

**TASTE  
NOT  
WASTE!**



**DON'T THROW IT AWAY,  
COOK IT THE WOODLANDS GARDEN WAY!**







# **TASTE NOT WASTE**

A guide to cutting your food waste and a collection of vegetarian and vegan recipes using everyday leftover ingredients.

Woodlands Community Garden & Climate Action Hub, Spring 2012

# **BON APPÉTIT!**



# **MENU**

Food waste in Scotland 5

Tasty starters 6

A guide to cutting your food waste 10

From waste to taste in pictures 13

Tasty mains 17

Tasty puddings 22

Afters 26



# FOOD WASTE IN SCOTLAND

Did you know that:

Scottish households throw away 566,000 tonnes of food every year.

This works out at over £1 billion worth of food being wasted each year or an average of £430 being wasted per household.

Two thirds of all food thrown out can still be eaten.

Half the good food thrown away is untouched, with one in seven items still in their packaging.

If we stopped wasting all this food, we could prevent the emission of 1.7 million tonnes of carbon dioxide each year in Scotland. That's the same as taking 1 in 4 cars off the road.

Globally most people don't have the option of wasting so much food. The United Nations Food and Agriculture Organisation estimates that 925 million people go hungry every year, that's more than 177 times the population of Scotland.



**There is an alternative!**

**Turn waste into taste!**

**Don't throw it away!**

**Cook it the Woodlands Garden way!**

# TASTY STARTERS

## VEGETABLE BHAJIAS

### LEFTOVERS

Use any leftover raw vegetables which you can thinly slice.  
e.g. potato, parsnips, aubergine, beetroot.

### OTHER INGREDIENTS

150g of gram flour  
2 cloves of garlic crushed  
1 inch of ginger crushed  
1 chilli crushed  
1 tsp of salt  
Half tsp of red chilli powder  
Half tsp of turmeric  
5g of chopped coriander  
1 tsp of coriander seeds (slightly crushed)  
Vegetable oil for frying

### METHOD

Wash the vegetables and slice them thinly. Leave to stand in slightly salted hot water. This will help remove the starch and will also keep the colour of the vegetables.

Make the batter for the bhajias by putting the gram flour, salt, red chilli powder, coriander seeds, turmeric, crushed garlic, ginger, crushed chilli and chopped coriander in a bowl and mix together well.

Add some water to the mixture and stir gently to make a smooth batter (it shouldn't be too thin - it should stick to your fingers).

Dip each of the vegetables individually into the batter until well coated.

Add oil to a frying pan and heat until it sizzles when a drop of water is added.

Deep fry the bhajias until they turn golden brown, turning them over once.

### SERVING SUGGESTION

Serve hot with your choice of sauce or pickle

### SIMPLE VARIATIONS

Why not serve with a **yoghurt raita** alongside? Use up yoghurt (or soya yoghurt) by adding a sprinkle of lemon juice and black pepper. Then add grated carrot, finely chopped spring onion or grated radish depending on what you have lying around. In summer months add in some fresh mint.

# THICK VEG AND LENTIL SOUP

## LEFTOVERS

Use courgettes, peppers, mushrooms, sweetcorn, peas, carrots.

## OTHER INGREDIENTS

1 cup of red lentils  
1 onion  
2-3 cloves of garlic  
4 fresh tomatoes chopped or 1 tin of tomatoes  
Salt and pepper  
Mixed herbs  
1 vegetable stock cube  
Knob of butter or vegan margarine

## METHOD

Boil the lentils in water rapidly for 5-10 mins, then strain.

Fry the onion and garlic on a low-medium heat until soft (5 mins).

Peel and chop your leftover veg, add them to the onion and garlic and continue to fry for around 5 mins until onions become soft and golden.

Sprinkle on stock cube and mixed herbs. Add in the cooked lentils, chopped tomatoes and sweetcorn (if using it). Stir until everything is mixed thoroughly.

Add some water if you think it needs it, the consistency is down to personal taste.

Cover and simmer for 30-45 mins on a low heat - keep checking to make sure it doesn't stick or dry out. To thicken the soup leave the lid off and allow some of the liquid to evaporate.

## SERVING SUGGESTION

Serve with bread or turn into a main by serving with jacket potato, mashed potato or rice.

## SIMPLE VARIATIONS

Transform into a curry by adding curry powder with the onion and garlic. Make the soup hot and spicy by adding fresh chillies or chilli powder with the onion and garlic or more filling by adding chilli beans, butter beans or chickpeas.

# TASTY STARTERS

## TANGY CARROT AND ORANGE SOUP

### LEFTOVERS

3 medium onions (sliced finely)  
500g of carrots (scrubbed clean and sliced)  
2 oranges

### OTHER INGREDIENTS

Veg stock cube  
Water  
Butter or oil

### METHOD

Fry the sliced onion in oil, cover with a lid and cook on a gentle heat for 10 mins.

Add the sliced carrots and toss them in the oil/butter until well coated.

Cook for a further 3-4 mins, stirring occasionally.

Add the stock cube to a jug with about a 1 pint of boiling water.

Stir in the stock cube, until fully dissolved and then pour over the carrot/onion mix.

Allow to simmer on a gentle heat for at least 20 mins, until carrots are soft.

Take off heat and allow to cool slightly.

Add the grated rind and juice of both oranges and stir well.

Put the soup back to heat and simmer gently for a further 5 minutes.

Pour into a food processor and blend until the soup is smooth.

### SERVING SUGGESTION

Delicious served with garlic bread.

Freshen up your old loaf by making garlic bread. Mix 3-4 crushed garlic cloves into 100g butter or vegan marge. Then cut your loaf into 1 inch thick slices, but leave it so the slices are still joined at the base, ie don't cut all the way down. Spread the garlic butter/marge on either side of the bread and wrap the loaf in tin-foil. Place on a baking tray and cook on a moderate heat (180c, gas mark 4) for approx 30-40 mins (until all butter has melted).

## RICE SALAD

### LEFTOVERS

Last night's rice, half a lemon

### OTHER INGREDIENTS

Peppers, celery or spring onions, fresh coriander, oil and pepper

### METHOD

Chop up the veg and coriander, and simply mix all the ingredients together.

Add the juice of half of lemon and add a drizzle of oil and pepper to taste.

### SERVING SUGGESTION

For a crispy topping fry up a mix of sunflower and pumpkin seeds in a small amount of oil and then cook on a hot heat. Stir well until toasted. Take off heat and add a splash of soya sauce. Wait until cooled down and then add to rice salad.

## POTATO SALAD

### LEFTOVERS

6-8 cooked boiled potatoes, half an onion, approx 150g of natural yoghurt (or soya yoghurt)

### OTHER INGREDIENTS

2 tbs of oil  
1 tbs of apple cider vinegar  
2 garlic cloves (crushed)  
Salt and pepper

### METHOD

Finely slice the onion and cut the potatoes into smaller chunks.

Add the yoghurt, oil, garlic and mix well.

Season with salt and pepper to taste.

### SERVING SUGGESTION

If you don't have yoghurt use mayonnaise or vegan mayonnaise. Works just as well with spring onions or left over cooked leeks or you can throw in some cooked peas.

# A GUIDE TO CUTTING YOUR FOOD WASTE

## **BANANA ARMOUR**

You can freeze bananas to stop them from getting over-ripe. Peel them, cut them into three then bag up and store in the freezer. Over-ripe bananas are also delicious in a yoghurt smoothie or use them to add a tangy Moroccan feel to your veg curry or simply stir them into your morning porridge instead of sugar.

## **BEWARE OF THE BAD APPLE**

One bad apple can spoil the barrel, so separate fruit that is ripening faster than the others into different bowls. If you spot an apple going bad chop out the bad bit and eat the rest! If it has gone too far, then blackbirds and thrushes love chopped up over-ripe apples, especially in the winter. And don't forget that a sprinkle of lemon juice will keep apple slices fresh and stop them from turning brown.

## **BREAK ME UP BEFORE YOU GO-GO!**

Just because you leave the shop together you don't have to stay together. Don't be afraid of separating out the food you buy into smaller portions and freeze what you don't plan to eat straight away. If you find you have too much, give some away to a friend or neighbour before it's too late.

## **DON'T BE AFRAID TO BE A BASKET CASE**

Supermarkets spend a lot of effort designing their stores to get you to pick up as many impulse purchases as possible. If you can, try using a basket rather than a trolley for your shop and you will be more likely only to pick up essentials.

## **FIRST DATES DON'T ALWAYS GO AS PLANNED**

Believe it or not, food didn't always have sell by dates and people from past generations did not all die out in mass food poisonings. There's a difference between use by dates, sell by dates and best before dates. Certain foods such as dairy, eggs, meat and fish can carry more risks of food poisoning than other products, so get yourself clued up as to what sort of date it is you are going on by visiting:  
[www.lovefoodhatewaste.com/about\\_food\\_waste](http://www.lovefoodhatewaste.com/about_food_waste)



## **FREEZE PLEASE ME**

That big thing in the corner of the kitchen is a freezer and it's hungry for your food. It likes so much more than just oven ready pizzas and ice-cream. You'll be surprised just what can be frozen. For handy tips of what you can freeze visit: [www.lovefoodhatewaste.com/storage\\_and\\_tools/tips/freezer](http://www.lovefoodhatewaste.com/storage_and_tools/tips/freezer)

## **GETTING THE CAULI-WOBBLES**

Cauliflowers get embarrassed in the nude. Buy cauliflowers with all their leaves still on and leave them on. By covering them up they'll stay fresher for longer.

## **HUNGRY STOMACHS CAN MAKE FOR OVERFULL TROLLEYS**

Do you get grumpy or light-headed if you are hungry? Grab something to eat before you go out shopping. If you shop when your stomach is growling, you'll be more tempted to buy things you don't need.

## **IT CAN SOMETIMES BE CANNIER TO HAVE A PANNIER**

Car boots are big. Bike panniers are relatively small. If you've got less space you won't buy as much and be more careful in what you buy. So if your shops are within cycling distance, take the bike instead of the car and earn extra brownie points for cutting your fuel emissions too.

## **IT'S NOT MUCH FUN BEING A SWEATY SALAD**

If your lettuce or spinach comes wrapped in plastic, then any condensation can cause them to sweat and wilt. Take them out of the plastic as soon as you get home and pop them into an airtight tupperware container. Avoid unnecessary sweating by choosing loose rather than ready packaged salads.

## **LETTUCE SPRAY**

Lettuces can be revived by putting the stalk end in a bowl of cold water. You'll be surprised at how much this will perk them up, but you will need to keep changing the water as they'll sup it all up faster than you think.

## **NOT JUST CROP ROTATION BUT CUPBOARD ROTATION**

You may have heard about the importance of rotating crops, well how about trying cupboard rotation too. When you get home from shopping, put all the new food at the back of the fridge and cupboards and bring last week's old items to the front.

## **ONCE, TWICE, THREE TIMES A MAYBE**

We've all done it. Three for the price of two. Buy one get one free. Four for the price of six. They're great deals – or are they? Are you really saving money, if you end up throwing food away? Think before you buy or go shopping with a friend and share the food between you. If you're feeling geeky take a calculator and do the maths. Often you save less than you think.

## **TAKING STOCK CAN SAVE A LOT**

Take a few minutes before you go out shopping to check what's in the cupboards already and what you actually need. Your money does you more good being in your pocket than going to boost a supermarket's profit, so why give it away on things you won't use?

## **USE YOUR LOAF**

Do you regularly throw away bread each week? Then why not freeze some of it and just take out what you need. Bigger loaves can be cut in half before freezing and sliced bread can be toasted from frozen. Those awkward knobby bits at the end of a loaf can be turned into breadcrumbs for crispy veggie burger coatings or can be used to feed the birds!

## **WE'RE TALKING STALKING**

With broccoli, you can eat more than the top flower end. Broccoli stalks taste great! Just peel off the outer woody bits with a small knife and cut the stalks into thin slices. Fry them up in a little garlic and oil, then add a sprinkle of soy sauce or black pepper before you serve. Delicious!

## **YON CAN NEVER HAVE TOO MUCH TUPPERWARE**

Airtight keeps food alright. You can also make your own tupperware out of old food containers which come with lids, such as hummus pots, ice-cream tubs and plastic soup containers. Make sure you rinse them and dry them properly before using.

## **YOU DON'T HAVE TO BE DULL TO WRITE A LIST**

It may not be sexy, but writing a shopping list is one of the simplest ways of cutting down on what food you waste. But you do need to remember to take the list with you and stick to what's on it.

# FROM WASTE TO TASTE :

A story in pictures.....



Over the last two years local Woodlands folk have worked hard to turn this waste ground



into a thriving community garden



The garden is a place of learning, sharing and growing



and has made us think about our relationship to food

# FROM WASTE TO TASTE :

A story in pictures.....



A third of global greenhouse gases such as CO<sub>2</sub>, methane and nitrous oxide are related to food



And we wanted to reduce carbon by promoting local, organic and vegetarian food



We were also unhappy about the amount of food being thrown out



Cookery classes are a great way to get people thinking about food

## WOODLANDS CLIMATE CHAMPION

To help reduce carbon, I've pledged to give up meat one day per week



So in November 2011 we ran our first ever vegetarian cookery classes, Meat Free Mondays



People really enjoyed the classes and learned some great new recipes



So we decided to run more classes, this time teaching cooking with leftover ingredients

## TASTE NOT WASTE!



**DON'T THROW IT AWAY,**  
cook it the Woodlands garden way!

And in February 2012 Taste not Waste was launched

# FROM WASTE TO TASTE :

A story in pictures.....



Turning waste....



into taste....



Bringing people together....



and inspiring change....

# TASTY MAINS

## ROASTED TOMATO AND COURGETTE WITH COUSCOUS

### LEFTOVERS

4-5 courgettes (thinly sliced)  
2 red onions (sliced)  
300g small tomatoes (halved)  
Half a lemon

### OTHER INGREDIENTS

3-4 garlic cloves (thinly sliced)  
5-6 tbsp. olive oil  
Fresh thyme and rosemary  
Salt and black pepper

### METHOD

Heat the oven to 200c/gas mark 6.

Toss the courgette, onion and garlic in olive oil and put on a baking tray.

Season well with salt and freshly ground black pepper and roast them in the oven for 20 mins.

Add the tomatoes, thyme and rosemary and roast them for another 15 minutes or until the vegetables are tender.

### For the Couscous

350g fine couscous  
Boiling water to cover couscous  
125g toasted flaked almonds

Place the couscous in a large bowl pour over boiling water, stir to mix, cover, and then set aside for 10 mins. Fluff the couscous with a fork until the grains are separated. Meanwhile toast the almonds in a saucepan over a medium heat for 1-2 mins or until they are lightly browned and then add to the couscous.

### SERVING SUGGESTION

Pour the roasted vegetables and the juice of half a lemon over the couscous or rice and serve immediately. You can add mushrooms, leeks or peppers if you haven't got enough leftover courgettes. If you have a stray carrot, then this can be grated and added at the same time as the tomatoes and herbs.

# TASTY MAINS

## AVIYAL

A speciality from Kerala - an assortment of vegetables in yogurt and coconut gravy.

### LEFTOVERS

You can use any veg going spare for this recipe for example white cabbage, parsnip, pumpkin, red cabbage or carrots.

### OTHER INGREDIENTS

Cumin seeds  
3 green chillies  
2 inches ginger  
200 ml Greek yoghurt (or soya yoghurt)  
200g dessicated coconut  
Handful of curry leaves (from Asian store)  
1 tbsp oil  
Sea salt to taste

### METHOD

Heat 2-3 cups water in a deep non-stick pan.

Slice all leftover vegetables thinly.

Add salt and stir, cover the pan and cook till vegetables are tender but not too soft.

Grind the coconut with cumin seeds, green chillies, ginger and sufficient water to make a fine paste.

Transfer the cocunut and spice mix into a bowl, add yoghurt and mix well.

Heat oil in another deep non-stick pan. Add curry leaves and sauté for a minute.

Strain the vegetables and add them to the yoghurt/coconut mixture and mix. Salt to taste.

Cook for a further 2 minutes.

### SERVING SUGGESTION

Serve hot with rice and a medley of crisp green veg. For extra flavour, freshen up your steamed veg by frying them in a little hot oil and garlic before serving. If you make too much Aviyal to eat in one go, serve it for lunch the next day as a luxury soup with a bread roll, which you can freshen up by warming in the oven.

## **BUBBLE AND SQUEAK**

### **LEFTOVERS**

Mashed potato (approx 450g)

Cabbage, pre-cooked (approx 350g or substitute some of it for peas/sprouts)

### **OTHER INGREDIENTS**

Sunflower oil

2 onions, sliced

Salt and pepper

### **METHOD**

Fry the onions for a few minutes in a little oil.

Add in the mashed potato along with the cabbage, and mix. Add salt and pepper to taste and mix well.

Fry on a high heat, turning occasionally until nice and crispy.

### **SERVING SUGGESTION**

If you only have a little leftover potato and cabbage, then still make it into bubble and squeak but serve it as a side dish or starter instead.

## **POTATO, CABBAGE AND PARSNIP KOOKOO**

### **LEFTOVERS**

Potatoes (400g peeled and chopped), parsnips (200g peeled and chopped into large chunks) and green Savoy cabbage (200g trimmed and chopped).

### **OTHER INGREDIENTS**

2-3 tsp curry powder depending on how hot you like it

1 cup of water

Salt and freshly ground pepper

5-6 tbsp olive oil and a knob of butter (if you ain't vegan)

### **METHOD**

Put all the vegetables into a large pan, add water and bring to the boil. Reduce heat and simmer until all the veg are cooked, then strain them.

Mash the veg, add the curry powder and season with salt and pepper.

Form 8-10 cakes then fry them in oil/butter until crisp and golden.

### **SERVING SUGGESTION**

Both dishes are lovely with some veggie sausages and baked beans or as a winter warmer main course served with pickle or ketchup.

# TASTY MAINS

## RAGDA PATTIES

A typical Bombay street food dish.

### LEFTOVERS

For this recipe you can use any vegetables that are going to waste, cook them first and mash them and then add spices - see below. If the mash is too soft add gram flour to thicken it. For this recipe we've used two big sweet potatoes, but you can use whatever you have left over.

### OTHER INGREDIENTS

#### For the Ragda

- 1 tbsp rapeseed oil
- 1 200ml carton passata or any left over tomatoes
- 2 tins chickpeas
- 2 onions, if you have 2 celery sticks add those too - finely chopped
- 6 cloves garlic - finely chopped
- 2 inch ginger - finely chopped
- 3 chillies - finely chopped - no need to remove seeds
- Fresh coriander
- Sea salt to taste
- 1 tsp black pepper
- 1 tsp turmeric
- 1 tsp garam masala
- 1 tsp ground coriander
- 1 tsp ground cumin
- Red chilli powder, vary amount according to personal taste

#### For the Patties

- 1 tbsp rapeseed oil
- Sweet potatoes or any other leftover veg
- 2 inches ginger - chopped finely
- 3 chillies - chopped finely no need to remove seeds
- Fresh coriander
- Sea salt to taste
- 1 tsp black pepper
- 1 tsp tumeric,
- Red chilli powder, vary amount according to personal taste
- Gram flour if required

#### Garnish:

- Tamarind paste (you can get this from any Asian store)
- 1 red onion finely chopped
- Fresh coriander finely chopped
- Fresh Lime



## **METHOD**

### **For the Ragda**

Drain and rinse the brine from the chickpeas and then boil in a pot for 15 mins on a high heat with a pinch of sea salt.

In another pot, heat the oil on a high heat and cook the onion or celery until golden.

Add ginger and cook for a couple of minutes, then add garlic and chillies and cook for another minute.

Add passatta (tomato mix) and all the spices including salt to taste.

Add the chickpeas to the sauce and allow the mixture cook on a medium heat for 10 minutes.

Keep stirring the pot mashing the chickpeas a little so that they get slightly mushy and help thicken the sauce.

Add fresh coriander and leave to rest.

### **For the Patties**

Boil your leftover chopped vegetables with a pinch of sea salt.

Once soft take them off the heat and mash them up.

At this point you can add peas or any other finely chopped leftover cooked vegetables.

Add ginger, chillies, sea salt, black pepper, turmeric and chilli powder.

Mix all the ingredients.

If the mixture is too wet you can add gram flour until the mixture thickens.

Don't worry too much if after you have added gram flour the mixture is still a little wet.

Roll the mixture into dumpling sized balls.

Heat a little oil in a non stick pan then fry - keep turning them over as they will cook quickly.

Once browned you can keep them warm in the oven on a low heat, whilst waiting for the remaining patties to brown.

# TASTY PUDDINGS

## BREAD AND BUTTER PUDDING (NON VEGAN)

### LEFTOVERS

8 slices of stale bread

### OTHER INGREDIENTS

25g butter, plus extra for greasing  
50g sultanas  
2tsp cinnamon powder  
350ml whole milk  
60ml double cream  
2 eggs  
25g granulated sugar  
Nutmeg grated  
Grated zest of a large orange

### METHOD

Preheat the oven to 180c/gas mark 4.

Grease a 1 litre/2pint dish with butter.

Spread each slice on one side with butter, and then cut into triangles.

Arrange a layer of bread, buttered-side up in the bottom of the dish, then add a layer of sultanas, sprinkle with a little cinnamon, then repeat the layers of bread and sultanas, sprinkling with cinnamon until you have used up all of the bread then set aside.

Gently warm the milk and cream in a pan over a low heat to scalding point - don't let it boil.

Crack the eggs into a bowl, add 3/4 of the sugar and lightly whisk until pale.

Add the eggs and sugar to the warm milk and cream mixture, add the orange zest and stir well.

Pour this mix (custard) over the prepared bread layers and sprinkle with nutmeg and the remaining sugar and leave to stand for 5-10minutes.

Place the dish into the oven and bake for 30-40 minutes, or until the custard has set and the top is golden brown.

### SERVING SUGGESTION

We suggest a cup of fresh peppermint tea will aid your digestion after this luxury treat! Let us know if you have any good vegan versions of this recipe.

# STEWED FRUIT IN RED WINE AND CINNAMON

## LEFTOVERS

This recipe works best with plums, pears, apples or bananas.

## OTHER INGREDIENTS

A decent glug of red wine  
Sugar or honey to taste  
Cinnamon (sticks or ground)  
A little water

## METHOD

(for plums)

Chop 6-8 plums into quarters and remove stones.

Place in a large saucepan.

Add a very small amount of water, just enough to cover bottom of pan, to make sure the plums don't stick to the pan.

Cook on a high heat.

Pour the red wine over the fruit – enough to cover some but not all of the plums.

Add cinnamon stick or around half a teaspoon of ground cinnamon.

Cook on a high heat, stirring plums so that they don't stick.

Add sugar or honey to adjust sweetness if required, you can also add a chopped up banana which thickens and sweetens.

Keep stirring and cook until the alcohol has evaporated.

Serve when the plums are soft, but don't let them cook too much or disintegrate.

The wine and plum juices should combine so that the liquid is syrupy in texture.

# TASTY PUDDINGS

## BANANA AND PEANUT MILK SHAKE

### LEFTOVERS

2 overripe bananas.

### OTHER INGREDIENTS

2 tbsp crunchy peanut butter  
125ml chilled milk (or soya milk or Rice Dream)

### METHOD

Chop the bananas and put all the ingredients in a blender.

Blend until ingredients are well combined.

If the shake is too thick then you can add a little extra milk

### SERVING SUGGESTION

Pour into a glass and serve.

## BANANA AND ORANGE SMOOTHIE

### LEFTOVERS

2 overripe bananas, juice of 1/2 an orange, 1/4 of a big pot of yoghurt

### OTHER INGREDIENTS

Milk (or soya milk or Rice Dream)  
Honey (omit if vegan)

### METHOD

Chop up the bananas and add to yoghurt and stir in the honey and orange juice.

Put in blender and mix until well combined.

If the smoothie is too thick you can add a little milk

### SERVING SUGGESTION

Add a little fresh mint if you have it.

# CRUNCHY ORANGE BISCUITS

## LEFTOVERS

Those cornflakes you find at the end of the packet, but aren't enough for a decent sized bowl.

## OTHER INGREDIENTS

100g butter or vegan margarine

75g soft light brown sugar

Grated rind of 2 oranges

100g self raising flour

1/2 tsp cinnamon

Butter or margarine for greasing

1 egg (replace with a dash of soya milk and orange juice if vegan)

## METHOD

Preheat oven to gas mark 4/180C

Grease two large baking sheets.

Cream the butter (or margarine) and sugar, i.e. chop the butter into small chunks and then use a fork to mash in the butter and sugar so that there are no visible lumps and it forms a smooth paste - this works best when the butter is cold. If using vegan margarine you may need a little less than 100g as it can become softer and stickier than butter.

Add the grated orange rind and cinnamon.

Add the egg (or milk/orange juice) and mix together ingredients.

Add the flour and combine so that the biscuit mixture has a sticky dough-like consistency.

Crush the cornflakes and spread them out thinly on a breadboard.

Take a heaped teaspoonful of the biscuit mixture and roll it between your palms into a small ball.

Roll the ball in the crushed cornflakes so it is totally covered.

Place on the greased baking tray, flatten slightly – repeat making sure each one is of same size so the biscuits cook evenly.

Allow space on the tray between between each biscuit for them to spread during baking.

Bake for 15 mins, until edges are golden brown and top doesn't feel gooey

Place on wire rack to cool.



## **AFTERS**

If this book has whetted your appetite then there are plenty of places where you can get more information on reducing food waste and cooking with leftovers.

For starters get tucked into:  
[www.wasteawarelovefood.org.uk](http://www.wasteawarelovefood.org.uk)

then nibble on:  
[www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

and if you want to watch a great wee film about food waste, enjoy *Skipping Dinner*, made by our friends at Camcorder Guerrillas:  
[www.camcorderguerillas.net](http://www.camcorderguerillas.net)

### **FINALLY I'D LIKE TO PROPOSE A TOAST....**

To the following who made Taste Not Waste possible....

our two fabulous cooks Soghra Tavasoli and Rachna Dheer

Woodlands Climate Action Hub workers Nina Wesolowski and Alice Warren

all our garden volunteers and cookery class participants

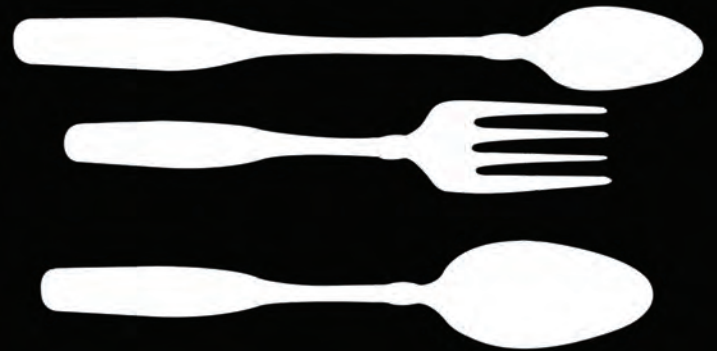
the directors of Woodlands Community Development Trust

and our funders Zero Waste Scotland and Climate Challenge Fund

Tim Cowen  
Project Manager  
Woodlands Community Garden & Climate Action Hub  
March 2012

Graphic design/illustrations: Jan Nimmo - [www.jannimmo.com](http://www.jannimmo.com)  
Photographs courtesy of the Woodlands Community Garden team





# WOODLANDS COMMUNITY GARDEN

A space of learning, growing and sharing

For more info:

Tel. 0141 332 9331

Email: [woodlandscommunitygarden@gmail.com](mailto:woodlandscommunitygarden@gmail.com)

[www.woodlandscommunitygarden.org.uk](http://www.woodlandscommunitygarden.org.uk)

Visit us at 91-99 West Princes Street, Glasgow G4 9BY

