

Save £50 this Christmas!

Making use of your freezer, keeping an eye on the “use-by” dates, storing food correctly and using up leftovers in delicious recipes can all help to make savings on your Christmas food budget. It can save you time as well!

Christmas Tips

- Plan your meals over the Christmas fortnight and make a shopping list. Use up your foods from the freezer beforehand to make room for as many leftovers as possible.
- The portion calculator at **lovefoodhatewaste.com/portion-planner** removes the guess work when it comes to portions. It's particularly useful when you're catering for large numbers. There is also a section that's specific to party food.
- If you are making your own mince pies, make sure none go to waste by freezing them uncooked – just bake a few at a time, from frozen, when needed.
- Chestnuts are highly perishable. Keep them in a plastic bag in a salad drawer. They can also be frozen.
- Stale nuts, crisps and biscuits can be revived by spreading them in one layer on a baking sheet and

warming them in the oven for 3-5 minutes. Let them cool (and crisp up), then transfer to an airtight container.

- If you're going away for the festive holiday, put leftover milk in ice cube trays in the freezer. They're great for emergency teas and coffees when you return!

Lovely leftovers

- Christmas cake can be frozen. Put a layer of greaseproof paper between each slice.
- Leftover dips from parties can be reused. Sour cream dips can be spooned over the top of pie fillings before putting the pastry on. Salsa can be used as a base layer for pizza toppings.
- Use up smoked salmon in a hearty breakfast – mix with scrambled eggs and pile on top of toast or a bagel.
- Leftover sandwiches from parties can be frozen, provided that the fillings can be frozen. Salads won't freeze well.



Christmas party survival guide

How to correct over-salted food

– Put a raw, peeled, quartered potato in the dish for 15 minutes, then remove. Alternatively add a little cream, brown sugar or vinegar. Use a little at a time and taste all the way.

How to correct over-spiced food

– Add lemon or lime juice or chopped cooked potato. Nut butter, coconut milk, yoghurt or milk can also be used.

How to correct burnt food – Pour the dish into a new pan, leaving the part that's been burnt. Add a raw, peeled potato in the dish, leave for 15 minutes then remove. Reheat gently.

Cooked too much pasta or rice?

Leftover rice and pasta can be reheated and used again safely, provided you follow these guidelines:

1. Rinse with cold water in a colander, to remove starch. Do this straight after cooking.
2. Transfer it to an airtight container as soon as it is cold.
3. It can be kept in the fridge for 24 hours - or frozen.
4. Defrost it by leaving it in the fridge overnight, then use within 24 hours.

5. Cook in boiling water for a few minutes, or alternatively rice can be microwaved. Make sure the food is piping hot, particularly the rice.

Using up party leftovers

In this cookbook folder, you will find lots of tasty recipes using up Christmas leftovers, which were created by our talented, competition-winning junior school chefs.

You can get into the habit of making meals from leftovers yourself by just stocking up on some store cupboard essentials and getting inventive!

Ingredients could include: balsamic vinegar, chutney, crushed chillies, curry paste, dry pasta, flour, honey, jalapenos, ketchup, Worcestershire sauce, marmite, mustard, noodles, herbs and spices, raisins, rice, sardines, stir-fry sauce, soy sauce, stock cubes, Tabasco, butter beans, coconut milk and tinned tomatoes.

Get inspired by checking out some of the many leftovers recipes on the Love Food Hate Waste website. They also have some helpful video clips for the more popular dishes. Have fun!

