

# Further Food Waste Tips

## For Poster 7

**Cheese:** Just trim any mouldy or dry bits and, unless mouldy right through, it is then perfectly fit to eat or cook with. Cheese can be grated and frozen for future use.

**Potatoes:** These should keep fairly long term in a cloth bag in a cool, dark place, not the fridge. Always trim off any sprouting or green parts before cooking in any of the many known ways desired. **See Poster 7B** for Potato Gratin recipe.

**Bread:** Stale or tired bread can be sliced as thinly as possible and baked in a low oven until crisp. It can then be stored almost indefinitely in an airtight container and makes excellent Melba Toast. Or it could be chopped into small cubes, tossed in oil with a little seasoning and fried or baked to make croutons which can be stored fairly long term in an airtight container. **See Poster 7B** for recipes for Bread and Butter Pudding and Summer Pudding.

**Milk:** Out of date milk can be used in cooking, either savoury or sweet. If solid can be strained through muslin to get rid of the whey and then seasoned with herbs (especially fresh chives) to make a tasty cottage cheese.

**Apples;** Cut out any bruising or bad, peel if necessary, then  
a) slice thinly, brush with a sugar glaze and dry in a slow oven or  
b) stew and serve with custard, cream or ice cream or  
c) make into apple crumble, apple Charlotte, apple cake or scones.

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**Potato Gratin:** Peel and thinly slice 3-4 large potatoes, more if a larger quantity required, and layer in a casserole, seasoning well between layers. You can barely cover with either stock or milk and cook in a medium oven till soft but not totally dried out (60-90 mins). For the final 20 mins or so cover with grated cheese though you could, if you wanted also have layered cheese within the dish before cooking.

**Bread and Butter Pudding:** Use sliced or self sliced bread, not too thick, spread with butter or your own choice of spread and layer into a largish casserole or oven dish with sugar (or even jam) and sultanas/chopped dried apricots (optional) When all the layers are in situ, pour in plenty of milk with at least two beaten eggs (more if large dish) making sure to almost cover the bread. Cook in a medium oven for an hour or so. You can always tell when it's ready as it rises a bit and the top crisps and browns.

**Summer Pudding:** Stew up some summer fruits (at least 1lb) in 1/2 pint water with a little sugar, until soft. Meanwhile line a bowl with slices of bread. Pour the fruit into the lined bowl, not swimming in juice, and lay further slices of bread on top. Leave to cool. The bread should soak up all the juice by the time the dish has cooled. Place an upturned small plate or saucer in contact with the top of the pudding and weigh it down with the equivalent of a bag of sugar or two. Keep in the fridge till set and serve with cream.