

A Barnet Synagogue
Eco Project
Initiative

Love your

LEFTOVERS



COMPILED BY DONNA COHEN

Love Your Leftovers is an original Barnet Synagogue Eco Project initiative, which will eventually be expanded and shared with the other 60 EcoJudaism communities.

According to the latest report by the charity Waste & Resources Action Programme (WRAP) the UK produces a staggering 9.5 million tonnes of food waste per year emitting over 25 million tonnes of greenhouse gases. The environmental impact is clear. But what about the impact on our bank accounts? We waste £19 billion a year throwing away food because we either overbought, overcooked or forgot about it. So what should we do with these leftovers? We need to be creative!



In this resource, you'll find mouth-watering recipes using food that you already have in your fridge or cupboard. There are also other ingenious tips and energy-saving ideas.

My grateful thanks to Denise Phillips, celebrity chef and cookery writer, for supporting this initiative and for her generosity in providing some of her delicious recipes using leftovers. I would also like to thank Barry Blain for all his time and endless patience in editing this resource as well as Susan Eisen for her expertise in formatting. Most of all, a special thank you to the members in the Barnet community for sharing such a tasty and varied selection of recipes and tips. It has been a superb team effort. A true labour of Love your Leftovers.



I'm really proud of this compilation and hope that it'll encourage you to love your leftovers which is not only good for the planet but for your pocket too!

Enjoy!

Donna Cohen

Barnet Synagogue Eco Lead

A message from Denise Phillips

Life is hectic, food is expensive, so 'no waste' is on the menu along with good fridge and perishable food management. Cook once and eat twice is a good way to find meal planning inspiration for recipes that are just as good to eat later as when they are first made. Make-ahead meals and batch cooking make life so much easier. It's comforting to know there's a meal on standby in your freezer or that last night's leftovers can be reworked into something just-as-spectacular during the week.

A great example is using a batch of **bolognaise sauce** and this can be vegetarian too. Why not recreate it into some of the following ideas: -

- Make into chilli – add kidney beans, dried coriander, cumin, paprika and serve with nachos and guacamole.
- Enjoy with tacos or enchiladas
- Use as the filling for giant pasta shells and top with herb breadcrumbs
- Add a few tablespoons mixture to a minestrone soup
- Top with sweet potato or onion mash for a shepherd's pie with a difference
- Make a lasagne and take advantage of the 'kosher vegan cheese' products now available.
- Baked Potato – serve on top with chopped herbs
- Stuffed Peppers, courgettes or squash – remove the seeds of these vegetables and fill the cavity with alternating layers of sauce and cooked rice. Bake in the oven until cooked and the topping is dark and golden.
- Cobbler – pour the bolognaise mixture into a small baking dish so the sauce comes up a few centimetres. Make a batch of non-dairy savoury scones and top dollops of mixture on the sauce. Bake until the scones have risen and fluffy.

You can add your recipe of bolognaise to:

Nachos, Black beans & Avocado Salad →

Denise Phillips' Nachos, Black Beans & Avocado Salad

This is a tasty Tex Mex salad perfect for lunch or dinner; a great sharing plate! And excellent to use with left over bolognaise. It is also perfect to accompany a BBQ or just enjoy as an informal dining experience.

Preparation Time: 25 minutes Cooking Time: 25 minutes

Serves: 6 people



Ingredients

2 x 200g bags Tortilla chips
100g grated Vegan 'Cheddar cheese' or omit if you are using this with bolognaise sauce
1-2 red chillies – deseeded and thinly sliced

Pickled Onion Salsa

2 tablespoons white wine or cider vinegar
1 tablespoon golden caster sugar
1 red onion – halved and finely sliced
Pinch of salt
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2 salad tomatoes – seeds removed, roughly chopped
3 radishes – thinly sliced

Black Bean

1 tablespoon vegetable oil
1 red onion – finely chopped
400g tin black beans – drained and rinsed
2 teaspoons smoked paprika, 2 teaspoons clear honey / maple syrup

Guacamole

- 3 ripe avocados
- Zest and juice 1 lime
- ½ small chilli – finely chopped
- 3 tablespoons fresh coriander – roughly chopped
- 1 salad tomato – finely chopped
- 1 small garlic clove – finely chopped

Method

- 1) For the pickled onion salsa mix the vinegar, sugar and pinch salt in a bowl, whisking until the sugar and salt have dissolved. Add the onion, mix well and set aside.
- 2) For the beans, heat the oil in a frying pan. Add the onion and cook for 3 minutes until soft. Stir in the beans, paprika, honey and cook for another few minutes. Set aside.
- 3) For the guacamole, halve two of the avocados and remove the stones. Spoon out the flesh and mash. Stir in half of the lime juice and zest, chilli, coriander, chopped tomato and garlic. Set aside.
- 4) Halve the remaining avocado, scoop out the flesh and chop into chunks, drizzle with the remaining lime juice.
- 5) Preheat the oven to 200C/ 400 F/ Gas mark 6.
- 6) Using a large ovenware dish layer the tortilla chips, beans, vegan 'cheese' and most of the chilli slices. Bake for 15 minutes.
- 7) Drain most of the pickling liquid from the onions, add the tomatoes, radishes and toss together. Remove the nachos from the oven and scatter over the salsa. Spoon over the guacamole, avocado chunks and garnish with sprigs of coriander.



SOUPS

Vegetable Soup

Supplied by Jillian Gothelf

- Use any older vegetables that are a bit dodgy, for instance have gone brown, got wrinkled skin, etc.
- Add couple of sticks of celery: brown soggy bits can just be cut off.
- Add a cut up onion and some parev stock powder, a tin of chopped tomatoes and some water. And salt and pepper.
- Boil until soft, or use a pressure cooker. Then wizz with a blender or just mash with a fork.
- Good with grated cheese on top.



Uses - old veg

Meat Stock/Onion Soup

Supplied by Steven Domb

- After roasting a joint, put all the bones, scraps and juices from the pan into a saucepan.
- Put the roasting pan on the hob on a low light, add half a litre of boiling water.
- Using a wooden or plastic spoon, scrape off every bit of the dried juices and pour them into a saucepan.
- Keep repeating the process until the pan is spotless.
- Add a stock cube and a bay leaf to the saucepan, and simmer for a couple of hours.
- Let the liquid cool, strain into a bowl, and throw away the now-tasteless bones and scraps.
- You can use the liquid as beef stock, or as a basis for an amazing onion soup.



Uses - baking pan scrapings

Salad Soup

Supplied by Natalie Shaw

- Use:
 - Bunch of left-over salad leaves (Baby spinach, all kinds of lettuce, rocket or mustard greens for peppery notes, stalks from kale, broccoli etc)
 - medium potato
 - medium brown onion
 - chicken/veggie stock
 - 1 tbsp olive oil
- Chop potato and onion
- Saute in saucepan or pressure cooker, 8-10 minutes
- Roughly chop or tear the veg and add to pan
- Add stock, salt and pepper to taste
- Cook 25-30 minutes in saucepan or 15 in pressure cooker
- Liquidise, eg with stick blender

Uses - old salad



MAINS

Veggie stew or Curry

Supplied by Barry Blain

- No need to use fresh vegetables.
- Collect left-over cooked veg from a day or two's meals: carrots, peas, cabbage, cauliflower, potatoes, whatever. (Probably best not to scrape off the used plates.)
- And/or cut off the brown slimy bits of well-past-their-sell-by-date leeks, onions, celery, courgettes, lettuce, and chop up the good-ish bits.
- Cut up small and mix up in a saucepan.
- Add a sprinkle of stock powder and ground cumin or coriander or curry powder for a quick easy curry.
- Or stir in a couple of eggs for an omelette or egger.
- Or slice/grate some cheese over the top, add a smear of mustard, stick in microwave oven. Could add this to some pasta.



Uses - leftover veg

Lentil Bake

Supplied by Barry Blain

- I have just found an old leek, from which I cut off the brown soggy bits, an elderly onion with several good sections, some strands of coriander which had seen better days, and three previously-opened bags of nuts.
- With the help of a carrot, some oil, a heap of red lentils and some powdered stock, I have made a delicious lentil-nut bake.
- (Actually I didn't bother to bake it, just ate it straight from the saucepan!)



Uses - old veg, nuts

Chicken Risotto

Supplied by Natalie Sonenfeld

- You need the good bits of an onion, a fresh chopped or crushed garlic clove, and some new or left-over vegetables like peas, diced sweet potato, carrots, sweetcorn.
- You also need some risotto rice (although any rice also works), chicken stock, and some chopped up left-over cooked chicken.
- Fry the onion in a saucepan, add garlic.
- Pour in the rice, add stock, cook a few minutes.
- Tip in the veggies and chicken, maybe sprinkle parsley.
- Cook until the veggies are ready, by which time the rice should have absorbed all the liquid. But don't let it get too dry.



Uses - left over veg, left over chicken

Anything Fried Rice

Supplied by Shoshana Landau

- Use left-over rice (or boil some fresh).
- Any veg from fridge or freezer, diced or grated, e.g. good bits of celery, wilted carrots, peppers without the very soft bits, frozen or cooked peas or beans, onions, etc.
- Any protein, e.g. shredded chicken, chopped salmon, strips of omelette, cooked/dry-fried tofu, etc.
- Mix, add salt and pepper, then fry.
- Goes well with a dash of soy sauce and generous amounts of toasted sesame oil, or sesame seeds sprinkled on top with fresh spring onions as a garnish.
- Try adding an egg to the rice while frying and before adding the veg for an “egg fried rice” vibe.



Uses - left over rice, veg, meat/fish/eggs

Lameshka

Supplied by Verna Lang

- Fry a chopped onion, add left-over cooked vegetables and meat or chicken.
- Add to saucepan of cooked rice, mix thoroughly, heat up.
- Serve with mango chutney, or your favourite condiment



Uses - left over veg and meat

Meat Strudel

Supplied by Verna Lang

- Fill rolled-out puff pastry with left-over meat and veg.
- Make into sealed envelopes.
- Cook in oven.



Uses - left over veg and meat

Deconstructed Shepherd's Pie

Supplied by Verna Lang

- Jacket potatoes with left-over meat sauce or stewed meat.
- This is actually a cheat, not a "proper" recipe, but tasty and easy.



Uses - left over veg and meat

Pasta Bake

Supplied by Verna Lang

- Fry over onion, courgette, peppers, or other slightly past-it vegetables.
- Cook pasta until al dente.
- Mix together with tomato sauce (not ketchup) and left-over chicken and put in a casserole dish.
- Sprinkle with crushed crisps or breadcrumbs.
- Bake 180 for 25-30 minutes.



Uses - old veg, left over meat

Watermelon Rind Curry

Supplied on behalf of Jewish Care by Naomi Rosenhead

- This Indian curry is also known as tarbooz ke chilke ki sabji (pronounced: tar-booze kay chill-kay) and is considered a speciality dish from the state of Rajasthan in India.
- Watermelon rind has a crisp texture, almost like cucumber, and holds up well to heat – which makes it great for cooking. I think of the rind more as a vegetable than as a fruit. The rind, like cauliflower, also tends to soak up flavour really well. You do have to be careful with the spices you use because the melon will soak them right up.
- You can leave out the Serrano pepper and other hot spices in the recipe, and you'll still have a really flavourful dish.
- Ingredients:
 - half teaspoon cumin seeds
 - one inch ginger (minced or chopped finely)
 - 5 cloves of garlic (ditto)
 - half a de-seeded serrano pepper if you dare
 - 1 teaspoon paprika,
 - ditto coriander powder
 - half a teaspoon of amchur dried green mango powder



- a tiny bit of turmeric and salt.
 - 1 ml garam masala
 - 4 cups of watermelon rind: Remove the tough green skin of a watermelon, and cut into half-inch pieces.
- Heat oil or melt 2 tablespoons ghee in a pan on medium heat.
 - Add the cumin seeds. Once they begin to splutter, add ginger, garlic, and maybe the serrano pepper.
 - After a minute, add the paprika, coriander powder, amchur powder, turmeric and salt.
 - Add the rind plus a couple of ounces of water.
 - Cover and cook for 10-12 minutes, stirring at the halfway mark.
 - Once the rind is soft and most of the water is absorbed, remove the lid and add the garam masala.
 - Mix well and cook for another couple minutes.
 - Remove from heat and serve with steamed rice.

Uses - melon rind

Cheese and Spinach Matzah Sandwich

Supplied by Anne Phillips

- Use
 - a pile of any old left-over matzahs
 - 1 kg frozen spinach
 - a tub of cream cheese
 - some grated cheddar plus a little Parmesan
 - 2 eggs
 - oil, salt and pepper.
- Soften the matzahs by running them quickly under the cold tap and then wrapping them in a dampened tea towel.
- Lay the matzahs on a lightly oiled baking tray, tearing them to cover any gaps.
- Put the defrosted spinach mixed with the eggs and cheese and plenty of salt on top and spread evenly.
- Put another layer of matzahs on top, brush with oil and beaten egg, and finish with more grated cheese and Parmesan.
- Bake in the oven at 180 degrees until the top is golden and crunchy. Serve warm or cold - ideal for packed lunches or picnics.
- You could also try fresh spinach, but the frozen is tried and trusted. Or if you don't like spinach at all, substitute tinned salmon or tuna.



Uses - leftover matzahs

Marmite and Peanut Butter Vegetable Stew

Supplied by Angela Kirby

Please make sure your Marmite is Kosher

Ingredients

- Leftover root veg - carrot, parsnip, potato, swede, sweet potato, celery - wash, top, tail and chop. No need to peel
- Onion - peel and chop
- Tin chopped tomatoes
- Marmite - 2 teaspoons
- Peanut Butter - 3 teaspoons
- Tin Kidney Beans - optional
- Tin Chickpeas - optional
- Tin Butter Beans - optional
- 1 pint veg stock



Method

- Sauté onion in a little oil
- Add root veg and sauté for 10 mins
- Add veg stock, marmite, peanut butter - stir well
- Bring to boil
- Add tinned beans and chickpeas - if using
- Put in oven Gas No 6, 200C for 1.5 hours. Stir every half hour
- Serve with rice, mash potato, bread

Uses - leftover veg

DESSERTS

Bread Pudding

Supplied by Frances Spillman

- You'll need
 - 4-6 Slices Challah, the staler the better, but fresh is still good.
 - Lightly buttered (or not) and spread with marmalade.
 - 1 egg, 150 ml milk, a little sugar, some dried fruit.
 - And the special treat: a few tablespoons of whisky (even cheapie supermarket stuff).

- Mix and beat egg, milk, sugar, whisky.
- Cut bread, layer in ovenproof dish with fruit, and make sure top layer is upside down.
- Pour liquid over the bread and let it soak in. Sprinkle sugar for a crispy coating.
- Bake half an hour in oven at 150 to 200 degrees.
- Serve with another glass of whisky. If it has all been used, open a new bottle!



Uses - stale bread

Date Loaf

Supplied by Pamela Marco

- Chop about 12 ounces of dates and soak overnight in a cup of boiling water mixed with 2 teaspoons of instant coffee.
- Next day stir in a cup of self-raising flour and pour into a lined loaf tin.
- Bake 45 - 60 minutes at 160 degrees.
- Amazingly easy: no fats, eggs, or sugar. Also works very well with gluten free self-raising flour. This recipe is great for using up the last of the flour just before Pesach



Uses - dates, flour

Jelly Bowls

Supplied by Susan Eisen

- When I am using oranges, lemons or limes in a recipe I sometimes scoop out the flesh to leave the skins as two half shells.
- Excellent for serving jelly, and no washing up.
- You can also set the jelly in the shells, and slice into wedges.



Uses - citrus skin

Pastry Pudding

Supplied by Verna Lang

- Cut up left over donuts, hamentashen, danish, etc.
 - Mix half a pint of milk (regular, almond or whatever) with an egg.
 - Pour over the cut up pastries and leave to soak for half an hour.
 - Bake at 175 for 30 to 45 minutes.
- Uses - left over pastries



No-Bake Chocolate Squares

Supplied by Donna Cohen

- You will need
 - 50g Tomor
 - 125g plain chocolate, chopped
 - 2 tablespoons golden syrup (or honey if you don't have syrup)
 - 125g biscuits, crumbled (plus any nuts, chopped)
 - 25g dates
 - 25g desiccated coconut
 - half an orange.
- Melt the Tomor and chocolate in a pan with the syrup (I melt it in a glass dish in the microwave, checking every 10 or so seconds).
- Stir in biscuits, nuts, dates and coconut.
- Spoon into a greased 15cm tin lined with baking paper.
- Press down firmly, using the cut side of the orange.

- Leave to set (best overnight).
- When set, leave out at room temperature for a couple of hours, then remove from tin and cut into small squares.
- Makes a delicious after-dinner treat and far better than a commercial box of chocolates

Uses - old biscuits, nuts



Banana Chocolate Mousse

Supplied by Angela Kirby

Ingredients

- 3 ripe bananas
- 150 ml cream or oat cream
- 75 ml maple syrup or golden syrup
- 150 g cocoa powder

Method

- Peel and chop bananas
- Put bananas, cream and syrup into a blender
- Blitz until smooth
- Add cocoa powder
- Blitz until blended
- Transfer into large dish or small individual dishes
- Chill 30 mins



Uses - ripe bananas

Apples

Supplied by Lorna Feingold

- Apples, from the tree or windfalls. Or indeed many other fruits.
- Peel, cut out the brown bits, chop up.
- Boil up with a little water and a little sugar.
- Freeze.
- Defrost and enjoy as stewed fruit, or make into a cake, pie or crumble.



Uses - windfall apples

NOSH, GARNISHES AND SIDE DISHES

Chips

Supplied by Barry Blain

- If you are a dreadful person who peels the potatoes, next time wash them thoroughly first.
- Dry the peelings on a tea towel and fry them in a pan with oil and plenty of salt and pepper.
- Appallingly unhealthy but much tastier than shop crisps.
- Slightly healthier version: spread in a baking tin and put in a hot oven for half an hour, preferably when you are cooking something else in there.



Veggie stalks

Supplied by Barry Blain

- Don't throw out the stalks of cabbage, cauliflower or broccoli. Remove any hard woody bits, slice them thinly and add to the saucepan with the "proper" vegetables. Just as tasty as the leaves and florets.
- On second thoughts, don't waste cauliflower stalks like this. These are the most delicious nut-like treats eaten raw.



Broccoli

Supplied by Anne Phillips

- Got some Left-over broccoli stems?
- Once you have cut off the florets save the thick stem for soups: just wash and trim the woody bits, chop and add to vegetable or minestrone soup ingredients.
- Or simply add the chopped stalks to the florets: they taste the same, and nobody will notice.



Nuts

Supplied by Lorna Feingold

- When nuts are starting to go soft or a packet goes past its use-by date, then lightly fry them in a pan.
- Add them to your stir fry at the end of the cooking. (They will go soggy if added too early.)
- Or add them to your muesli or granola.
- Unless of course you have noshed them all direct from the pan.



Uses - stale nuts

Corn on the Cob Croutons

Supplied by Lorna Feingold

- If you cook too many corn-on-the-cob use the unused sweetcorn as delicious soup croutons.

Uses - sweetcorn



Challah

Supplied by Lorna Feingold

- Left-over challah: Slice and freeze it. Toast from frozen.
- Or cut it into cubes, fry in oil infused with rosemary and chilli flakes. Freeze, use as croutons.
- Or put in the chopper, make into breadcrumbs, freeze and use from frozen to cook schnitzel or fried fish instead of matzah meal.
 - Replace matzah meal in mince, meat balls etc.



Uses - stale challah

Bread dumplings

Supplied by Verena Donig

This is the “picky eater” friendly, neutral, slightly sweet dairy version. Particularly nice if you have leftover bread products with poppy and/or sesame seeds on top.

If you can't/don't want to have dairy, you can use boiling water and add a bit of oil later and possibly use one more egg.

- Ingredients:
 - about 4 to 6 stale bread rolls (or bread)
 - approximately ¼ litre milk
 - 1 egg
 - some breadcrumbs or flour if required
- cut the bread/rolls into slices, place in a bowl
- boil the milk and pour over the bread
- cover with a plate and let soak for up to two hours
- check consistency regularly:
 - if it is too dry, add more milk,
 - if it is too mushy, add some breadcrumbs or flour
 - the dryer the bread the longer it will need
- when consistency feels fine for forming dumplings, mix with an egg
- using wet hands, shape into dumplings
- place on sieve in a saucepan or pressure cooker
- cook in pressure cooker for 5 minutes, or saucepan for 15 minutes, or simply boil in salty water for 20 minutes.
- For more savoury options, add
 - salt and pepper
 - chopped parsley
 - diced onion
 - nutmeg powder.
- Left over dumplings:
 - slice and fry in a pan
 - or mix with mushrooms, herbs, spices, egg
 - or eat slices with jam or compote or cheese
 - or grill/bake with veg and cheese for mini-pizza.



Uses - stale bread

Lemons

Supplied by Lorna Feingold

Cut up lemons if you have too many, or if they are starting to turn.

- Freeze the slices in a freezer bag.
- Put straight into your drink from the freezer. Don't defrost.

Uses - lemons



Challah Croutons

Supplied by Natalie Sonenfeld

- Cut left-over challah into cubes
- Sprinkle with salt/garlic salt and drizzle over some oil.
- Bake on a gentle heat until brown.
- Portions can be frozen in polythene bags.

Uses - stale bread



Iced Fruit cubes

Supplied by Susan Eisen

- If I am slicing citrus fruit and I have spares, I freeze them, and use them instead of ice cubes.
- They look lovely and taste delicious.

Uses - fruit slices



GENERAL TIPS

The Crisper Drawer

Supplied by Donna Cohen

Did you know that making the most of your crisper drawer in your fridge can significantly extend the life of your fruit and veg? This not only saves you money on groceries, but also ensures your food tastes super fresh. Most modern fridges have crisper drawers with adjustable humidity vents. Use low humidity for anything that rots easily eg apples, pears, avocados, melons or stone fruits. The high humidity drawer is ideal for anything that wilts like leafy veg or asparagus.



Energy-Saving

Supplied by Donna Cohen

- Don't keep chucking away hot water and starting from scratch.
 - Carrots could be parboiled in the (still piping hot) water that your potatoes went in; frozen beans would only take a minute or two to defrost and warm up in the water the carrots were lifted from.
- Turn off the hob before vegetables are completely cooked:
 - instead, leave them in the hot water until perfectly *al dente*



Energy-Saving

Supplied by Michael Bernstein

- If you drink lots of tea/coffee during the day, boil a kettle of water first thing in the morning and fill a good-quality flask.
- Will last 12 hours and will also save you money.

