

Rescue



Bread and Butter Pudding

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Bread and Butter Pudding

Ingredients

Serves 8

$\frac{2}{3}$ loaf of leftover or slightly stale bread

50g lightly salted or unsalted butter

100g raisins or other dried fruit

3 large eggs

650g milk

50g any sugar plus extra for topping

$\frac{1}{2}$ tsp. vanilla extract

Pinch of salt

Instructions

1. Pre-heat oven (180°C, 350°F, gas mark 4).
2. Butter the bread, cut into triangles and place in an oven-proof dish.
3. Sprinkle over the raisins or other dried fruit.
4. Mix together the eggs, milk, sugar, vanilla extract and salt to make a custard.
5. Pour the custard over the bread and allow to soak for 20-30 minutes.
6. Sprinkle a little extra sugar over the top and bake for 25 - 30 minutes.



Rescue



Spanish Potato Tortilla

By Women's Institute

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Spanish Potato Tortilla

You can be as creative as you like with this resourceful 'rescue recipe.' Whatever you've got in the fridge that needs using up can be added to this dish. Leftover cheese, cooked vegetables, spicy sausages and cooked meats such as ham all work well. Cut into wedges and serve as a light snack or light lunch with a green salad.

Ingredients

Serves 4

1 tablespoon olive oil

350g potatoes, sliced thinly

1 large onion, sliced thinly

6 large eggs

Salt

Black pepper

Leftover sausage or cooked meat

Coriander sprigs

A handful of grated cheese

Instructions

1. Heat the olive oil in a large pan, add the potatoes and onion and cook gently for 20-30 minutes until softened, without browning the onion.
2. Beat the eggs in large bowl, season well and add the potato and onion mixture. Combine well and tip into a non-stick frying pan.
3. Cook over a gentle heat for 10-12 minutes until set. Scatter the top with the sausage slices and grated cheese and place under a hot grill until golden brown. Serve with coriander sprigs and a crisp green salad.



Rescue



Sour Milk Scones

By Caroline Marson
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Soured Milk Scones

'Off' milk makes scones much fluffier and tastier than regular milk. As the milk is cooked in this recipe, it is okay to use milk that smells or tastes sour. Do not use it if it has separated or curdled. Use fresh milk or buttermilk as an alternative. You can make scones in a food processor but they will be lighter made by hand as the flour does not get over worked. Scones need to be eaten on the day or frozen, as they don't keep well.

Ingredients

Makes 12 scones

- 300g plain flour
- 25g baking powder
- 100g chilled and diced butter
- 50g sultanas
- 200ml soured milk
- 1 beaten egg
- 100g sugar



Instructions

1. Preheat oven (200°C, 400°F, gas mark 6). Sieve the flour and baking powder together into a large bowl. Add the butter and rub it into the flour until the mixture resembles breadcrumbs. Add the sultanas.
2. Pour the soured milk into a saucepan and warm it gently over a low heat. Remove pan from the stove. Whisk in

the egg and sugar and pour the milk into the flour, mixing it all together. Leave the dough to rest for five minutes, then turn it out onto a lightly floured work surface and knead it together to form a smooth ball.

3. Roll out the dough into a rectangle with a thickness of about 1.5cm. With a 6cm plain cutter, cut out 12 scones and place them upside down onto a floured baking sheet. Lightly dust the scones with some more flour, and then leave them to stand for a further 10 minutes before cooking. During this time the baking powder will begin to act like yeast does in bread.
4. Cook scones in the preheated oven until golden brown. They will take about 12 minutes.

Rescue



Bubble and Squeak

By Caroline Marson

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Bubble and Squeak

This is a great recipe that can be made with any vegetables leftover from Sunday lunch. Serve with a poached, fried or scrambled egg and crispy bacon, poached smoked haddock fillets or grilled trout.

Ingredients

Serves 4

1 red onion, finely chopped

4 rashers streaky bacon, cut into small pieces

450g leftover mashed potato

300g leftover mixed cooked vegetables - roast parsnips, green beans, brussel sprouts, cabbage, carrots, cauliflower, broccoli or peas, chopped into small pieces

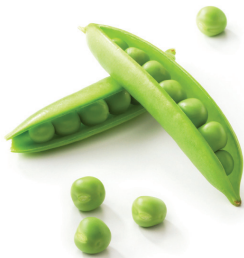
Black Pepper

Salt

25g hard cheese, grated

25g butter, melted

Plain flour



Instructions

1. Heat oil in a frying pan and cook the onion for 4-5 minutes until soft. Add the bacon and cook for a further 3-4 minutes or until it begins to turn a golden colour.
2. Remove pan from the heat and transfer the bacon and onions into a large bowl.
3. Add the mashed potato and cooked vegetables, season well. Add the cheese, mix well and divide the mixture into four portions.
4. Using your hands, shape each portion into a cake. Put a little flour on a plate and coat each cake in flour on both sides.
5. Put onto a greased baking tray and brush with a little melted butter. Bake in a preheated oven (200°C, 400°F, gas mark 6) for 25 minutes or fry on both sides until golden brown.

Rescue



Baked Apples

By Penny Brasenell

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The logo features a green outline of an apple with a leaf, positioned above the word "LOVE" in a bold, green, sans-serif font. Below "LOVE" is the word "FOOD" in the same font. To the right of "FOOD" is ".COM" in a smaller, green, sans-serif font. Below the entire "LOVE FOOD" text is the phrase "hate waste" in a lowercase, green, sans-serif font.

Baked Apples

This recipe is simple to prepare and is ideal for using up apples that are past their best. You can use any mixture of dried fruits that you have in the cupboards, such as dates, apricots, figs or prunes.

Ingredients

Serves 4

4 eating apples (the ones with wrinkly skins)

100g mixed sultanas, nuts, pumpkin seeds

2 dessert spoonfuls of maple syrup

Knob of butter

Yoghurt to serve

Instructions

1. Preheat oven (180°C, 350°F, gas mark 4).
2. Wash and core the apples, load the cores with sultanas, nuts and pumpkin seeds and pour in two dessert spoonfuls of maple syrup.
3. Place the apples into a flameproof dish and top each with a little butter. Cover and cook for about for about 30 minutes or until the apples are just cooked.
4. Serve with a little plain yoghurt on top.

