



Tips for rescuing foods that are past their best

Potatoes and veg

- Soak green veg or salad leaves in cold water for 30 minutes to freshen them up.
- Keep hold of potato peelings, sprinkle with salt, pepper, chilli or whatever flavour takes your fancy and pop them in the oven. Free crisps the kids will love!
- Thinly slice leftover boiled potatoes and add to omelettes.
- Use leftover potatoes to thicken soups.

Banana and soft fruit

- Mash bananas and add to pancake batter, muffin mixture or even add as part of the fluid to a chocolate cake mix. (1/2 cup banana = 1/4 cup fluid).

- Add it to a veggie or lentil curry.
- Slice an over ripe banana and blend with milk until smooth. Pour over cereal such as weetabix or muesli for a healthy breakfast. Also works well if you mix in other soft fruit that is about to go off - such as strawberries, raspberries or blueberries.
- Mash bananas on toast with a sprinkle of cinammon for a delicious breakfast.
- If soft fruit is about to go off or is over ripe, put in a saucepan with a couple of teaspoons of lemon juice and sugar. Heat slowly until the fruit “pops” and the liquid reduces. You will then have your own jam or a fruit compote!

Milk

- “Off” milk makes scones much fluffier and tastier than regular milk – you’ll be amazed! Pick up our recipe card for more details.

Bread

- To refresh a stale loaf or roll, hold it very briefly under a running cold tap. Give it a good shake and pop in a hot oven for about 10 minutes; it will be as soft and crusty as freshly baked bread
- Alternatively, place it in the microwave on full power for about 10 seconds (depending on the power of the microwave), and it will soften up nicely.
- Use the crusts from a loaf, toast one side, spread the other with garlic butter and toast under the grill. Cut into four fingers and serve.
- Cut left over bread into cubes, toss in olive oil and a little garlic, herbs and chilli powder. Freeze on a tray and transfer into bags/boxes when frozen. You have an instant crouton mix.
- Make bread into breadcrumbs. Cut into slices and bake in a warm oven. When dry and crisp, place the bread in a clean tea towel, or piece of muslin and bash with a rolling pin. Store in an airtight jar.

