

Luscious

LEFTOVERS

A collection of scrumptious recipes created by Galway's chefs to help you make the most of your leftovers.



Comhairle Chontae na Gallímhíne
Galway County Council



BALWAY, WEST OF IRELAND 2018
Environmental Programme of Galway Region

STOPFoodWaste.ie

LAPN
Local Authority Prevention Network

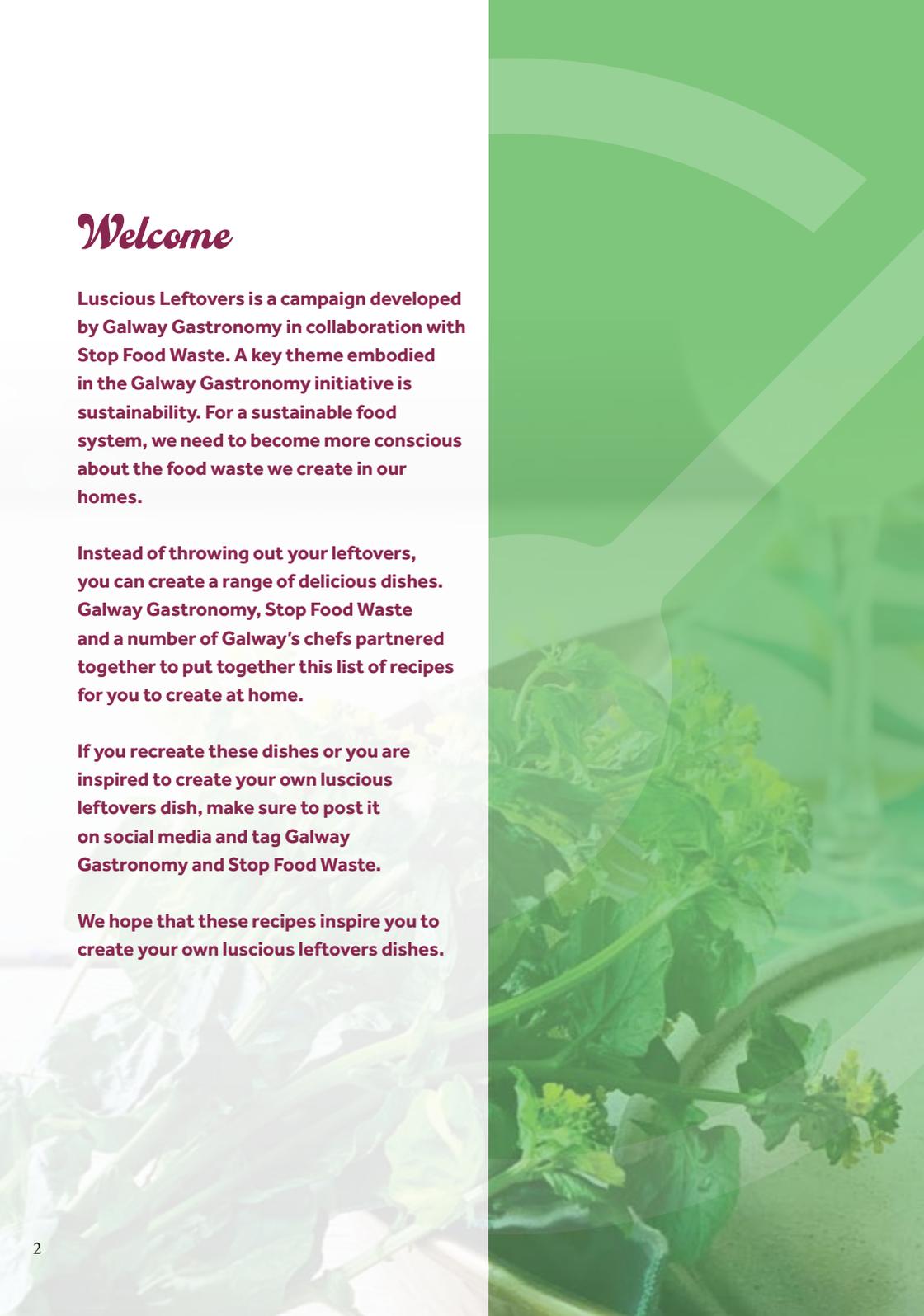
Welcome

Luscious Leftovers is a campaign developed by Galway Gastronomy in collaboration with Stop Food Waste. A key theme embodied in the Galway Gastronomy initiative is sustainability. For a sustainable food system, we need to become more conscious about the food waste we create in our homes.

Instead of throwing out your leftovers, you can create a range of delicious dishes. Galway Gastronomy, Stop Food Waste and a number of Galway's chefs partnered together to put together this list of recipes for you to create at home.

If you recreate these dishes or you are inspired to create your own luscious leftovers dish, make sure to post it on social media and tag Galway Gastronomy and Stop Food Waste.

We hope that these recipes inspire you to create your own luscious leftovers dishes.



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Recipe provided by Maria McNeela of An Bhalann, NUI Galway

Sesame Asian Noodle Salad

This tasty salad using leftover noodles is ideal for kid's lunchboxes or a midday snack. This can be served either hot or cold.

Leftover item: Noodles

Serves: 2

Preparation Time: 10 minutes

Ingredients

- 400g leftover cooked noodles
- Small bunch of freshly chopped coriander
- 3 spring onions shredded thinly
- 1 red chilli finely chopped
- 2 cloves of garlic chopped
- 1 small knob fresh ginger (20g)
- 100ml soy sauce
- 50ml sesame oil

Method

Place the noodles, coriander and spring onions into a large bowl.

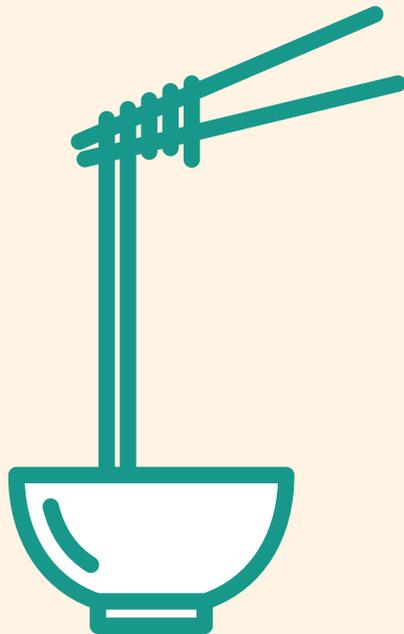
In a blender, place the remainder ingredients and blitz for 30 seconds.

Pour the Asian dressing over the noodles and mix well to combine. Check for seasoning.

These noodles can be kept chilled or reheated if desired.

Chef's Tips

- Rice can be used instead of noodles.
- The dressing is very versatile. It can be made in advance and stored in the refrigerator and used in stir-fries or salads.



Recipe provided by Maria McNeela of An Bhiálann, NUI Galway

Savoury Feta Cheese, Sundried Tomato & Spinach Doughnuts

These fluffy savoury doughnuts are the perfect little bite-sized snack which is ideal for using up a multitude of leftovers.

Leftover item: Cheese

Serves: 4 (makes 12)

Preparation Time: 10 minutes

Ingredients

- 100g feta cheese (or any leftover cheese)
- 50g sundried tomatoes chopped
- Handful of spinach chopped
- 220g self-rising flour
- 1 tsp baking powder
- 4 eggs
- 100ml milk
- Seasoning

Method

Heat the oil in your fat fryer to 160°C. Place all the ingredients into a bowl and mix well. Season with a little salt & pepper. Allow to sit for 10 minutes to rise a little.

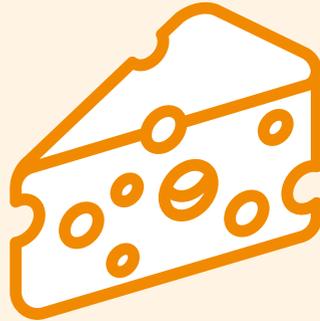
Using an ice-cream scoop or two spoons, place a small golf ball size of the mixture into the fryer. Cook for 2 minutes and turn over to cook for a further 2 minutes until doughnuts are golden brown.

Remove one doughnut and cut in half to ensure it is cooked right through. Using a slotted spoon, remove them from the fryer and drain on some kitchen paper to remove excess oil.

These can be eaten warm or cold.

Chef's Tip

Other filling ideas can include: ham, onion, olives, grated carrot, grated courgette and spring onion.



Spanish Frittata



Use up your leftover potatoes and create this tasty and healthy dish that's perfect to enjoy for breakfast, lunch or dinner.

Leftover item: Boiled Potatoes

Serves: 4

Preparation Time: 40 minutes

Ingredients

- 4-5 large boiled potatoes
- 1 onion, finely diced
- 1 pepper, finely diced
- 1 tsp mixed herbs
- 6 eggs
- Seasoning

Method

Preheat the oven to 160°C.

Peel and dice the potatoes into small cubes and place into a large bowl. In a small pot, sauté off the onions and pepper in a little oil until soft. Place into the bowl along with the diced potatoes.

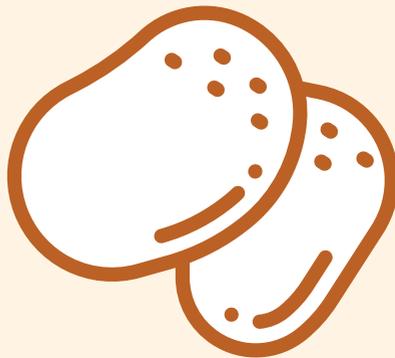
Whisk six eggs into a separate bowl. Mix the egg mix in the potato, onions, peppers, mixed herbs and seasoning and stir well.

Line a 10 or 12-inch baking tray. (Don't forget the sides.) Pour the whole mix into the baking tray and spread out using the back of a spoon.

Transfer the pan into the oven. Bake for approx. 30 minutes until the egg mix is fully cooked. This dish is ideal served either hot or cold.

Chef's Tip

This dish is also delicious served with leftover bacon, creating a tasty option for Sunday brunch.



Whiskey & Orange, Bread and Butter Pudding

Bread is a common food leftover in many households. This recipe is the perfect way to use up excess bread, making a tasty treat for all the family.

Leftover item: Sliced Bread

Serves: 6

Preparation Time: 40 minutes

Ingredients

- 12 slices of stale white sliced bread
- Zest of 1 orange
- 100g sultanas
- 100g caster sugar
- 100g real butter
- 1/4 tsp cinnamon
- 4 eggs
- 500ml warm milk
- 1 tbsp of whiskey

Method

Remove the crust from the bread and butter each slice. Mix the caster sugar, cinnamon and orange zest together.

In a bowl, whisk the eggs, whiskey and milk together until well combined. Grease a Pyrex or pie dish with butter. Place 4 slices of bread (butter side up) into the base of the pie dish.

Sprinkle with 1/3 of the sugar mix and 1/2 of the sultanas. Then place another layer of buttered bread on top and repeat the process with the sugar and sultana mix. Finish off with remaining 4 slices of buttered bread and sprinkle the remainder of the sugar mix, sprinkle on top.



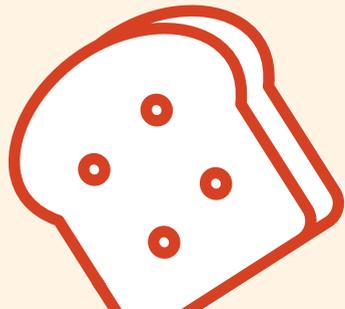
Pour the liquid mix over the top of the bread and allow it to sit for a minimum of one hour (ideally overnight).

Cover the pudding with tinfoil. Place the pie dish in a baking tray with a little water in the base and cook for 40 minutes.

Remove the foil and bake for a further 15 minutes to crisp up the top of the pudding. This pudding is delicious served with custard and a dollop of vanilla ice-cream.

Chef's Tips

- You can swap the whiskey and sultanas for 1 tablespoon of another item of leftovers in your home. For example, leftover lemon rind or berries.
- You can use the leftover crusts from the bread to make homemade croûtons.



Recipe provided by Maria McNeela of An Bhalann, NUI Galway

Sugared Cinnamon Tortilla Chips

Have leftover tortilla wraps? Why not make them into a delicious sweet treat. They are perfect partnered with some leftover chocolate, melted and served on the side.

Leftover item: Tortilla Wraps

Serves: 4

Preparation Time: 10 minutes

Ingredients

- 6 large (10 small) tortilla wraps
- 200g caster sugar
- 2 tsp cinnamon

Method

Heat the oil in a fat fryer to 170°C.

Mix the caster sugar and 2 tsp. cinnamon together in a large bowl.

Cut the tortilla wraps into triangles (similar to tortilla chips).

Place 1/4 of the tortilla chips into the fryer and with a slotted spoon, stir them until light brown and crispy.

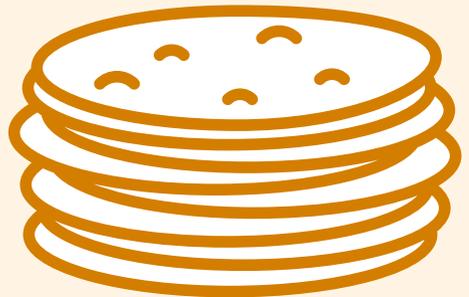
Turn them out onto kitchen paper to drain any excess fat.

When slightly cooled, toss them in the cinnamon and sugar and coat well.

Enjoy with a delicious hot chocolate.

Chef's Tip

Don't worry if you don't have a fryer! You can also bake your leftover tortilla wraps in the oven.



Recipe provided by Tara Lambe of Food Space, Friars Restaurant NUI Galway

Pulled Banana Skin BBQ Bap with Home Fries

Many people think that the skin of the banana have to be thrown away, but this is not the case. This delicious alternative to pulled pork is promised to convert you to re-using your banana skins.

Leftover item: Banana Skins
Preparation time: 10 minutes

Ingredients

- For the pulled skin
- 5 over ripe bananas, washed and peeled
- 1tsp chilli powder
- 1tsp smoked paprika
- 1tsp onion powder
- 1 tsp cumin
- 100ml barbecue sauce
- Salt to taste
- Olive oil for cooking

Method

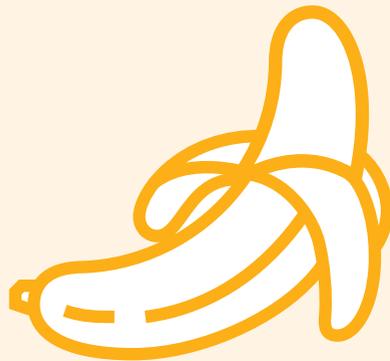
Slice the banana skins into long thin strips. Toss in a bowl with the spices. Heat your pan with a little olive oil and add the skins. Cook out for two minutes then add the barbecue sauce. Cook out until the skins have softened, approx. 20 minutes.

Serve on your favourite bread with some toppings and sides of your choice. We have used brioche baps and some pickles made with excess cucumbers and slaw. We plated this with some home fries made with excess potatoes, tossed in olive oil salt and pepper and roasted in the oven until crispy.



Chef's Tip

You can also serve this dish with leftover salads.



FOOD *For Thought*



Small quantities of apple can be used up in soups, salads, coleslaw or bread. Old or damaged apples are still great stewed and perfect for baking.



Use yoghurt in salads instead of mayonnaise, in soups instead of cream, or to cool down a hot curry.



If you've a mushy mango you need to use up, stir the mango pulp through an Indian style curry.



Slice leftover onion, marinate it with oil or vinegar, herbs, spices, etc. Your onion will keep better and will have more flavour in your next recipe!



Do you have damaged peppers? Turn them into a cream based sauce of red or green peppers!



The green end of leeks are perfect for stir-fries and stocks. As an alternative to frying or boiling, leeks are delicious lightly steamed.

For more great tips and information on how to choose, store and use up foods, check out the A-Z of Foods on stopfoodwaste.ie



Plums are great in baking and cooking. If there's a few lying around at the weekend, they're amazing caramelised on French toast.



Use orange zest for muffins, scones, granola or sauces.



A squeezed lemon has lots of uses around the house – pop squeezed lemon halves into your dishwasher to give your glasses a natural sparkle!



Rhubarb can be used to accompany savoury dishes such as roast lamb or mackerel. Finely sliced raw rhubarb goes well with cucumber pickle.



Don't throw out garlic just because it has started to sprout, it can still be used, sprout and all.



Roast grapes for 15-20 minutes with olive oil, sugar, and rosemary to make a warm grape mix that is sensational spooned over ice cream or cheesecake!

Cauliflower/Broccoli Waste Kimchi

Use your leftover vegetables to create these delicious pickles. This is the perfect way to add colour, flavour, and crunch to any meal.

Leftover item: The leaves and stalks from cauliflower and broccoli

Preparation time: 15 minutes

Ingredients

- Leaves and stalks from 2 heads cauliflower/broccoli
- 2 cloves of garlic, minced
- 1 thumb of ginger, minced
- 2 tbsp chilli powder
- 1 tbsp miso paste
- 1 tbsp sugar
- Small bunch of spring onion, chopped
- Half cup of julienned carrot (can also use carrot peelings)

• **The pickling liquid**

For a basic pickle, you can use 3 parts vinegar to 2 parts sugar and 1 part water (if you don't like your pickle strongly flavoured). This is a good starting point and you can add varied levels of vinegar and sugar to suit your tastes.



Method

Roughly slice the leaves and stalks and rub with a handful of salt. Leave for half an hour to draw out most of the moisture. Drain, rinse and mix with the carrot and spring onion.

Combine garlic, ginger, chilli, miso and sugar in a bowl and thin to consistency of sour cream using warm water.

Add this paste to the veg and rub in well and season.

Pack tightly into a sterilised jar, seal and leave in the fridge for at least 24hrs. This will last for up to 1 month.

Chef's Tip

You can also use spices to flavour a pickle such as mustard seeds, star anise, cardamom or chilli flakes.



Recipe provided by chef Micheal Bradley of West Restaurant, the Twelve Hotel.

Mike's Jalapeño Hot Sauce

This batch of tasty hot sauce lets you use-up a full jar of jalapeños, juice and all. Jar it up and share with friends or just use it in everything!

Leftover item: Strained juice from the jar of jalapeños, leek greens, onion skins and chilli stalks

Preparation Time: 10 minutes

Ingredients

- 2 onions finely diced
- 6 red chilli
- 3 whole bulbs garlic peeled diced
- 500ml good quality apple juice
- 400g tomato puree
- 2.5kg chopped tomato
- 3 tbsp. cayenne pepper
- 3 tbsp. smoked paprika
- Leftover strained juice of the jalapeños approx. 1 litre
- 500g chopped jalapeño
- 100g brown sugar
- 500g butter diced
- 250g powdered leek greens (BBQ leftover leek greens, onion skins and chilli stalks then dehydrate and powder and use as a season)

Method

Sweat off the onions garlic and fresh chilli in oil. Add the dry spices and cook for 5 minutes gently.

Add the tomato puree and cook again 3 minutes. Add the juice of the jalapeño and scrape off the bottom of the pot.

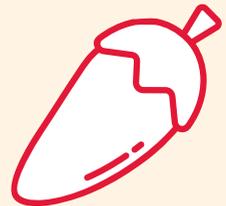
Add the chopped tomato, apple juice and the chopped jalapeño, sugar and leek seasoning. Cook for 2 hours on a gentle heat and then blend the cold diced butter into this until emulsified.

Pass this through a sieve and add seasoning to taste. This can be stored in the fridge for up to 3 weeks.



Chef's Tips

- This can be used as a delicious sauce for chicken wings or as a dressing for salads.
- Thin it down slightly with crème fraiche and use as a pasta sauce.
- Perfect as a dipping sauce for breads and vegetables.
- Mix with a mayonnaise to create a hot sauce mayo.
- Use as a pizza sauce base instead of classic tomato sauce.



No Waste Carrots

These following recipes all are made using 500g of carrots with the tops attached. These can be found in most good supermarkets or preferably from local growers at the Saturday market. These recipes can be tweaked slightly with regards to how you are using your carrots whether you want them boiled, steamed or roasted.

Be sure to scrub the carrots well before use and also to wash the greens.



Carrot Top Pesto

Ingredients

- 70g carrot greens, tough stems removed
- 50g pine nuts or cashews
- 1 large garlic clove, crushed
- 25g parmesan or Irish hard farmhouse cheese
- 120ml Irish rapeseed oil
- 1.5 tbsp sea salt
- 1 tsp cracked black pepper
- 1 tbsp apple cider vinegar
- 1 tsp caster sugar

Method

Wash all carrot leaves before blending

Toast pine nuts until golden brown

Add all ingredients to a blender or food processor and blitz until smooth

Adjust seasoning as desired.



Chef's Tip

Keep all your Parmesan rinds in a container in the freezer. In the colder months these can be used to make a Parmesan broth which is a great base for soups and stews.

Carrot Peel Pakora

Ingredients

- 200g Carrot peelings, washed very well before peeling
- 1 thumb ginger, diced
- 1 lemon, juiced
- 1 tsp fine salt
- 1 onion, diced
- 2 cloves garlic, minced
- 2 birds eye chilli, diced
- 1 tsp cumin seeds
- 2 tsp cumin
- 1 tsp turmeric
- 1 tsp garam masala
- 100g gram flour
- vegetable oil for frying
- Coarse sea salt
- Coriander leaves, finely chopped



Add the gram flour and toss again and leave to stand for 15/20 minutes. If the mix seems too dry add a touch of water.

Heat a pot with the vegetable oil to reach 180°C.

Shape golf ball shaped balls out of the mixture and slowly drop into the oil, be careful not to burn yourself. Fry for about 5 minutes, turning half way to ensure even cooking. When these are crisp and golden, salt while still hot.

These can be made ahead of time and are a great snack for guests as they wait for dinner, best served with some natural yogurt

Method

Place the scrubbed carrot peelings in a large bowl with the diced onion, ginger, spices and fine salt. Squeeze over the lemon juice and toss until well mixed.

Chef's Tip

Your leftover lemon skins can be added to white vinegar to make a great window cleaner

Skillet Roasted Carrots



Ingredients

- 1 tbsp Irish rapeseed oil
- 1 bunch of carrots, peeled and small bit of stalk attached
- 3 tbsp Irish butter
- Sea salt & fresh cracked black pepper, to taste



Cook on medium heat until soft, 5 minutes, then turn heat to medium high.

Sprinkle with salt and pepper.

Add butter to pan and baste with brown butter until charred on each side.

When carrots are charred nicely and cooked through, plate immediately and drizzle with some of the carrot top pesto.

Method

In a heavy, cast iron skillet, heat oil and 2 tbsp until foamy. Add carrots to pan.

Chef's Tip

The carrot stalks can be used in stocks or soups.

Broccoli & Cauliflower Stalk Ceviche with Sides

When cooking broccoli, often the inside stalks get thrown out. Corn tortillas are also often thrown out as they go stale after a few days. The following recipes are ideal for utilising a number of leftovers to create a unique version of 'Taco Tuesdays'.

Leftover item: Broccoli stalks, corn tortillas and veggie skins.

Preparation Time: 15 minutes

Ingredients

- 1 red onion
- 2 green chillies
- 2 red chillies
- 1 red pepper
- 1 bunch of coriander
- 3 limes
- Sea salt/olive oil/sherry vinegar

Method

For the broccoli and cauliflower stalk ceviche:

Dice the cauliflower and broccoli stalks very finely into small cubes. Wash thoroughly and pat dry. Add sea salt to taste and leave to stand for 10/15 minutes. In the meantime, finely dice the onion, chillies, pepper and coriander.

Add the juice of the limes to the stalks and leave to marinate for a further 10 minutes. Finally add all the other ingredients and mix well, once it's all nicely mixed add a splash of your best olive oil and a splash of sherry vinegar. The ceviche is ready to serve instantly or alternatively keeps for up to 2 days in the fridge.



For the sides:

Savory leftover corn tortillas

Slice tortillas into triangles and fry in hot sunflower oil until crispy, remove with a slotted spoon into a bowl and sprinkle with smoked paprika.

Veggie sweet potato, carrot, beetroot and parsnip skins

Instead of throwing out skins from various veg, they actually work lovely as a garnish or side dish. Fry your skins in pure sunflower oil until crispy and sprinkle with sea salt.

Chef's Tip

You can use all sorts of stalky leftovers for the ceviche, even kale!



Brill cheek & Bread Miso with a Mushroom & Shellfish Broth

If you are feeling a bit more adventurous in the kitchen, you can try out this Michelin star recipe. It is the perfect recipe for using up leftover bread and leftover veggies.

Leftover item: Sourdough bread, mushrooms, leftover greens.

Preparation time: 15 minutes

Ingredients

- 1 brill head
- butter
- bread miso (We make this miso in the restaurant from leftover sourdough)
- salt
- 200g razor clams
- 2 dried scallops
- 100g mussels
- 5g dried morels (mushrooms)
- dried kombu
- seasonal greens

Method

Season the fish head with salt and place the fish on a roasting tray. Whip together the bread miso with butter and spread over the fish head.

Place in an oven or over a BBQ until the fish is cooked. You can check if it's done by feeling the cheeks. Meanwhile place the mussels in a pot with an onion halved, garlic halved, 200ml white wine and a small bunch of thyme. Cover the mussels with water.

Cook the mussels over a low heat for 20 minutes, strain and reserve the stock. Place the scallops, morels and kombu in the stock and allow to infuse for 10 minutes, strain reduce the stock by one third.

Place the fish head in a bowl, pour over the broth and serve with seasonal greens like kale, spinach, chicory, fennel tops, etc.

This is quickly cooked in olive oil and finished with lemon juice.



Chef's Tip

My top tip for reducing waste is to be more conscious when shopping. Make lists, plan meals for the week and avoid double buying perishables like bread or vegetables.

Burnt Bread Dip

Bread is one of the most common leftovers in the household. This easy and tasty recipe is perfect for using up bread leftovers, to create a delicious and versatile dip.

Leftover item: Stale bread

Preparation Time: 5 minutes

Ingredients

- 250g of stale bread (sourdough or focaccia)
- 1/2 an onion
- 1 red bell pepper
- 1 pepperoncini or other milled chilli, seeded
- 1 tbsp of honey
- 1 tomato, roughly chopped
- 1 bunch of parsley, roughly chopped
- 2 tsp. of celery powder
- Juice of 2 lemons
- 100 ml of almond milk
- 100 ml of extra virgin oil
- Salt and freshly ground pepper to season

Method

In a dry frying pan, burn the bread over high heat until black. Repeat with the onion, bell pepper, chilli and garlic.

Transfer to a food processor or blender and blend until smooth. Add the honey, tomato, parsley, celery powder, lemon juice, almond milk and olive oil and blend until smooth.

Season to taste with salt and pepper.



Chef's Tip

Serve this with pickled rainbow chard, a super simple way to use up leftover chard stalks.



Recipe provided by Jess Murphy of Kai Restaurant

Ginger Switchel

If you are looking to start making your own fermented drinks, ginger switchel is the perfect place to start. Switch things up with this homemade probiotic drink using leftover ginger and apple peels.

Leftover item: Ginger and apple peels

Preparation Time: 5 minutes

Ingredients

- 20g fresh ginger
- 1 litre of filtered water
- 60 ml raw cider vinegar
- 2-3 tbs raw honey
- 2 tsp lemon juice
- Peel of 1 apple
- 1 tbs demerara sugar

Method

Boil the ginger in the water. Allow the mix to cool, then add the vinegar and honey and stir. Loosely cover with cling film or a cloth and leave out overnight.

The next morning, strain off the ginger (make sure to squeeze any flavour out of the ginger), then add the lemon juice and stir.

Leave out of the fridge to ferment for two or three nights.

Serve diluted with sparkling water, and apple peels to garnish.



Chef's Tip

This is the perfect drink to pair with the Burnt Bread Dip.



Thank you to Galway's chefs:

- Maria McNeela, An Bhialann, NUI Galway
- Tara Lambe, Food Space, Friars Restaurant NUI Galway
- Andrew Ishmael, Galway's Representative at the European Young Chef Awards, 2018
- Micheal Bradley and Martin O'Donnell, The West Restaurant, The Twelve Hotel
- Floris Wagemaker, TGO Falafel
- Enda McEvoy, Loam Restaurant
- Jess Murphy, Kai Café and Restaurant

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Disclaimer: It is the reader's responsibility to determine the nutritional value and the safety of the preparation instructions provided in this booklet.



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