



ISSUE 01

Savvy Cook

KITCHEN SECRETS REVEALED

Love your leftovers

The shocking scale of waste

Bread winners and losers

Top 10 offenders unveiled

Waste not, want not

Canny hacks for sublime suppers

Plus!

OVER 100
RECIPES FROM
THE MASTERS



ISSUE 01

Love your leftovers

Food facts laid bare

In the UK we waste a shocking 4.5 million tonnes of food every year.

We're not talking eggshells or chicken bones, but perfectly edible stuff.

That's enough to fill 38 MILLION wheelie bins, or 90 Royal Albert Halls.

If global food waste were a country, it would be THIRD LARGEST emitter of greenhouse gases after China and the US. So, reducing food waste is super important for the planet.

What's more, the average family of four can save just over £60 per month by chucking away less.

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Bread

WINNERS

and losers

FOOD WASTAGE LAID BARE

THE TOP THREE



Various surveys have found that the top three wasted foods are bread, bananas and bagged salads, so here are some canny hacks to ensure your surplus grub is gobbled by YOU, not by your bin!

No. 1: bread...

No problem - why not crank out the croutons?

Simply toss cubed bread (slightly stale) and a splash of olive oil in a bowl with a little salt and crushed garlic.

Spread the cubes onto a baking sheet and bake on a high shelf for 8-10 minutes at around 180C/160C fan/gas 4, or until they are golden and crunchy. Divine!

Use with leftover leaves to make the ultimate New York dish: Caesar salad. Just combine your crunchy croutons, crisp gem lettuce, anchovies and a thick garlicky dressing.

Alternatively, throw a generous handful of croutons on top of a steaming bowl of soup.

...or zhush up your lettuce with croutons, plus feta and olives. Both are great fridge and store cupboard standbys.

Crunchy croutons

The average family of four can save just over £60 per month by chucking away less uneaten food



No 2: bananas

Banana French toast

Ooh la la! Banana brunch

Mash one banana in a shallow bowl or dish and place two slices of bread onto a baking tray.

Spread the banana goo almost to the edges and pop another slice of bread on top of both to make a sandwich. Then break three eggs into the dish, whisking them with a fork.

To add a bit of indulgence you can add a tablespoon of double cream, but this is optional.

Carefully coat both sides of the sandwiches in the eggy mixture.

Slide them into a large, hot frying pan with a knob or two of butter (unsalted if possible) for about 1 min on either side, until golden brown.

Cut into triangles and pop onto warm plates.

A dessertspoonful of icing sugar (through a tea strainer to avoid any lumps) and a drizzle of maple syrup makes a scrumptious (and beautiful) weekend breakfast or brunch – or a hearty pudding.

**Pop some
blueberries or
other fruit on the
side of the plate,
for that boutique
hotel look**



No 3: bagged salads

The great lettuce revival

Salads rocket back

If you're left with some wilted salad, don't throw it away. Peel off any brown leaves, but refresh the rest by dropping them into a bowl of very cold water for five to 20 minutes.

Lift the leaves out and allow them to drain on the draining board or clean tea towel, or quickly whirl them round in a salad spinner.

Either eat straight away or store back in the fridge (but don't pack the leaves too tightly, as this encourages the decomposing process).

**Take a leaf out of
this book:
they'll revive
through osmosis**



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