

Rescue



Mixed fruit pancakes

Recipe author: Lyndon Gee

www.dorsetforyou.com/lovefoodhatewaste

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Mixed fruit pancakes (Makes 8-12 pancakes)

Ingredients

- 1 egg, beaten
- 150ml (5floz) milk
- 100g (3oz) flour (plain, wholemeal or gluten-free)
- 50g (2oz) dried mixed fruit
- 100g (3oz) finely chopped fruit (e.g. apple or pears)
- Dash oil
- 1 teaspoon sugar
- 1 teaspoon mixed spice or cinnamon

Instructions

1. Beat the egg into the milk, then put the flour in a bowl and gradually stir in the milk mixture until smooth, then mix in the dried and fresh fruit (pears can be used instead of apples - about 100g).
2. Heat a nonstick pan and add the oil, then add a tablespoonful of the mixture.
3. Cook for 2 minutes then flip over with a spatula and cook for another minute or two on the other side. The pancakes should be about 8 cm (3in) in diameter and only 3-4 mm (1/8in) thick. You should be able to cook 2 or 3 in a large pan at the same time.
4. Mix the sugar and spice together and sprinkle over the hot pancakes before serving.

Chef's tip from Lyndon

The fruit will sink to the bottom of the mixture, so try to spoon from the bottom of the bowl each time so every pancake has fruit in it.

Use up

Excess fresh fruit (even very ripe fruit) instead of dried, including: pears, blackberries, raspberries, apricots, peaches, damsons, plums, cherries or tropical fruit. You can also add chopped nuts or seeds. Try also making savoury pancakes by replacing the fruit with vegetables and omitting the sugar topping.

Vegetarian and vegan options:

Suitable for vegetarians. A vegan version can be made with milk substitute e.g. soy, rice or almond milk available from health food shops.

Extra flavour

Add grated lemon or orange zest, mixed spice, ground ginger, nutmeg or cinnamon.

Freezer advice

This recipe is suitable for freezing.

Rescue



Chocolate Bread and Butter Pudding

Recipe author: Schwartz

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Chocolate Bread and Butter Pudding

(Serves 6)

Ingredients

200g (7oz) good quality milk chocolate
75g (3oz) butter
250g (8oz) (or about 10 slices)
white bread
3 eggs
1 tsp. Schwartz Cinnamon Ground
25g (1oz) caster sugar
1 Schwartz Vanilla Pod
600ml (1 pint) milk
Cocoa powder and icing sugar
for dusting

Instructions

1. Pre-heat the oven to 180°C/Gas 4/
350°F.
2. Lightly grease the sides of an
ovenproof dish measuring approx.
30cm x 20cm (12" X 8"). Break up
the chocolate and, together with 25g
(1oz) butter, put into a heatproof
bowl set over a pan of lightly
simmering water. Leave until melted.
Stir lightly.
3. Cut the crusts from the bread and
slice into 4 triangles. Arrange
approximately half of the slices,
overlapping, in the dish and spread
with the melted chocolate sauce.
Arrange the remaining bread,
overlapping, to form a second layer.

4. Melt the remaining butter in a
saucepan and remove from the heat.
Beat the eggs with the Cinnamon,
sugar and the seeds from the Vanilla
Pod. Add the butter and milk and stir
thoroughly. Spoon the mixture over
the bread so that all of the bread is
saturated. Allow to stand for 1 hour.
5. Bake the pudding in the oven for
45-50 minutes until the custard has
set and the bread is golden brown.

Use up

Any leftover or stale bread.

Variations

At Christmas try spreading layers of
mincemeat between each bread slice
and serve with custard.

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Pear Tray Bake

Recipe author: Love Food Hate Waste

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Pear Tray Bake (Serves 6)

Ingredients

- 150g (5oz) butter, softened
- 150g (5oz) light brown muscovado sugar
- 3 medium eggs
- 150g (5oz) self raising flour
- 2 ripe pears, peeled, halved and cored (350g)

Instructions

1. Preheat the oven to 180°C/Gas 4 /350°F. Grease and base line a 22cm square tin.
2. Whisk the butter and sugar until pale and fluffy. Add the eggs, 1 at a time and whisk to incorporate. Gently fold in the flour.
3. Spread the cake mixture in the base of the tin and gently press the pears into the mixture evenly. Bake for 30 minutes until golden and the sponge is cooked.
4. Serve hot or warm with cream, ice cream or crème fraîche.

Cook's tip

Sprinkle a little extra sugar on top before cooking to give a crunchy texture.

Use up

Leftover summer fruits like pears, apples or plums from the garden, or buy fruit when cheap and in season.

Variations

Replace the pears with plums or apples.

Vegetarian and vegan options: Suitable for vegetarians, not suitable for vegans.

Extra flavour

Add ground ginger or cinnamon for extra flavour.

Freezer advice

Cut into portions and freeze.

Allergy advice

Contains dairy, wheat and gluten.

Rescue



Crunchy fruit and oat crumble

Recipe author: Lyndon Gee

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Crunchy fruit and oat crumble (Serves 4)

Ingredients

2-3 slices bread (100g/3oz),
crumbled (stale is fine)

50g (2oz) rolled oats (or muesli or
granola)

1 tablespoon sunflower seeds (or
sliced almonds)

400g (14oz) any fruit (e.g. 2 apples
plus berries)

100ml (3floz) fruit juice (we used
apple juice)

2 tablespoons runny honey

Instructions

1. Add crumbled bread, oats and seeds/nuts to a bowl and mix well.
2. Chop the unpeeled, cored apples and put in an ovenproof dish with the berries and fruit juice.
3. Sprinkle the crumble mixture on top then drizzle with honey
4. Bake in a preheated oven 180°C/ Gas 4/ 350°F for 15-20 minutes until golden brown.
5. Serve immediately with a little Greek yoghurt, custard or cream.

Cook's tip

If you don't have any fruit juice use a couple of teaspoons of jam or marmalade dissolved into 100ml (3floz) boiling water.

Use up

You can use stale bread, buns or cake to make the crumble topping. Use fruit that's about to go over, or small amount of jam or marmalade left in the bottom of the jar.

Variations

Use any fresh or frozen fruit such as apples, pears, berries, peaches, apricots or tropical fruit. Any fruit juice works. Add different nuts and seeds such as pumpkin, sesame or flaked almonds.

Vegetarian and vegan options: Suitable for vegetarians. Vegans should use an alternative sweetener such as brown rice, maple or agave syrup, or use iron-rich molasses.

Extra flavour

Add grated lemon or orange zest, crystallised ginger or cinnamon to the fruit. Try drizzling with black strap molasses or golden syrup instead of honey.

Freezer advice

Cut into portions and freeze.



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Banana and Walnut Bread

Recipe author: Caroline Marson

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Banana and Walnut Bread (Serves 4)

Ingredients

- 125g butter
- 180g dark brown sugar
- 4 medium bananas, mashed
- 2 eggs, beaten
- 1 teaspoon vanilla essence
- 1 teaspoon ground cinnamon
- A pinch of salt
- 250g plain flour
- 1 teaspoon baking powder
- 3/4 teaspoon bicarbonate of soda
- 3 tablespoons warm milk
- 125g walnuts

Instructions

1. Preheat the oven to 180°C/Gas 4/ 350°F. Butter a 1 kg or 2lb loaf tin or use 12 large muffins cases.
2. Cream the butter and sugar until smooth and then whisk in the mashed bananas.
3. Add the eggs, vanilla, cinnamon and a pinch of salt and whisk well.
4. Sieve in the flour and baking powder and beat until smooth.
5. Mix the bicarbonate of soda into the warm milk and stir into the batter.
6. Toss the walnuts in a little flour

before adding to the mixture. This will prevent them from sinking.

7. Scrape the mixture into the tin and bake for about 50 minutes, until the bread is crusty on the top and a skewer poked into the middle comes out clean.
8. Cool in the tin, and then turn out onto a cooling rack. Cook the smaller muffins for 20-25 minutes.

Cook's tip

Serve warm or cold, or plain or toasted with butter.

Allow to cool completely before storing in an airtight container, where it will keep for several days.

Use up

Bananas that are going soft or past their best.