

Rescue



West Country Homity Pie

Recipe author: Lyndon Gee

dorsetcouncil.gov.uk/lovefoodhatewaste

LOVE
FOOD.com
hate waste

West Country Homity Pie (Serves 4)

Ingredients

- 150g (5oz) flour (plain or gluten-free)
- 75ml (2froz) sunflower oil (or vegetable oil) plus a dash
- 50ml (1½froz) cold water
- Salt and pepper
- 250g (8oz) cooked root vegetables (e.g. potatoes, parsnips carrots)
- 2 onions or leeks, chopped (150g/ 5oz)
- 2 unpeeled apples, chopped (200g/ 7oz)
- 3 rashers bacon, shredded (100g/ 3oz)
- 75ml milk (2froz) (or cream, or plain yoghurt)
- 100g (3oz) cheese, grated
- 1 egg

Instructions

1. Mix flour, oil, water and a pinch of salt into a dough. Cover and refrigerate for 15 minutes. Then sprinkle with flour and roll out ½ cm (¼in) thick, to line a lightly oiled 20cm x 4cm (8in x 1½ in) deep metal tin.
2. Meanwhile, add a dash of oil to a pan, add the bacon and onions, and stir regularly until onions start to brown. Add the apples and potatoes and cook a further 3-4 minutes, still stirring regularly.
3. Now add the milk, ¾ of the cheese, a

little salt and pepper, stir for 1 minute then mix in the egg and put the mixture into the pastry case.

4. Top with the rest of the grated cheese and bake 20-25 minutes in a preheated oven 180°C/Gas 4/ 350°F until golden brown.

Chef's tip from Lyndon

Preheat the oven and use a metal pie tin to make sure you get a crisp pastry base. If you use wholemeal flour for your pastry add an extra dash of water.

Use up

Boiled, roast or baked potatoes. Cooked vegetables like broccoli, cauliflower, green beans or squash and any leftover cooked meat.

Variations

Use any cheese including blue or goat's cheese. Use pears instead of apples; add walnuts. Try smoked bacon or ham, chorizo or smoked haddock.

Vegetarian and vegan options:

Use mushrooms or smoked tofu instead of bacon and a vegan soya-based cream cheese instead of egg and milk.

Freezer advice

This recipe is suitable for freezing.

Rescue



Leftover Sunday Roast Pasties

Recipe author: Love Food Hate Waste
dorsetcouncil.gov.uk/lovefoodhatewaste

LOVE
FOOD
hate waste **.com**

Leftover Sunday Roast Pasties (Serves 1)

Ingredients

½ pack ready roll short crust pastry (or make your own)

100 grams chicken/lamb or pork.
Cooked and 1/2 inch dice

½ cooked carrot

1 cooked roast potatoe

50 grams cooked swede

10 grams cooked peas

3 tbsp. of leftover gravy

1 egg

Instructions

1. Pre heat your oven to 180°C/Gas 4/350°F.
2. Use a large mixing bowl, take the cooked carrot and crush it between your fingers into the bowl, repeat with the swede and potato, and stir in a meat of choice, peas and gravy. Stir until evenly mixed.
3. Take the ready rolled pastry and cut out a circle about 10 inches across. You can use a medium sized dinner plate to cut around. Firmly pack the filling along the centre line leaving a 1 inch margin at the edges.
4. Brush all around the edge of the pastry with the beaten egg. Carefully lift up both sides of the pastry so that they meet at the top, then pinch them together to seal, ensuring there are no gaps.
5. Carefully lift onto a grease proof lined

baking tray. Now brush the entire pastry with the egg wash. Bake for 45 minutes until golden.

Chef's tip

Ensure you leave a sufficient gap to seal up the pasties, if there are gaps the liquid will seep out during the cooking process.

Use up

Cooked meat, potatoes, swede, peas and any other roast vegetables and leftover gravy.

Variations

This recipe is completely versatile and can be adapted to include whatever ingredients you have left from your roast dinner. Different pasties can be created with seasonal vegetables throughout the year.

Vegetarian options:

This dish can be ideal for vegetarians. Remove the meat and replace the gravy with vegetarian gravy, or you can use fried quorn pieces.

Freezer advice

These pasties are perfect for freezing.

Rescue



Twice baked potatoes

Recipe author: Lyndon Gee

dorsetcouncil.gov.uk/lovefoodhatewaste

**LOVE
FOOD** .com
hate waste

Twice baked potatoes (Serves 4)

Ingredients

1 kg potatoes (2lbs 4oz), 4–8 depending on size (raw or already baked)

1 tablespoon vegetable oil (olive is ideal)

400g (14oz) mixed vegetables, chopped (e.g. leeks, mushrooms, peas)

75ml (2floz) milk

Good pinch salt and pepper

150g (5oz) cheese, grated (cheddar is ideal but any will do)

Instructions

1. If necessary bake the potatoes. Wash, prick with a fork and cook for 1–1¼ hours 180°C/Gas 4/350°F, depending on the size. Cool a little, then cut in half. Without breaking the skins, scoop out the potato flesh and add to a bowl.
2. Meanwhile add oil to a pan and gently cook the vegetables without browning them.
3. Mash the potato and mix in the milk, salt and pepper then stir in the cooked vegetables and half the cheese.
4. Spoon the mixture back into the potato skins, top with the remaining cheese, arrange on a baking sheet and bake in a preheated oven 180°C/Gas 4/350°F for 15–20 minutes until golden brown.

Chef's tip from Lyndon

You can use any sized potatoes from bite size

baby potatoes to large baking potatoes. The larger the potato the longer the cooking time.

Use up

Any left over cooked vegetables like cabbage or broccoli can be mashed into the potato. Any cheese or cooked meats can also be added.

Variations

You can use basic ingredients like cheese and onion. Or create a gourmet feast and stuff your potatoes with anything from chicken curry to lobster or wild mushrooms.

Extra flavour

Add garlic, fresh herbs, smoked haddock. Add smoked ham or grain mustard. Try adding a teaspoon horseradish sauce or a teaspoon of pickle or curry paste.

Freezer advice

This recipe is suitable for freezing.

Rescue



Curried Roast Vegetables

Recipe author: Jane Hughes

dorsetcouncil.gov.uk/lovefoodhatewaste

LOVE
FOOD .com
hate waste

Curried Roast Vegetables (Serves 4)

Ingredients

300g/10 ½ oz mixed root vegetables (eg potatoes, sweet potatoes, carrots, beetroot, parsnips)

4 tbsp vegetable oil

2 tsp curry powder

Instructions

1. Preheat the oven to 200°C/
Gas 6/400°F.
2. Peel the vegetables and cut them into bite-sized pieces (around 1.5cm/ 3/4 in). Put them into a large mixing bowl and add the oil and curry powder. Stir thoroughly to coat the vegetables with the oil and spices.
3. Transfer the vegetables to a large baking tray and spread them out. Bake for 40 minutes until tender and crisp on top.

Cook's tip

Keep the size of the vegetable pieces as regular as you can so that they all take the same amount of time to cook. If you want to use beetroot, don't mix it in with the rest of the vegetables, otherwise everything will go pink!

Variations

Winter squash such as pumpkins and butternut squash also roast well.

Use up

This recipe is a good way of using up any root vegetables that are going past their best.

Freezer advice

Best enjoyed on the day it is cooked.

Extra flavour

If you add too much ground spices they will tend to burn. Add extra flavour with salt and pepper, and crushed garlic.

Rescue



Courgette and potato frittata

Recipe author: Jane Hughes

dorsetcouncil.gov.uk/lovefoodhatewaste

**LOVE
FOOD** .com
hate waste

Courgette and potato frittata

Ingredients

- 1 large onion, peeled and chopped
- 2 courgettes, washed and sliced
- A handful of cooked potatoes, sliced
- 2-3 cloves of garlic, crushed (optional)
- 4-6 eggs (depending on how many vegetables you use and how many people you need to feed!)
- Herbs – use a tablespoon of fresh chopped herbs, a teaspoon of dried herbs or two tablespoons of pesto (see note)
- Oil for frying

Instructions

1. Preheat your oven to 190°C/
Gas 5/375°F.
2. In a large frying pan, fry the onions and courgettes together until the onion is translucent and the courgettes are softening. Add the garlic about two minutes before you think the onions and courgettes will be ready – there's less risk of overcooking it this way.
3. In a large bowl, beat the eggs with the herbs or pesto, then stir in the cooked vegetables and sliced potatoes and mix thoroughly.
4. Pour the mixture into a greased, lined baking dish and bake for 20-25 minutes until puffy and golden.

Note: classic pesto is made with Parmesan cheese, which is not suitable for

strict vegetarians. Look for a vegetarian or vegan brand or, better still, make your own.

Use up

Ideal way of using up leftover cooked vegetables or those vegetables and herbs going past their best.

Top tip

Simply use a food processor to whizz together your choice of fresh herbs and nuts, with a glug of olive oil and some salt and pepper.

Variations

How about sage and walnut pesto, or lemon balm and macadamia? Add vegetarian parmesan-style cheese, or other cheeses, if you like, but beware, a little goes a long way. Some fresh lemon zest or dried chilli flakes would be appropriate too.

Can even be served cold with a salad or frozen for use at a later date.