

# BBQ



## Crispy Chicken Skewers

[dorsetcouncil.gov.uk/lovefoodhatewaste](https://dorsetcouncil.gov.uk/lovefoodhatewaste)



# Crispy Chicken Skewers

This kid's favourite uses a crispy coating made from leftover cheese and breadcrumbs made from slightly old bread. Serve with potato wedges or baked potatoes, carrots and cucumber sticks.

## Ingredients

Prep time 25 min

Cook time 15 min

Serves 4

75g slightly stale bread

40g leftover cheese, crumbled or grated

Salt and ground black pepper

12 chicken fillets or 4 skinless chicken breasts, cut into long strips, defrosted

### For the mayonnaise dip:

6 tbsp mayonnaise

2 garlic cloves, peeled and crushed

3 tbsp fresh chopped herbs, such as basil, tarragon, parsley

1 tbsp oil

1 lemon, cut into wedges

## Method

1. Soak bamboo skewers in a shallow tray for about 15 minutes.
2. Put the bread in a food processor and process to crumbs. Transfer to a bowl, stir in the cheese and season.
3. Mix the mayonnaise, garlic, herbs and seasoning in a bowl. Put the chicken into a bowl and use 4 tbsp of mayonnaise mixture to coat the chicken pieces. Save the remainder of the sauce for dipping.
4. Weave the chicken onto bamboo sticks and toss into the bread crumb and cheese mixture. Place onto a non-stick baking sheet and drizzle with oil.
5. Cook under a preheated hot grill for 4-5 minutes on each side. Serve with the remaining mayonnaise and lemon wedges.

## Cooks note

- These could be made without the bamboo skewer, but threading the chicken onto skewers makes them easier to handle when cooking. It's a good idea to soak the bamboo skewers for 15 minutes in water before grilling, to prevent burning.
- Keep breadcrumbs in the freezer in bags, they can be used straight from the freezer for toppings, coating fish cakes and adding to stuffing.

# BBQ



## Jamaican Vegetable Beans and Rice

By Caroline Marson, Banbury

[dorsetcouncil.gov.uk/lovefoodhatewaste](https://dorsetcouncil.gov.uk/lovefoodhatewaste)



Dorset  
Council

# Jamaican Vegetables, Beans and Rice

This is a well known Jamaican family dish. It was traditionally served on Mondays, to use up the leftover salty ham from the Sunday's dinner. There are many variations of this recipe; this Jamaican version uses coconut milk, but you could use stock if you prefer. This recipe is an ideal base for adding any vegetables that you have lurking in the back of the fridge.

## Ingredients

Serves 4-6

75g streaky bacon, roughly chopped

1 onion, peeled and chopped

2 garlic cloves, peeled and crushed

250g leftover ham or sausage cut into small pieces

½ teaspoon cayenne pepper

1/2 teaspoon dried thyme or a few sprigs of fresh thyme

300ml long grain rice

Cooked vegetables such as peppers, courgettes and broccoli

Salt and Black pepper

Sprigs of coriander

Tabasco sauce or a hot sauce of your choice

400ml can of Coconut milk

2 x 400g cans of drained and rinsed kidney beans

## Method

1. In a non-stick medium pan, add the chopped bacon and cook until the fat is released then add the onion and garlic and cook until just soft over a low heat.
2. Add the beans, coconut milk, ham or sausage, cayenne pepper and thyme and bring to the boil. Allow it to cook, stirring for about 1 minute.
3. Add the rice and 450ml boiling water, turn down the heat to barely a simmer, cover and leave undisturbed for about 25 minutes.
4. When the rice is tender, stir gently and add any leftover vegetables, then season to taste. Serve in bowls and garnish with coriander sprigs, allow your guests to help themselves to the spicy sauce.

# BBQ



## Nutty Veggie Couscous

By Caroline Marson, Banbury

[dorsetcouncil.gov.uk/lovefoodhatewaste](https://dorsetcouncil.gov.uk/lovefoodhatewaste)



# Nutty Veggie Couscous

This is a great accompaniment or serve as a main course with some grilled halloumi cheese.

## Ingredients

Serves 10

450ml vegetable stock

400g can chick peas, drained

50g ready-to-eat apricots

125g mixed nuts

25g butter

125g leftover vegetables, roughly chopped

A pinch of salt

Freshly ground black peppercorns

Chopped herbs such as coriander, parsley or mint

450g couscous

## Method

1. Place the couscous in a bowl with 200ml hot stock. Leave for 5 minutes and break up the lumps with a fork.
2. Add the remaining hot stock, chickpeas, chopped apricots and nuts.
3. Melt the butter in a frying pan and stir-fry the vegetables until piping hot. Add to the couscous and season well; add the herbs just before serving.



# BBQ



## Chocolate Mint Ice Cream and Sauce

By Womens Institute

[dorsetcouncil.gov.uk/lovefoodhatewaste](https://dorsetcouncil.gov.uk/lovefoodhatewaste)



# Chocolate Mint Ice Cream and Sauce

## Ingredients

1 litre good quality ice cream  
such as vanilla or ginger

300g after dinner mints

150ml double cream

## Method

1. Place the ice cream in a bowl and allow to soften a little. Meanwhile, chop half the mints into small pieces. Fold the mint pieces into the ice cream, spoon into a freezer carton, cover and place in the freezer until you are ready to serve it.
2. To make the sauce, simply place the remaining mints and the cream in a saucepan over a gentle heat. When the mints begin to melt, stir until they have completely melted and the sauce has formed. It can either be served warm or cool.
3. To serve, simply scoop the ice cream into bowls and pour the sauce over.