



ZERO WASTE COOKING TIPS



LET'S REDUCE WASTE IN THE KITCHEN!

A huge amount of products are being thrown away. We as consumers can have a positive impact. Zero Waste cooking is two-fold: people often think of it as using it all, so the carrot and the green, but it's actually far more important to think of reducing food waste in general. It all starts with a shopping list. It's so tempting to be enticed by offers.

Try and shop seasonal and regional produce, plan most of your meals and make a shopping list before you go (and stick to it) and don't be tempted to bulk-buy if you can't use it all.

Handy tip: create inventory lists of your freezer and pantry on your phone, and update them as you add / remove items. This will come in handy for meal-planning and while shopping.

Lots of food can be eaten past its expiry date. If it's labelled with a Best Before Date, you can still eat it past the date. If you're unsure of expiry dates, watch my handy video here:



THE FREEZER IS YOUR BEST FRIEND!

Things you can easily freeze if you don't use them up and use as you go:

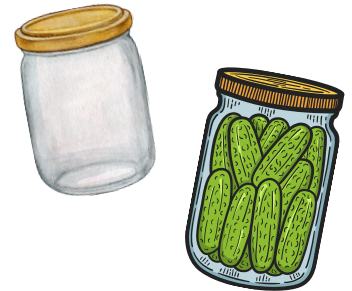
- Herbs: chop and freeze in bags
- Lemon slices: great in drinks
- Leftover wine: freeze in ice-cube trays and use in sauces
- Vegetable peels: collect in a bag and cook stock once you have enough
- Cheese: grate leftover cheese and use in pasta bakes
- Egg whites: use in cakes or make meringues
- Over-ripe bananas: use in banana bread
- Leftover boiled pasta (best when it's cooked really al-dente), just drop frozen into boiling water for 1 minute and it's ready





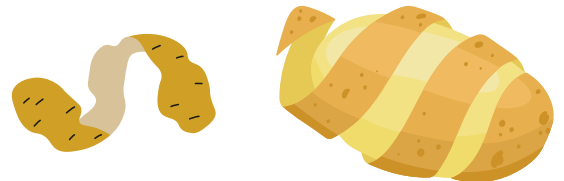
Did You Know?

- Use your almost empty mustard / mayonnaise condiment jars to make a salad dressing in
- Use leftover pickle juice in salad dressings
- Use coriander with the stems, finely chop them
- You can eat broccoli stems: simply peel them very well and slice, and cook along with broccoli florets



- Vanilla beans: Make vanilla sugar or Vanilla extract with them
- Fruit that's no longer nice: make compote, bake with it (also in savoury recipes – f.ex. pork with apples)
- Pickling: Any vegetable can be pickled. Simply heat some vinegar with sugar until the sugar has dissolved, pour hot over the vegetables and leave to pickle for at least 1 day.

- Potato peels: toss with a bit of oil and seasoning and bake 15mins at 200C, then you have chips



- You can stir-fry some veg leaves: beetroot, radish and carrot work well (wash thoroughly before to get the grit off)
- Don't throw away your used coffee-grounds: put in a little bowl and set them in the fridge to remove bad odours



- Put fruit tea-bags in a jug, fill with cold water and leave to steep for a few hours to get ice tea
- Pour milk into emptied Nutella jar, shake and get chocolate milk



RECIPE IDEAS



CHEESE

- Make fondue: melt leftover cheeses with wine and a bit of cream for a fondue
- Make cheese biscuits
(find the recipe on my website: www.anneskitchen.lu)
- Make a pasta cheese sauce
- Cheese soufflé
- Add parmesan rind to cook in homemade tomato sauce for a deeper flavour



EGG YOLK

- Mayonnaise / Aöili
- Brush cakes with it
- Add to potato purée for extra richness
- Pasta carbonara
- Caesar salad dressing
- Buttercream
- Custard / pudding
- Ice Cream

EGG WHITE

- Meringue (for pavlova or Eton mess)
- Financier cakes
- Egg-white omelette
- Whisky sours / Cocktails
- Use egg white for coating a schnitzel in breadcrumbs
- Granola



HERBS

- Any herb can be turned into pesto
- Add to salads and salad dressings
- Chop leftover herbs and freeze in little freezer bags

VEGETABLES

- Fritters: Grate vegetables, squeeze out excess liquid, mix with egg and a bit of flour and fry in oil until crispy
- Soup
- Vegetable Curries
- Ratatouille



YOGHURT

- In salad dressings
- Add a bit of garlic and fresh lemon zest and serve with meats, roast vegetables or currys
- Naan flatbreads (find the recipe on my website: www.anneskitchen.lu)
- Use in cakes

BREAD

- Bread croutons: cut into cubes, mix with olive oil and seasoning and bake at 180C for approx. 15 minutes until crispy
- Bread crumbs
- Panzanella bread salad
- Bread and butter pudding
- French Toast (works also with Brioche, Pannetone, Boxemännchen etc.)



GENERALLY HANDY RECIPES FOR ANYTHING LEFT IN YOUR FRIDGE

- Omelettes / Tortillas
- Egg-fried rice
- Risotto
- Pasta Bakes
- Gratins
- Curries
- Soups





AMARETTI COOKIES

Great for using up leftover egg whites



MAKES 12

100g ground almonds
50g sugar
20g candied orange peel
1 egg white
½ tsp lemon juice
½ tsp Amaretto
a pinch of salt
icing sugar

DIRECTIONS

1. Preheat oven to 150°C fan.
2. Put the almonds, sugar and a pinch of salt in a bowl and mix. Finely chop the candied orange peel and mix through the dough.
3. Add the egg whites, Amaretto and lemon juice and mix until you get a sticky dough, kneading with your hands if necessary.
4. Lightly dust your hands with icing sugar. Break off walnut-sized pieces of dough and roll into smooth balls, then roll in icing sugar and place on a baking tray lined with baking paper.
5. Bake in the preheated oven for 25 minutes and leave to cool on a wire rack.

SCAN FOR VIDEO





ANYTHING GOES CAKE



MAKES 1 CAKE OF 20X10CM

DIRECTIONS

150g butter, room temperature
(or good-quality vegetable oil)
110g sugar (or brown sugar)
2 eggs
1 tsp vanilla extract (or Rum/
Amaretto, or lemon/lime zest)
150g flour
2 tsp baking powder
¼ tsp bicarbonate of soda
¼ tsp salt
2 tsp ground spices
(f.ex. cinnamon, ginger,
spekulatius spice, pumpkin
spice)
300g grated fruit or vegetables
(f.ex. apple, pear, carrot,
zucchini, pumpkin, beetroot)
75g pantry strays (f.ex. chopped
nuts, granola or muesli,
porridge oats, dessicated
coconut, chopped chocolate,
dried fruits or frozen
blueberries)

For the icing:

70g icing sugar
1 tbsp of liquid (f.ex. milk, lemon/
lime juice, fruit juice or alcohol
such as Amaretto or Rum)

1. Preheat the oven to 170°C fan.
2. In a bowl, beat the butter and the sugar until creamy. Add the eggs and mix until fully incorporated, then add the vanilla extract and beat again.
3. In a separate bowl, mix the flour, baking powder, bicarbonate of soda, salt and spices. Add to the eggs with the grated fruit or vegetables and your choice of pantry strays and mix until you get an even batter.
4. Pour the batter in a greased loaf tin of 20 x 10cm and bake the cake in the preheated oven for 50 minutes.
5. Leave the cake to cool in its tin for 10 minutes before turning it onto a wire rack, Leave to cool completely.
6. Once cool, mix the icing sugar with your chosen liquid and drizzle over the cake. Leave to set for a few hours before serving.

TIP: You can also make muffins with this recipe, they will take approx. 30 minutes in the oven.

SCAN FOR VIDEO





LEFTOVER VEGETABLE FRITTATAS

Great for using up any leftovers



MAKES 4 MUFFINS

4 eggs
80ml cream or milk
200g cooked leftover veg,
chopped
*(f.ex. beetroot, carrot,
broccoli, potatoes, peas)*
100g cheese ends, chopped or
grated *(f.ex. gruyère, parmesan,
cheddar, feta)*
1 tbsp chopped herbs
(f.ex. basil, chives)
4 ham slices or tortilla wraps
(optional)
Salt & pepper

DIRECTIONS

1. Preheat the oven to 170°C fan.
2. Crack the eggs into a jug and whisk with cream or milk. Add the cheese and herbs and season generously with salt and pepper.
3. Line 4 muffin holes with ham slices (if using) or tortilla wraps and put some chopped vegetables into each.
4. Pour the egg mix into each hole, sprinkle with a bit more cheese and bake in the preheated oven for approx. 20 minutes.
5. Leave to cool a bit and then serve warm or cold.

Zero Waste Tip:

You can use spices (f.ex. curry powder, paprika powder) or leftover pesto in the egg mix.