

# Rescue



## Waste less food, save more money!

### Check the date – Understand the date labels on food.

- **Best before** – Refers to quality rather than food safety. Foods with “best before” information should be safe to eat beyond the printed date, but they may not be at their best
- **Use by** – These dates refer to safety. These foods can be eaten up to the end of this date, but not after. Always follow the storage instructions on packs
- **Display until and sell by** – You can ignore these dates as they are information for shop staff, not shoppers.
- **Extend the life of food** - Freeze it before the use by date. When required, defrost thoroughly and use within 24 hours
- **Plan your meals** – Check your cupboards, make a list of what you need to buy and stick to it
- **Store your food correctly** – Good use of your fridge and freezer will keep food fresher for longer
- **Get your portions right** – Avoid food waste and only cook what you need
- **Rescue leftover food** – Cook once and eat twice. Make good use of leftovers and food that is starting to look a bit tired.

For tasty recipes using leftover food visit:  
[www.dorsetforyou.com/lovefoodhatewaste](http://www.dorsetforyou.com/lovefoodhatewaste)

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## Budgeting tips

- Frozen fruit and vegetables can be cheaper than fresh and you only need to take what you need out of the freezer
- Tinned fish – salmon, sardines, and tuna – is healthy, and cheaper than fresh fish
- Stock up on store cupboard basics (e.g. dried pasta, rice, beans, tinned tomatoes). Use them to stretch leftovers and create new meals
- Meat can be expensive, so when making chilli, bolognaise or curry meals, try adding chick peas, kidney beans, fruit or vegetables to make more food that costs less
- Cook meals in bulk, portion up and freeze to be eaten another day. Saves on time and money!
- Fruit and vegetables, when in season, are often far cheaper than meat so try making them the main ingredient of your meal

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## Food rescue – fruit and veg

### Citrus fruits - Lemons, limes and oranges

- Slice and “open freeze” on a tray
- Once frozen, transfer to a suitable freezer bag or container to store until required
- The frozen slices can be popped into drinks as “ice and a slice” in one!

### Ripe pears – turn them into a delicious dessert fit for a dinner party!

- Peel carefully, trim the stalks and place in a slow cooker
- Cover with red wine and a little castor sugar and cook on high for 1 ½ hours

- Serve with yoghurt, cream or ice cream
- You can use a large saucepan but simmer gently for half the time

### Soft fruit - for example strawberries and raspberries, can be made into a pot of jam

- Weigh the fruit and add half the weight in sugar
- Transfer to a microwave safe bowl and zap for 10 minute intervals until it is thickened (but not too thick)
- Store in the fridge in a clean jar. One punnet makes a normal sized jam jar

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**Orchard fruits, such as apples, pineapple, mango, apricot and plum can be turned into tasty dried fruit snacks.**

- Peel fruit if necessary, core or stone it and then slice into slim rings or slices
  - Spread the fruit on a baking tray and bake in the oven at 100°C (212°F) or the lowest mark, for 45 minutes
  - Allow to cool before storing in airtight containers. Great as a topping for yoghurt and cereals or for stirring into porridge
- **Broccoli, carrots and celery** can all be revived overnight by putting them in the fridge in a glass of water. Trim a little off the broccoli stalk first
  - **Tomatoes** that have become too squashy for salads or sandwiches can be blended and used in place of tinned tomatoes in pasta dishes and casseroles
  - **Onions and peppers** can be chopped and frozen, making them ready to be used at a later date
  - **Potatoes** going a bit green and beginning to sprout, can be given a good peel, then either cook, mash and freeze for later, or par-boil and use later for frying or roasting



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## Delicious ways with overripe fruit!

### Try making a fruit fool, a quick and simple dessert

- Stew and puree fruit such as apples, plums, gooseberries, blackcurrants, strawberries and raspberries
- The fruit puree can be added to a mix of whipped leftover cream and/or custard
- Chill and serve in individual glasses

### Overripe fruit in the fruit bowl can be transformed into a warm fruit salad, ideal for Christmas day

- Use any orchard fruits such as apples, pears, plums, apricots and damsons
- Peel, core and cut into small chunks

- Put in an ovenproof dish with a little honey, a splash of orange juice, a few raisins, prunes, knob of butter and a sprinkling of spices, such as nutmeg, allspice, cinnamon and star anise
- Cover and cook at 200°C (400°F) mark 6, for about 25 minutes and serve with brandy butter, custard or ice cream
- To serve at a later date, first cool, then put in a freezer-proof container, label and freeze
- To serve, defrost overnight and gently warm in the oven

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## Banana ice cream

**A delicious healthy treat made with over-ripe, squishy or spotted bananas**

- Peel ripe bananas, wrap in cling film and freeze overnight
- Remove from freezer, allow to soften for 20 minutes then whizz in a food processor or blend until thick and creamy
- Serve immediately or refreeze

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## Tasty ideas for tired veg

### Roasted vegetables

- Peel and cut the vegetables into bite sized pieces, drizzle with olive oil, add some peeled garlic cloves and sprinkle over fresh herbs like rosemary or thyme
- Cook in a preheated oven at 200°C (400°F) mark 6 for 25-30 minutes
- Whilst warm, add to salad leaves, blue cheese or goats' cheese or even toss onto pasta, rice or couscous

### Potatoes

- Slice into wedges, coat in olive oil and some spices - cayenne is good - and bake at 200°C (400°F) mark 6 for 35-40 minutes
- 'Open-freeze' on a baking tray then transfer to a freezer bag
- Once frozen, take out a handful whenever you need some and cook for 15-20 minutes, until hot

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### **Cauliflower - use as an alternative to potato for mash**

- Cook until soft, mashed with cream cheese, garlic, milk or butter
- It will have the same consistency as mashed potatoes and could also be baked

### **Vegetable soup - potatoes, carrots, turnips, swede and beetroot can be made into a delicious soup**

- Remove any rotten bits, scrub, peel and chop into chunks

- Soften onion and some garlic in a little oil or butter, add herbs or spices (cumin and ground coriander work well) then add the vegetables
- Pour in water to cover, then place lid on pan and bring to the boil
- Simmer for 15-20 minutes, then add any green or leafy vegetables
- Remove lid and simmer until tender
- Season with salt and pepper, then liquidise half the soup until smooth with a little milk, pour back into the pan and serve