

Leftovers?

Let's call them the next meal

Tips for saving money, stop food waste and cooking leftovers for your next meal.

Top to Tail & Root to Leaf cooking.

Good food doesn't have to be complicated.

Herbs, Garlic & Chillies	Add to some olive oil for some home-made flavoured oils
Use dried seasoning more	Use dried herbs and spices to add a little bit of whop whoop to meals. Print off the make your own seasoning mixes from the downloads section
Fruit, freeze or roast and use with meats, hams or pork joints	Add hard fruits to your roasting tin with your meat. Once roasted they taste great and will add a little bit of yum to gravies made from the meat juices.
Eggs	Eggs can be frozen. Break open and whisk gently before freezing Use to top roasted veg for baked eggs.
Tomatoes, peppers, shallots, radish, mushrooms etc	Just a few of these can be oven dried, stored in jars and used in sandwiches, add to pasta, on top of pizzas and so much more.
Leftover cake or biscuits	Blend and add the crumbs to ice cream as a tasty topper, use as a base for cheesecakes or ice cream sundaes. Freeze to be used later
Poultry or fish bones and carcass	Use these to make incredible stocks and freeze to use later for soups, sauces or gravy.
Leftover ham, chicken and other cooked meats.	Mix leftover cooked meat trimmings with chives or spring onions, mayonnaise or yoghurt, lemon juice, mustard for great home-made sandwich fillings. Great for curries and pies

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Lee & The Sweet Life

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Breakfast, Cereal or savoury biscuits, crisps etc	Grind up leftovers into crumb size and use to coat fish or chicken for a tasty alternative to breadcrumbs. Mix with melted butter as base for cheese cakes and puddings
Potatoes.	Mix cooked mashed potatoes with leftover vegetables or oven roasted vegetables, form in to patties and top burgers or pizzas. Raw potatoes, grate and add to grated onion for a fabulous hash brown. Mash potatoes can be used to thicken soups and stews
Fresh herbs	Freeze fresh herbs in ice cube trays with oil then take them out and pop straight into the cooking.
Vegetable scraps	Add peppercorns, and bay leaves along with most vegetable tops can be used to make stock along with meat, poultry and fish bones. Use the stocks from the freezer to make gravy, soups and sauces. make stock for soups or freeze. – boil with peppercorns and bay leaves
Soups & Stews	Soups and stews are a great way to use cooked or raw meat and vegetables. Get creative and use those herbs and spices.
Baby food	Cooked softened vegetables are great to use to make baby food to use at meal times to eat with the family or to freeze for later. Be aware of salt and pepper and other seasoning

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Couple of slices of meat	<p>Don't let the last of Sundays roast go to waste.</p> <p>Collect all the scraps, add them to your collection in the freezer. When you've enough, get out that family pie or curry recipe.</p>
Bread	<p>So many things to make with leftover bread.</p> <p>Breadcrumbs combined with herbs and spices to coat fish or chicken.</p> <p>Make oven baked delicious croutons with olive oil or chili oil to use with soups, on salads or as a snack at movie time.</p> <p>Get the kids involved, and make it pizza night by rolling out a slice of bread and use it as a base for toppings and cheese.</p> <p>Bread and butter pudding can use up milk, eggs fruit and sugar too</p>
Lettuce & other Salad ingredients	<p>Not just for salads. Think of them as vegetables to roast or maybe in a stir fry.</p>
Freeze veg, onions etc	<p>Freeze now, use later</p>
Bananas	<p>Frozen bananas make a delicious ice cream. Slice and freeze.</p> <p>Once frozen. Add them to a food blender and whizz.</p> <p>Use over ripe bananas in banana bread, add in a few choc' chips for a real treat.</p>
Carrots	<p>Not just for savoury. Grate and use in overnight oats for breakfast.</p> <p>Fabulous roasted with oil and herbs.</p> <p>Carrot leaves are edible, great for salad or in stir fries.</p>

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Broccoli	Not just the tops are edible. The stalk is full of flavour. Grate for stir fries or salads, add to smoothies or add to potato hash browns.
Leaves	There are so many leaves that are edible and we don't use. The Leaves from green beans, beetroot, broccoli, carrots, cauliflower, celery, sweetcorn, pumpkin and sweetcorn are all edible.
Root Vegetables	Left over raw root vegetables such as swede, celeriac, turnip, radish, cauliflower etc are amazing to make a posh coleslaw. Grate them and make a dressing of mayonnaise, mustard, and a little bit of lemon juice.
Cauliflower	Apart from what I've already mentioned, grate cauliflower and use as a rice or pasta substitute, or mixed with herbs for a fantastic shepherd's pie topping instead of potato.
Rice / Pasta	Cooked rice or pasta is fabulous added to soups and stews making it a little more special.
Burgers	Think creatively. For the patty, add cooked leftovers; vegetable leftovers or meat scraps to make the burger more interesting. For the topping, think about a potato hash brown or spicy bubble and squeak with a fried egg. Use some of your newly made oven dried vegetables and tomatoes to top it all.

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Parmesan	Parmesan rinds are great to freeze. Use them in all your sauces, soups and stocks for an amazing umami flavour.
Cheese	All cheese can be frozen. Start collecting all those little bits and when you've enough, add them together for a posh cheese sauce for cauliflower, broccoli or pasta. Use all your cheese bits for cheese on toast with a difference.

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