



Zero-Waste **Cooking Guide**



TURN THE GRANITE CITY GOLD





Our individual action on food waste is one example of a small action with an enormous impact on the health of people *and* our planet.

This guide is will help tackle food waste through cooking.

Have fun using this guide, and...

Let's tackle food waste one meal at a time!



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This resource has been developed in relation to CFINE and Granite City Good Food's annual Zero-Waste Cooking Class as part of Climate Week North East. CFINE and Granite City Good Food's work in this area directly contributes to Aberdeen's bid to become a Sustainable Food Places Gold Award City.

Zero Waste and Budgeting?

Reducing waste and making the most of the ingredients you have can be great for budgeting! What's more, it's not as complicated as it sounds and can create tasty and nutritious holidays! Our easy tips for reducing waste on a budget:

Meal planning!

Looking to minimise food waste? Meal planning is a great way to save money and food waste by planning forward. For a free template, scan the QR Code!

Shop savvy- buy reduced produce and freeze it!

Supermarkets often have surplus produce which, whilst short on date, is perfectly edible and often comes at a reduced price. Especially when it comes to meat, fruit, and veg- this is perfect for freezing and means you save money on great produce while saving food from waste.

Batch Cooking

As you are planning your meals, think about what you might be able to batch cook. Stews, soups, and ragu (mince or protein in a tomato sauce) can all be simple, quick, and versatile- you can completely transform the core recipes to create a wide variety of different dishes!

Make the most of the ingredients you have (and leftovers!)

Got leftovers or ingredients you haven't used up? Try making broths or crisps with your leftover vegetable peels, setting aside half-used produce for other days or, if you won't use it while its fresh, prepare it and freeze it down!

Preservation

Preserving is a great way of making seasonal and fresh produce last longer, and can be a great way of making ingredients stretch. Preservation could be: freezing after preparation, pickling (see recipe!), making jams and preserves from fruit, and so much more!



Seasonality Calendar

In Scotland – especially the North East of Scotland – we are incredibly lucky to have a wide variety of produce on our doorstep. By enjoying these fruits and vegetables while they are naturally at their best, we can contribute to tackling food waste by ensuring we enjoy what we have, when we have it. It can also help reduce food miles, and supports tackle the climate and nature emergency through avoiding mass imported fruit and vegetables.

PLEASE NOTE: This calendar should act as a guide only! It is not exhaustive, but gives a great overview of what you can grow at what time of year!

January	February	March
Beetroot, Butternut Squash, Celeriac, Chard, Kale, Leek, Parsnip, Pear, Potato, Rocket, Spinach, Spring Onions, Sprouts, Swede and Turnip	Beetroot, Butternut Squash, Celeriac, Chard, Kale, Leek, Parsnip, Pear, Potato, Radishes, Rocket, Spinach, Spring Onions, Sprouts, Swede, Turnip	Beetroot, Butternut Squash, Celeriac, Chard, Kale, Leek, Parsnip, Potato, Radish, Rocket, Spinach, Spring Greens, Spring Onions, Sprouts
April	May	June
Chard, Kale, Leek, Potato, Rhubarb, Rocket, Spring Onions, Spinach,	Asparagus, Cabbage, Cauliflower, Chard, Cucumber, Lettuce, Pak Choi, Potato, Rhubarb, Rocket, Spring Onions, Spring Greens, Strawberries, Tomatoes	Asparagus, Beetroot, Carrots, Cauliflower, Chard, Cucumber, Lettuce, Pak Choi, Potato, Rhubarb, Rocket, Runner Beans, Spinach, Spring Onions, Strawberries, Tomatoes
July	August	September
Beetroot, Broad Beans, Cabbage, Carrots, Cauliflower, Celery, Chard, Courgettes, Cucumber, Currants, Garlic, Gooseberries, Lettuce, Mangetout, Mushrooms, Pak Choi, Plums, Potato, Radish, Raspberries, Rhubarb, Rocket, Runner Beans, Spring Onions, Spinach, Strawberries, Tomatoes	Beetroot, Blueberries, Brambles, Broad Beans, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chard, Courgettes, Cucumber, Currants, French Beans, Garlic, Gooseberries, Leeks, Lettuce, Mangetout, Mushrooms, Pak Choi, Pear, Plums, Potato, Radish, Raspberries, Rocket, Runner Beans, Spring Onions, Spinach, Strawberries, Tomatoes, Turnip	Apple, Beetroot, Blueberries, Brambles, Broccoli, Cabbage, Carrots, Courgettes, Cucumber, French Beans, Leek, Parsnip, Pear, Peas, Plums, Pumpkin, Radishes, Runner Beans, Swede, Tomatoes, Turnip
October	November	December
Apple, Beetroot, Broccoli, Cabbage, Carrots, Courgettes, Cucumber, Leek, Parsnip, Pear, Peas, Pumpkin, Radish, Runner Beans, Swede, Turnip	Apple, Carrots, Parsnip, Pear	Butternut Squash, Kale, Parsnip, Pear, Radish, Sprout, Swede, Turnip



Zero-Waste Recipes



Leftover Meals

Stovies

Stovies are the ultimate comfort food, known for their versatility and ease of preparation. This traditional Scottish dish can be tailored to fit whatever ingredients you have on hand, making it perfect for using up leftovers or adapting to your taste. Whether you're working with leftover roast, fresh vegetables, or even canned meats like corned beef, Stovies can be adjusted to suit any preference.

Ingredients

- 900g Potatoes (washed, peeled, and sliced)
- 1 Large Onion (chopped)
- 15ml Oil or Beef Dripping
- 100ml water (and top up as needed)
- Beef stock cube (OXO is ideal)
- 200 – 400g Leftover Meat (roast beef, lamb, mince, or 400g tin corned beef)
- Salt and Pepper (to taste)
- Oatcakes (optional)
- Pickled Beetroot (optional)

Method

1. Heat 1-2 tbsp beef dripping or oil in a pan over medium heat.
2. Fry onions for 3-5 minutes until softened.
3. Layer potato slices in the pan, stirring to coat them in onions and fat.
4. Add 100ml water and stock cube. Add water as needed to cover 2/3 of the potatoes.
5. Cover the pan and cook on medium heat for 5-10 minutes.
6. Add leftover meat or fresh meat. For corned beef, add it at the end.
7. Season with salt and pepper. Bring to a boil, then reduce to a simmer.
8. Cover and cook for 30-45 minutes, occasionally stirring.
9. Potatoes should be soft but not mushy. Add corned beef (if using) and heat through.
10. Let it rest for 10 minutes before reheating briefly.
11. Serve hot with oatcakes and pickled beetroot if desired.

Zero Waste Tips

- Use **leftover** roast beef, lamb, mince, or even corned beef. Each choice adds its unique flavour, so **feel free to experiment**.
- Vegetarian Version: Skip the meat altogether and load up on your favourite vegetables. Root veggies like carrots, turnips, and parsnips work particularly well.
- Seasoning: Tailor the seasoning to your liking. Add herbs like thyme or rosemary for an earthy flavor, or spice it up with a pinch of cayenne.
- Serving Suggestions: Stovies are traditionally served with oatcakes and pickled beetroot, but they also pair well with crusty bread, a dollop of mustard, or some salad
- **With Stovies, the possibilities are endless, making it a reliable go-to for any meal!**



Leftover Meals

Soup-er Seasonal Broth

Making soup is a great way to reduce food waste and use up leftover ingredients. There is no exact recipe - much of it is about having fun and finding flavours you enjoy - which makes this a soup-er fun way to enjoy a tasty and healthy meal, while tackling food waste!

1- Start with Fruit and Vegetables... basically any you can think of!

- **Root Vegetables:** Carrots, Turnips/Swede, Parsnip, Celeriac, Beetroot
- **Veg from Bulbs:** Onions (White/Red/Spring etc.), leeks, shallots, garlic
- **Fruits:** Tomatoes, Peppers, Aubergine, Courgettes, Squash, Pumpkin, sweetcorn, chilli
- **Florets:** Broccoli, Cauliflower, Artichokes
- **Leaves:** Spinach, Cabbage, Chard, Nettle, Curly Kale
- **Mushrooms:** Button Mushrooms, Oyster Mushrooms, Shitake Mushrooms

2- Add in your other ingredients

Stock and Liquids

- Stocks: Vegetable, Beef, Chicken
- Water
- Dairy and Milk: Milk, Coconut Milk, cream (single or double), creme fraiche, yoghurts
- Tomatoes: Passata (chopped tomatoes also work well to add liquid!), Tomato Puree

Proteins

- Chicken (Breast or Thigh!), Beef, Ham, Turkey.

But... a soup-er broth doesn't need meat if you don't want it! Consider:

Bulking Ingredients

- Lentils, Peas, Beans, Chickpeas, Pearl Barley
- Pasta, Rice, or Noodles
- Potatoes (A floury potato does really well here)

3- Finish with some seasoning and spice

spices: examples include paprika, cayenne pepper, cumin, turmeric, mace, ginger, lemongrass, garlic

Herbs: basil, thyme, mint, chives, rosemary, coriander, bay leaf, tarragon, oregano

Other inspiration might include lemon juice, harissa paste, miso paste, worcestershire sauce, soy sauce etc.

4- Bring your soup to a boil before simmering until everything is fully cooked (especially if you are using meat!)- this varies dependent on your ingredient choices.

Leftover Meals

Vegetable Curry

Here's a flavourful recipe for a Vegetable Curry. The curry features a mix of seasonal vegetables including courgette, potato, carrot, and onion, and the bhajis use some of the same ingredients for a cohesive meal.

Ingredients

- 1 large courgette, chopped
- 2 medium potatoes, peeled and diced
- 2 carrots, sliced
- 1/2 large onion, chopped
- 1 bell pepper chopped
- 1 half butternut squash or pumpkin, diced (optional for a seasonal touch)
- 1 tin chopped tomatoes
- 1 tin coconut milk
- 2 cloves garlic, minced
- 1-inch piece ginger, minced
- 2 tbsp curry powder
- 1 tsp turmeric powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp chili powder (adjust to taste)
- Salt and pepper to taste
- Fresh coriander for garnish
- Juice of 1/2 lemon
- 2 tbsp vegetable oil

Method

1. Heat the vegetable oil in a large pot over medium heat. Add the chopped onion (using half) and sauté until soft and translucent, about 5 minutes.
2. Add the minced garlic and ginger and cook for another 2 minutes until fragrant.
3. Stir in the curry powder, turmeric, ground cumin, ground coriander, and chili powder. Cook for 1-2 minutes to release the flavours.
4. Add the diced potatoes, carrots, butternut squash/pumpkin, and bell pepper. Stir to coat the vegetables in the spices.
5. Add in the chopped tomatoes and coconut milk. Stir well to combine. Bring the mixture to a boil, then reduce the heat and let it simmer.
6. After 10 minutes of simmering, add the chopped courgette. Continue to cook for another 15-20 minutes, or until all the vegetables are tender.
7. Season the curry with salt, pepper, and lemon juice. Garnish with fresh coriander before serving.

Zero Waste Tips

- This recipe shares lots of ingredients with the Onion Bhaji Recipe on the next page. To tackle food waste, and save on the cost of ingredients, why not prepare both together?
- This curry also works well to tackle leftover meat and vegetables not featured on this list. As well as chicken, beef, and fish etc., why not also try cauliflower, broccoli, or parsnips?

Sides and Preserves

Onion Bhajis

This recipe is a perfect compliment for the Vegetable Curry Recipe on the previous page, and shares a number of ingredients with the curry itself. A perfect side to a delicious curry!

Ingredients:

- 1 large onion, thinly sliced (use the remaining half from the curry)
- 1 small potato, grated
- 1 small courgette, grated
- 1 small carrot, grated
- 1 green chili, finely chopped (optional)
- 1-inch piece ginger, grated
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1/2 tsp turmeric powder
- 1/2 tsp chili powder (optional)
- 1/2 tsp baking powder
- Salt to taste
- 100g chickpea flour gram
- Vegetable oil, for frying

Method

1. Thinly slice the onion and grate the potato, courgette, and carrot. Place them in a large mixing bowl.
2. Add the grated ginger, chopped green chili, cumin seeds, coriander seeds, turmeric powder, chili powder, baking powder, and salt to the vegetables.
3. Add the chickpea flour to the vegetable mixture and mix well. Gradually add water, a little at a time, until a thick batter forms that coats the vegetables.
4. Heat vegetable oil in a deep pan over medium heat.
5. Once the oil is hot, drop spoonfuls of the batter into the oil, flattening slightly with the back of the spoon. Fry until golden brown and crispy, about 3-4 minutes on each side.
6. Remove the bhajis with a slotted spoon and drain on paper towels. Serve hot with chutney or yogurt.

Zero Waste Tips

- This recipe shares lots of ingredients with the Onion Bhaji Recipe on the next page. To tackle food waste, and save on the cost of ingredients, why not prepare both together?
- Bhajis and Pakoras have very similar recipes. This means you can add a variety of different leftover vegetables in and get a great product at the end of it.

Sides and Preserves

Perfect Pickle



Ingredients

- 150g of your leftover or surplus vegetables, washed, and thinly, finely chopped
- 100ml of vinegar, any dependent on your preference
- 100ml of boiling water
- Garlic clove crushed (optional)
- Small chilli pepper (optional)
- Bay leaf
- Tbsp sugar, or honey, or maple syrup (optional, but sharp without).
- ½ - 1 teaspoon of salt to taste
- Some spices – personal preference, sparingly
- GET CREATIVE – try adding different ingredients small amounts at a time, then over time

Method

1. Put vinegar, spices, water, garlic, chilli, sugar, bay leaf in a small saucepan and bring to the boil over a medium heat.
2. Put your chosen vegetable into a bowl and sprinkle over the sugar and salt. Massage the vegetables gently for a few minutes then squeeze out the excess moisture.
3. Pack into the clean jam jar and pour in the vinegar mixture so that the vegetables are covered, seal with a lid and shake to combine. Leave to stand for 20 minutes before eating. Kept refrigerated the pickled will last 2 weeks.

Zero Waste Tips

- This is a great way to use up leftover
- When it comes to spices, be CREATIVE! Use your favourite spices or just experiment with new flavours. Whilst the flavour will be strong to begin with, it will mellow over time and perhaps the perfect time to try something new! Why not try fennel seeds with carrot, cumin and turmeric with cauliflower, or mustard seeds and chilli with onion?

Sides and Preserves

Porridge bread



Ingredients

- 200g cold leftover porridge
- 500g strong white bread flour, plus extra for dusting
- ½ tbsp caster sugar
- 1 tsp flaked sea salt
- 7g dried yeast
- small handful of oats, to sprinkle

Method

1. Put the porridge in a large mixing bowl with 300ml lukewarm water. Stir in the flour, sugar, salt and yeast until fully combined. Cover with a damp tea towel and leave to prove for 1 hr, or until it has almost doubled in size.
2. Tip the dough onto a well floured surface and knock the dough back, punching and kneading it – don't worry if it's very soft. Shape the loaf and put it in a non-stick 900g loaf tin.
3. Cover with the damp tea towel and let it prove for another 45 mins. It should expand to fill the tin.
4. Heat the oven to 220C/200C fan/gas 6.
5. Make a slash along the length of the dough and sprinkle on the oats. Bake for 10 mins,
6. then turn the heat down to 190C/170C fan/gas 3 and cook for another 30 mins.
7. Carefully turn the loaf out and tap the bottom. If it sounds hollow, then the bread is ready. If not, put it back in the oven for another 5 minutes

* This Recipe was taken from BBC Good Food

Zero Waste Tips

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Desserts and Sweet Treats

Leftover porridge pancakes



Ingredients

- 150g cold leftover porridge
- 150g self-raising flour
- 2 tsp baking powder
- 1 ripe banana, mashed
- 2 large eggs
- 100ml milk
- 2 tsp vegetable or sunflower oil
- fruit, yogurt and maple syrup or honey, to serve

Method

1. Mix the porridge, flour, baking powder, banana, eggs and milk in a bowl. Heat the oil in a frying pan. Drop 2-3 tbsp of the porridge mixture into the pan and cook over a medium heat until the underside is golden and bubbles are popping on the surface
2. Flip over and cook for another few mins until cooked through, then keep warm in a low oven and repeat until you've used up all the batter.
3. Serve with the fruit and yogurt and top with a drizzle of the syrup or honey.

Zero Waste Tips

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- When it comes to spices, be CREATIVE! Use your favourite spices or just experiment with new flavours. Whilst the flavour will be strong to begin with, it will mellow over time and perhaps the perfect time to try something new! Why not try fennel seeds with carrot, cumin and turmeric with cauliflower, or mustard seeds and chilli with onion?

Desserts and Sweet Treats



Seasonal Fruit Upside Down Cake

Here's a versatile fruit upside-down cake recipe that adapts to the changing seasons in the UK. You can switch out the fruit based on what's available or in season, ensuring a delicious dessert any time of year.

For the Cake:

- 150g unsalted butter, softened
- 150g caster sugar
- 2 large eggs
- 1 tsp vanilla extract
- 175g self-raising flour
- 1 tsp baking powder
- 50ml milk

For the topping:

- 50g unsalted butter, melted
- 100g light brown sugar
- 300g of fruit (see seasonal suggestions below)

Method

1. Preheat your oven to 180°C (160°C fan) or gas mark 4.
2. Grease a 20cm (8-inch) round cake tin and line the base with baking parchment.
3. Pour the melted butter into the tin and sprinkle the brown sugar evenly over it.
4. Arrange the fruit slices or pieces over the sugar layer in a single layer.
5. Cream the softened butter and caster sugar together until light and fluffy.
6. Beat in the eggs one at a time, adding the vanilla extract.
7. Sift the self-raising flour and baking powder together, then fold into the mixture gently.
8. Add the milk and mix until just combined.
9. Spoon the batter over the fruit in the tin, spreading it evenly.
10. Bake for 35-40 minutes, or until a skewer inserted into the centre comes out clean.
11. Allow the cake to cool in the tin for 5 minutes before turning it out onto a serving plate so the fruit is on top.
12. Serve warm with cream, custard, or ice cream.

Zero Waste Tips

Make the most of seasonal fruit variations to prevent food waste! Great options, all available seasonably in the UK:

Rhubarb: Trim and slice rhubarb stalks, and lightly coat them in extra sugar before arranging them in the tin.

Strawberries: Halve or slice strawberries and arrange them in a circular pattern.

Plums: Halve and stone the plums, then place them cut side down.

Apples: Peel, core, and slice. Toss in a little cinnamon before placing in the tin.

Pears: Peel, core, and slice, placing them cut side down.

Zero Waste Cooking- Checklist

This guide provides a great starting point for how you can tackle food waste through delicious, good food. To ensure you can consider zero waste as widely as possible, use this checklist to when preparing meals to make sure you don't miss an opportunity to save waste!

<p><i>Plan</i></p> <p>Before I go to the shop, I have planned my meals for the week and the ingredients I need for these recipes.</p>	
<p><i>Wrap</i></p> <p>As I use the food I have bought, I am making it last longer by keeping it wrapped over, so air doesn't spoil it.</p>	
<p><i>Portion</i></p> <p>I know how much I need to eat before getting full, and portion my food appropriately</p>	
<p><i>Check</i></p> <p>I check my cupboards and shelves before shopping, so that I can fit ingredients I have into my meal plan for the week.</p>	
<p><i>Freeze / Chill</i></p> <p>I freeze or chill food that I won't use in time, so I can save it for another day</p>	
<p><i>Storage</i></p> <p>I store food appropriately, according to storage instructions, so I make sure it can stay as fresh as possible for as long as possible.</p>	
<p><i>Using Things Up</i></p> <p>I am confident using up food I have leftover, including making new meals from it to make sure I do not create food waste</p>	
<p>Ticking all of the boxes above, I am playing my part in tackling food waste and tackling the climate and nature emergency!</p>	



Interested in finding out more?

Get in touch!

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