

Porridge Paratha & Banana Skin Chutney (10 portions)

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Ingredients

For the porridge paratha

200g leftover cooled porridge
4 tbsp oil
1 tbsp sea salt
500g strong flour

For the banana chutney

10 banana skins (finely shredded)
1 onion diced
4 garlic cloves
½ inch ginger knob
3tbsp yellow thai curry paste
1 tsp cumin powder
2 tbsp medium curry powder
1.25ltr water
3 tbsp tomato paste
200ml coconut milk
1 lemon juiced
Salt & pepper to taste
10g coriander stalks to finish

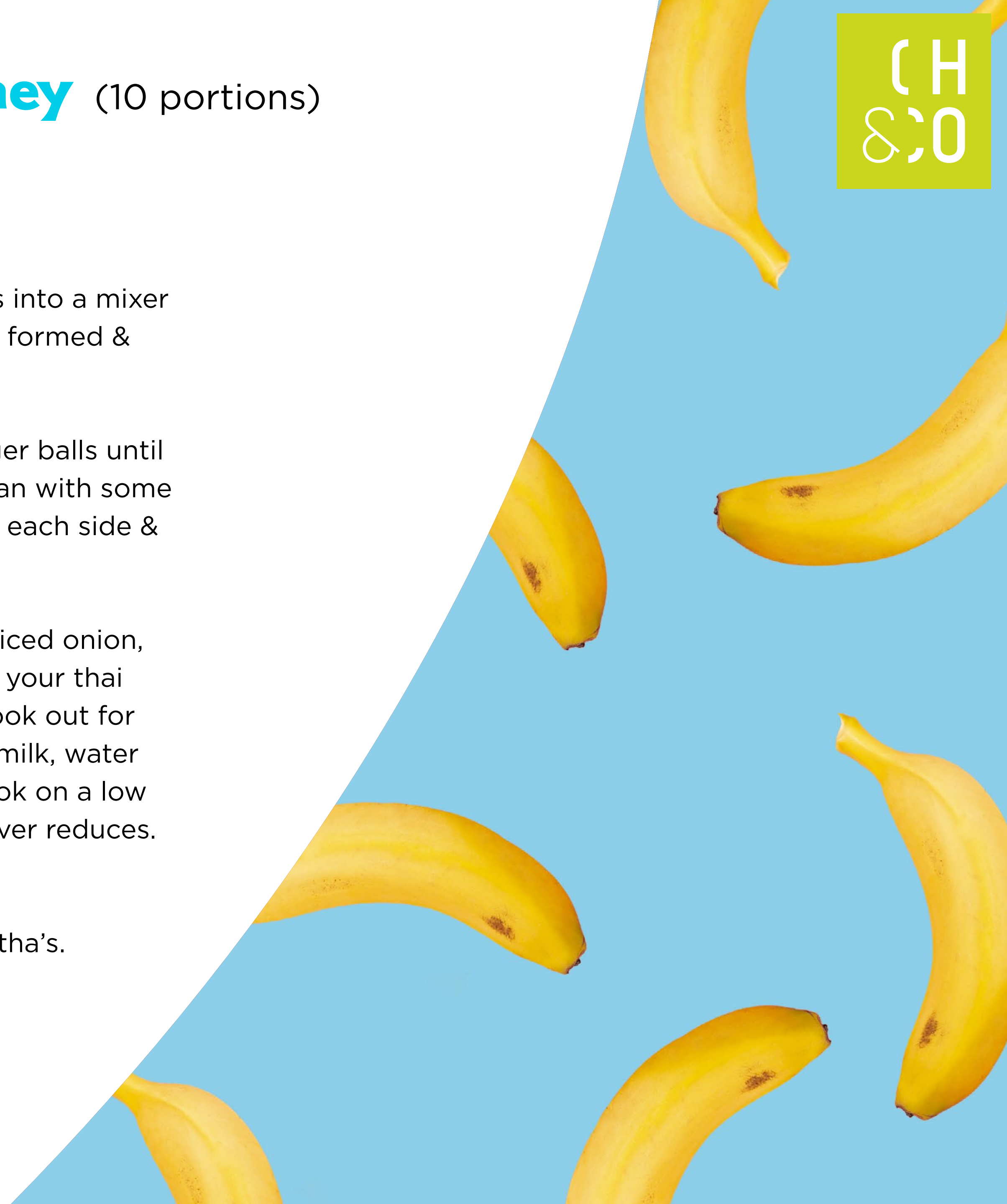
Method

To make the paratha, put all ingredients into a mixer with a dough hook & mix until dough is formed & stretchy.

Roll dough into 20 small balls or 10 larger balls until about thickness of tortilla wrap. Heat pan with some butter & oil & fry until golden brown on each side & leave to cool on a plate.

To make the banana chutney fry your diced onion, garlic & ginger in oil for 2 minutes. Add your thai curry paste, cumin & curry powder & cook out for 5 minutes. Add tomato paste, coconut milk, water & the finely shredded banana skin & cook on a low heat for 1.5 hours. Top up the water if over reduces.

Finish with chopped coriander stalks & its ready to serve along side the paratha's.



Banana Peel Vegan Bacon (8 strips)

Ingredients

2 very ripe banana peels
3 tbsp soy sauce
1 tbsp maple syrup
1/2 tsp smoked paprika
1/2 tsp garlic powder
1 tbsp light oil (or more if needed)

Method

Split the banana peel into 4 streaky bacon size strips. Scrape of any excess banana left in the peel.

Marinate the banana peel in the soy sauce, maple syrup, smoked paprika & garlic oil, so that the peel is covered for 3 hours.

Take peel out of the marinade & fry off in a frying pan for a couple minutes on each side until is crispy & ready to serve.



Seeded Cracker

Ingredients

500g strong flour
75ml pomace oil
10g sea salt
330ml warm water
7.5g yeast
100g pumpkin seeds
100g sunflower seeds
50g poppy seeds
50g furkiake seasoning

Method

In a mixing bowl put strong flour, salt, yeast & oil in (keeping the salt & yeast separate).

Mix with dough hook & slowly add water until a soft stretchy dough.

Once mixed roll out & line onto 2 flat trays & brush with water & top with seeds. Put parchment paper on top of flatbread & another flat tray & bake in the oven at 200 degrees for 20 minutes or until golden.

You are ready to have your wasted experience with your wasted hummus.



Zero Waste Coffee & Coconut Eton Mess (4 large eton mess)

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Ingredients

400ml whipped coconut milk
2 tbsp icing sugar
150ml coffee ground espresso
1 tsp vanilla paste
80g sunflower seeds
50g chocolate coffee beans
4 large coffee ground vegan meringues - see recipe spec

Method

Whisk coconut milk with icing sugar until whipped cream effect.

Fold through the coffee bean espresso & vanilla paste.

Toast the sunflower seeds. Roughly chop coffee beans & sunflower seeds.

Layer the dessert with layers of the coffee coconut milk, meringues, seeds & chopped chocolate coffee beans.

Enjoy your wasted experience.



Zero Waste Beetroot & Balsamic Hummus

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Ingredients

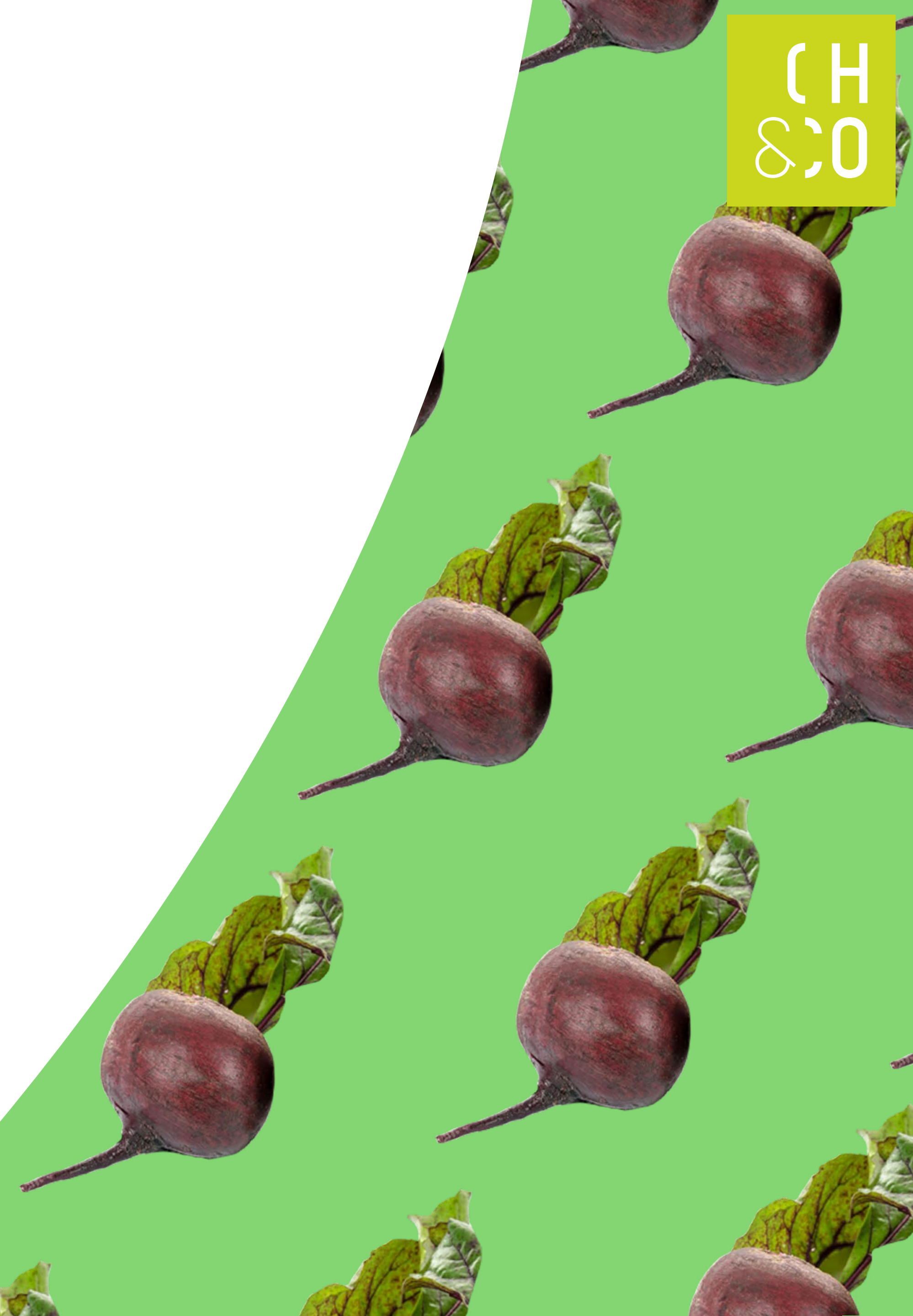
400g chickpeas
800ml chickpea water
10g cloves garlic
1 tsp smoked paprika
100g balsamic vinegar
75ml siracha sauce
100ml tap water
25g honey
1kg wasted beetroot skins &
whole beetroot
Season to taste

Method

Roast the skins off for 10 minutes or until tender with balsamic vinegar.

Place all ingredients in a robot coupe or blender & pulse until desired consistency.

Finish with a drizzle of balsamic, pumpkin seeds & roasted chickpeas & its ready for your wasted experience.



Zero Waste Parsnip, Siracha & Wow Butter Hummus

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Ingredients

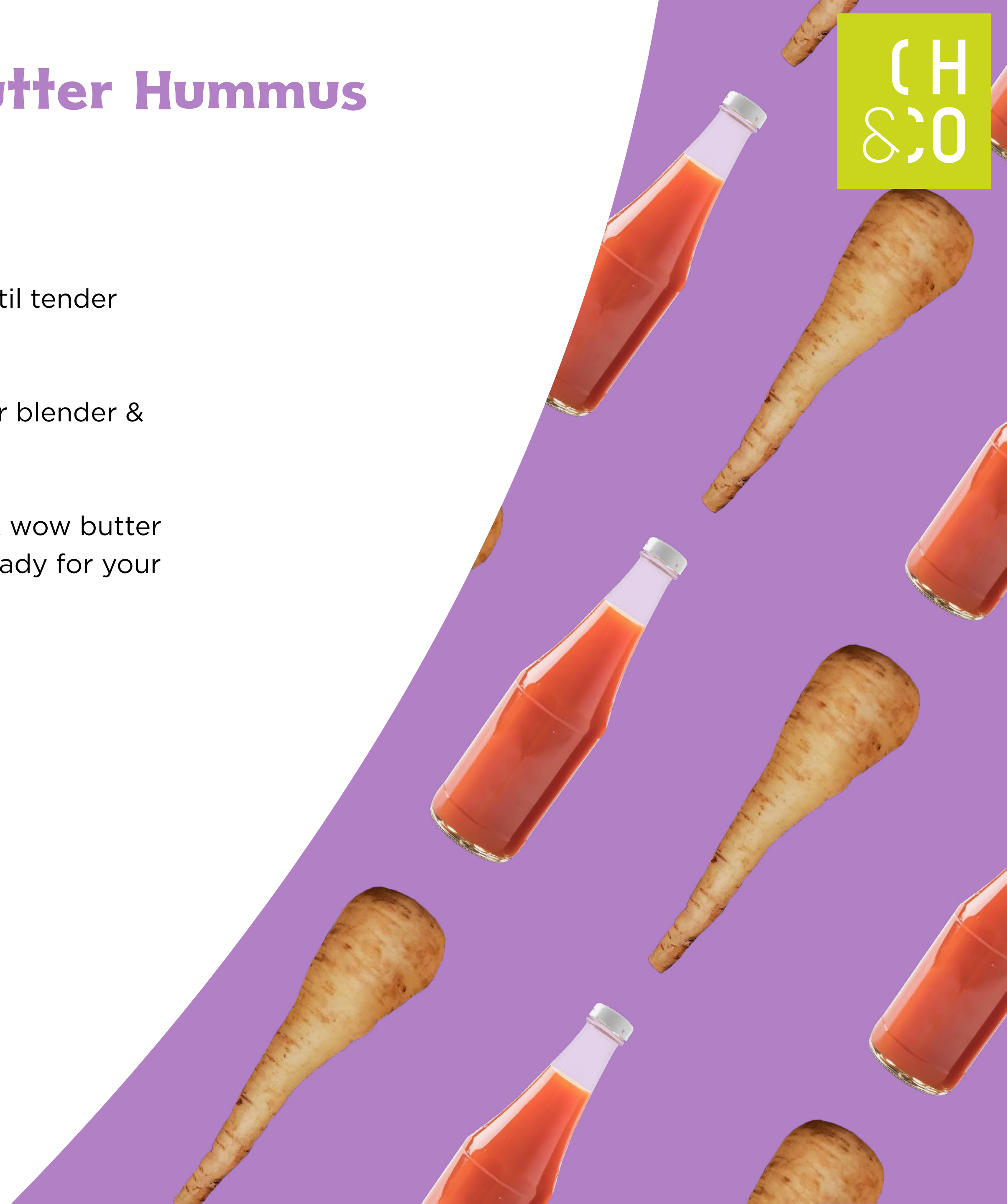
400g chickpeas
800ml chickpea water
10g cloves garlic
2 tsp ground cumin
1 tsp smoked paprika
100g wow butter
40g coriander leaf
75ml siracha sauce
100ml tap water
25g honey
1kg wasted parsnips & skins
Season to taste

Method

Roast the skins off for 10 minutes or until tender with cumin.

Place all ingredients in a robot coupe or blender & pulse until desired consistency.

Finish with a drizzle of siracha, honey & wow butter dressing & sprinkle of coriander & its ready for your wasted experience.



Zero Waste Carrot, Furikake & Kecap Manis Hummus

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Ingredients

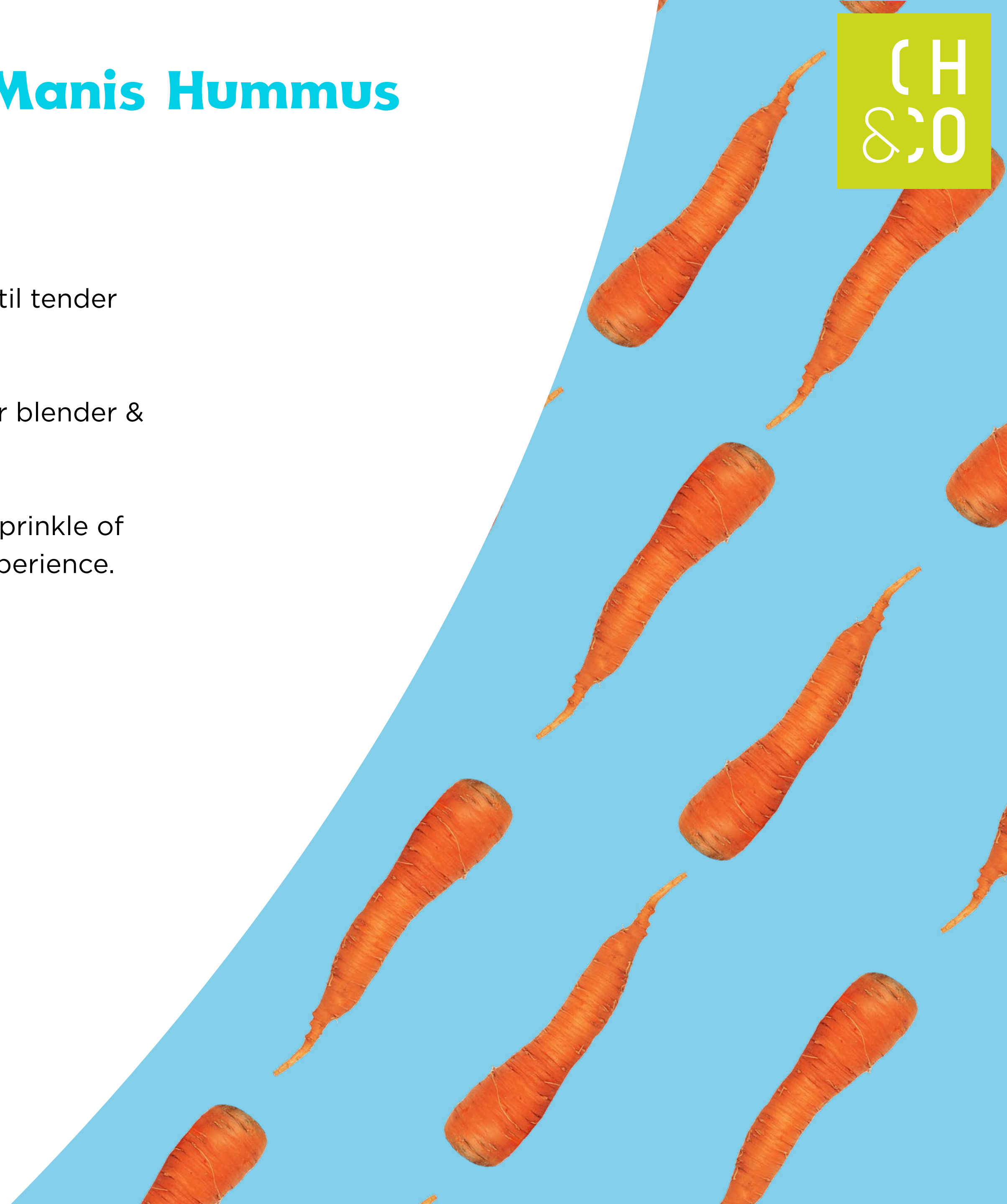
400g chickpeas
800ml chickpea water
10g cloves garlic
2 tsp ground cumin
1 tsp smoked paprika
75ml kecap manis
40g furikake seasoning
100ml tap water
25g honey
1kg wasted carrot peel
Season to taste

Method

Roast the skins off for 10 minutes or until tender with cumin.

Place all ingredients in a robot coupe or blender & pulse until desired consistency.

Finish with a drizzle of kecap manis & sprinkle of furikake & it's ready for your wasted experience.



Zero Waste Bhajis - serve this with the watermelon skin chutney (20 balls)

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Ingredients

4 white onions
100g carrot peel
100g cauliflower stalks
200g leftover peas
1 tsp chilli powder or flakes
1 tsp turmeric
1 tsp curry powder medium
1 tsp cumin powder
1/2 tsp smoked paprika
1 bunch of coriander stalks
3 cup of gram flour
1 1/2 cup rice flour
Season to taste

Method

Slice the white onions, carrot peel, cauliflower stalks & leave in salt for a hour until start to soften & water comes out.

Mix through peas, all spices & coriander stalks.

Add gram flour & rice flour & make into golf ball size bhajis & fry at 150 degrees until cooked all the way through & crispy on the outside.

Serve with the watermelon skin chutney for the ultimate wasted experience.



Zero Waste Crispy Bombay Cauliflower Leaves

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Ingredients

4 whole cauliflower leaves
(trimmed to $\frac{3}{4}$ from core)
1 tbsp curry powder
1 tbsp mango chutney
1 tbsp cumin ground
1 tbsp paprika
200g self raising flour
400ml cold sparkling water

Method

Place all spices & flour into a bowl & add water till becomes a tempura consistency (double cream).

Dip cauliflower leaves into flour & into tempura & cook until golden & crispy.

Serve with the wasted watermelon chutney & enjoy your wasted experience.



Zero Waste Mushroom Panna Cotta Topped With Savoury Granola Flapjack

(10 pots with 75ml of mixture in remmerco pot)

Ingredients

300g mushroom stalks & peel
400ml double cream
300ml semi skimmed milk
1 garlic clove
1 bay leaf
50g unsalted butter
100g of seeded flapjack ends
Season to taste

Method

To make the panna cotta, sweat the mushrooms in butter in a saucepan with garlic, seasoning & bay leaf.

Once mushrooms start releasing their own juices add double cream & milk. Bring back up to the boil.

Soak 3 gelatine leaves in water & add to boiling mushroom mix & whisk in. Blitz the mix & pass through a fine sieve.

Put 75ml of the mixture into remmerco pot & leave to set in blast chiller or fridge.

Whilst panna cotta is chilling, break up the flapjack & bake through the oven until crispy & golden brown.

Take panna cotta out of the fridge & top with flapjack granola & enjoy your wasted experience.



Zero Waste Miso Roasted Butternut Squash, Kecap Manis Toasted, Sesame & Furikake Seasoning Salad

Ingredients

7 skins of butternut squash
45g miso paste - essential cuisine
100ml kecap manis
50g coconut sugar
100ml pomace oil
1 bunch of coriander stalks only
1 bunch of spring onion tops
Handful furikake seasoning
Handful of black sesame seeds

Method

Mix miso, coconut sugar & oil together & mix through the butternut squash skins.

Roast for 25 minutes until soft & tender.

Finely slice spring onion tops & coriander stalks & mix through cool squash skins.

Sprinkle through furikake & sesame seeds & drizzle with kecap manis.

Serve in dustbin lid.



Zero Waste Cauliflower Tabbouleh

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Ingredients

2 cauliflower heads, stalks & leaves
2 red chillies
400g mixed pumpkin seeds & sunflower seeds toasted
2 red peppers
1 bunch dill, parsley & mint stalks
1 bunch spring onion tops
8 juices of leftover limes
100ml pomace oil
2 cucumbers
5 tomatoes
4 garlic cloves
2 tbsp sunflower seed ketchup - see recipe
Season to taste with sea salt & black pepper

Method

Blend stalks & head of cauliflower through a robot coupe & finely slice the washed cauliflower leaves.

On a gas cooker or blow torch burn the skins of tomatoes, peppers & chillies & roughly chop & mix through cauliflower.

Ribbon the cucumbers & dice the seeds that are left inside & add to cauliflower mix.

Add toasted seeds & sunflower seed ketchup.

Roast garlic in the oven for 8 minutes & add to mix & squeeze limes in & finish with oil, chopped herb stalks & season to taste.

Serve in a dustbin lid.



Zero Waste Porridge Pancakes with Pineapple Core Syrup



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Ingredients

150g cold leftover porridge
150g self raising flour
2 tsp baking powder
1 leftover banana
2 eggs
100ml milk
1 pineapple core & skin & flesh
100g coconut sugar

Method

To make the pineapple syrup, dice the skin & core of the pineapple & cover with 100g unrefined sugar & leave to soak for 4 hours until the syrup has all come out of the pineapple. This is now ready to serve.

To make the pancake mix stir together porridge, flour, baking powder, banana crushed, egg & milk into a bowl.

Heat some oil in a frying pan & drop 3tbsp of porridge mixture into the pan over a medium heat & cook until golden brown & fluffy in the middle.

Finish by plating pancakes & topping with fresh pineapple & pineapple core syrup to finish & enjoy your wasted experience.

Top with some toasted pumpkin seeds to add a extra crunch.



Wasted Broccoli Stalk, Sunflower Ketchup & Parsley Salad

Ingredients

6 whole broccoli including stalks
3 garlic cloves
1 bunch parsley stalks
Sunflower seed ketchup
400ml white wine vinegar
400g sunflower seeds
200g stevia sugar

Method

To make the sunflower seed ketchup in a saucepan put all ingredients in & bring up to the boil & leave to cook for 15 minutes or until softened.

Blend & leave to cool this is now ready to serve.

While the ketchup is cooking, slice all the broccoli & stalks into chunks & mix with 4tbsp sunflower seed ketchup & garlic & roast in the oven for 15 minutes until tender.

Once cooled mix through the parsley stalks.

Serve in a dustbin lid.



Zero Waste Watermelon Skin Chutney

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Ingredients

1 watermelon skin & white rind
2 white onions
4 cloves of garlic
1 tsp turmeric
1/2 tsp cumin ground
1/2 tsp ground ginger
1 tsp curry powder medium
6 cardamom pods
4 tsp white wine vinegar
100g caster sugar/stevia sugar
2 mangos dices

Method

Finely dice onion, watermelon skin, garlic & mango.

In a saucepan add oil & fry off cardamom pods for 1 minute & add all cut fruit mix.

Add all spices & cook out for 5 minutes.

Add vinegar & sugar & leave to cook for 1 hour or until reduced to a chutney consistency.

Season to taste & leave to cool.



Zero Wasted Banana, Wow Butter & Chocolate Tray Bake

(1 gastro tray)

Ingredients

For the banana & caramel layer

7 bananas – old & brown bananas to use up

500g wow butter – smooth or crunchy

250g caster sugar

75g unsalted butter

375ml double cream

For the shortbread

750g plain flour

500g unsalted butter

250g caster sugar

For the ganache

375ml double cream

400g leftover chocolate

Method

To make the shortbread combine all ingredients together until they combine, roll out to about 1cm thick & place in the bottom of a line gastro & chill to allow the pastry to rest.

Once chilled for 30 minutes bake in the oven at 160 degrees for 25 minutes until golden brown.

When the shortbread is cooling make your caramel, melt sugar in a pan until golden, add butter piece by piece until all combined & then add double cream.

Blitz together bananas & wow butter & layer onto shortbread & then top with caramel & leave to set.

As the caramel & wow butter layer is setting make the ganache, bring the double cream to the boil, once boiled mix into the chocolate until combined & add a pinch of sea salt & lay on top of the wow butter & banana layer.

Leave to set & then cut into pieces & serve & enjoy your wasted experience.

Wasted Coffee Ground Vegan Meringues



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Ingredients

150g aqua faba – chickpea water
1 tsp vanilla paste
1/4 tsp cream of tartar
165g caster sugar
60ml coffee ground espresso –
boiled with water & strained
back off

Method

Heat the oven to 100 degrees

Open a 400ml tin of chickpeas & drain the water from the chickpeas. This may need to be reduced to egg white consistency depending on the liquid.

Pour liquid into stand mixer & beat with cream of tartar for 15 mins until soft peaks have formed.

Add sugar bit by bit & vanilla paste until glossy.

Ripple your coffee ground liquid through & bake in the oven until dry & crispy with a soft centre.

Enjoy your wasted experience.

