

# Waste less, Save more Recipe Book

*Creatively using up leftovers and  
inspired by regional ingredients*



**Sainsbury's**  
*live well for less*

*Waste less*  
*Save more*

# About this booklet

Many of us want to save money and eat better too. But sometimes it's hard to know where to start. So Perth & Kinross Council have teamed up with supermarket Sainsbury's to help you **waste less and save more**.

Wasting less food can help your household budget go further, as well as being better for the environment.

The recipes in this book were collected as part of the Glenfarg & Kinross-shire Zero Waste Challenge, where for 6 weeks householders were encouraged to reduce their food waste by:



Planning



Portioning



Storing



Cooking

Householders and local businesses have shared their favourite recipes which creatively use up leftovers and are inspired by regional ingredients, so that we can all reduce the amount of edible food that we throw away.

This Recipe Book also includes handy hints and tips about how to best store your ingredients so as to avoid food waste.

Remember that all cooked and uncooked food can be recycled via your kerbside brown bin, and raw food can be composted at home, so that food waste is not sent to landfill.



**Fruit such as apples, oranges and grapes will stay fresh longer if kept in the fridge.**



**Planning & Preparation**  
Planning your meals and then planning your food shopping (by getting into the habit of writing a shopping list) can save you money and reduce your waste as you only buy what you need.



**Leftover Ratatouille can be blended to make a pasta sauce for another meal**

## Graeme Pallister's Favourite Recipes for Smoothies & Juices

Portioning for 20+ plus tasters

### 1 To-Feel-A

Spiced apple and ginger shot:

- 3 apples halved
- 5cm square of ginger
- 2 lemons quartered

Anti-inflammatory • Anti-oxidant • Lowers blood sugar  
• Lowers bodily pain signals • Boosts immune system  
• Heavily alkaline

### 2 Summer Sunshine

- 1 watermelon peeled
- 1" ginger
- 2/3 pineapple

Positive gut enzymes • Fight  
against cancer and inflammation  
• Rehydrate

### 3 Gym Juice

A simple 2 ingredients instead of water in gym:

- 6 stalks celery
- 4 pears

Electrolytes boost: sodium and potassium •  
Relieves anxiety • Improves muscle strength •  
Aides nervous system • Maintains fluid levels  
throughout body



#### 4 The Hulk

- 6 celery stalks
- 1" ginger
- 2 cucumber
- 1 lemon
- 16 kale
- 4 apples

*Not the friendliest tasting  
but the best for you!*

*Better boost than coffee if you're ditching caffeine*

- Vitamin b loaded
- Multi vitamin
- Anti-inflammatory
- Liver function aiding
- Immune system boost
- Nervous system regulator
- Essential minerals



#### 5 Jason Vales Berry Banana Crunch

- 4 apples juiced
- 3 handfuls frozen berries
- 4 heaped tablespoons natural yogurt
- 2 very ripe bananas
- 2 tablespoons mixed seeds (chia, sesame, pumpkin, sunflower)
- ice

*Pro-gut bacteria • Omega 3 •  
Anti-oxidant • Fibre boost • Essential minerals*



## Jenny Thomson (of Courses for Cooks) Recipes for Stock

*A good stock is the base for delicious soups and stews not to mention risotto and sauces.*

*Meat stock is very nutritious and healing to the body, it contains easily digested amino acids, gelatine, glucosamine, fats, vitamins and minerals. Far better than stock cubes, although these are fine in an emergency.*



- *Stock will keep in the fridge for about 1 week, or can be frozen for use later.*
- *Never add salt to stock, add salt to the finished dish.*
- *A scum usually forms on the top of stock as it is cooking, this can be skimmed off to give a clearer stock.*

**Be aware of basic food safety: you need to cool down any leftovers before you put them into the fridge or freezer for using up later. The longer and flatter the container you use, the faster your leftovers will cool down after cooking.**



## Vegetable Stock

(For approx 1 litre of stock)

- 1 large onion
- 1 large carrot
- 2 sticks celery
- 1 leek
- A few cabbage leaves or cabbage core
- 2 cloves garlic peeled and left whole
- A few mushrooms
- 1 tsp peppercorns
- 3 bay leaves
- Handful of parsley stalks
- 1 litre water.

\* Save vegetable cooking water and store in the fridge as a vegetable stock alternative.

1. Chop the vegetables roughly and place in a deep pot with a lid.
2. Drizzle over a little oil and fry the vegetables gently for a few minutes until beginning to soften.
3. Add the water, bring to the boil and simmer for 20min.
4. Strain, press the vegetables to extract as much liquid as possible, then discard the pulp and use the liquid as needed.



## Chicken Stock (For approx 1 litre of stock)

- Bones, skin and carcass of 1 medium chicken - either fresh or left over from a roast
  - 1 large onion
  - 1 large carrot
  - 1 stick celery
  - 2 bay leaves
  - Handful of parsley stalks
  - 1 tsp peppercorns.
1. Chop the vegetables (as with the last recipe) and place in a large pan with chicken bones, skin and carcass with enough cold water to cover.
  2. Bring to the boil, skim off any scum and simmer for 2 hours.
  3. Strain as above and chill. Fat can then be skimmed off the surface before using.



The meat carcass and fish bones can be put in your kitchen caddy and then added to your brown-lidded bin.

## Beef Stock (For approx 1 litre of stock)

- About 1 kilo of beef bones (ask the butcher to cut them up if they are very big), 1 large onion, 1 large carrot, 1 stick celery, 1 tsp peppercorns, 2 bay leaves, handful parsley stalks, small handful thyme.
- Place the beef bones in a large roasting tin, chop the carrot and celery and quarter the onion, keeping the skin on. Put into the roasting tin with the bones, drizzle with a little oil and mix to coat with the oil. Roast at 200C/Gas6 for about an hour.
- Transfer to a large pot, cover with cold water, add the parsley, thyme and peppercorns. Bring to the boil, skim any scum off the top and simmer for about 4 hours. Strain as above, cool, refrigerate and remove any fat from the surface before using.





## Recipe for Mushroom Soup

Serves 4

- 30g butter
- 1 medium onion - chopped
- 340g mushrooms - chopped
- 3 tbsp chopped parsley
- 1 small clove garlic - whole, skin removed
- 2 slices of bread (about 100g) - torn into pieces
- 900ml chicken or vegetable stock
- ½ tsp grated nutmeg
- 75ml half fat crème fraîche (optional)
- Salt and pepper to taste



1. Melt the butter in a large, heavy saucepan.
2. Add the chopped onion and clove of garlic. Fry gently for a few minutes to soften.
3. Add the chopped mushrooms, increase the heat and when the juice starts to come out of the mushrooms, add the bread.
4. Stir round to allow the bread to absorb the mushroom juices, and then add the stock.
5. Bring to the boil, turn down and simmer gently for 10 minutes.
6. Add the parsley, cream and grated nutmeg.
7. Taste and add salt and pepper as required.



Calories per portion: 267 • Total Fats: 12.5g, Saturates: 7.3g  
 • Carbohydrates: 26.6g • Protein: 10.8g • Sodium: 548mg •  
 Sugars: 8.7g

## Recipe for Lentil Soup

Serves 4

- 1 tbsp oil
- 500g roughly chopped vegetables\*
- 1 litre chicken or vegetable stock
- 100g split red lentils
- 2 tbsp parsley
- 1 tsp dried mixed herbs
- Salt and pepper to taste



1. Heat the oil in a large, heavy saucepan.
2. Add the chopped vegetables. Fry gently for a few minutes to soften, stirring from time to time.
3. Add the stock, herbs and lentils.
4. Bring to the boil, turn down and simmer gently with a lid on the pan for 20 minutes.
5. Add the parsley, blitz with a stick blender or liquidiser.
6. Taste and add salt and pepper as required.



\* Vegetables - almost any vegetables can be used: carrots, onions, leeks, celery, celeriac, squash, courgette, parsnips, turnip, tomatoes, sweet potato, kale...

Calories per portion: 244 • Total Fats: 3.9g,  
Saturates: 0.5g • Carbohydrates: 35.4g •  
Protein: 16.3g • Sodium: 58mg • Sugars: 8.9g



## Gill Siewwright's Recipe for Borlotti Bean Soup with Pancetta

Serves 4 • 6 SmartPoints per serving

Gill from Weight Watchers Kinross recommends this recipe from the New Weight Watchers Fkx range - the ingredients can be reduced but it is a good way of using up potatoes. By including beans, this is a hearty meal and you can include butter beans instead of borlotti beans for a subtly different texture and flavour.

Preparation time 15 minutes, cook time 40 minutes

It's also a great recipe for a slow cooker: just prepare the ingredients on an evening, pop them all into the slow cooker and set your timer so that it simmers away during the night when electric is a bit cheaper and then again to come on briefly to re-heat it just before your teatime.

*Recipe overleaf*

When out shopping, look for newly-designed packaging (such as baked bean containers and juice cartons) which includes portion sizes.

- Calorie controlled cooking spray
  - 1 large red onion, chopped
  - 2 celery sticks, chopped
  - 1 large carrot, peeled and diced
  - 150g potato, diced
  - 1 fennel bulb, trimmed and finely chopped
  - 100g cubed pancetta
  - 3 garlic cloves, chopped
  - Sprig of rosemary
  - 1 fresh bay leaf
  - 410g tin borlotti beans, drained and rinsed
  - 1 large courgette, chopped
  - 900ml chicken stock, made with 2 cubes (ensure gluten free)
  - 30g Parmesan, grated, to serve
- 1 Mist a large pan with cooking spray and sauté the onion, celery, carrot, potato, fennel, pancetta and garlic for 15 minutes or so, until the veg is soft and golden. Add the rosemary, bay leaf, beans, courgette and stock, season and simmer for 25 minutes.
  - 2 Using a potato masher, crush the vegetables slightly. Serve the soup seasoned with freshly ground black pepper and topped with grated Parmesan.

**Dairy foods such as hard cheese and milk, butter, yoghurt, cream (whipped a bit) and eggs (egg whites and yolks but not still in their shells) can be frozen.**

## Pat Doran's Recipe for Kheema with Potatoes and Peas

Serves 4

Pat and a Kinross-shire community group enjoyed making these recipes together recently. You will need a frying pan, chopping board, knife, grater and wooden spoon.

Consider adding a pastry or potato mash topping to turn it into a pie or mini pies for tonight's dinner or tomorrow's lunch.

- 4 tablespoons oil
- 2 onions finely chopped
- 2 teaspoons ground coriander seeds
- ½ teaspoon ground cumin seeds
- ½ teaspoon ground turmeric
- 2.5 inch piece of ginger - finely chopped/grated
- 1 chilli - finely chopped
- 1 heaped teaspoon garam masala
- 500g minced beef
- 250g small potatoes quartered
- 500g shelled peas

1. Heat the oil in a frying pan.
2. Add onions and cook until soft.
3. Add spices and fry for 5 minutes over low heat.
4. Add 1 tablespoon water if mixture starts to burn.
5. Stir in minced beef and cook over high heat until well browned.
6. Lower heat and add the potatoes and salt to taste.
7. Cover and cook gently for 5 minutes.
8. Add peas.
9. Continue cooking until the potatoes and peas are tender.

## Pat Doran's Recipe for Raita Serves 4

*A Raita is great for cleansing your mouth and is a perfect side dish to a main meal. To create this, you will need a bowl, chopping board and knife.*

- 100g cucumber - grated or thinly sliced
  - 300g natural yoghurt
  - 50g spring onions thinly sliced
  - 1 green chilli - seeded and finely chopped
  - Coriander leaves to garnish
1. Place cucumber in a colander, sprinkle with salt and leave to drain for 30 minutes.
  2. Stir in yoghurt, spring onion and chilli.
  3. Arrange in a serving dish and chill.
  4. Garnish with coriander.



## Neil Buchan's Recipe for Brisket and Spent Espresso

Used coffee grounds are usually composted, but before putting them in your kitchen caddy or home composter, why not try this recipe from Neil Buchan of the Unorthodox Roasters - a roastery and café - in Kinross.

This recipe is a cracker. The espresso grinds must be very fine. As fine as the grinder allows as would be the case in an espresso. We enjoy using our Pure Funk Rwandan coffee in this recipe. It seems to lend a very subtle, fruity flavour note. Dry rubs are born out of Texan, Louisiana style cooking in the deep US south. Brisket over a slow smoker outside would be perfect. In Scotland, the slow cooker may just do the trick.

12 + hours. Low and slow is the key here.

- ½ cup firmly packed brown sugar
- ¼ cup chipotles (smoky jalapenos)
- 1/3 cup espresso-grind coffee ultra-fine
- 2 tablespoons garlic powder
- 1 tablespoon onion powder
- ½ teaspoon cinnamon
- 1 tablespoon maldon sea salt
- 1 tablespoon black peppercorns

*Recipe overleaf*

1. Remove the gristle from the brisket. This recipe is for a dry rub that can be used with any meat to enhance flavour but I like it with brisket.
2. Grind the chipotles. These can be bought online or in good supermarkets. Lupe Pintos - the Latin American grocer sells them in Edinburgh. Grind in an old grinder or maybe a nutri bullet. Something that gets them all crushed up.
3. Peppercorns should be finely ground in the mill too.
4. Mix together in a large bowl and keep in an airtight container. This dry rub will last in a dark cupboard for about half a year. The key is that the rub is very dry and all the constituent components are very well mixed together.
5. Massage the rub into the brisket and leave in the fridge for 24-36 hours. Fresh espresso grinds will give a greater flavour impact but there is still a nice flavour hit from the spent grounds.





## Alison Seward's Recipe for Make-It-Up Macaroni Cheese with Extras

I just wanted to tell you about a recipe I am using more and more. I find it is a quick and easy go-to recipe that uses any leftovers and always uses regional ingredients. It may sound a bit classic and boring, but it seems to be a thumbs-up every time I serve it.

- 350ml milk - any type including long-life
- ½ onion local produce
- 1 clove garlic
- 1 bay leaf
- 175g macaroni
- 25g butter or margarine (works well with any spread)
- 25g plain flour
- 90g cheese: any cheese works - it's a great way to use up odd/dried up bits
- 5g English mustard powder or any type of mustard
- 25g breadcrumbs: any bread - and this recipe is good for using up stale ends of a loaf

*Recipe overleaf*



Make a roux by melting the butter or margarine in a pan and stirring in the plain flour (taking about 5 minutes on a medium heat) then add the milk a little at a time whilst stirring quickly with a wooden spoon. Over about 5 minutes this will become a smooth and thick sauce if you take the pan off and on the heat. Then add the grated cheese or lumps of cheese, whilst continuing to stir off and on the heat.



*Extras - If you have any leftover vegetables in your fridge, cut up and mix through the sauce - I like to include the last piece of broccoli, small new potatoes, grated carrot and celery which never gets used up. Even frozen peas. It's very easy to add in any last leg vegetables. I think the more colourful the dish, the more appealing so chop up the last few mushrooms and peppers that you don't wish to waste - as they do cost. This recipe can change throughout the year as different ingredients become available during each season. Good healthy one-pot dish. Enjoy!*

## Pat Doran's Recipes for Instant Ice Cream

Use up fruit on special offer (eg buy-one-get-one-frees) and enjoy fruit which has been frozen for eating out of season.

### Instant Banana, Raspberry/Fruit Ice Cream

Serves 3 and only takes 5 minutes to prepare

- 2 ripe bananas, frozen
  - 1 cup of raspberries, frozen (or any other berry you like)
  - $\frac{1}{4}$  cup Greek yogurt
  - 1 tsp vanilla extract
  - Honey for extra sweetness (optional)
1. Place all the ingredients into a food processor and blend until the mixture resembles mousse. Over-mixing will result in a thinner consistency - but you can still enjoy it as a cold smoothie if this happens.
  2. Serve immediately OR place in an airtight container and freeze. Stir every hour or so until frozen solid (2-3 hours).



### *Instant Banana Ice Cream*

*Serves 4 and takes 30 minutes to 1 hour to prepare*

- 4 very ripe bananas, peeled, cut into chunks*
- ¼ tsp vanilla essence*
- 3-4 tbsp sugar, honey or sweetener to taste*
- 150ml/5fl oz buttermilk or 150g/5½oz Greek-style yoghurt*

- 1. Spread the banana chunks out on a tray and transfer to the freezer.*
- 2. Leave the banana in the freezer until frozen all the way through (about one hour).*
- 3. Place the frozen banana chunks into a food processor.*
- 4. Add the vanilla, sugar, honey or sweetener and half of the buttermilk (or yoghurt).*
- 5. Turn on the processor and blend for a few moments. Then, while the processor is still running, pour in the remaining buttermilk in a thin, steady stream (if you are using yoghurt, just tip it all in and blend).*
- 6. Blend until the mixture is smooth and creamy. Serve at once.*



## *\*Winning Competition Recipe\**

### *The Nicholls Family's Recipe for Beetroot Coconut Bites*

*Here is our homemade recipe for using up steamed beetroots bought on special offer!*

*Makes 22  
(depending on the size)*



- 200g chopped dates*
  - 2 tbspc cocoa powder*
  - 100g steamed beetroot - locally produced of course!*
  - 150g desiccated coconut*
  - 100ml orange juice*
- 1. Add all to food processor and mix until a smooth consistency that can be rolled into balls. Add more orange juice/coconut as required to moisten or dry the mix.*
  - 2. Roll into little bite-sized balls and coat in desiccated coconut.*

*These are really quick to make but can melt quickly afterwards so keep them in the fridge between snacks.*

*This is a great recipe for using up an opened packet of vacuum-packed beetroot, which can go mouldy in just a few days even when stored in a Tupperware container in the fridge. It's a nice alternative to using beetroot in a salad, risotto or soup with soured cream and is a fabulous way to get children to enjoy beetroot - a vegetable with a lot of health benefits - and this recipe is not too sweet.*

# More information



## Useful websites

[www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

[www.pkc.gov.uk/recycle](http://www.pkc.gov.uk/recycle)

<https://wasteless.savemore.sainsburys.co.uk/>

<https://www.eatbetterfeelbetter.co.uk/>

<https://www.nhs.uk/change4life>



## Food saving apps

- *Food Rescue*
- *Love Food Hate Waste*
- *EatBy App*



## Contact

 01738 476476

 [recycle@pkc.gov.uk](mailto:recycle@pkc.gov.uk)

 [www.pkc.gov.uk/recycle](http://www.pkc.gov.uk/recycle)

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