

Create & Make

FOOD WASTE HACKS

Hello, I'm Chef Nureen Glaves.

I've created this guide with the Mayor's Fund for London charity to help you repurpose food which would normally be thrown in the bin and save money too. Let's get started!



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Food waste hacks



Make your bread last longer. If it's fresh bread, place it in a tea towel and wrap it up, then leave it to dry in a cool area of your kitchen. For packaged bread, put one half in the freezer and the other half in the fridge in a container or sealed bag.

You can also turn dry and stale bread into breadcrumbs. Simply put your bread in a blender and blitz. No blender? No problem. Just pop dry bread in a sealed sandwich bag and smash with a rolling pin to break it into crumbs. You can store it in the fridge for up to one month. I love using breadcrumbs for mac and cheese or, better yet, fried chicken!

To keep flour fresher for longer, place 2 bay leaves in the flour.

Here's my homemade pizza trick:

1. Empty a tub of 500ml plain yoghurt into a mixing bowl
2. Refill the tub with flour (up to the top for 500ml) and add
3. to the mixing bowl again
4. Refill the same tub with flour but only up to halfway this time (250ml) and pour into the mix
5. Add 1 tablespoon of oil, some garlic, pepper, and herbs.
6. Mix well, and now you've got pizza dough ready for you to add your toppings. Dominos ain't got nothing on this!



You can stop bananas from over-ripening by covering the top of the stem with foil or clingfilm, then your bananas will last up to three weeks.

When you haven't got ice cream, and your bananas are super ripe, peel the skins, and place the flesh of the bananas into a freezer bag. Freeze for at least two hours (or leave them overnight). Now you have your base to make any flavour of ice cream your heart desires! For chocolate ice cream, just add some cocoa powder, 50ml milk of your choice, and vanilla essence, and blitz it in the blender (or whip it with a wooden spoon or spatula) until it has a smooth consistency.



'Wasted' recipes... rescued!

When we think of wasted ingredients, it's often scraps of leftover food being thrown away or ingredients that haven't been used before they expire. But you can actually make some delicious dishes at home. Here are my top five 'wasted recipe' suggestions. Try them at home!



Plantain Fritters:

- Take 2 overripe plantains, mash them until smooth
- Add 1 egg, 50g plain flour, 1 tbsp vanilla essence, and 1 dash of ground cinnamon. Mix well.
- Add 2 tbsp of rapeseed oil in a medium frying pan. Fry each fritter and cook for 3 minutes on each side.
- Place them on a paper towel. And enjoy! Why not try apple fritters, swap the plantain for apples

Stuffed Pizza Pockets:

- Take 100g plain flour and add 50ml of yoghurt, 1 tbsp oil and 1 tsp garlic powder.
- Mix well together, then divide the dough into 4 pieces and roll each out into circles
- On each circle: add 1 tbsp of tomato sauce, cheese, a dash of garlic powder, and a dried herb of your choice.
- Bring the corners in, and bake in the oven (gas mark 6) or air fryer (190C) for 25 minutes or until golden. Check if it's cooked by tapping the bottom, if it sounds hollow then it's cooked.



Croquettes:

All you need is 1 carrot, 1 onion, 2 cloves of garlic or garlic powder

For protein, you can add one of the following ingredients: cooked chicken, minced beef, canned tuna, mushrooms, 1 courgette, 80g plain flour (or gluten-free flour).



- Finely dice the vegetables and meat or fish.
- Get a large frying pan, add 1 tbsp of oil
- Cook the vegetables and meat or fish together until it's soft
- Now add the flour and milk to make a semi-thick paste.
- Put the paste in a container, then the fridge for 1 hour.
- When chilled, mould into a thick sausage shape
- Add breadcrumbs to a bowl and roll the sausage shapes in it to coat them
- Bake in the oven for 15 minutes until golden brown.

Taste of the world

First stop: Morocco

Pomegranates can be found worldwide, from the Caribbean to the Mediterranean, Africa and Asia. Once you remove the seeds you can make it into a syrup, which is used in savoury dishes or topped on salads. I love to make juices and ice lollies with it. An example of this is Pomegranate Lemonade. If you juice the pomegranate seeds and a few lemons, 1 tbsp honey, add loads of water, serve over ice or better yet, freeze them in little cups to make ice cups.



Second stop: China

Lotus Root! What is that? It tastes like potato with radish, and it's often found in both Southeast Asia and East Asia. For example, it's seen in Vietnam, Thailand, Korea, Japan, China, Laos, Cambodia, and the Philippines. You can make a batter with rice or tapioca flour and dip your lotus roots into it. Fry on each side until golden, and serve with sauce.

Third stop: Vietnam

Avocados, or pear, as we Caribbeans like to call it, are versatile superfoods. Not only are they rich in Omega 3, which consists of fatty acids that support joint, brain, and heart function and health, but you can also make it into a sweet dessert or savoury delight. In Latin America, it is used to make guacamole, a paste of avocado mixed with tomatoes, coriander, and a few other components. In Vietnam, they blend it together and add coconut milk or ice cream as a sweetener topped with roasted coconut, which is super delicious.



Final stop: Japan

Silken Tofu, with its unique texture and consistency, is one of my favourite ingredients to use. Doughnuts made with silken tofu are chewy, crispy and soft on the inside! Plus, they can be made gluten and vegan-free AND they contain a high percentage of a vital nutrient called protein, which helps your muscles grow! You can also add the silken tofu to a homemade burger mixture instead of egg. It will make your burger even more juicy and delicious.