



COMHAIRLE CONTAE
CHEATHARLACH
CARLOW COUNTY COUNCIL



Saved & Savoured

Celebrating Carlow's Food without the Waste



ABOUT THE PROJECT

This recipe book is a celebration of community, creativity, and sustainability in County Carlow. What started as an idea grew into a joyful collaboration between local chefs, home cooks, food producers, and passionate editors - all united by a shared goal: to make the most of every ingredient and reduce food waste.

Each recipe in this book was contributed by talented individuals, many from the Carlow Food Network, who believe in cooking with care and creativity. From professional chefs to home cooks, their dishes show how easy - and delicious - it can be to transform leftovers or overlooked parts like carrot tops and broccoli stems into something truly special.

This isn't just a cookbook. It's a movement to rethink how we use food, to celebrate resourcefulness, and to inspire climate-conscious living. By cooking these recipes, you're joining a community effort to care for our planet, one meal at a time.

WHY IT MATTERS

Food waste is one of the biggest environmental challenges we face today. Did you know that over a quarter of all food produced globally is wasted each year? That's not just food - it's wasted resources, energy, and money. Even more concerning, food waste accounts for 8-10% of global greenhouse gas emissions, making it a major contributor to climate change.

Here in Ireland, the problem hits close to home:

- We waste over one million meals every single day.
- In 2023, Irish households were responsible for 26% of the country's food waste, averaging 120kg per household or 43kg per person.
- That's a cost of around €60 per month, or €700 a year - money literally going into the bin.

Some of the most wasted foods include:

- Salads – nearly 50% of what we buy ends up uneaten
- Fruit and vegetables – 25% are thrown out
- Potatoes, bananas, and apples – the top three most discarded items
- Bread and bakery products – 20% wasted
- Meat, fish, dairy, and yogurt – around 10% wasted annually

With this book, we hope to turn those statistics into action. Together, we can make a difference - one ingredient at a time.

Let's get cooking!

Dee Sewell
Environmental Awareness Officer
Carlow County Council

ACKNOWLEDGEMENTS

This recipe book would not have been possible without the generous support, creativity, and collaboration of many individuals and organisations. It was inspired by Dee Sewell, Environmental Awareness Officer at Carlow County Council, whose vision was to create a recipe book that transforms surplus or commonly wasted ingredients into delicious, nourishing meals, rooted with local cooking solutions. Her idea sparked a collaboration that celebrates sustainability, creativity, locally produced ingredients and cooks, chefs, hospitality, and community - and we are proud to share the result with you.

First and foremost, a huge and heartfelt thank you to Denise Walsh and Olivia Goodwillie, who weren't just our primary consultants and editors - they were the steady hands and kind hearts behind so much of what made this project possible. From shaping ideas with wisdom and care to rolling up their sleeves as food shoppers and coordinators, they gave far more than their time and expertise. They brought warmth, patience, and a genuine sense of teamwork to every step. Their tireless dedication and thoughtful attention to detail kept things running smoothly. Carlow County Council is deeply grateful to them both, for their grace, generosity, and good humour.

We are very grateful to our talented chefs, KCETB Culinary Tutor Morgan Farrell and Ballykealey House Chef Wiktoria Boratyn, whose creativity and skill turned these recipes into something truly special. We're deeply appreciative of Ballykealey House in Ballon. We would especially like to thank Head Chef James Murray for his generosity and support in making this possible. James's kindness helped create an environment where creativity and sustainability could flourish, and we are so thankful for that. Every dish they prepared reflected not only their culinary artistry but also their commitment to the ethos behind this project, working thoughtfully to minimise food waste at every stage. Their care and resourcefulness ensured that very little was wasted, and everything was celebrated.

A special thank you also to Michael O'Rourke, who we took out of his comfort zone, but whose photography captured the beauty and essence of each dish, telling the story behind the flavours with every image.

We also wish to acknowledge Eileen O'Rourke from Carlow Tourism for her persistence and enthusiasm in helping to gather recipes. We are grateful to Jannette O'Brien, Climate Action Coordinator at Carlow County Council, for her support, tasting, and valuable feedback throughout the process.

Last, but certainly not least, we are indebted to all the cooks and chefs from across the county of Carlow who shared their recipes, many of whom are proud members of Carlow Tourism's Carlow Food Network and the County Carlow Environmental Food Group. Without their thoughtful contributions, this book would not have been possible. To everyone who contributed their time, talent, and passion - thank you.

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INTRODUCTION

In Ireland the average family produces about €700 worth of food waste each year. This adds up to a million tonnes for the whole country. Globally, a quarter of all food is wasted, from the production stage right through to what you scrape off your plates into the bin.

With this book we hope to encourage you to become a Food Waste Buster!

Once you have a change of mindset where you decide not to waste food, the rest is easy. There are lots of ideas and tips and hints to help you on your way.

We have asked the food heroes of Carlow to come up with recipes which use leftovers, help you to shop well and produce delicious meals. All the recipes have been tried, tested and photographed by our team. They come with simple tips and ideas to avoid food waste and keep an eye on your energy consumption.

There is also a short biography of each food hero so that you can find them and support them as they have supported us.



Once you get hooked on the No Waste system check out www.stopfoodwaste.ie, this is a brilliant website full of facts and great ideas about food waste, whilst www.mywaste.ie covers tips for all waste in Ireland. If you're looking for surplus food bargains, check out the [Too Good To Go](#) app.

All the best on your journey to becoming a Carlow Food Waste Buster!



Olivia Goodwillie

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Legend

v Suitable for vegetarians

 Can be made vegetarian

INGREDIENT SUBSTITUTION GUIDE

If you're missing an ingredient in a recipe, don't buy something especially for it - flip to page 60 at the back of the book for a handy list of easy swaps you can use instead!

The importance of making good choices

Buying fruit and vegetables when they are in season ensures the best in nutritional value and flavour. It also reduces air miles which lowers the carbon footprint of every bite we take.

Below is a guide to what is available when, in Ireland. Check the country of origin on the box or package and try to make careful choices. Think about how **Local** supports our community, **Organic** improves the soil and **Fairtrade** improves people's lives.

Shopping will never be the same again!

*available from storage

MONTH	VEGETABLE	FRUIT
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JANUARY	Beetroot Brussels Sprouts Carrots Cauliflower Celeriac Celery Kale Leeks Lettuce Mushrooms Onions Parsnips Savoy Cabbage Squash* Swede turnip Potatoes	Apples*
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FEBRUARY	Beetroot Brussels Sprouts Carrots Cauliflower Kale Leeks Lettuce Mushrooms Onions* Parsnips Potatoes* Savoy Cabbage Swede turnip	Apples*
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MARCH	Cabbage Carrots Cauliflower Kale Leeks Lettuce Mushrooms Parsnips Potatoes*	Apples* Rhubarb
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MONTH	VEGETABLE	FRUIT
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APRIL	Cabbage Carrots Cauliflower Kale Lettuce Mushrooms Onions* Potatoes* Radishes Spinach Sprouting Broccoli	Apples* Rhubarb
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MAY	Asparagus Baby beetroot Cabbage Cucumber Lettuce Mangetouts New potatoes Pak Choi Potatoes* Radishes Scallions Spinach	Rhubarb
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JUNE	Asparagus Aubergines Baby beetroot Broad beans Broccoli Cabbage Cauliflower Cucumbers French beans Lettuce Mushrooms Mangetouts Peppers Potatoes* Scallions Tomatoes	Rhubarb Strawberries
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JULY	Aubergines Broad beans Broccoli Cabbage Cauliflower Celery Courgettes Cucumbers French beans Pak Choi Peas Peppers Radishes Runner beans Scallions Tomatoes	Blackcurrants Gooseberries Raspberries Strawberries
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MONTH	VEGETABLE	FRUIT
AUGUST	Aubergines Beetroot Broad beans Broccoli Cabbage Carrots Cauliflower Celery Courgettes Cucumbers French beans Lettuce Marrows Mushrooms Onions Pak Choi Parsnips Peas Peppers Radishes Runner beans Scallions Squash Tomatoes	Blackcurrants Blueberries Raspberries Strawberries

SEPTEMBER



Aubergines
Beetroot
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Courgettes
Cucumbers
French beans
Leeks
Lettuce
Marrows
Mushrooms
Onions
Pak Choi
Parsnips
Peas
Peppers
Radishes
Runner beans
Potatoes
Scallions
Squash
Swede turnip
Tomatoes

MONTH	VEGETABLE	FRUIT
OCTOBER	Beetroot Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celeriac Celery Kale Leeks Lettuce Marrows Mushrooms Onions Pak Choi Parsnips Peppers Pumpkins Radishes Potatoes Scallions Squash Swede turnip Tomatoes	Apples

NOVEMBER



Beetroot
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Kale
Leeks
Lettuce
Mushrooms
Onions*
Pak Choi
Parsnips
Potatoes
Spinach
Swede turnip
Tomatoes

DECEMBER



Brussels sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Kale
Leeks
Lettuce
Mushrooms
Onions*
Pak Choi
Parsnips
Swede turnip

Rachel Doyle - Arboretum

SMOKED SALMON AND GRATIN POTATOES

A quick dish for using up leftover potatoes

INGREDIENTS

- 6 large potatoes, raw or cooked
- 50g butter
- 50g flour
- 500ml full-fat milk
- 300g cheese, grated
- 6 cloves garlic, chopped finely
- 300g smoked salmon or trout

METHOD

Preheat the oven to 190°C/170° fan/gas mark 4.

If the potatoes are raw, wash them and steam until soft. Leave to one side & allow to cool.

In a saucepan melt the butter and add the flour and stir well, allow this mixture to cook for two minutes. On a low heat, slowly add the milk stirring to blend out any lumps. Add some extra milk if it is too thick.

Turn up the heat and bring to the boil stirring all the time. Season well with salt and pepper. Turn off the heat and add 200g of the cheese. Do not boil once the cheese has been added.

Peel and slice the potatoes (hot or cold). Butter an oven proof dish generously. Make a layer of potato on the bottom. Sprinkle on half the garlic and lay on half the smoked salmon. Repeat the process and then pour the sauce over everything. Sprinkle the remaining cheese on top.

Bake for 35 minutes or up to an hour if you are starting with cold potatoes. It should be golden and bubbling on top.



To become a Food Waste Buster, keep track of how much and what sort of food you waste over a week. Make a list of what you throw out each day then work out ways you could avoid it. Pat yourself on the back when you waste less the next week. Have a look at www.stopfoodwaste.ie for helpful ideas about smart storage.



Rachel is the founder of Arboretum. Sustainability is the core of her vision. Over 80% of their plants are locally grown and largely peat free. In the café, the menu focuses on fresh, seasonal, locally sourced produce. They reduce food waste by careful planning, composting, and creative use of surplus ingredients.



A FARMHOUSE OMELETTE

A quick and easy dish using bits and pieces from the fridge

INGREDIENTS

- 1 – 2 tbsp. oil or butter
- 1 small onion, finely chopped
- 1 pepper, finely chopped
- 3 free range or organic eggs
- Splash of milk or water
- Salt and pepper
- 50g cheese, grated

Other options: chopped herbs (parsley, chives), leftover cooked potatoes or ham

METHOD

Heat a frying pan over a medium heat, add the butter or oil, sauté the onion and pepper for 4 – 5 minutes until soft and slightly golden. Set aside in the pan.

In a bowl, beat the eggs with a fork or whisk. Add a pinch of salt, pepper, and a splash of milk or water. Pour the eggs into the same pan with the cooked vegetables, spreading them out evenly. Let it cook undisturbed for 1 - 2 minutes until the edges start to set. Use a spatula to gently lift the edges and tilt the pan so the uncooked egg runs underneath.

Sprinkle the cheese, chopped herbs, or leftover bits (like cooked potato or ham) on one half of the omelette.

Once mostly cooked but still slightly soft on top, fold the omelette in half. Cook for another 30 seconds, then slide onto a warm plate.



Some of the pollution in our rivers is caused by domestic cleaning products and dishwasher tablets. We can all do our bit to help by using eco-friendly products and if we buy them in re-fillable 5 litre containers we save on the plastic waste too. Let's protect our beautiful Barrow, Burren & Slaney rivers.



Try to avoid plastic trays and packaging when shopping especially when buying fruit and vegetables. You can often buy them loose. Buy a packet of the reusable bags available in the vegetable department. You get the quantity and quality you need and no plastic wrap. You don't need a bag for your bananas.



POTATO CROQUETTES

This is great for using up those leftover potatoes and the ends of stale bread which can be made into crumbs.

INGREDIENTS

- 300g leftover mashed potatoes
- 50 - 75g black and white pudding, crumbled
- 50g cheese, grated (any of your favourite hard or vegetarian cheese will do)
- Salt and pepper
- Parsley or chives, finely chopped
- ½ tsp. – 1 tsp. Dijon mustard (optional)
- 50g seasoned flour, for coating
- 2 free range or organic eggs, beaten well
- 60g breadcrumbs – made by whizzing up stale bread in the food processor

METHOD

In a bowl, mix the mashed potatoes with the crumbled pudding, cheese, salt, pepper, and any extras (herbs, mustard, etc.). Mix until you can shape it, that is, not too wet, not too dry. Chill for 10–15 minutes if it feels too soft.

Take tablespoons of the mixture and shape into small logs, balls, or patties. Set up 3 bowls, one with flour, one with beaten eggs, and one with breadcrumbs. Roll each croquette firstly in the flour, then dip into the egg and finally, coat in breadcrumbs. Have a 'dry' hand and a 'wet' hand to make this easier and avoid clumpy fingers.

Pan-fry in shallow oil until golden and crisp, about 3–4 minutes per side. Or oven-bake at 200°C/180°C fan/gas mark 4 for 20–25 minutes, turning halfway.

🌿 Omit black & white pudding or use plant based alternative for vegetarian option.



Choose fresh, green herbs without any yellowing or wilting. Cut herbs can be put in a glass of water or in a damp cloth to keep them fresh. They can be preserved and frozen in ice cube trays in water or oil to preserve their flavour. Alternatively, buy growing herbs in pots or better still start growing your own in containers at home.



Chef Dominik Lukasiewicz brings a unique culinary style to the kitchen, blending traditional cooking techniques while always trying new innovative approaches to avoid waste. With a distinct passion and love for food, he is committed to sourcing the finest ingredients and crafting dishes that delight and inspire.



Robert and Ciara Stanley - Coppengh House Farm

CRISPY CARLOW POTATO SMASH WITH WAGYU MINCE

A comforting dish using leftover roasties, fridge vegetables and mince.

We have recommended what we consider the best local ingredients, however, feel free to use whatever substitutes you have to hand.

INGREDIENTS

- Drizzle of rapeseed or other oil
- 300g leftover cooked potatoes
- 1 tsp. Skillet & Spice Original Seasoning or your favourite savoury spice mix
- 1 onion, diced
- 1 red pepper, diced
- 2 cloves garlic, grated or chopped finely
- 500g Coppengh House Farm Wagyu mince or other good quality mince
- Handful of cherry tomatoes or 2 regular ones chopped or use a tin
- 1 ½ tsp. Clo & Ali Sweet & Smokin' rub or other spice mix. Smoked paprika is good
- 1 tsp. sea salt
- 1 tbsp. balsamic vinegar
- 100g cheddar, grated

METHOD

Heat the oil in a wide frying pan. Smash the potatoes slightly with a spatula or masher and fry in the oil until crisp and golden. Turn to fry the other side. Sprinkle on the seasoning, put onto a plate and keep warm.

In the same pan sauté the onion, red pepper and garlic in a little oil until soft and fragrant. Add in the mince, breaking it up as it browns. Stir in the tomatoes, the Rub and the salt. Once it is nearly cooked add the vinegar and let it simmer for a few minutes.

To serve arrange some potato on each plate, pile on the mince and top with a sprinkle of the cheese.

🌱 Replace beef with chickpeas/lentils for vegetarian option.



To reduce your carbon footprint and to save you money, replace the mince with a tin of beans (not in tomato sauce!) or lentils or chickpeas. Add them towards the end of cooking. Leftover parmesan cheese rinds can be added to the sauce at the beginning, for extra flavour. Remove before serving. You could also use leftover pasta.



CARLOW ROAST BEEF HASH

This is a clever way to use up leftover cooked beef, potatoes and fridge vegetables – made extra special with local Carlow ingredients. Feel free to make substitutions using local brands wherever you can

INGREDIENTS

- Drizzle of rapeseed or other oil
- 1 onion, sliced
- 1 red pepper, sliced
- 2 cloves of garlic, grated or chopped finely
- Handful of cherry tomatoes, halved
- 1 tsp. balsamic vinegar
- 3 – 4 cooked potatoes, chopped
- 300 – 400g leftover roast beef, shredded or sliced thinly
- 1 ½ tsp. Clo and Ali Sweet & Smokin' Rub or your favourite rub or spice mix
- 1 tsp. sea salt
- Handful of cheddar, grated

METHOD

Sauté the onion, pepper and garlic in the oil until starting to caramelise. Toss in the tomatoes and let them soften. Add the vinegar and let it reduce for a sticky sweet finish.

Add in the potato and beef and add the Rub and the salt. Stir gently until everything is heated through.

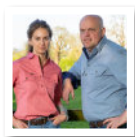
Top with the cheese and pop it under the grill for 2 - 3 minutes until bubbling and golden or cover the pan with a lid until the cheese melts.

Dish out hot, topped with a fried free range or organic egg or some rocket leaves if you like. Perfect for brunch or dinner.

🌱 Replace beef with chickpeas/lentils for vegetarian option.



The vegetables and beef can be swapped for anything available like leeks or courgettes and any cold cooked meat would be perfect. Or even that great standby, chickpeas. Avoiding food waste will save you money. It also shows respect for the grower and farmer who produced the food. You will feel good about it too. Win, win, win.



Robert and Ciara are passionate about local food, sustainability, and connecting people back to the source of what they eat. Nothing goes to waste at the farm. All parts of their animals are used, and any vegetable waste is made into compost. Their farm shop has become known for its home-reared meat.



HONEY, MUSHROOM & YOGHURT FLATBREADS

While this recipe is at its best with the speciality fungi, it is a great standby for when you find a day-old packet of regular mushrooms in the fridge.

INGREDIENTS

- 400g oyster mushrooms – or whatever comes in the packet or bag, chopped finely
- 4 tbsp. olive oil
- 1 small onion, grated
- 1 clove garlic, grated
- 1 tsp. smoked paprika
- 1 tsp. sea salt
- 1 tbsp. local honey

Yoghurt Flatbreads

- 250g plain flour
- 1 tsp. baking powder
- 60ml natural yoghurt
- 100ml warm water
- 1 tbsp. olive oil

METHOD

For the yoghurt flatbreads, mix all the ingredients together in a bowl and cover with a damp cloth for 20 – 30 minutes.

For the honey mushrooms, heat a frying pan on medium to high heat, add the olive oil and add the mushrooms. Grate in the onion and garlic.

Sauté for 15 minutes until brown. It is important to cook the mushrooms for this length of time to release the nutritional compounds. Add the paprika and season well. Remove from heat and drizzle with the honey, keep warm.

To make the flatbreads, dust your work surface with flour and divide the dough into 6 pieces. Make each into a smooth ball. Heat a frying pan over a medium to high heat.

With a rolling pin roll out the balls into approx. 15cm circles. They need to be thin to cook quickly. When the pan is hot, add a drizzle of olive oil and then your first flatbread. Cook for under a minute and when there are brown spots appearing, flip it over and do the other side.

Cook the rest in the same way, keeping the cooked ones wrapped in a tea towel. Serve with the honeyed mushrooms on top of the flatbreads.



When shopping for fruit and vegetables try to buy what is in season locally. (See the What's in Season pages at the front of the book to help you.) It helps our economy, there are no air miles, and they taste better. Strawberries in December? No thanks, they won't be nearly as tasty or last as long. Check out the labels on the pack or box: Ireland Good to Buy; Europe a good Second Best; Rest of the World consider it before you buy.



SHIITAKE & GINGER MISO SOUP

This recipe uses the often-discarded mushroom stems to make a nourishing broth. Miso is very versatile and can be used for both sweet and savoury cooking. It has fewer additives than a stock cube.

Dissolve the paste through a sieve to avoid clumps.

INGREDIENTS

- 150g – 175g shiitake stems
- 5cm root ginger
- 1 tbsp. miso paste

METHOD

Put the shiitake stems into 500ml cold water in a saucepan.

Slice the ginger and add to the pot.

Place the pot over a medium heat and let it simmer for 25 minutes with the lid on.

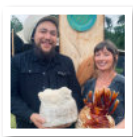
Using a sieve, strain out the ginger and shiitake stems. Next add the miso paste and stir to dissolve.

Drink slowly and enjoy.

The mushroom caps can be used in any mushroom recipe. Try sautéing them in butter for 15 minutes and add some fermented ginger in white wine vinegar or add them, cooked to the miso broth.



Ginger does not need to be peeled if cleaned well. You can store it in the freezer and grate from frozen without peeling. Never find that wizened little finger again! Nuts are great in the freezer too.



From their indoor grow room, Mikael and Eilís cultivate a stunning variety of mushrooms, harvested fresh year-round. They also make potent mushroom supplements to support mind and body. They are on a mission to reconnect people with the powerful benefits of the fungi kingdom, community wellness and ecological harmony.



Paula Leyden – Goodly Barrow

UN-STUFFED STUFFING

My starting point with these recipes was a very stale loaf of sliced white bread.

We have all had those hanging around mournfully in our kitchens.

*There are so many things to be done with this woebegone loaf
it is hard to know where to start, but here are a couple of ideas.*

INGREDIENTS

- One third of a loaf of stale white bread
- A large bunch of herbs: parsley, sage and thyme perfect for this.
- 50g butter for frying
- 1 onion, finely diced
- 1 lemon, zested and juiced
- 1 free range or organic egg, beaten
- Salt and pepper
- A dash of boiling water
- Oil or butter for frying

METHOD

Whizz the stale bread and herbs together in the food processor and put into a mixing bowl.

Fry the onions in butter until translucent and add these to the bowl while still hot.

Add the lemon zest and juice to the bowl. Next add the beaten egg and mix it through.

Season to taste.

Add a dash of boiling water – mix together until it is moist enough to stick together. Add the butter or oil to a large wide frying pan on a moderate heat, form small flat patties of the stuffing and fry, turning when golden brown.

CROUTONS

Preheat the oven to 200°C/180°C fan/gas mark 6. Cut slices of stale bread into small squares and toss these in a mix of sunflower or rapeseed oil, crushed garlic, salt and pepper and whatever fresh or dried herbs you have to hand. Be generous. Spread these out on a baking tray and stick them into the hot oven for approx. five minutes till crispy. No need to heat up the oven specially, pop the crouton tray in after bread making, or if cooking a small batch, do them in the frying pan. You can use any bread that is going to waste. Croutons will keep well and are useful in soups, salads and as snacks.

BREADCRUMBS

If you have a food processor this is very quick. You can make them fresh or toasted. Use everything – never waste the crusts they are often the tastiest part, and they make your hair curl! To make toasted breadcrumbs fully dry out your bread in an oven, preferably when you already have it on for something else and throw it into the food processor once cool. Fresh stale breadcrumbs can be frozen, toasted breadcrumbs can be kept in an airtight jar. Use them as toppings, in sweet or savoury dishes, or fry them with lardons of bacon.



When eating out, if your restaurant meal is too big ask for it to be put in a box to take home. This is a win-win situation. The restaurant doesn't have to pay for disposal, and you get left overs for tomorrow. These days you don't even have to pretend it is for the dog!



Thirty percent of bread bought is wasted. Pop the last couple of slices into a bag in the freezer instead of into the bin. Then you can use them for many different recipes in this book.

Paula Leyden – Goodly Barrow

APPLE CHARLOTTE

This is a recipe I remember my mum making, and her mum before her. The dessert has been around for centuries. It is simple and tasty. It is a forgiving recipe, the best sort for avoiding waste, so play around with the amounts depending on what you have to hand.

INGREDIENTS

- 7 large cooking apples
- 50g brown sugar
- A good shake of cinnamon and some ground ginger (optional)
- 1 large lemon, zested
- 100g butter, melted
- Half a loaf of sliced white bread (the staler the better) – crusts removed and cut into strips

METHOD

Preheat the oven to 200°C/180°C fan/gas mark 6.

Peel the apples – but don't throw the peels away! Core and slice the apples evenly. Sprinkle them with the brown sugar, cinnamon, lemon zest (and ginger) and a few knobs of butter and place them on a lined baking tray. Cook them until slightly caramelised but still holding their shape for fifteen to twenty minutes.

Toss the peels in a small amount of brown sugar, cinnamon and melted butter. Put them into the oven, on a lined tray. Keep an eye on them and when they are crispy take them out.

Butter an oven proof pudding bowl. Line it with the bread by dipping each slice into the melted butter. Start with the base and work upwards. Sounds messy but it works! Then put the apples into the bread bowl and seal it up with more bread, butter side up, for the top.

Turn down the oven to 180°C/160°C fan/ gas mark 4. Cover the bowl with foil and cook for about twenty minutes. Uncover and then cook for a further ten minutes until the top is golden. Remove from the oven and allow it to cool slightly. Turn the pudding out and serve with the crispy apple skins and cream.



When you are using the oven try to get double value. You could put potatoes in for baking or roasting, make croutons as in the recipe above or get a casserole underway.



In 2017 Tom O'Neill purchased the grain store on the banks of the River Barrow and created the museum; his partner Paula and her team run the café. They use the best of ingredients, locally sourced where possible. They are careful and creative with leftovers and keep their kitchen waste to a minimum.



James Murphy - Haggart Farm

HAM, CHEESE & POTATO FRITTATA WITH SHREDDED BEETROOT SALAD

A quick dish using everyday ingredients from your fridge.

Feel free to use substitutes.

INGREDIENTS

Salad

- 2 medium beetroot, with leaves if possible
- Olive oil
- Balsamic vinegar or lemon juice
- Salt

Frittata

- 1 small onion, diced
- 2 tbsp. olive oil or butter
- 300g cooked potatoes, peeled and diced
- 200g cooked ham, diced
- 8 large free range or organic eggs
- 150g cheddar cheese, grated
- 60ml milk or cream
- ½ tsp. – 1 tsp. Dijon mustard, optional
- Fresh herbs, chopped

METHOD

Make the salad first so it has time to soften.

Wash and scrub the beetroot well, then grate coarsely into a bowl. Chop the leaves and stems finely and add to the bowl. Dress with olive oil and vinegar and a little salt and rub around roughly with your hands to soften the mixture.

Garnish with fresh herbs. Leftover beetroot can be pickled

To make the frittata, put a large frying pan over a medium to high heat. Add the oil or butter to the pan and once everything has heated up, add the onions and allow to fry until soft. When the onion is soft, add the potatoes, frying until lightly golden. Next add the ham, cooking until it is heated through.

Beat the eggs in a large bowl and then beat in the milk or cream. Stir in the cheese and the mustard, if using.

Reduce the heat to low, pour the egg mixture evenly over the ham and potatoes and let it cook undisturbed until the edges begin to set. Put on the lid and let it cook slowly for 8 – 10 minutes. You could give it a quick flash under the grill if you want a golden top.

Let the frittata rest for a few minutes and then sprinkle with fresh herbs if you have them. Serve in wedges with the salad.

 Omit ham for vegetarian option



Any uncooked vegetable food waste that you do produce can be used to make compost. You can either make a compost heap with your kitchen and garden waste or you can use one of the many home composters which are quick, easy to operate and vermin proof. Some models even take meat and bones. See <https://compostingireland.ie> for more info.



James Murphy - Haggart Farm

TOMATO AND BREAD SOUP – PAPPA AL POMODORA

This dish, from Tuscany, is a classic example of traditional rustic food. It makes use of stale bread to create a deeply satisfying dish.

INGREDIENTS

- 3 tbsp. good olive oil
- 2 cloves garlic, finely chopped or grated
- 1 small onion, finely chopped
- 2 tins tomatoes or any tomatoes going soft
- 300g (about 4 thick slices) stale country style bread, torn into chunks
- 750ml vegetable or chicken stock, hot
- Small handful of fresh basil leaves, torn
- Salt and freshly ground black pepper

METHOD

In a large pot, fry the onion and garlic and cook until softened but not browned.

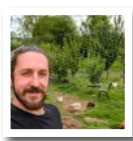
Add the tomatoes to the pot and cook for 10 – 15 minutes with the lid off until the tomatoes break down into a thick sauce.

Stir in the bread and pour in the hot stock. Stir well as the bread begins to break down and absorb the liquid. Simmer gently for 20 – 25 minutes, stirring frequently until it becomes thick and porridge-like.

Stir in the torn basil and season generously with salt and pepper. Taste it and if it is too acidic add a little sugar. Drizzle each bowl with extra olive oil before serving.



Become a soup maker – onions, potatoes and a stock cube make a good start. Soups are great for using up leftover vegetables in the fridge, even that half lemon. Add a tin of chickpeas and you have a meal. Freeze veg trimmings like onion peels, herb stalks or vegetable tops for stock. Add a tin of tomatoes for colour.



James and his family run The Haggart, a fruit and vegetable farm with a focus on sustainable and regenerative practices. They are believers in food waste reduction and try to use up everything they can. Between the chickens and compost heap, nothing ever makes it to the bin.



New Moon Indian Restaurant - Jamiul Alam

KICHURI

A quick and easy recipe to use up cooked vegetables. You could also use cooked rice if it has been kept in the fridge for just one day.

INGREDIENTS

- 1 onion, chopped
- 2 – 3 garlic cloves, minced
- 1 green chilli, finely chopped
- 200g basmati rice, uncooked
- 200ml chicken or vegetable stock
- 200g approx. leftover cooked vegetables
- Parsley or coriander to garnish

To serve, yoghurt and chutney

METHOD

Heat the oil and sauté the onion until golden brown.

Stir in the garlic and the green chili and cook for about 30 seconds.

Add the rice and stock and mix into the onion.

Cover and simmer on a low heat until all the water is absorbed, about 15 to 20 minutes.

Add the vegetables, stir gently and cook for about 5 minutes to release the flavours and get everything heated through.

Season well with salt and lots of black pepper and sprinkle chopped parsley or coriander on top. Serve with yoghurt and chutney.

You can add cooked chicken or hardboiled egg pieces at the end to make it more nutritious.



This recipe can be made with all the open bags of veggies or meat, odds and ends that you may have in the freezer which need using up.



Eco friendly baking parchment avoids the damaging chemicals in regular parchment so it is better for your health and for the environment. It is also very robust and can be used many times. What's not to like?



New Moon Indian Restaurant - Jamiul Alam

BREAD RASMALAI

This recipe is good for using up day-old bread.

INGREDIENTS

For the Ras (sweetened milk)

- 1 litre full-fat milk
- 3 tbsp. condensed milk
- 65g sugar
(adjust to taste)
- 4 whole cardamom pods
- 25g chopped nuts – almond, pistachio, cashew are tasty, plus extra for garnish
- A few drops of Rose water or kewra essence (optional)
- Rose petals or other edible flowers (optional)

For the Malai

- 6 white bread slices

METHOD

To prepare the Ras, boil the milk in a heavy, wide bottomed saucepan. Lower the heat and let it simmer until it reduces by about 60 – 70% (roughly 15 – 20 minutes), stirring occasionally. Add the condensed milk at this stage.

Add the sugar, cardamom pods, chopped nuts and the rose water or kewra if using. Stir to dissolve the sugar.

Let the milk cool down and then refrigerate for at least an hour. Remove the whole cardamoms

For the Malai, using a round cookie cutter or glass, cut circles from the bread. Arrange these on a plate or shallow dish.

To assemble the Rasmalai, pour the cooled Ras over the bread circles until they are soaked. Chill in the fridge for 1 – 2 hours, garnish with nuts and rose petals (if using) and serve. You can also pour some warm milk over the Malai and serve right away.



You can use the rest of the tin of condensed milk poured over dessert or porridge or even make delicious *dolce de leche*. It freezes well for up to six months too. To reduce food waste, cut the bread into triangles instead cutting out circles. If cutting circles, bread scraps can be used for making croutons or breadcrumbs.



Jamiul Alam has been part of New Moon restaurant for nearly a decade. He brings passion to everything he does. He uses recipes inspired by the rich culinary traditions of India and is careful about portion control in reducing waste. His enthusiasm for cooking brings comfort and culture to every plate.



Sandra Andree

SWABIAN POTATO SALAD

Great use for leftover potatoes.

It is even worth making leftovers on purpose!

INGREDIENTS

- 6 large potatoes, leftover cooked ones are fine
- 2 onions, finely diced
- 250g pickled cucumbers, pickled gherkins or cornichons, finely diced

For the Dressing

- ½ beef or vegetable stock cube
- 4 tbs. rapeseed or other oil
- 4 tsp. white wine vinegar
- 2 tsp. Dijon Mustard (optional)

METHOD

If cooking potatoes from raw, wash them and cut in half or quarters. Boil or steam until they are firm enough to slice but soft enough to absorb the dressing. Peel them and leave to cool.

When cool enough to handle, cut into slices and place them in a big bowl. If using leftover potatoes cut them in slices. Add the onion and the pickled cucumber to the potatoes.

For the dressing, pour 200ml boiling water over the ½ stock cube in a small bowl and stir to dissolve. When it has cooled a little, add the oil, vinegar, mustard (if using) and a tablespoon of the pickled cucumber juice. Season to taste with salt and pepper and more vinegar if you like.

Pour the dressing onto the vegetables and stir gently. Cover with a plate and leave to cool completely, stirring occasionally. The flavours will blend and improve over this time. Have a last taste, adjust and serve sprinkled with chopped chives or paprika. This salad will keep for three days in the fridge.



Batch cooking saves time and energy. It is especially useful if dishes take a long time to cook. It is lovely to find a meal waiting for you in the fridge or freezer. Even cooking double potatoes will give you a start for your next meal. Avoid the dreaded half jar! Sometimes a half jar of pickle or sauce or cream can get lost in the fridge. Keep an eye on them and use them up before starting a new one.



Sandra Andree

EGGS WITH TOMATOES BY PAPA

This recipe came to me from my dear father. It is so simple and quick that it doesn't really need a recipe! You can just whip it up when you are on your own. Just one pan to wash!

INGREDIENTS

- ½ onion, finely sliced
- Oil for frying
- 2 large tomatoes, diced, over ripe is fine or even tinned
- 2 free range or organic eggs

METHOD

Over a medium heat place a frying pan with a drizzle of oil. Sweat the onion until it is a light brown colour and soft.

Then add the tomatoes to the pan and season well.

Cook for a few minutes until the mix has all come together.

Move the mixture to one side and crack the two eggs in beside it and season lightly.

Put on a lid and cook gently until the eggs are set.

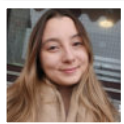
Serve in a bowl with crusty bread or potatoes.

If you like it spicy you can add some chilli powder or a spicier pepper.

If you want a more tomato-ey flavour, add some tomato juice during the cooking process.



Cling film is a plastic, and we are all trying to reduce our use, especially of disposable plastic. For covering food in the fridge put a plate on top of the bowl or use cotton squares and an elastic band. For wrapping sandwiches use greaseproof paper or wax wraps. If you can't work without it, look for compostable cling film where the plastics do not migrate into the food.



Sandra moved to Ireland from Germany in 2018. She brought with her a love for traditional German cuisine – especially the dishes her parents prepared for them as children. She hopes these recipes will inspire you to create your own cherished moments around the dinner table. Guten appetit!



BREAD & BUTTER PUDDING

A good recipe for using up stale bread.

INGREDIENTS

- 50g butter, melted, plus extra for greasing the dish
- 8 slices of day-old bread
- 60g dried fruit of your choice
- 2 large free range or organic yolks
- 2 large free range or organic eggs
- 40g caster sugar
- 300ml milk
- 300ml cream
- 4 tbsp. Baileys (optional)
- Sprinkle of brown sugar

METHOD

Preheat the oven to 150°C/130°C fan/gas mark 2.

Grease an oven proof baking dish well with some melted butter. Break up the bread and toss it in the rest of the melted butter. Add the dried fruit and mix together. Arrange the mixture in the greased dish.

In a bowl, beat the egg yolks, eggs and caster sugar together. Mix in the milk, cream and Baileys, if using. Slowly pour the egg mixture over the bread and melted butter. With a clean hand, press down slightly the bread into the egg custard. Leave to soak for 30 minutes and press down again.

Stand the dish in a roasting tin and pour boiling water into the tin. Allow the water to come halfway up the side of the dish. Sprinkle the pudding with the brown sugar.

Bake for 40-45 minutes. Take the pudding out of the oven and allow to rest. The custard will continue to cook. Serve warm and enjoy.



Don't let the leftover egg yolks or whites dry out in the bottom of a cup in the fridge. Use them in custard, meringues, chocolate pots, add to pasta or your next omelette. Or for something really different try salted egg yolks!



STRAWBERRY MERINGUE ROULADE

If strawberries are not in season, or even if they are, you could use raspberries, blueberries or lightly stewed plums or peaches. They are all delicious!

INGREDIENTS

For the Roulade:

- 6 free range or organic egg whites
- 340g caster sugar

For the Filling:

- 300ml whipping cream
- 1 punnet of strawberries, hulled and sliced

METHOD

Preheat the oven to 150°C/130°C fan/gas mark 2.

Whisk the egg whites with 170g of caster sugar until soft peaks form, then add the remaining sugar until stiff peaks form.

Spread evenly over a Swiss roll tin, greased and lined with baking parchment. Bake for 30 minutes. Leave to cool for ten minutes.

To assemble, gently flip the meringue out of the tray onto a fresh piece of parchment paper, gently remove the original bottom piece. Whip the cream until it holds firm peaks and spread it evenly over the meringue. Scatter over the sliced strawberries or other fruit.

Roll the roulade from the long side using the new sheet of parchment paper to help lift it. Roll it as firmly as you can (keeping the paper free of the roll) and then wrap it in baking parchment and leave to chill in the fridge before serving.



Save this recipe for strawberry season when they are most delicious, local and easily available from roadside stalls. If you bring your own bowl to the stall, you will save having to dispose of plastic waste and the stall will have a punnet for the next person. You can do this in the fish shop too. Even more of a win there, avoids smelly fish papers in your kitchen.



Specialising in pastry, Sinead has a deep love for baking and a natural flair for desserts. She controls food wastage by preparing only the quantity needed based on guest bookings and reservations. She carefully plans portions and uses leftovers creatively when safe.



BREAD & BUTTER PUDDING WITH RHUBARB & GINGER

A classic standby for using stale bread. Stale Danish pastries and croissants can be used to make a richer tasting pudding.

Rhubarb is in season from March to July, later in the year try plums, peaches or apple.

INGREDIENTS

For the Compote

- 300g rhubarb, chopped
- 5g root ginger, grated or ½ tsp. ground ginger
- 100g muscovado sugar or any type of sugar
- 80g sultanas or any dried fruit

For the Custard

- 380ml milk
- 380ml cream
- Vanilla pod or 1 tsp. vanilla essence
- 80g muscovado sugar or to taste
- 4 free range eggs
- 2 free range egg yolks

To Assemble

- 12 – 15 slices of stale bread or brioche
- 200g soft butter
- Cinnamon, powdered ginger and extra sugar for sprinkling on top, (optional)

METHOD

Preheat the oven to 180°C/160°C fan/gas mark 4.

Cook the rhubarb gently with a tablespoon of water, the sugar, ginger and sultanas. The compote is ready when the fruit has broken down and has thickened slightly. Remove from the heat and allow to cool.

Gently heat the milk, cream and vanilla to blood-heat. Remove the vanilla pod* if using. Whisk the sugar, eggs and egg yolks together in a bowl and then put them into a second saucepan. Slowly pour the milk mixture on top, whisking constantly and heating gently. Once the milk has been incorporated use a wooden spoon, stirring until the custard thickens. It is ready when you can draw a line through the custard on the back of the spoon.

Butter an ovenproof dish generously. Cut the bread into strips or triangles and butter on one side.

Dip the bread into the custard to soak it. Make a layer of bread in the dish, then a layer of rhubarb compote, spread out evenly. Repeat the process ending up with bread. Pour any remaining custard over the top and sprinkle with extra sugar, cinnamon and/or ground ginger, if using. Bake for one hour until golden and crisp.

*Use either the seeds or the whole pod. The pod can be dried and used again, for example, to make vanilla sugar.



To avoid wasting the left-over egg whites make mini meringues and put them to cook in the oven when it has been turned off after the Bread-and-Butter Pudding or you can freeze egg whites in a zip lock bag, use them in an omelette or as a glaze.



Alan Foley, Head Chef – Step House Hotel

VEGETABLES A LA GRECQUE

A good recipe for using up vegetables and fresh herbs or for making the most of a seasonal glut. The amounts given below are a rough guide to what will be covered by the liquid. Use whatever you have lurking in the fridge and don't leave any half vegetables!

INGREDIENTS

For the pickle

- 5 black peppercorns
- 1tsp. mustard seed
- 1 tsp. fennel seed
- 1 bay leaf
- A handful of fresh herbs
- 250ml white wine
- 40ml white wine vinegar
- Juice of 2 lemons
- 100ml good olive oil
- 1 tsp. salt
- A few leaves of basil and some tarragon

Guide to the vegetables

- In total 200g of firm vegetables: courgettes, cucumber, shallots, onion, red pepper, carrot, fennel, pumpkin, etc.

METHOD

Lightly toast the spices and bay leaf in a small saucepan until they are aromatic. Add the first lot of herbs and turn down the heat. Toss for less than a minute.

Add all the liquid ingredients and the salt. Finally add the basil and the tarragon.

Let it stand to infuse for 24 hours.

Chop the vegetables into bite sized pieces. Put them in a non-metallic jar or bowl and pour the pickling liquid over them.

If you want classic crunchy pickles let your brine cool before pouring it over the vegetables. If you prefer a softer texture pour the hot brine over the vegetables right away. Hot pickling is suitable for longer storage.



To avoid food being left on plates serve it in bowls on the table and encourage people to take what they will eat, and they can come back for more if they want to. It is easier to use leftovers from a central bowl rather than what is left on plates!



At the Step House Hotel, head Chef Alan Foley has always had a philosophy of using the best seasonal, local ingredients, organic where possible. His cooking mirrors the care he takes in sourcing his ingredients.



VEGETARIAN FAJITAS

This is a great recipe for all the odds and ends of vegetables you have in your fridge. The amounts are just a guide. Make it your own. Cauliflower and broccoli stems can be cut into julienne strips (thin strips) and steamed until soft. These can be accumulated and frozen from previous dishes until you have enough.

INGREDIENTS

For the sauce

- 500ml homemade vegetable stock* or use a stock cube
- 100g tomato paste
- 50ml Worcestershire sauce
- 1 tbsp. ground coriander
- 1 tbsp. ground paprika
- 1 tsp. ground cumin
- ½ tsp. ground Cajun spice (optional)

For the vegetables

- Rapeseed oil
- 2 - 3 celery sticks
- 2 - 3 carrots
- 1 green and 1 red pepper
- 1 onion
- Some broccoli or cauliflower
- Broccoli or cauliflower stalks – in julienne strips, pre-cooked
- 1 red chilli (optional)

METHOD

Combine all the ingredients for the sauce and simmer in a pan over a medium to high heat. Cook with the lid off until it is well reduced.

Chop the vegetables into small, bite sized pieces.

Heat the oil in a wok or pan and fry them until soft with a little colour. Pour the sauce over them and heat through.

Serve in flour tortillas, each person making their own with a choice of sour cream, guacamole and fresh coriander

*To make your own vegetable stock, double the amount of water to any vegetables you want to use up. Bring to a boil, simmer for 20 minutes. Add in a cut up lemon, a splash of white wine and any withered herbs from the bottom of the fridge. Let it cool down to infuse the flavours and then strain your stock.



Labelling – Use By is a Deadline; for health and safety reasons you should not use foods after this date. Best Before is a Guideline for you to make a decision on. Look, smell, taste. If it passes these tests it is all right to eat.



POTATO RISSOLES

This is a good recipe for using up mashed potato, cold meat, ends of cheese and stale bread. So, the amounts are a rough guide.

Your aim is to make a mix that will hold its shape.

INGREDIENTS

For the Rissoles

- 900g cold mashed potato
- 150g cheddar cheese, grated
- 200g cold meat, chicken, ham, whatever is in the fridge, finely chopped
- 2 – 3 spring onions or one small onion, finely chopped
- 1 free range or organic egg, beaten
- Fresh herbs, chopped

For the Coating

- 125g flour
- 150ml milk, approx.
- 1 free range or organic egg
- 300g breadcrumbs, made from stale bread

METHOD

Put the potato, cheese, meat, spring onions, egg and herbs into a big bowl and mix well with your hands. Season well. Make into burger shaped patties and put in the fridge for about an hour to get cool and firm.

To coat the rissoles, use three wide cereal bowls. Put the flour in the first bowl. Mix the milk and egg in the next bowl and put the breadcrumbs in the third bowl.

Dip each rissole in the flour, then the egg mix (draining off the excess) and then the breadcrumbs, making sure they are well covered. It helps to use one hand for the flour and crumbs and the other for the egg.

Either cook immediately or put them in the fridge until you are ready to cook them. Shallow fry, deep fry or use an air fryer to get them golden brown on both sides and heated through. Serve two per portion with a side salad and dressing of your choice.



When you are going shopping make a plan / menu for a few days or a week, make a list and stick to it in the shop. Buy what you will need for each day. Don't buy ingredients you know you will never use again. Don't shop when you are hungry.



Nigel works in a commercial kitchen, but he is passionate about avoiding waste. As he cuts and trims the food, he uses the offcuts in many other dishes. Always with safety in mind, he uses leftovers in creative ways. He would like to see an emphasis on waste reduction during chef training.



ROOT TO SHOOT CARROT & BEET SALAD WITH HERBY STALK PESTO & SOURDOUGH CROUTONS

This is a great salad for using all parts of the vegetables.

Feel free to experiment!

INGREDIENTS

For the Pesto

- 50g carrot tops or any soft greens: spinach, watercress, wild garlic
- 50g beet greens
- 1 clove garlic
- A bunch of fresh herbs (optional)
- 30g toasted sunflower or pumpkin seeds
- 50ml rapeseed oil
- Juice of ½ lemon

For the Salad

- 4 medium beetroot
- 3 carrots
- 6 radishes
- 100g mixed leaves

For the Marinade

- 1 tbsp. rice wine vinegar
- zest of the lemon
- 1 tsp. sugar.

METHOD

Preheat the oven to 200°C/180° fan/gas mark 6.

To make the pesto, blend all the pesto ingredients together until smooth. You may need to thin it with more oil so that it will pour. Season to taste. Leftover pesto can be frozen in ice cube trays for later use.

For the salad, wash the whole beets well and wrap in foil. Roast for 40 minutes. When cooled, peel and dice. Skins can be tossed in oil and crisped up in the oven. They can be left whole and crispy or blended into a coarse powder for a garnish.

Wash and thinly slice the carrots and radishes. Make the marinade, then mix with the sliced vegetables, leave to stand for an hour or so. Rinse and dry the salad leaves. Drain the marinade off the carrots and radishes. Mix the leaves and the vegetables and drizzle with the pesto.

For the croutons, cut up slices of stale sourdough and toss in 50 ml of rapeseed oil. Fry in a pan until golden on all sides. You could also cook them in the oven while the beets are roasting. Serve with the salad.



Consider growing your own vegetables. Even a small plot or raised bed will give you greens and herbs for the whole summer. It also gives you exercise and a good feeling of achievement.



Derek Oman - The Live Kitchen

SUMMER VEGETABLE FRITTATA WITH POTATO SKIN CRISPS

Don't be confined to these vegetables.

Use whatever you have in your fridge or, better still, in your garden.

INGREDIENTS

- 400g potatoes, scrubbed
- 2 tbsp. rapeseed oil
- 1 bunch spring onions, use white and green parts
- 1 courgette, grated
- 2 large handfuls fresh spinach, chopped
- 2 tbsp. parsley, chopped stalks included
- 8 free range or organic eggs
- 50g Irish cheddar, grated

METHOD

Peel and dice the potatoes, keeping the skins. Boil the diced potatoes for 8 - 10 minutes. They should be slightly firm. Drain them and allow to air dry. Pat dry the potato skins and leave on a tea towel.

Wash the spring onions, slice and in a non-stick pan sauté them in the oil. Add the grated courgette and stir for 3 - 4 minutes. Next add the spinach and stir in until wilted. Stir in the potatoes and parsley. Taste for seasoning.

Toss the potato skins in oil and salt and cook in an air fryer, or under the grill until crispy. Drain on kitchen paper.

Beat the eggs and pour them over the vegetable mix in the pan. Top with the cheese. Allow to cook from the bottom for 5 - 10 minutes. You can finish it off under the grill until the whole thing is golden and the cheese is bubbling.

Let it cool slightly and then remove from the pan and cut into wedges to serve with the crispy skins.



The paddy fields used for growing rice produce methane gas which is four times more polluting than CO₂. Growing potatoes, and wheat for pasta, produces oxygen in the daytime which we need to breathe. So, every time you use potatoes or pasta instead of rice you are doing your bit. Potatoes are grown locally so Go Spuds!



Derek has 35 years' experience in the culinary industry. His passion lies in zero waste cooking using locally grown seasonal produce and various preservation techniques. His focus is on promoting healthier food choices to prioritise wellbeing. He has opened a raw food restaurant, established an organic food shop and butcher's.



Laura Mullins – The Old Post Office

THE BOXTY BREAKFAST SNACK

You could use leftover potatoes to make the mash.

INGREDIENTS

- 6 medium potatoes, peeled
- 100g butter
- 1 small onion, small dice
- 6 free range or organic eggs
- 8 pork sausages
- 8 streaky bacon rashers, dry cured if possible.
- Plain flour, for dusting

METHOD

Take half of the potatoes, chop into pieces and boil until soft. Drain and mash with 50g of the butter.

Grate the remaining 3 potatoes coarsely into a bowl of water. Drain off the water and place the grated potato into a clean tea towel. Squeeze out the excess liquid. Place in a bowl with the mashed potato, diced onion and 2 of the eggs beaten together. Mix the ingredients until well combined. Using your hands, form four round potato cakes. Cover and refrigerate for a couple of hours or overnight.

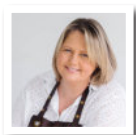
When almost ready to eat, heat a frying pan over a medium heat and cook the sausages and bacon in their own fat. Remove from the pan and place in a warm oven.

Take the potato cakes out of the fridge and lightly dust with flour. Put the rest of the butter into the same pan and fry them until golden brown on both sides. Ensure they are cooked all the way through. Keep them warm in the oven. Clean off the pan and fry the remaining eggs in a little oil.

Serve the boxty potato cakes stacked with the sausages, bacon and finally the fried egg perched on top.



Beware of three for two offers. You may not use that third pepper or lemon. But if you know you can find a use for it, happy days.



Denis and Laura Mullin run the café in Bagenalstown. It is dedicated to sustainability by sourcing ingredients from local suppliers. It is also aware of reducing waste in the kitchen. They have partnered with 2GoCup and were the first supplier in Bagenalstown to encourage the use of reusable coffee cups.



CHORIZO AND TOMATO CASSOULET

Chorizo is great for perking up a dish of leftovers in your fridge.

Here is a basic recipe for you to adapt to what you have.

The chorizo, tomatoes, garlic and chickpeas/beans are essential.

INGREDIENTS

- 1 tbsp. oil
- 1 chorizo sausage loop, diced
- 1 onion, diced
- 2 red or yellow peppers or 1 of each, deseeded and diced
- 1 courgette, diced
- 1 aubergine, diced
- 2 – 4 cloves garlic, crushed or grated
- 1 tin chopped tomatoes
- 400ml tomato passata
- 1 tin chickpeas or butter beans or cannellini beans
- 1 chicken stock pot or cube
- Handful of fresh herbs, chopped
- Loaf of crusty bread, to serve

METHOD

Having prepped all the vegetables, put a large frying pan on a medium heat and add the oil, allow it to heat for 1 – 2 minutes. Add the chorizo and fry it until it is beginning to brown.

As the chorizo starts cooking it will release some of its own oil which will help cook the vegetables and add flavour. Add the onions and give them a stir together. Next add the peppers, courgette and aubergine. Stir each time you add a vegetable to ensure it is coated in the lovely chorizo oil. Peel and crush the garlic or grate it in.

Cook with a lid on the pan until the vegetables are soft. Check that the aubergine is done.

Add the tomatoes, passata, chickpeas and stock pot or stock cube. Bring to a gentle simmer and cook for 10 – 15 minutes. Stir in the chopped herbs and season to taste. If it is too thick, add a little water, if too thin simmer for a while longer with the lid off.

Serve your cassoulet in bowls with doorstep slices of crusty bread. Leftovers can be stored in the fridge for three days and can also be frozen.

🌿 For a vegetarian option, try switching the chorizo for 180g of cooked lentils and fry together with 1 tbsp. smoked paprika, 1 tsp. chilli powder, 1 tsp. cumin, 1 tsp. oregano, 1 tbsp. tomato purée, salt and a splash of vinegar until the oil goes red.



Microwaves and air fryers are a super handy and energy efficient way of heating up leftovers. Get your teenagers used to using them for an afternoon snack of real food.



BRUSCHETTA CROSTINI

This recipe calls for the very best and freshest of Irish tomatoes.

*Grow them yourself or buy them from your local market
when they are in season.*

INGREDIENTS

- 6 - 8 tomatoes, finely diced
- 3 shallots, very finely diced
- 1 - 2 garlic cloves, crushed
- Bunch of fresh basil
- 50 – 70 ml good olive oil
- Ciabatta, baguette or other crusty bread. Can be fresh or a day old.
- Sea salt, cracked black pepper and sugar.

METHOD

Skin the tomatoes in boiling water and dice finely.

To skin tomatoes, in a bowl, cover them with boiling water. Set aside for 30 to 60 seconds or until the skins have split. Remove the tomatoes carefully with a fork. When they are cool enough to handle, peel off the skins before finely dicing the tomatoes.

Dice the shallots as finely as possible. Add to the tomatoes. Add in the garlic.

Season to taste with salt, pepper and a pinch of sugar.

Shred the basil and add the olive oil.

Mix gently but thoroughly and leave to sit at room temperature for 30 minutes or so.

Toast the bread lightly and top it with the mix, or let people make their own. Some grated parmesan or mozzarella would make it even more substantial.



The manufacture of kitchen foil uses a huge amount of energy. Even recycling it uses energy. So, if you must use it, reuse it over and over again. It is very useful for covering the Christmas turkey in the oven but try using a covered roasting dish for smaller roasts. It is unnecessary to use it for wrapping sandwiches etc., use greaseproof paper or wax wraps instead. Waste Busters think before they unroll!



When Caolán started work in the Dolmen at 15 he loved the atmosphere of a professional kitchen and went on to train as a chef. After many years working elsewhere he returned to the Woodford Dolmen as Head Chef. He loved the idea of this book where he could share his ideas for using abandoned items in the fridge.



INGREDIENT SUBSTITUTION GUIDE

- No baking powder?** You can swap 1 tsp baking powder for $\frac{1}{4}$ tsp baking soda + $\frac{1}{2}$ tsp cream of tartar, or $\frac{1}{4}$ tsp baking soda + $\frac{1}{2}$ tbsp vinegar.
- No butter?** Use $\frac{3}{4}$ the weight/volume of oil instead, margarine, or leftover roasting fats.
- No buttermilk?** Mix milk with 1 tablespoon of lemon juice or vinegar, or thin yoghurt with water.
- No cheese?** Use nutritional yeast, a spoon of mustard, or a splash of cream paired with salt and miso/soy for richness.
- No chicken stock?** Make quick stock using vegetable trimmings, herb stalks, garlic ends, and a splash of soy sauce.
- No cornflour?** Use plain flour instead, using double the amount for the same thickening effect.
- No cream?** Use milk plus a knob of butter to mimic richness and texture.
- No eggs?** Use flax egg, mashed banana, or apple purée for baking; use silken tofu or gram flour for savoury dishes.
- No fresh herbs?** Use herb stalks, frozen herb cubes, or dried herbs (1 tsp dried = 1 tbsp fresh).
- No fresh tomatoes?** Use tinned tomatoes, tomato purée, or roast soft tomatoes to revive them.
- No fresh veg?** Use frozen vegetables — perfect for soups, frittatas, and curries.
- No garlic?** Use garlic powder, roasted garlic paste, wild garlic, or the liquid from pickled garlic.
- No lemons?** Use vinegar, a splash of pickle juice, or frozen citrus zest.
- No milk?** Use water, stock, or any plant milk you have open.
- No onions?** Use leek tops, shallots, spring onions, or chives.
- No potatoes?** Use turnip, celeriac, parsnip, sweet potato, or stale bread chunks in soups and stews.
- No self-raising flour?** Use 100g plain flour + $1\frac{1}{4}$ – $1\frac{1}{2}$ tsp baking powder + small pinch of salt, or 150 g plain flour + 2 tsp baking powder + $\frac{1}{4}$ tsp salt





We often imagine climate action as something too large to take on, but it can begin with something as ordinary as a wrinkly vegetable in the bottom drawer of the fridge. Give that tired courgette a new purpose, stir in a little creativity, and suddenly you've created a meal that tastes good and helps our planet. When you mix that with some local ingredients and celebrate the recipes shared by our own growers and chefs, you're not just reducing waste, you're strengthening the community that feeds us all.

*This book may have a limited lifetime on your shelf - when you're done with it **pass it on.***

