Lovely Leftovers Recipes

Stir Fry Vegetables with Noodles

This recipe is great for using up left over cooked vegetables or odds and ends which need to be eaten but aren't enough by themselves to make a dish.

Ingredients
- Noodles: pre-cooked or dried
- Vegetables: pre-cooked or raw, for example carrots, pepper, onion, mushroom, beans, broccoli, cabbage, beansprouts
- Sauce (optional) for example black bean sauce or sweet and sour sauce

Method
- Slice or shred the vegetables for quick cooking.
- If the noodles are dried, soak or cook according to the packet instructions.
- Heat a wok or a heavy frying pan with a little oil.
- When the wok is hot, add the vegetables (put things that need more cooking in first, others later).
- When the vegetables are ready, lower the heat a little, add noodles and stir.
- Add sauce if using and stir.

Vegetable Purée on Toast

This is a tasty, healthy and quick supper or lunch dish which can use up cooked or raw vegetables of all sorts.

Ingredients
- Left over cooked vegetables or raw vegetables such as parsnip, turnip, sweet potato, carrot, peppers, greens
- Bread for toast

Method
If the vegetables need cooking:
- Cut vegetables into smallish cubes.
- Add to greased roasting tin, pour over a little olive oil.
- Roast at gas mark 6/7 for 20 minutes or until soft. Keep an eye on them because they can burn easily!

When the vegetables are soft:
- Mash the vegetables with a potato masher or fork.
- Toast the bread.
- Serve the purée with toast.

Carrot and Coriander soup with Croutons

This is a great way to use tired or over-large carrots. You can also adapt the recipe with other vegetables such as parsnip or squash and herbs such as thyme or basil. You can use the coriander stalks as well as the leaves for extra flavour and less waste.

Croutons are best made with bread which is a bit dry – if it is fresh it won't crisp up so well.

Ingredients (for 2 people)
- 1 onion (you can add a little garlic too if you like)
- 4 large carrots or thereabouts – can be a bit tired!
- 1 good bunch of coriander
- 2 slices bread for croutons

Method
- Chop onion. Peel and chop carrots into small pieces.
- Separate leaves from stalks of coriander. Chop the stalks (if used). Chop the coriander leaves.
- Heat a little oil in a heavy based saucepan and soften the onion.
- Add carrot (and coriander stems if using) and cook for another 5 minutes, stirring.
- Add water and simmer until soft.
- Toast the bread and cut into cubes to make croutons.
- Blitz the soup in a blender or with a hand-held liquidiser to a smooth consistency.
- Add water to the desired consistency and reheat.
- Add shredded coriander leaves.
- Serve with croutons.

Thai-style curry

This is another very quick dish and you can use left over meat as well as vegetables. A jar of curry sauce is a good standby for the cupboard for a very quick meal. You can of course make your own sauce from scratch but it takes longer and needs some ingredients like lemon grass which don't store so well.

Ingredients (for 2 people)
- 1 onion
- Vegetables such as squash, broccoli, cauliflower, beans, peppers, mushrooms, peas. (Anything which needs a lot of cooking like squash or cauliflower should be half-cooked in advance but not too soft.)
- Jar of sauce such as Thai Green Curry sauce

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Method
• Chop onion fairly finely.
• Chop vegetables into bite size pieces.
• Heat a little oil in a heavy based saucepan and soften the onion.
• Add vegetables and fry gently just a few minutes – they should not be falling apart.
• Add sauce and simmer very gently 5-10 minutes more to allow flavours to meld.
• Serve with rice.

Chicken Salad Wrap
This is a super-quick lunch and can use up salad stuff as well as left over cooked meat. You can spice this up and get really creative with the dressing.

Ingredients
• Tortilla wraps
• Cooked chicken (or other meat)
• Salad such as lettuce, cucumber, radishes, mushrooms, tomatoes, peppers
• Dressing such as vinaigrette (salad oil and wine vinegar or lemon juice with a teeny bit of mustard powder) or mayonnaise or whatever you like.
• Finely grated ginger and/or chilli oil if desired

Method
• Mix ginger or chilli with dressing if desired.
• Slice or shred the salad ingredients as appropriate.
• Stir the salad with the dressing.
• Warm the tortilla wraps if possible.
• Place a little cooked meat and salad on each tortilla (drain excess dressing from the salad or it will be too wet) and fold up to make a parcel.

Bread Pudding
This makes a cakey pudding which you can also slice and serve for tea. It doesn't matter how dry the bread is because it gets soaked anyway.

Ingredients
• 1 large loaf stale bread
• 2 tsp mixed spice
• 2 oz vegetable suet
• Dried mixed fruit to taste

Method
• Soak bread overnight in cold tea or water.
• Strain off excess liquid and put the bread in a mixing bowl. It will be falling apart anyway, but make sure it breaks up well.
• Add other ingredients and mix all together.
• Place in a greased roasting tin and bake on a low heat (130C, gas mark 1) until dried out and solid. This will take 2 hours or so depending on the shape of the tin.
• Sprinkle sugar on the top – this will melt into the pudding as it cools.
• Slice and serve with custard or cream or as desired.

Bread and Butter Pudding
This is a more moist and rich pudding with lots of fruit.

Ingredients
• 10 slices bread or thereabouts depending on the size of your tin.
• Butter to spread on bread
• 4-5 tbsps sugar or to taste
• Dried mixed fruit to taste
• Milk – about ½ pint or so.
• Grated nutmeg (optional)

Method
• Butter bread and use it to line a baking tin, butter side down.
• Sprinkle with sugar (about 1 tbsp) and mixed fruit.
• Add more layers of bread and sugar/fruit until you run out of bread (or room).
• Sprinkle sugar and grated nutmeg on the top.
• Pour milk over the pudding letting it soak through. Stop pouring when the milk is just visible.
• Bake in oven at 150C gas mark 2 about ¾ hour until brown on top and not too solid. It should be just a little wobbly.

These recipes won’t be demonstrated today as they take a lot longer but they are an excellent way to use stale bread

Recycling Champions don’t like throwing stuff away – we think we have better things to do with our precious land than to bury our garbage in it! Besides which, recycling conserves resources, reduces carbon emissions and saves money. Supported by the City Council, groups of us are organising and taking part in local events to promote the less waste and more recycling message. The North Cambridge group meets regularly at Arbury Community Centre on the first Thursday of the month at 10.30am. If you are interested do come along or contact Mark Buckton.

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