotted spoon and set aside.
2. Add remaining oil and reduce heat to medium-low. Add onion and cook, stirring, for 3 minutes or until softened. Add garlic and chilli. Cook, stirring, for 1 minute.
3. Add mince and cook, breaking up with a wooden spoon, for 10 minutes or until browned. Add tomato paste, tomato, Worcestershire sauce and stock. Bring to a simmer, return eggplant to pan and cook at a rapid simmer for 30 minutes or until thickened. Season.
4. In a saucepan of boiling, salted water, cook spaghetti until al dente. Drain.
5. For the pesto, whiz garlic, sage, basil, parmesan, nuts and vinegar in a small food processor until finely chopped. Gradually add oil in a thin, steady stream and whiz to combine. Season.
6. Divide pasta and sauce among serving bowls. Drizzle with pesto and scatter with parmesan and basil to serve.

keep leftovers to use another time



Dessert:

Bread and Butter Pudding

INGREDIENTS

Pudding

5 pcs croissants

5 pcs chocolate croissants

5 pcs seasonal fruit danishes

2 cups 3.25% milk

2 cups 35% cream

2 eggs

1 tbsp vanilla extract

1 pinch of salt

1/4 cup granulated sugar

Berry Compote

1 kg frozen mixed berries , (you could use any type of frozen fruit)

1/4 cup granulated sugar

Garnish

icing sugar

fresh mint

INSTRUCTIONS

Preheat your oven to 350F. Line the bottom of a medium-sized baking pan (at least 2 inches deep) with parchment paper. If you do not have parchment paper, you can use Pam coating spray or butter on the inside of the pan to ensure your pudding does not stick.

Take your pastries (preferably day-old but fresh works just as well), and cut them up into bite-sized pieces. Place them in your baking pan.

Make a simple custard in a medium-sized bowl, by combining the milk, cream, sugar, vanilla extract, eggs and a pinch of salt. Whisk everything together until the sugar completely dissolves.

Pour the prepared custard on top of the cut-up pastries, making sure to evenly distribute the liquid. Press down onto the cut-up pastries, to make sure most of the liquid is soaked up. And you are ready to bake!

Place the mold into the pre-heated oven, and bake at 350F for 45 minutes uncovered. This will help to create a nice golden-brown crust on top.

While the pudding is baking, use a medium-sized pan to combine the berries and sugar. Cook down the berry and sugar mixture over medium-low heat, stirring occasionally until it has a jam-like consistency.

To serve, cut up your baked Bread and Butter Pudding. Best served warm, top it with some icing sugar, your berry compote and some fresh mint!





RUSSIA

School №7



Recipes to Reduce Food Waste



**NO FOOD
WASTE**

8 grade, Korolyov, Russia: Kostya, Artyom, Masha, Alexander, Polina.

Shocking statistics

According to the UN, a third of all food produced in the world is thrown away. It "releases" 6-8% of all carbon dioxide emissions into the atmosphere. For comparison, aircrafts account for only 2%. When we peel vegetables, we usually throw away their skins. It is unlikely that we can completely stop flying or give up cars, but each of us is quite capable of throwing away less food.



A drink made of banana peels (It's called Kvass)

The drink was made by a Russian doctor-academician Boris Bolotov. It helps the immune system and prevents many diseases.

- *Ingredients:*
 - Water – 3 liters (or about 1 gallon)
 - Banana peels – 3 or 4 peels
 - Sour cream – 1 tbsp
 - Sugar – 150 grammes
- - 1. Wash your bananas very well before peeling the skin
 - 2. Take banana peels and chop them into small pieces
 - 3. Into a sterile jar put these pieces and add your sugar and sour cream and pour room temperature water (about 36 degrees Celsius)
 - 4. Stir it very well until sugar dissolves
 - 5. Close the jar with gauze and keep it in a warm place for 2 weeks
 - 6. Stir it daily



Pulp cupcakes

Various leftovers are suitable for cooking. For example, carrot, pumpkin, pear, apple pulp or a mixture of several types. Instead of lemon juice, you can also take apple cider vinegar,

Ingredients:

pulp - 400 g.	wheat flour - 350 g.	chicken eggs - 1 pc.
sugar - 100g.	soda - 0.5 tsp.	ground cinnamon - 0.5 tsp
ground ginger - 0.5tsp.	cloves - 3-4 pcs.	
vegetable oil - 100 ml.	salt - a pinch.	

Cooking method:

Mix all dry ingredients: flour, sugar, spices and salt. Before adding the cloves into the mixture, chop them with a knife or pestle.

In a separate container, add all wet ingredients: pulp, egg, oil and soda, sprinkled with lemon juice.

Mix dry and wet ingredients. The consistency of the dough should resemble thick sour cream. If it gets a little thicker, add water.

Divide the dough into molds and bake at 200°C for 20 minutes.



coffee grounds

A cup of freshly brewed coffee will provide you with a portion of a natural body scrub.

How to make a coffee grounds scrub:

Dry coffee grounds,

Add some body oil, cream, soft shower gel or lotion,

Keep your scrub in the refrigerator.



Fragrant chicken broth

Don't throw away chicken bones. Collect them in the freezer and when you have enough, cook chicken broth. There is one simple secret how to add smoked notes to the broth. Before cooking, cut the onion and carrot into several large pieces and hold them in a dry pan until scorched. It is the black crust that is needed. Thanks to it, when cooking, the broth acquires a slightly smoked taste.

- **Ingredients:**
 - chicken bones — 200 g
 - carrots — 1 pc.
 - onion — 1 pc.
 - celery — 0.5 stalks
 - garlic — 2 cloves
 - bay leaf — 1 pc.
 - peppercorns — 6 pcs.
 - salt — to taste



- **Cooking method:**
 - Put the chicken bones in a saucepan, pour cold water and put on fire.
 - Fry the carrots and onions until scorched.
 - While the broth boils, carefully remove the foam. It is advisable to remove its remnants from the walls of the pan with a paper napkin.
 - Add all remaining ingredients. boil at the low heat for 1 hour. It is not necessary to cover with a lid.

Why do we have to use no waste recipes?

It turns out that we often underestimate culinary waste. Unsightly at first glance, they can be useful in everyday life or in the kitchen. Waste-free cooking is much more interesting than it might seem. Using zero-waste recipes will help reduce food waste, which helps reduce pollution.



Candied orange peel

Ingredients :

Peels from five oranges, 2 cups sugar, 1 cup water, 1 tablespoon of butter, a pinch of salt



Cooking method :

- 1. Wash the oranges well under running warm water. Peel the oranges carefully . Slice the peel and put it in cold water so that it only covers them. Cook them for about 20 minutes. Drain the water and repeat the process 5 times. Add a pinch of salt to the boiling water for the last time. Pour a glass of water into 2 cups of sugar. Add to syrup 1 tablespoon of butter and chopped peel. Cook over medium heat until the zest has absorbed all the syrup.*
- 2. Put on a sieve and let drain the remaining syrup. Pour sugar on a flat dish and spread orange peels. Gently stir the candied fruits so that they are covered with sugar.*
- 3. Spread a thin layer and dry for several hours.*
- 4. Candied fruits are ready. Bon appetit!*





MOLDOVA

Th. L. "M. Eminescu"



RECIPE



<https://reurl.cc/vmxYEN>





TUNISIA

Collège Pilote, Monastir





[https://moodle4teachers
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Third is an Italian dish it's called "panzanella" it's a salad composed of cubed, hardened bread, tomatoes, cucumbers, onions, peppers, basil, olive oil, red wine and salt.





How to cook without a wasting food

- The food waste is a huge problem and it affects the planet in a negative way . Therefore , we seek to combat this waste by cooking no waste food and exploit leftover food. There are many dishes that we can do and I will suggest you some .



1. Leftover Spaghetti Bake

- More often than not, refrigerated spaghetti is too dry and dehydrated.
- Here's a quick fix: pop it in the oven!
- Leftover spaghetti bake is one of the simplest recipes I've encountered. It's quick, easy, and absolutely amazing.
- All you'll need are eggs, butter, a bit of herbs and seasonings, and the pièce de resistance: cheese. Bake until golden, and dinner will be ready.





- 2. Spaghetti Cheese Casserole

- Want to turn leftover spaghetti into a stunning side dish? This recipe is all you'll need.
- You won't have to make any white sauce for this one. Just add all the cheeses you want to your pasta – mozzarella, cheddar, gruyere, parmesan – and bake.
- It pairs well with anything! Eat it with fried chicken, burgers, hot dogs ...



This Photo by Unknown author is licensed under CC BY-NC.

3. Leftover Bread Croutons

- The easiest way to save old bread from the bin is to turn it into crunchy croutons.
- With a quick turn in the oven, stale bread becomes crispy golden cubes. To store, just pop them in the freezer where they'll stay good until needed.
- Scatter them on a salad, sprinkle over soup, or just keep on hand as a quick and easy snack.





3. Make mashed potato cakes

- Another [great use](#) for leftover baked potatoes is to make mashed potato cakes.
- To do this, you simply need to mix the leftover with an egg and flour, then flatten them into pancakes before frying them.
- You can eat these by themselves or serve them with some veggies or gravy of your choice.

4. Chicken tacos

- Who doesn't love taco night? If you have pre-cooked or leftover chicken in your fridge or freezer then you can make chicken tacos pretty quickly.
- Simply simmer your chicken with taco seasoning according to the directions on the package. Then chop some veggies, add shredded cheese, and you've got a quick 15-minute meal that your whole family will love.





- Thank you for
watching

PROJECT : RECIPES TO REDUCE FOOD WASTE



TRADITIONAL FOOD THAT DO NOT HAVE WASTES

In tunisia , there are many traditional dishes that use all parts of an ingredient such us « khobiza » and « coucous bel besbes »

As weeds grow naturally and have many benefits. Their ingredients are easy and economical

INGREDIENTS

« khobiza »

- 2 to 3 bunches of "khobiza" mallow
- 3 tbsp olive oil
- Harissa
- 3 tbsp minced garlic
- 1 tbsp tomato concentrate
- salt, pepper, caraway and coriander
- green olives

« COUSCOUS BEL BESBES »

- 300g couscous
- 300g fennel greens
- 15 cl of cold water
- 15 cl of olive oil
- 2 tablespoons of tomato puree
- 3 cloves of garlic
- 1 onion
- $\frac{1}{2}$ tbsp paprika, 1 tsp salt, 1 tsp pepper,
 $\frac{1}{2}$ tbsp coriander
- (Tabel), 1 tsp turmeric, $\frac{1}{4}$ tsp dried mint

Thanks for your attention





REDUCE
FOOD
WASTE

As we all know, Food Waste is a huge problem in our community and the earth's resources are limited.

However, people still not aware of this problem and many of them throw what remains of their food without caring.

So in this project I'm going to talk about some tips to help stopping this problem and give some no-waste recipes that may help.

Write a shopping list

- *Everytime you're going to buy from the store, write a shopping list about only what you need to buy so when you get to the store you can buy only what's written and do not get distracted by other food you don't need.*

Clean out your fridge every week

- *Every week, when you clean out your fridge, you get all the food so you know what you need to eat before it goes bad and you don't cook another meal.*

Create a fridge system

- Food that goes bad fastly have to be eaten immediately so when creating a fridge system you put them in a clear place. Don't tuck them in the back unless you forget about it.



Regrow your vegetables

- If you're ending up not using the remains of vegetables or fruit why not regrowing it instead of throwing them.





Pickle your veggies

- *It is a great way of adding a new flavour to those veggies while saving them from going to waste.*



Candy the peels

- You can make a delicious snack with just candying peels of vegetables or fruit.



Make bread crumbs

- Instead of throwing what remains of bread you can blend it into bread crumbs. It is used in many recipes.



Dry the bread

- Another recipe for the bread is to put it in the oven to make dry bread. You can eat it with your coffee in the morning with some butter, jam, chocolate, honey or whatever you want and it's a very delicious recipe.



Don't waste fruit which is going soft

- For this fruit which is going soft, instead of throwing it you can blend it and make a delicious smoothie with.





tablabi

Tunisian recipe



This is Lablabi, a very famous tunisian street food.

One of its principal ingredients is old bread.

Small restaurants who make Lablabi always go to bakeries and buy what remains of bread at the end of the day, so then bakeries don't throw it and it doesn't get waste.

Let's show steps of making it.





First, we start by cutting bread into small pieces by hands.
Every customer take a bowl and a little bread to cut it by hisself.



Then you give it to the cooker who put on it chickpeas soup.



Next, he adds harissa

Harissa is a spicy, smoky, peppery red chili paste originally hails from Tunisia, and it is common in Middle Eastern and North African cooking.



And then he adds sauce.



He adds some cumin and salt.



He adds another sauce.



And finally an egg half cooked and a little bit of olive oil.



And our lablabi is done !

**My project is finished now.
Hope you like it and enjoyed it well !**





USA

Lausanne Collegiate School



Lucas- Creamy Aubergine Noodles

Ingredients (Serves 2)

½ a large aubergine
½ a medium head of broccoli
2 cloves of garlic
2cm piece of ginger
½ a birdseye chili
4 spring onions
2 egg noodle nests
1 egg
1 tbsp of crunchy peanut butter
2 tbsp of tahini
50 ml of coconut milk
1 tbsp of dark soy sauce
½ a lime
Salt, pepper
2 tbsp sesame oil
2 tbsp of vegetable oil

Method

- 1) Cut your half aubergine into matchsticks, break down the broccoli, finely chop the broccoli stalk into matchsticks.
- 2) Peel and finely chop the garlic, ginger, and chili.
- 3) Cook the noodles to packet instructions and rinse under cold water to stop further cooking.
- 4) For the sauce add the tahini, peanut butter and lime together, mix until becomes a paste then add the soy sauce and the coconut milk to loosen, season with a little pepper.
- 5) Place a steamer into a pot, add in water, the broccoli florets and cook for 4 min. Once cooked, take out the steamer and leave to one side.
- 6) Re-fill the pot with water, bring to a simmer and gently lower the egg and cook for 6 min. Once the timer goes, place the egg in cold water.
- 7) Place a wok on high heat, wait for it to heat up and add the aubergine, broccoli stalks and a large pinch of salt, make sure to stir and dry fry for 3-4 min, until the aubergine starts to color, take out and place in a bowl to one side.
- 8) Turn the heat down to medium and the sesame oil and the vegetable oil, add in the garlic, ginger and chili and fry for a minute, not letting it burn. Add the aubergine back in and mix together. Cut down the cooked broccoli florets if some are too large, add to the wok and mix all together, season with pepper and a little salt.
- 9) Add in the noodles to the wok and half the sauce along with a tbs of dark soy sauce, mix together well and turn off the heat, add the rest of the sauce, divide between two bowls, finely chop up the spring onions, sprinkle over.
- 10) Peel the egg, slice in half and divide between the bowls, and serve with chili oil. I used Lee Kum Kee Chiu Chow chili oil.
- 11) Enjoy!

Nate - Rigatoni Pasta

Ingredients (serves 4)

3 large red peppers
3 garlic cloves
1 tbsp olive oil
4 cups pasta of choice
400 ml coconut milk
3 tbsp nutritional yeast
1 tsp paprika
0.5 tsp cumin
1 tsp garlic powder
1/2 tsp turmeric
1 tbsp lemon juice
2 tbsp tomato paste
2 tbsp soy sauce
0.5 tsp salt & pepper to taste
1 yellow onion
200g green beans

Instructions:

1. Set your oven to 200C.
3. Remove seeds and chop each bell pepper into four pieces. Drizzle with olive oil, add your garlic cloves and roast for 30-35 minutes or until they're soft.
4. Cook your pasta according to package instructions.
5. Transfer the roasted garlic and bell pepper to a blender. Add the Coconut milk, nutritional yeast, paprika, cumin, garlic powder, turmeric, lemon juice, tomato paste, salt & pepper and soy sauce and blend until smooth.
6. Chop up your onion and add the onion and peas to a skillet and fry until the fragrant.
7. Add the pasta and sauce to the skillet and stir to combine. Enjoy!

Tip- Add protein of choice!



Yamen - Apple Steel-Cut Oatmeal in a Coconut Bowl

INGREDIENTS (4 servings)

1 cup steel-cut oats

3 medium apples

4 cups oat milk

2 tbsp Maple syrup

Pinch of salt

Toppings:

4 tbsp peanut butter

1 cup pineapple chunks

1 cup blueberries

2 bananas

Instructions:

1. In a large saucepan add the steel-cut oats, apple chunks, water and salt. Stir to combine, and raise the heat to high to bring the mixture to a simmer. Once simmering, reduce heat to medium-low and cook for about 35 minutes, until almost all of the liquid has been absorbed and the oats are nice and creamy.
2. Stir every five minutes in the beginning, and more frequently as time goes on (you might need to dial down the heat as well).
3. Remove from heat and serve with peanut butter, fresh pineapple and blueberries

Dessert:

Nick - Banana Pudding

Toppings

2 cups cold milk

1 (5 ounce) package instant vanilla pudding mix

1 (14 ounce) can sweetened condensed milk

1 tablespoon vanilla extract

1 (12 ounce) container frozen whipped topping, thawed

1 (16 ounce) package vanilla wafers

14 bananas, sliced

Directions

Place milk and pudding mix in a large bowl; beat with a whisk for 2 minutes. Blend in condensed milk until smooth. Stir in vanilla, then fold in whipped topping.

Layer wafers, banana slices, and pudding mixture in a glass serving bowl. Chill until serving.

Use Banana Peels for baking banana bread