



ZERO WASTE MORE TASTE!

27 chefs' secrets to reduce food waste



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SANDRA GALLINA

Director-General for Health and Food Safety
European Commission

In a world where we produce more than enough food to feed everyone, it is disheartening to acknowledge that food waste remains a significant global challenge.

Every year, millions of tonnes of food are discarded in households across Europe, contributing not only to economic loss but also to environmental degradation. Addressing this issue is crucial, and it begins in our homes.

This recipe book, a collaborative effort spearheaded by the European Commission, brings together the culinary expertise of chefs from all corners of the European Union. Our goal is simple yet profound: to provide practical and delicious solutions for reducing food waste in households. By creatively utilising ingredients that would often be wasted, these recipes demonstrate that sustainability and gastronomy can go hand in hand.

The recipes in this book are not only about preventing food waste but also about celebrating the diverse culinary traditions of Europe. Each dish reflects a unique blend of cultural heritage and innovative thinking, showing that every ingredient can be transformed into a delightful meal. From rustic stews to contemporary salads, these recipes are designed to be accessible and easy to follow, ensuring that everyone can participate in this important movement.

In creating this collection, we have been inspired by the resilience and ingenuity of our chefs, who understand that every ingredient has value. They have shared their secrets and tips, proving that with a bit of creativity, ingredients

that are often wasted can be the starting point for culinary excellence rather than an end. This book is a testament to their dedication to sustainability and their passion for food.

We hope that this book will become a staple in your kitchen, inspiring more mindful cooking and helping you to make the most of the food you have. By adopting these practices, we can collectively reduce our food waste footprint, save money, and contribute to a healthier planet.

Let us take this journey together, one meal at a time, towards a future where food is cherished and used to its fullest potential. Thank you for joining us in this vital effort. Bon appétit!



CHIARA PAVAN

Chef

Recently, the notion of 'food waste' has altered and broadened its meaning, from being a morally significant concept of food insecurity, to being a clear contributor to the present and future global climate emergency.



To consider 'food waste' as a fundamental cause of the climate crisis is to address the amount of energy, water and resources used in food production, and recognise how it directly and indirectly affect our daily lives.

In fact, an estimated one-third of global food production is either lost or wasted each year, which is a great cost for our planet that accounts for about 8–10% of the total greenhouse gas (GHG) emissions. It is important to recall that if food waste were to be a nation itself, it would be the greatest contributor to GHG emissions, after only China and the United States. Whereas over 50% of total food waste occurs at home, for example in the form of forgotten food in the refrigerator, restaurants tend to manage food waste more effectively, using

tools such as food measurement systems. This comparison leads to the assumption that the food waste crisis is not majorly attributed to professional kitchens.

However, I remain convinced that chefs have a crucial role to play in the modern plight of food waste. Currently, chefs have a powerful influence on individual consumers and their food choices through the media. With our expertise, we can demonstrate how to use produce virtuously, wholly, and teach consumers delicious and effective preservation methods, such as canning. We can even drive the first act of food waste prevention, food selection, by exhibiting mindful and moderate grocery shopping.

Global awareness on the food-climate nexus has just begun to grow exponentially, and I believe

that it should be a priority to nurture the minds of our consumers and establish a sensitive approach to food sourcing, preparing and consuming. In this light, chefs should take part in educational projects that aim to spread an awareness and culture in our industry. In fact, I was particularly proud to participate in the [LIFE Climate Smart Chef project](#), a project that involved and trained a network of chefs to build menus with a low environmental impact. Consciousness of our food system's environmental footprint is the first step towards combating food waste, and such projects are the lifeline for Europe and the global future. In facing the food waste crisis, it is necessary to create a cognisant culture, to reach people in their homes, and I hope this book will be just one piece in an impressive and thought-provoking mosaic.

DID YOU KNOW?



Every EU citizen wastes approximately **70 kg** of food every year.



Over half of the total food waste is generated in households (**54%**).



The most wasted foods in EU households are vegetables (**21.3%** out of total food wasted), fruits (**18.3%**), meat (**8%**), dairy (**7.1%**) and cereals – mainly bread and bread products (**6.5%**).



A 4-person household would save on average **EUR 400** per year if food waste is reduced by **30%**.



The International Day of Awareness of Food Loss and Waste is **celebrated every year** on 29 September!



Food waste generates **16%** of the total greenhouse gases from the EU food system.

WHILE....



42 million people in the EU cannot afford a meal with meat, chicken, fish, or vegetarian equivalent every second day. (ESTAT, 2023)

Sources: [Food waste factsheet \(2023\)](#); [food waste data Eurostat \(2023\)](#).

BEETROOT LEAVES, PUMPKIN, WALNUTS, GOAT CHEESE SALAD

A salad full of flavour, to have on its own or as side dish for a whole roast chicken or river fish.



ANDREA SIRTORI
CZECHIA

Chef Sirtori started working in the kitchens of Prague back in 2016, and landed the role of Executive Chef of Sansho Restaurant. He currently runs his own restaurant and wine bar, Enoteca Karlin, and is opening another two locations in the heart of Prague.



Zero waste tips

Use leftover salad as a wrap or sandwich filling.

BEETROOT LEAVES, PUMPKIN, WALNUTS, GOAT CHEESE SALAD (6 PORTIONS)

INGREDIENTS

3 beetroot with leaves

300 g of pumpkin

80 g of goat cheese

30 g of walnuts

2 tablespoons (20 g) of extra-virgin olive oil

5 g of apple vinegar

5 g of honey

5 g of mustard


1 lemon

1 clove of garlic

Smoked paprika to taste


Salt to taste

Pepper to taste

 Saved ingredients: Beetroot leaves, pumpkin seeds

 Preparation time: 30 minutes

 Cooking time: 20 minutes

 6 portions

PREPARATION

1. Separate the beetroot from the leaves, wash both and set the leaves aside.
2. Preheat oven to 220 °C.
3. Wash the pumpkin and halve it, keeping the seeds. Cut it in medium-sized chunks.
4. Cut the beetroot into quarters, marinate them in extra-virgin olive oil, salt, pepper and smoked paprika together with the pumpkin.
5. Bake the beetroot until soft, about 20 minutes.
6. Roast the seeds in the oven at 145 °C for 10-15 minutes with a sprinkle of oil and salt.
7. Heat a pan and toast the beetroot leaves, seasoning them with salt, pepper and lemon juice.
8. In a bowl mix two tablespoons oil, mustard, vinegar, honey and a pinch of salt.
9. Season the roasted beetroots, pumpkin and beetroot leaves with the dressing.

SERVING SUGGESTION

Plate with chunks of pumpkin and beetroot on the bottom. Finish with roasted leaves, pieces of goat cheese (crush it by hand to make it funky!). Top it with the roasted pumpkin seeds.



EGGPLANT PIE WITH FRESH HERBS

Recreating one of the most iconic Greek recipes in a modern way, giving new life to eggplants, without discarding the nutritious skin of the eggplant.



JACK LEVI

GREECE

Chef Levi is the owner of La Chef Levi Culinary Schools, the first private culinary school in Greece. Currently a PhD candidate, Chef Levi's greatest achievement is seeing his graduates thrive and build successful careers based on the solid foundation provided by La Chef Levi Culinary Schools.



Zero waste tips

Slice leftover pie and use it as a filling for sandwiches or wraps.

EGGPLANT PIE WITH FRESH HERBS (4 PORTIONS)

INGREDIENTS

1 medium-sized eggplant

100 g of feta cheese

5 g of dried oregano

30 g of fresh mint

10 g of fresh marjoram

50 g of green onion

40 g of olive oil

50 g of walnuts

350 g of filo dough

100 g of olive oil

20 g of sesame seeds

Salt to taste

Pepper to taste



Saved ingredient: **Eggplant skin**



Preparation time: **55 minutes**



Cooking time: **40 minutes**



4 portions

PREPARATION

1. Finely chop the baked eggplants with skin, fresh mint, fresh marjoram, green onion and walnuts.
2. Stir all the ingredients in a bowl and add crushed feta cheese, dried oregano, olive oil, salt and pepper.
3. Brush a baking tray 30 by 20 cm with olive oil and place two filo sheets on it, sprinkle with olive oil and add two more. Take another filo sheet and fold it in two and keep it to cover.
4. Place the eggplant filling.
5. Cover with the edges of the filo dough and brush it with olive oil.
6. Add two more filo sheets and close the edges well, brush again with olive oil and sprinkle with sesame seeds on top.
7. Cut with a knife to the middle.
8. Sprinkle with water before baking.
9. Bake in a preheated oven at 180 °C for about 35-40 minutes until golden brown.





BALÁZS ADAMEK

HUNGARY

Chef Adamek is currently Chef de Cuisine at Restaurant Diófa in Székesfehérvár. He has a history of placing 6th in the Hungarian Top Chef, 3rd at the Hungarian Bocuse d'Or, and maintains a Master Chef diploma and a recognition by the Hungarian Gastronomy of the Hungarian National Gastronomic Association.

GOAT CHEESE, BEETROOT AND PUMPKIN

An anti-waste recipe to enjoy grilled artisan goat cheese with beetroot tartare, beetroot juice, pumpkin, pumpkin chips and toasted pumpkin seeds for 10 people on an early autumn evening.




Zero waste tips

Use vegetable peels, tops, and cores to make broths or add to smoothies. Citrus peels can be used to infuse water, vinegar or oils.


GOAT CHEESE, BEETROOT AND PUMPKIN (10 PORTIONS)

INGREDIENTS

25 g of brown sugar	500 g of pumpkin
60 g of soy sauce	80 g of butter
70 g of rice vinegar	3 g of vegetable gelatine
25 g of sesame oil	A sprig of coriander
5 g of fresh ginger	300 g of onion
25 ml of water	250 g of stale bread
25 g of honey	300 g of swiss chard leaves (or kale)
1 400 g of goat camembert	2 tablespoons (20 g) of extra-virgin olive oil
600 g of beetroot	Salt to taste
500 ml of beetroot juice	Pepper to taste
10 g of mustard seeds	

 Saved ingredients: **Pumpkin peel
and stale bread**

 Preparation time: **70 minutes**

 Cooking time: **60 minutes**

 **10 portions**



GOAT CHEESE, BEETROOT AND PUMPKIN (10 PORTIONS)

PREPARATION

1. Wash the vegetables thoroughly.
2. Mix the marinade ingredients used for flavouring.
3. Bake the beetroot in a 190 °C oven to a core temperature of 92 °C.
4. Peel the pumpkin with a vegetable peeler, cut it into half-centimetre cubes and bake them in the oven until caramelised.
5. Boil the sugar and water to a syrupy consistency and scald the pumpkin skins, then remove them to a tea towel. Fry in hot oil until crisp.
6. Boil the mustard seeds in salted water and strain.
7. Clean and finely dice the roasted beetroot, place in a mixing bowl and season with salt, mustard seeds, ground pepper and two tablespoons of marinade.
8. Boil 300 g of beetroot juice with the vegetable gelatine. Add salt and pour onto a tray to make a thin veil.
9. Season the remaining 200 g of beetroot juice with salt and marinade to make a sauce.
10. Fry the goat cheese in a pan.

SERVING SUGGESTION

To serve, place the cheese on a plate, drizzle with extra virgin olive oil, pile the beetroot tartare on another deep plate, place the jelly on top to cover the tartare, top with the pumpkin cubes, garnish with coriander sprouts and pour the beetroot juice on top.







LAURA TORRESIN

ITALY

Chef Torresin worked with great names such as Mauro Uliassi and Antonia Klugmann, and won the San Pellegrino Almost Famous Chef competition before coming back to her alma mater, ALMA, the School of Italian Culinary Arts, to teach culinary arts.

SUPLÌ ALLA ROMANA

This traditional dish from Rome gives new life to leftover rice and can be enjoyed year-round. It's a simple and resourceful way to make a world-famous Italian delight in your home kitchen.



Zero waste tips

Freeze leftovers in single-serving portions to easily defrost and use in future meals.



SUPLÌ ALLA ROMANA (2 PORTIONS)

INGREDIENTS

For the rice:

70 g of leftover carnaroli
or other risotto rice

15 g of minced onion

3 cl of dry white wine

30 g of grated
Parmigiano Reggiano
(Parmesan cheese)

100 cl of vegetable stock

25 g of cubed, cold
butter

Salt to taste

Pepper to taste

For the condiment:

30 g of grated
Parmigiano Reggiano
(Parmesan cheese)

20 g of tomato sauce

20 g of leftover gravy

20 g of cubed mozzarella

1 egg

For the batter and frying:

15 g of flour


2 eggs


20 g of white
breadcrumbs


0.5 ml of seed oil or lard


Salt to taste



 Saved ingredient: Leftover rice

 Preparation time: 40 minutes

 Cooking time: 20 minutes

 2 portions



SUPLÌ ALLA ROMANA (2 PORTIONS)

PREPARATION

1. Fry onions in butter until fragrant.
2. Add the rice and stir until translucent
3. Pour in the white wine and allow the wine to evaporate.
4. Pour in the vegetable stock.
5. Salt the mixture.
6. Cook rice, adding a little vegetable stock at a time.
7. Remove from heat while still soupy
8. Season to taste and allow to rest.
9. Add the cold butter cubes and stir the rice in the pan until mixed.
10. Add one beaten egg, grated Parmigiano Reggiano and gravy.
11. Add the tomato sauce.
12. Adjust the flavour if necessary.
13. Pour the rice into a baking dish and let it cool.
14. Form the rice into rice balls.
15. Fill the centres with mozzarella cheese.
16. Seal the cheese in your rice balls with some additional rice.
17. Bread the rice balls 'English style' (flour, egg and breadcrumbs).
18. Fry in plenty of oil.
19. Drain and put on paper towels.
20. Season with salt.





RONALD BRIFFA

MALTA

Chef Briffa is a teacher and academic programmer for the Institute of Tourism Studies in Malta. He has participated as an expert teacher in various EU wide projects, such as LIFE FOSTER, and holds sustainability and food waste as important pillars in teaching.

WATERMELON RIND PICKLES

Think twice before tossing watermelon rind into the compost bin. This recipe from southern Malta transforms what is often discarded when enjoying this summer fruit into a delightful sweet treat.



Zero waste tips


Preserve wilted vegetables by pickling them. This extends their life and adds a flavorful twist to your meals.


WATERMELON RIND PICKLES (6 PORTIONS)


INGREDIENTS

- 1 kg of watermelon rind
- 30 g of salt
- 950 ml of water, plus more for boiling
- 400 g of granulated sugar
- 236 ml of white vinegar
- 1 tablespoon of cinnamon powder
- 1.5 teaspoons of whole cloves
- 1/2 lemon, thinly sliced
- 5 maraschino cherries

 Saved ingredient:
Watermelon rind

 Preparation time:
40 minutes + 24 hours of soaking

 Cooking time: **45 minutes**

 **6 portions**





WATERMELON RIND PICKLES (6 PORTIONS)

PREPARATION

1. Trim the dark green and pink parts from the watermelon rind.
2. Cut the rind into 2.5-cm cubes until you have 7 cups.
3. Put the watermelon rind in a large container with the pickling salt and 3 cups of water. Add more water to cover the rinds, if necessary. Soak overnight.
4. Drain and rinse the watermelon rind.
5. Cover the rind with cold water in a large saucepan. Simmer just until tender —about 10 minutes.
6. Meanwhile, in a kettle, combine the sugar, vinegar, cinnamon, whole cloves and remaining 1 cup of water. Simmer the mixture for 10 minutes.
7. Add the drained watermelon rind, lemon slices and maraschino cherries to the spiced syrup. Simmer the mixture until the watermelon rind is translucent, about 30 minutes.
8. Fill half liter jars with the hot watermelon rind and syrup mixture, leaving 2.5 cm of headspace. Close tight.
9. Boil the filled jars in a water bath for 5 minutes and then remove the jars from the water.
10. Let the jars cool on a rack.





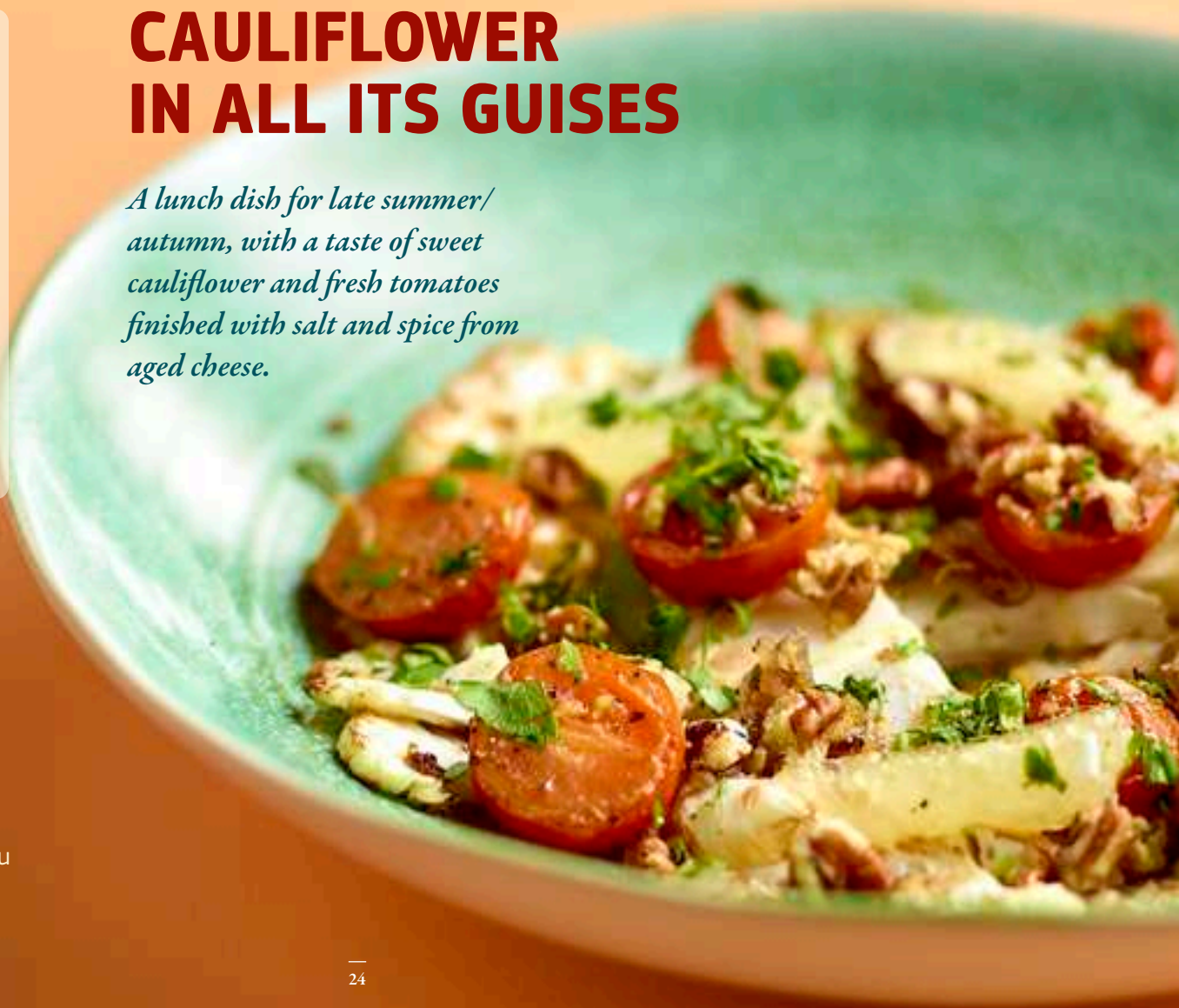
PAWEL WATOR

POLAND

Chef Wator is the first chef to receive the green Michelin star, is the author of the book 'Polish Cuisine of the 21st Century', co-author of 'Discovering Flavors', founder of thefood.pl, and is a winner of many prestigious awards. He is currently head chef of Restaurant Elixir.

CAULIFLOWER IN ALL ITS GUISES

*A lunch dish for late summer/
autumn, with a taste of sweet
cauliflower and fresh tomatoes
finished with salt and spice from
aged cheese.*



Zero waste tips

When unpacking groceries, place new items behind older ones so you use the older ones first.

CAULIFLOWER IN ALL ITS GUISES (4 PORTIONS)

INGREDIENTS

40 g of olive

70 g of cherry tomatoes

1 shallot

5 g of parsley

100 g of walnuts

100 g of water

100 g of sugar

1 lemon

1 kg of cauliflower approx.


400 ml of milk

25 g of butter

Salt to taste


Pepper to taste

Hard ripening cheese, several flakes of pecorino/parmesan/amber

 Saved ingredient:

Lemon

 Preparation time: **60 minutes**

 Cooking time: **50 minutes**

 **4 portions**

PREPARATION

1. Chop the shallot and fry in olive oil until translucent, add the cherry tomatoes and fry lightly. Add salt, pepper and chopped parsley. Set aside.
2. Bring the water and sugar to a boil and add the nuts. Cook over low heat for 45-60 minutes, then bake the nuts in the oven at 170 °C for about 15 minutes — until dark brown/caramel. Cool and set aside.
3. Peel the lemon and remove the pulp. Set aside.
4. Wash the cauliflower and cut it into 3-4 slices about 2 cm thick. Chop the rest of the cauliflower and place the pieces at the bottom of a wide pot. Pour in the milk and place the cauliflower slices on top. Cover and cook for about 8 minutes. Gently remove the cauliflower slices, dry them and fry them in butter with salt and pepper to taste until golden. Remove the fried cauliflower slices from the butter. To the remaining butter add the chopped cauliflower and milk from the pot and mix this until it is a smooth purée.

SERVING SUGGESTIONS

Place the purée on a plate. Place the fried cauliflower slices on the purée. Top with tomatoes, onion, parsley and caramelised nuts. Decorate with cheese flakes, lemon and herb leaves.



CHEESE RAVIOLI

A traditional and very popular Slovak dish with brioche breadcrumbs from leftover brioche breads.



VLADIMÍR DRIETOMSKÝ

SLOVAKIA

Chef Drietomský is the Head Chef of Wolfgang Puck Kitchen and Bar Vienna/SSP Austria, and helps the SSP company to reduce its CO₂ footprint and to create sustainable, healthy and delicious food with less or zero waste. He also believes that it is important to raise awareness of the environment among his employees.




Zero waste tips


Avoid grocery shopping when you are hungry as this increases impulse buying and over-purchasing.


CHEESE RAVIOLI (5 PORTIONS)

INGREDIENTS

500 g of potatoes
300 g of white flour
2 eggs
375 g of bryndza cheese
(manchego or pecorino could
be good substitutes)
4 scallions
30 g of chives
300 g of crème fraîche
50 g of brioche breadcrumbs
Salt to taste
Pepper to taste

 Saved ingredient:
leftover brioche breadcrumbs

 Preparation time: **40 minutes**

 Cooking time: **10 minutes**

 **5 portions**

PREPARATION

1. Ideally, we start preparing the dough a day in advance. Boil the potatoes in their skins and let them cool first at room temperature and then in the refrigerator.
2. The next day, peel and finely grate the potatoes. Mix half of the grated potatoes with about 200 g of flour and the 2 eggs to make a dough.
3. Shape the dough into a cylinder and cover with a kitchen towel.
4. Prepare the filling from the second half of the potatoes by mixing with 250 g of bryndza cheese, pepper, salt and the finely chopped white part of 1 scallion.
5. Sprinkle the worktop with the remaining flour and gradually work it into the dough with egg yolk.
6. Roll out the dough to a thickness of about 2 mm. Cut wheels out of it using a mould or glass. Fill each with 1 spoonful of filling. Moisten the edges of the dough and close the mould.
7. Cook the ravioli in boiling salted water for about 10 minutes until they float to the surface. Immediately after putting them in the water, carefully stir them so that they do not stick to each other.
8. Mix the remaining bryndza and sour cream in a bowl.

SERVING SUGGESTIONS

Serve the ravioli with sour cream mixed with bryndza, sprinkled with toasted crispy brioche breadcrumbs, and decorated with the chopped green part of the scallions and chives.





GEORGE ATHANASSOPOULOS

BELGIUM

Chef Athanassopoulos founded Maloma, a restaurant in Brussels where ethical, sustainable, and creative cuisine comes to life. Since 2020, Georges has transformed Maloma into a symbol of respectful gastronomy, highlighting local products sourced through short supply chains thanks to close collaboration with regional producers. In 2024, Georges received the prestigious Young Chef of the Year award from Gault & Millau.



Zero waste tips

Keep the skin of the onion to use it for a chicken stock. When using fruit and vegetable skins in your recipes, make sure they are safe to consume and wash them thoroughly.

PEA SHELLS GASPACHO

An original gazpacho, deliciously fresh and brightly green, using every part of the pea, right down to the pod.



PEA SHELLS GASPACHO (4 PORTIONS)

INGREDIENTS

1 kg of fresh peas with their pods

2 big white onions

3 cloves of garlic

100 g of fresh herbs (parsley, dill or nasturtium leaf)

7 cl of olive oil

5 cl of verjuice (if not, white wine vinegar)


Lemon juice to taste


8 g of salt


Pepper

300 g of ice cubes

200 g of bread crumbs

 Saved ingredient:
Green pea pods

 Preparation time: **20 minutes**

 Cooking time: **1 minute**

 **4 portions**

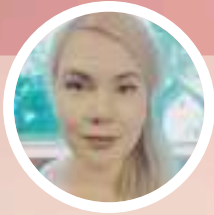
PREPARATION

1. Prepare all your ingredients: separate the peas from their pods, remove the brown skin from the onion and cut it into small pieces. Clean the garlic by opening it and removing the garlic clove. Keep 3 or 4 leaves from the herbs that you use to decorate.
2. Use a juicer to get green juice out from the pods of the peas and cool it down in the fridge for 10 minutes. If you don't have a juicer, use a blender, then press and filter the blended pea shells.
3. In the pan, boil 1 liter of water with 10 g of salt and cook the fresh peas for 1 minute. Remove the peas from the pan by using the strainer and cool them down quickly with the ice cubes.
4. Gather all the ingredients into a blender and blend for one minute maximum to avoid the mixture warming up. (if necessary, add 2 or 3 ice cubes to keep it cold while the mixture is blending).
5. Add lemon juice, salt and pepper to taste.

SERVING SUGGESTION

Serving (4 bowls): put 250 g of green gazpacho in each bowl, add 3 tablespoons of peas on the top, decorate with some of the herbs that you used and finish with several drops of olive oil.





JENNA HEINIKOSKI

FINLAND

Chef Heinikoski is the Chef de Cuisine at Elo Jyväskylä, the first a la carte restaurant that owns Elonen Konditoria Oy. Her culinary philosophy is centered around the principle of 'taste always first', and consistently prioritises the use of seasonal ingredients and products sourced from local producers whenever feasible.

ROASTED POTATOES, CARROT TOP PISTOU AND SEASONAL VEGETABLES

Saved, roasted potatoes with a crispy exterior and soft interior paired with perfectly crisp leftover vegetables make an excellent match with the fresh pistou and croutons from stale bread.



Zero waste tips

Sliced bread can be frozen and later go straight to the toaster from the freezer.

ROASTED POTATOES, CARROT TOP PISTOU AND SEASONAL VEGETABLES (4 PORTIONS)

INGREDIENTS

500 g of leftover cooked potatoes from a previous meal

1 splash of oil

1 pinch of salt

500 g of mixed vegetables (e.g. carrots, radishes, beans, scallions, asparagus)

1 teaspoon of dijon mustard

1 teaspoon of white wine vinegar

1 pinch of freshly ground black pepper

0.5 dl of soy milk

1.5 dl of rapeseed oil

50 g of lovage

1 dl olive oil

1 tablespoon of lemon juice


50 g of carrot tops


50 g of flat-leaf parsley


(Optional: Parmesan or pecorino cheese, toasted hemp seeds)

A few slices of stale bread

1 clove of garlic

 Saved ingredients: **Leftover potatoes, stale bread**

 Preparation time: **45 minutes**

 Cooking time: **15 minutes**

 **4 portions**





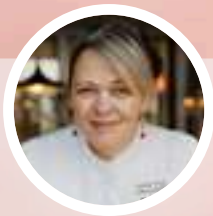
ROASTED POTATOES, CARROT TOP PISTOU AND SEASONAL VEGETABLES (4 PORTIONS)

PREPARATION

1. Cut the leftover potatoes into wedges. Spread them on a baking sheet, drizzle with oil, and sprinkle with salt. Roast in the oven at 185 °C for about 15 minutes or until golden brown.
2. Cut the stale bread into cubes and spread them on a baking sheet lined with parchment paper. Drizzle with oil, season with salt and finely chopped garlic. Roast in the oven at 185 °C for about 10 minutes.
3. Measure the ingredients for the lovage mayonnaise into a narrow container suitable for an immersion blender.
4. Place the immersion blender at the bottom of the container, start it, and blend until the mixture emulsifies. Add finely blended lovage to the mixture. Blend the flat-leaf parsley and carrot tops with the oil until smooth. Season with salt, lemon juice, and pepper. Optionally, add cheese and toasted hemp seeds for extra texture and taste.
5. Remove the tops from the carrots and blanch them briefly in salted boiling water. Asparagus and radishes also need a quick blanching. Drain the vegetables well and add them to a pan.
6. Add scallions, beans, and other chosen vegetables (sugar snap peas work well in this recipe). Quickly sauté in a splash of oil and season with salt. Keep the vegetables crisp and bright.

SERVING SUGGESTIONS

Use a deep plate and garnish with wild herbs (e.g., wood sorrel, yarrow, lady's mantle) and edible flowers. Place the roasted potatoes in the centre of the plate and top with the seasonal vegetables. Drizzle the carrot top pistou over the vegetables and potatoes. Dot the plate with lovage mayonnaise. Sprinkle with croutons. Finish with edible herbs and wild herbs (chives, thyme, rosemary...).



ANNETT TEICH

FRANCE

Chef Teich is known for her innovative cooking style. Her cuisine revolves around fresh, high-quality products, and she often works with exceptional meats. She is the first female chef member of JRE France and is the owner and chef of BK Restaurant.

SEA SAUERKRAUT SOUP

A modern reinterpretation of the French choucroute de la mer with zero waste products.



Zero waste tips

Store soups in containers and freeze for a quick and easy meal later.

SEA SAUERKRAUT SOUP (4 PORTIONS)

INGREDIENTS

100 g of fresh samphire
(Salicorne)

300 ml of juice from leftover
sauerkraut

1 big potato

1 l of almond cream (either
homemade or purchased, can
be replaced by coconut cream if
allergic to almond)

Salt to taste


Pepper to taste

240 g of white fish filet (catch of
the day – split into 4 pieces of 60 g
each)


Vegetable oil such as sunflower oil
(not olive oil)

1 cauliflower (head with leaves)



 Saved ingredient: **Cabbage
(sauerkraut) juice, cauliflower
stem and leaves.**

 Preparation time: **45 minutes**

 Cooking time: **4 hours and 35
minutes**

 **4 portions**



SEA SAUERKRAUT SOUP (4 PORTIONS)

PREPARATION

Samphire:

1. Put 50 g of the most thin and beautiful pieces aside.
2. Poach the other 50 g in boiling water for 30 seconds. Take them out and put into cold water with a few ice cubes.
3. Drain through a sieve to remove the water.
4. Mix the cooked samphire with 200 ml of vegetable oil. Pass it through a sieve. Reserve the green samphire oil.

Cauliflower:

1. Split the cauliflower into green leaves, stem and head.
2. Dry the green parts from the cauliflower leaves in the oven (55 degrees for 4 hours)
3. Cut the white part of the cauliflower stem into very small cubes (2 mm) and roast them in a pan with vegetable oil. When crispy add nutmeg and salt.

4. Reduce the samphire cooking water to 100 ml. Add the sauerkraut juice and 1 l of almond cream, curry if desired, cumin, nutmeg. Add the potatoes cut into small cubes.
5. Add salt and pepper. Add the cauliflower cubes. Cook for 20 minutes.
6. Mix the cream at the end.
7. Cook the fish at low temperature in the oven at 55 °C for 15 minutes until the texture is pearly, whilst drying the cauliflower leaves at the same time.

SERVING SUGGESTIONS

Place one cube of fish in the middle and add salt and the crispy cauliflower and fresh samphire on top. Add the sauerkraut cream. Add a line of samphire oil.



POTATO, BLACK PUDDING AND SPINACH HASH

This adaptable recipe is perfect for breakfast, brunch, lunch, or a light supper. It uses leftover cooked potatoes and any greens in your fridge.



ANTHONY O'TOOLE

IRELAND

Chef O'Toole is the founder of Fat Tomato, an edible garden that produces over 500 heritage varieties of fruit, herbs, and vegetables. As an activist, Chef O'Toole is involved in many worldwide initiatives, such as Slow Food, the United Nations Chefs' Manifesto community, and Euro-Toques Ireland. He is a founder of the #thisisirishfood campaign, designed to celebrate Irish food and the people and places that produce it.



Zero waste tips

Store any leftover cooked potatoes in the freezer for future use in soups, stews or casseroles.

POTATO, BLACK PUDDING AND SPINACH HASH (4 PORTIONS)

INGREDIENTS

200 g of white or red onion,
finely sliced

2 cloves of garlic, peeled and crushed

20 g of salted butter

20 g of olive oil

5 or 6 cooked potatoes
(600 g diced into approx. 3 cm
chunks - this could be roast, jacket
or boiled potatoes, skin on or off)

200 g of firm black pudding
(diced into approx. 2 cm chunks)


100 g of spinach (use any shredded
greens such as kale, chard or cabbage)

4 eggs

1 pinch of flaky sea salt

1 pinch of black pepper

 Saved ingredient: Potatoes

 Preparation time:
20 minutes

 Cooking time: 15 minutes

 4 portions

PREPARATION

1. Preheat the oven to 180 °C.
2. In a 30 cm ovenproof pan/skillet, gently fry the onion and garlic in butter and olive oil over medium-to-high heat until the onion is soft and takes on a little colour.
3. Add the potatoes and gently fry for 5 minutes. You want the potatoes to be golden and lightly crispy.
4. Add the black pudding and gently fry for 2 to 3 minutes.
5. Add the shredded greens in stages and gently stir until they wilt down a bit — be careful not to break up the pudding.
6. Make four wells in each corner of the pan and crack in your eggs.
7. Place the pan in the preheated oven and bake for 5 minutes, until the egg white is set but the yolk is still runny.
8. Season with flaky sea salt and freshly cracked black pepper.

SERVING SUGGESTION

Serve in the middle of the table with your favourite condiment. Chef O'Toole recommends a tomato chutney.





GIEDRĖ CIUKŠIENĖ

LITHUANIA

Chef Ciukšienė is a professor at Kauino Maisto Pramonės IR Prekybos Mokymo Centras, where she teaches culinary arts. She helps to organise professional competitions for her students, where she encourages them to be bold and confident.

SHALT-EH-BARSH-CHAY

In Lithuania, this barsh (shalt-eh-barsh-chay) is a bright pink soup using kefir and leftover potatoes that can be previously boiled and fried.



Zero waste tips

Save vegetable scraps in the freezer to make homemade stock. Use wilted veggies in soups or stews.

SHALT-EH-BARSH-CHAY (6 PORTIONS)

INGREDIENTS

250 g of boiled and cooled
beetroot (about 2-3 medium
beetroot)

150 g of cucumber (about 2 large
fresh cucumbers)

6 scallions

2 hard-boiled eggs

1.5 l of kefir
(or 500 ml of thick natural
yogurt and 1 l of buttermilk)

1 bunch of fresh dill

Vinegar (apple or other)
optional

Salt to taste

PREPARATION

1. Peel the potatoes (but peeling is not necessary).
2. Put them in a pot with water, add a good pinch of salt and cook until you can easily pierce the flesh with a knife.
3. While the potatoes are boiling, prepare the soup.
4. Peel the boiled (or oven-baked) beetroot and cut them into thin straws.
5. Cut the eggs into slices (or the desired shape).
6. Cut the scallions or onion leaves into 0.5 cm pieces.
7. Finely chop the dill.
8. Pour the kefir into a large bowl or pot and add the chopped ingredients and vinegar, reserving a little dill for garnish. Kefir is a type of fermented milk. If needed, you can replace Kefir with buttermilk or a thin yoghurt.
9. Taste and season with salt and additional vinegar as needed.


SERVING SUGGESTIONS


Pour the soup into bowls and sprinkle with the remaining dill.


You can also put boiled, chopped eggs on top.

Serve the potatoes on a separate plate so they don't heat the soup.



 Saved ingredient: **Leftover
boiled beetroot**

 Preparation time: **30 minutes**

 Cooking time: **15 minutes**

 **6 portions**



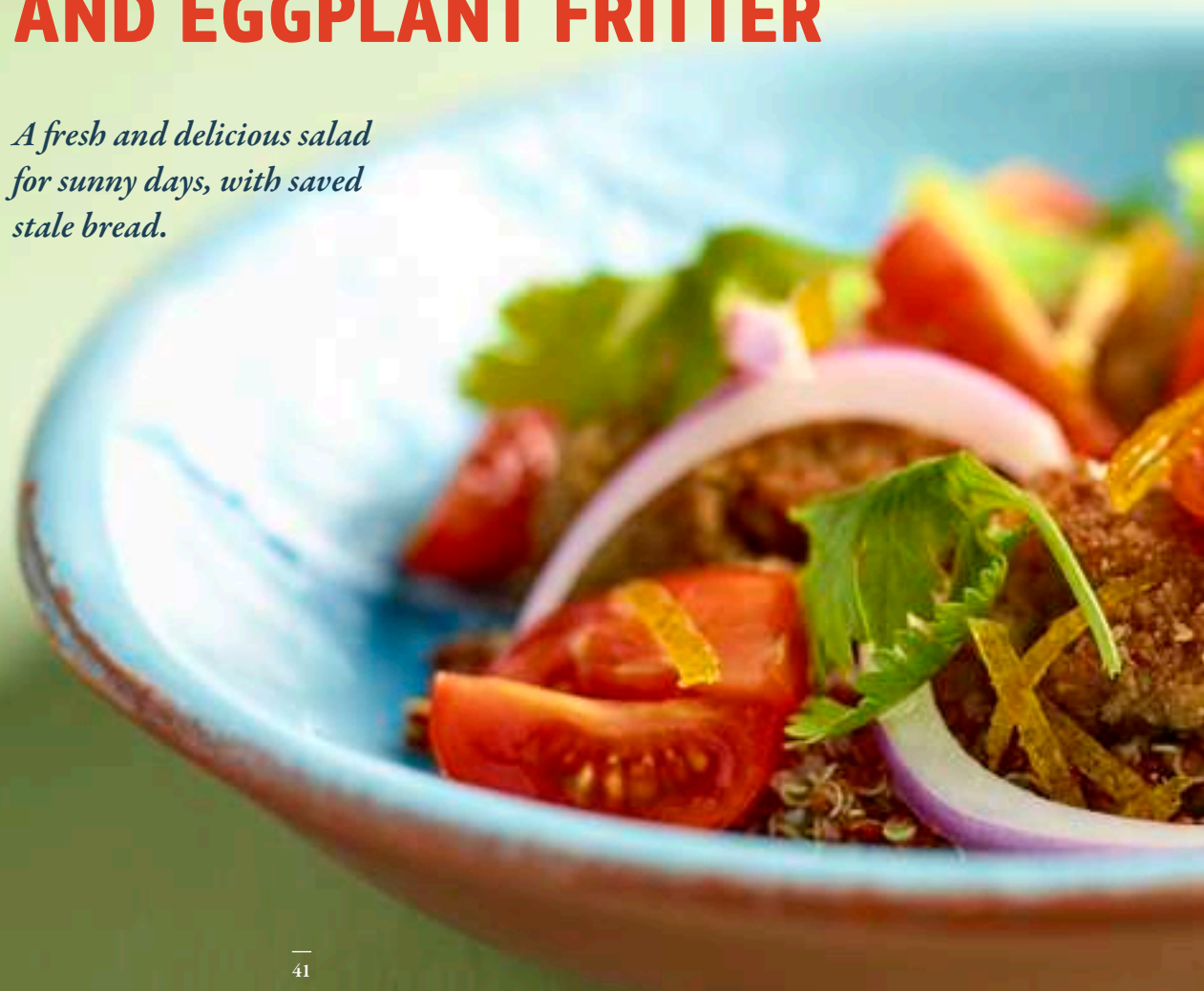
MARC-ALEXANDRE SCHILZ

LUXEMBOURG

Chef Schilz has a long history of working around the world and in renown, sometimes Michelin-starred restaurants. He has won the Young Talent for Lorraine Award, been a member of JRE Europe, and has led restaurants within Luxembourg before becoming Executive Chef of Compass Group Luxembourg.

CITRUS QUINOA SALAD AND EGGPLANT FRITTER

A fresh and delicious salad for sunny days, with saved stale bread.



Zero waste tips

Blend leftover lettuce or other leafy greens into pesto, smoothies, or soups for added nutrients and flavor.

CITRUS QUINOA SALAD AND EGGPLANT FRITTER (4 PORTIONS)

INGREDIENTS

For the citrus quinoa salad:

200 g of quinoa
1 orange
½ of red onion
100 g of cherry tomato
Salt to taste
Pepper to taste
50 ml of olive oil
20 ml of lemon juice
80 g of halloumi
10 g of sugar
20 g of parsley

For the eggplant fritters:

3 medium-sized eggplants
300 g of stale bread
25 g of fresh coriander
20 g of garlic
Salt to taste
Pepper to taste
100 g of halloumi
100 g of breadcrumbs
20 ml of olive oil
1 l of frying oil

👉 Saved ingredients: **Stale bread and orange peel** after making juice

📄 Preparation time: **40 minutes**

🕒 Cooking time: **30 minutes**

🍽️ **4 portions**





CITRUS QUINOA SALAD AND EGGPLANT FRITTER (4 PORTIONS)

PREPARATION

1. Cook the quinoa in boiling water then cool and drain.
2. Use the orange peel used for pressed fruit juice to make some zest and glaze them. Cut the tomatoes in half.
3. Cut halloumi in cubes and red onions in small cubes.
4. Season quinoa.
5. Cut the eggplants in half lengthwise. Add salt and pepper and olive oil on the open side. Cook in the oven at 200 °C until the flesh is soft. Keep the flesh. Cool and drain.
6. Use the bread but keep the crust for breadcrumbs. Cut into cubes.
7. Mix eggplant flesh, bread, coriander, garlic, salt and pepper.
8. Add halloumi in small dices then keep it in the fridge.
9. Make small balls and roll in the breadcrumbs. If the texture is too sticky, add more breadcrumbs in the blend.
10. Fry the small fritters.

SERVING SUGGESTIONS

Arrange the salad on a plate.

Add some small balls.

Garnish with fresh coriander leaves.



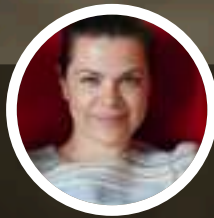
VIENNESE SCHNITZEL WITH POTATO SALAD

A traditional Austrian dish enjoyed all year round, especially on Sundays at family lunch. Loved by kids and adults, it is a dish cooked with stale bread rolls, potato leftovers and bone broth.



Zero waste tips

Keep a journal for a week, tracking the food you throw away to identify patterns and adjust your shopping or cooking habits to avoid food waste.



SIMONE WALLI

AUSTRIA

Chef Walli is the Culinary Art & Onboard F&B Service Concept Manager at Austrian Airlines.

According to her, 'Food in our own tradition is something special. It's about sharing, honesty and identity. Something that makes you feel at home and comfortable no matter where and with whom you are.'

VIENNESE SCHNITZEL WITH POTATO SALAD (4 PORTIONS)

INGREDIENTS

For the Viennese schnitzel:

4 veal escalopes
1 cup (20 g) of flour
4 large eggs
40 g of breadcrumbs
Salt to taste
40 g of clarified butter

For the potato salad:

1 kg of potatoes (cooked a day or two before so you can reuse leftovers)
1 small red onion diced

Marinade for the salad:

0.3 l of bone broth
(it can also be used from previous meals)
1 tablespoon of mustard
Salt to taste
3 tablespoons of vinegar
3 tablespoons of oil



👉 Saved ingredients: stale bread rolls,
potato leftovers and bone broth

📖 Preparation time: 30 minutes

🕒 Cooking time: 15 minutes

🍽️ 4 portions



VIENNESE SCHNITZEL WITH POTATO SALAD (4 PORTIONS)

PREPARATION

1. Put the pieces of veal escalope between two pieces of cling film and beat them until they are 3-4 mm thick.
2. Salt the veal escalopes on both sides.
3. Beat the eggs in a soup plate.
4. Flour the escalope on both sides and after that fully cover them with the stirred eggs by putting them in the soup plate.
5. Put the egg covered escalope in the ground breadcrumbs and turn them so they are covered on both sides.
6. Put the clarified butter in a pan so that it is 4 cm high. The clarified butter is hot enough if some breadcrumbs are put in and become covered in white foam.
7. Put the escalope in the pan and fry them whilst moving the pan slowly.
8. When the edges start to get golden brown you need to turn the escalope and move the pan again slowly until the whole schnitzel has a golden-brown colour.
9. Before you serve the schnitzel put it on a kitchen paper to get rid of some of the oil.

For the salad:

1. The potatoes need to be rinsed and then cooked.
2. Heat the bone broth and mix with vinegar and salt.
3. Peel the potatoes and cut them into slices (2-3 mm) and put them in the hot marinade so they can soak up the flavours.
4. Stir oil, diced onions and pepper into the potato marinade mix.

SERVING SUGGESTION

Serve the salad with the schnitzel.





YOVELINA MINKOVA

BULGARIA

Chef Minkova is an instructor at the culinary school HRC in Bulgaria. In her teaching, she puts importance on culinary adventure and stresses the cultural side of sustainability - beliefs, practices, heritage conservation and culture as its own entity.

SUN-DRIED RED PEPPERS STUFFED WITH BEANS AND SOUR CABBAGE

A sustainable dish with dried pepper and sour cabbage, which is a saved fermented product. Using the juice from the sauce is also a way to follow the sustainability principles.



Zero waste tips

Fermented vegetables can be blended into sauces, dressings, or dips to add depth of flavor.

SUN-DRIED RED PEPPERS STUFFED WITH BEANS AND SOUR CABBAGE (4 PORTIONS)

INGREDIENTS

250 g of cooked (dry) white beans

150 g of white onion

300 g of sour cabbage

12 sundried red peppers

30 g of extra-virgin olive oil /
sunflower oil

2 teaspoons of smoked paprika

2 teaspoons of sweet paprika

2 teaspoons of dry spearmint

1 teaspoon of tomato purée


2 sprigs of fresh parsley

Salt to taste


Pepper to taste

PREPARATION

1. One night before, soak the dry beans in water or use white beans from a can, if in a hurry. The next day, cook the beans in salty water.
2. Soak the sundried red peppers in warm water to rehydrate them.
3. Sauté the finely chopped onions until golden brown, and afterwards, add the finely chopped carrots. Season with smoked and sweet paprika. When the aromas are coming out, add the tomato paste.
4. Add the chopped sour cabbage to the mixture. Cook for 10-15 minutes. Add the cooked beans and season to taste with salt and pepper.
5. Stuff the peppers with the mixture. Traditionally, the peppers are baked in a clay pot, but a baking tray would do the work too.
6. Arrange the peppers in layers with the option to put extra sour cabbage between the peppers. Drizzle some oil and extra smoked paprika.
7. Bake for 30-40 minutes at 170 °C.
8. When the peppers are ready, we can use the juice from the stew to make a sauce for them.
9. Strain some of the sauce, make a roux (1:1 flour and butter), then add the juice and cook it until the desired consistency.

 Saved ingredient:
sundried red peppers

 Preparation time: **45 minutes**

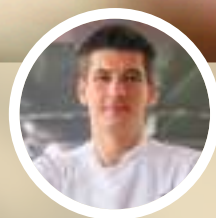
 Cooking time: **35 minutes**

 **4 portions**



BARLEY, ROOT VEGETABLES AND FLATBREAD STEW

An anti-waste recipe to enjoy as a warm prepared meal with a traditional Croatian pasta made of dried mlinci or other flatbread leftovers.



BRANIMIR KRTALIĆ

CROATIA

Chef Krtalić is a culinary instructor at KUL IN in Croatia, after an extensive background of working in top restaurants around the country. His teaching subjects cover everything from soups, meats, seafood, pasta and risotto.



Zero waste tips

Portion out and freeze leftover stew for later use.

BARLEY, ROOT VEGETABLES AND FLATBREAD STEW (4 PORTIONS)

INGREDIENTS

120 g of mlinci or other flatbread leftovers

200 g of barley

2 tablespoons (30 g) of pork fat or butter


400 g of mirepoix (onion, carrot and celery diced small)


0.5 l of stock (vegetable, chicken or beef)


Salt to taste


Pepper to taste

Apple vinegar to taste

 Saved ingredient:
Leftover flatbread

 Preparation time: **60 minutes**

 Cooking time: **45 minutes**

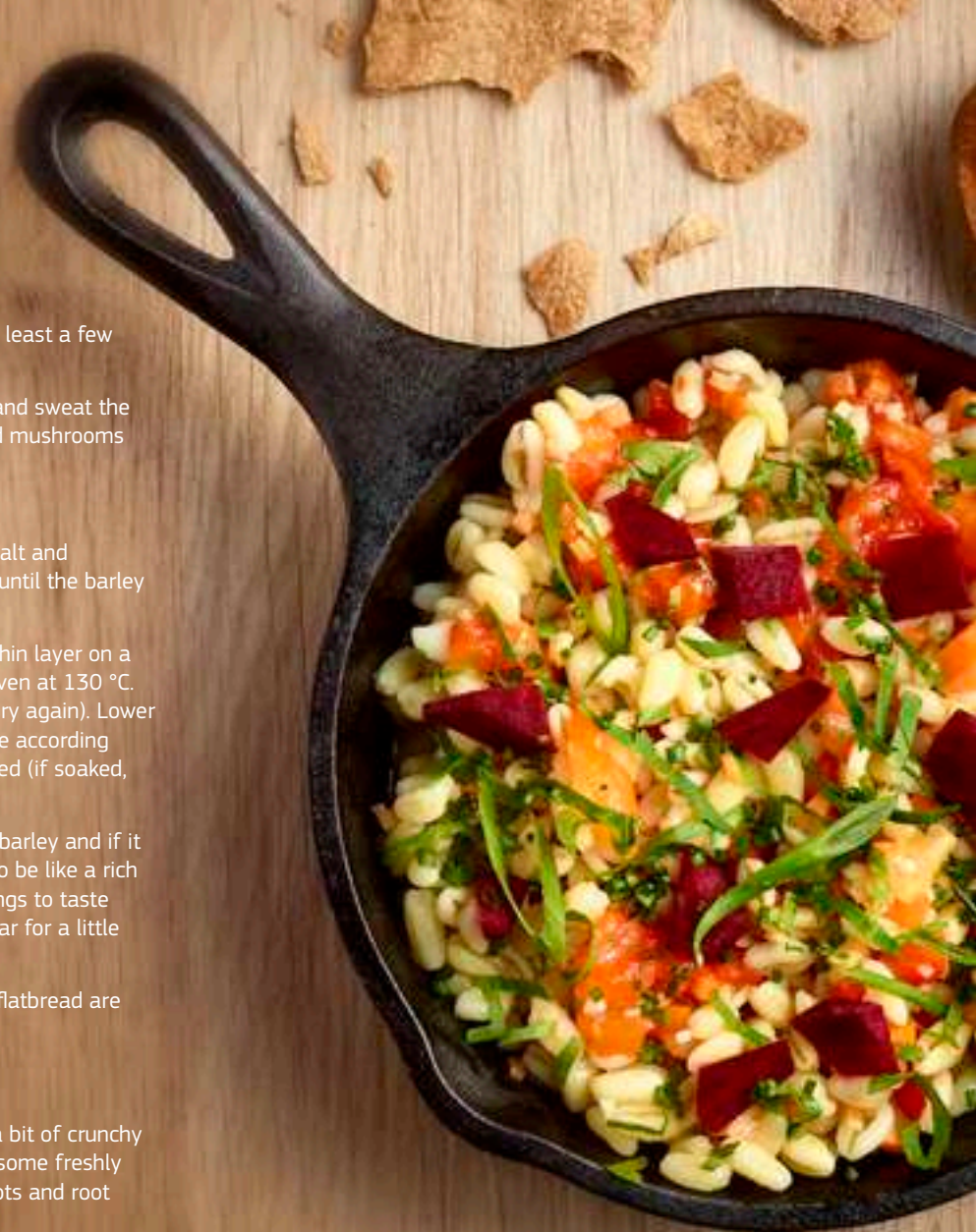
 **4 portions**

PREPARATION

1. Soak the barley over the night or at least a few hours earlier.
2. Melt pork fat on a low fire in a pot and sweat the mirepoix (some root vegetables and mushrooms can be added).
3. Add barley and sweat lightly.
4. Add 0.5 litre of stock, season with salt and pepper and let the mixture simmer until the barley is cooked.
5. Spread the flatbread leftovers in a thin layer on a baking paper and put them in the oven at 130 °C. Bake them until they are crunchy (dry again). Lower the temperature and adjust the time according to how the mlinci have been prepared (if soaked, cooked or roasted).
6. After approx. 45 minutes check the barley and if it is too dry add more liquid (it need to be like a rich soup or a stew). Adjust the seasonings to taste and add a few drops of apple vinegar for a little bit of freshness.
7. When the barley is cooked and the flatbread are crunchy, they are ready to serve.

SERVING SUGGESTION

Ladle barley into a deep plate and add a bit of crunchy flatbread leftovers on top. Sprinkle with some freshly chopped parsley or chives (pickled shallots and root vegetables also go well with this dish).





ERLIS SCHÖNBERG

ESTONIA

Chef Schönberg is the Executive Chef at Villa Maria Viljandi in Estonia, and seeks to put food sustainability at his restaurant's forefront and combat food waste in his recipes, while highlighting the regional delicacies of his area.

TWO TEXTURES SALMON

A fresh, salmon dish that respects and uses both the fish meat and skin, ensuring that an otherwise discarded part of the fish is recognised for its potential and tastiness.



Zero waste tips

Mix leftover salmon with cream cheese or yoghurt to make a tasty spread for sandwiches or crackers.



TWO TEXTURES SALMON (4 PORTIONS)

INGREDIENTS

1 piece of salmon (with skin)

1 lemon

5 g of chili

5 g of dill

Sea salt


Frying oil


PREPARATION

1. Salt the fish. To do this, remove the bones from the fish fillet. Chop chili and dill. Sprinkle the fillet with sea salt and then shake off the excess salt from the fillet.
2. Add the chopped chili and dill mixture and add lemon slices on top of the fillet.
3. Wrap the fillet in foil and place in the refrigerator for at least 24 hours.
4. Take out the fish and separate the skin. Cut the skin into slices and cut the fish into cubes.
5. Fry the fish skin in oil until crispy.


SERVING SUGGESTION

Serve the salmon fillet and crispy fish skin on one plate, where the salmon as a snack is served with two textures.

 Saved ingredient: **Salmon skin**

 Preparation time: **20 minutes + 24 hours resting time**

 Cooking time: **A few minutes**

 **4 portions**





MARKUS PAPE

GERMANY

Michelin-starred Chef Pape is the chef of Meisenheimer Hof in Germany. The restaurant is, in short, like him: well grounded and open minded, enthusiastic about quality locally sourced ingredients, open to new kitchen trends, yet always rooted in tradition.

RIESLING SOUP WITH CROUTONS

A simple, yet tasty traditional dish, using all parts of the vegetables.



Zero waste tips

Croutons can be stored in a cool and airtight container for one to two weeks. To minimise energy consumption, it is a good idea to prepare the croutons when the oven has already heated up.

RIESLING SOUP WITH CROUTONS (8 PORTIONS)

INGREDIENTS

80 g of peeled onions

70 g of leek

50 g of butter

85 g of flour

500 ml of dry Riesling wine or another dry white leftover wine (can be leftovers in your fridge)

2.5 l of vegetable broth made from vegetable trimmings and herbs

330 g of cream

3 slices of stale bread (can also be rolls or pretzels)

4-6 tablespoons of vegetable oil

Salt to taste

Pepper to taste

📌 Saved ingredients: Onion peels, vegetable trimmings and stale bread

📄 Preparation time: 60 minutes

🕒 Cooking time: 40 minutes

🍽️ 8 portions

PREPARATION

1. Cut the leek and onions into fine cubes and sauté them in the butter. Then dust them with flour, deglaze with half of the Riesling and top up with the vegetable broth.
2. Season everything with salt and pepper and simmer for 30 minutes, skimming frequently.
3. Strain the soup through a sieve and add the remaining aromatic white wine, such as Riesling. Thicken slightly if necessary and refine with the cream. Season with salt and pepper.
4. Before serving, foam up and drizzle on some herb oil if necessary.
5. Cut stale bread into cubes.
6. Put vegetable oil in a bowl, add the bread cubes, spices and some herbs and mix everything together thoroughly.
7. Toast the seasoned bread cubes in the pan over medium heat. Alternatively, spread in a fireproof dish or on a baking tray lined with baking paper or a baking paper alternative and bake at 160 °C (fan oven) for 5-8 minutes.



FISH WITH MANGO PEEL SAUCE

An extremely waste-free recipe, to enjoy on a hot summer night that combines the sweet flavours of mango with the spiciness of papaya seeds and the intense flavour of fish.



Zero waste tips

Portion sauce into containers or ice cube strays and freeze for easy future use.



TELMO NETO

PORTUGAL


Chef Neto first started by leading the kitchen team for the Portuguese Army, then moved on to restaurants such as T-Food, Wine & Fun and Love Pedra. Currently he is a chef and trainer at Eurest Portugal and EurestChef Academy, and actively participates in events on food waste, such as the Stop Food Waste Day.




FISH WITH MANGO PEEL SAUCE (4 PORTIONS)


INGREDIENTS

- 2 golden bream
- 1 monkfish liver
- 200 g of mango peel
- 200 g of sweet potato peel
- 200 g of sugar
- 100 ml of vinegar
- 100 g of stale bread
- 10 g of papaya seeds
- Olive oil
- Salt to taste
- Pepper to taste
- Oregano to taste

 Saved ingredients:
Sweet potato peel, mango peel,
papaya seeds, stale bread

 Preparation time: 40 minutes

 Cooking time: 30 minutes

 4 portions

PREPARATION

1. Separate the head and the fillets from the golden bream. Then remove the skin from the fillets and set aside.
2. Grill the fillets and the monkfish liver in a non-stick frying pan. Shred the fish from the fillets.
3. Place the papaya seeds and the bread on an oven tray and bake at 180 °C for 20 minutes. Crush the bread and set aside.
4. Place the mango peel with the water and sugar in a blender and blend until smooth.
5. In a pan, add the vinegar and the sugar and after boiling add the mango mixture.
6. For the sweet potato chips, rinse the potato peels in plenty of water and then add olive oil, salt, pepper and oregano and fry in oil.
7. To finish lay the fish and the liver on top of the skin and make a roll with the help of cling film. Bake the roll in the oven for 10 minutes at 60 °C.
8. Cut the roll into slices and lightly toast the skin with the help of a blowtorch.

SERVING SUGGESTIONS

To serve, place the breadcrumbs on a plate forming a circle. Place the fish roll in the middle and pour the mango sauce around it. Garnish with papaya seeds and accompany with sweet potato chips.





KISS FLORIN

ROMANIA

Chef Florin collaborates with top restaurants as an expert in menu development, kitchen process optimisation and chef team training. He is a winner of many culinary competitions, and teaches courses and workshops for aspiring chefs.

PAN-FRIED LAMB PASTRAMI AND ROASTED GARLIC PEPPER SALAD

A dish that features succulent lamb pastrami slices pan-fried to perfection with a fragrant blend of garlic and rosemary, based on potato skins, garlic skins and peppers seeds.



Zero waste tips

Store food properly - check the food labels for storage instructions and make sure your fridge is between 1° and 5°C.

PAN-FRIED LAMB PASTRAMI AND ROASTED GARLIC PEPPER SALAD (4 PORTIONS)

INGREDIENTS

600 g of lamb

2 tablespoons of sunflower oil

2 cloves of garlic, finely chopped

1 sprig of rosemary

1 teaspoon of paprika

Salt to taste

Pepper to taste

For the mashed potatoes:

1 kg of potatoes

100 ml of milk

50 g of butter

Salt to taste

For the baked garlic pepper salad:

4 red bell peppers

2 cloves of garlic, finely chopped

2 tablespoons of olive oil


1 tablespoon of apple cider vinegar

Salt to taste


Pepper to taste

Chopped parsley for decoration



 Saved ingredients:
Potato skins, garlic skins and pepper stems

 Preparation time: **40 minutes**

 Cooking time: **30 minutes**

 **4 portions**

PAN-FRIED LAMB PASTRAMI AND ROASTED GARLIC PEPPER SALAD (4 PORTIONS)

PREPARATION

1. Cut the meat into thin slices. Heat the sunflower oil in a large frying pan over medium heat. Add the chopped garlic and rosemary sprig, letting them flavour the oil for 1-2 minutes. Add the meat slices and fry until crisp, about 4-5 minutes per side.
2. Sprinkle the meat with paprika, salt and pepper, tossing gently to coat all the slices.
3. Remove the stock from the pan and let it rest on a plate.
4. Peel the potatoes and cut them into large pieces. Boil the potatoes in salted water. Put the pepper stems and garlic peels in a bag and put the bag in the water where the potatoes are boiled until tender, about 20 minutes.
5. Drain the potatoes and return them to the pot.
6. Add the butter and milk, then mash the potatoes until you get a creamy mash. Add salt to taste.
7. Roast the peppers directly over the flame or in the oven until the skin turns black and the pepper softens.
8. Place the cooked peppers in a plastic bag or covered bowl to steam, about 10 minutes.
9. Remove the skin, stem and seeds from the peppers, then cut them into strips.
10. In a bowl, mix the roasted peppers with the minced garlic, olive oil, apple cider vinegar, salt and pepper to taste. Garnish the salad with chopped parsley.

SERVING SUGGESTIONS

Place a portion of mashed potatoes on each plate. Place a few slices of meat on top. Add a side of the roasted garlic pepper salad.

Serve immediately, garnishing with potato skins: you can save them to make crispy potato skin snacks from the potato peels.





LA ROPA VIEJA

A typical dish whose name literally means 'old clothes' and shows its character as a low-cost, recycled dish, where leftover meat finds a new rich and tasty life.



LIDIA LOPEZ SEBASTIAN

SPAIN

Chef Sebastian, winner of the National Lady Chef competition, was born in Santa Cruz de Tenerife. She currently travels, participating in culinary competitions, while working with national associations to realise her dishes. Food waste, sustainability and regional cuisine have been in her heart since the start of her career.



Zero waste tips

Designate one evening a week to eat leftovers or to mix and match what's left in your fridge to create new meals.

LA ROPA VIEJA (4 PORTIONS)

INGREDIENTS

400 g of leftover cooked chickpeas
(previously cooked in broth)

400 g of leftover cooked beef
(previously cooked in broth)

400 g of leftover cooked chicken
(previously cooked in broth)

2 peeled onions

4 cloves of peeled garlic

½ green pepper

½ red pepper

400 g of potatoes

100 g of crushed tomatoes

Extra virgin olive oil to fry

1 bay leaf

Sweet paprika to taste

1 sprig of oregano

1 sprig of thyme

Cumin powder to taste

75 ml of white wine

Parsley to garnish

PREPARATION

1. Chop the meat a little at a time to make very thin strips. Set aside.
2. Finely chop the onion, garlic and peppers and sauté them in a pan with extra virgin olive oil, bay leaf, oregano, thyme, cumin and sweet paprika.
3. When well cooked add the tomato pulp and season with salt and pepper.
4. Stir a few times and add the meat, potatoes and chickpeas.

SERVING SUGGESTION

Cover everything with white wine, lower the heat and let everything cook until reduced.



Saved ingredients:
Chickpeas, beef and chicken



Preparation time: **40 minutes**



Cooking time: **30 minutes**



4 portions



SWEDISH KROPPKAKOR

This modern take on traditional Swedish dumplings combines classic flavours with a sustainable twist, using leftover ingredients - breadcrumbs, meat, apples - for a delicious and environmentally conscious dish.



Zero waste tips

'Best before' dates inform you about quality. Using the 'look, smell, and taste' test, foods can be eaten after this date but they may no longer be at their best quality. 'Use by' dates inform you about safety - such foods can be eaten up until the end of this date but not after, even if they look and smell fine.



JOHN REGEFALK

SWEDEN

Chef Regefalk is the Head of Culinary Innovation and a culinary professor at BCCInnovation. He has more than 20 years of experience internationally, in restaurants such as Noma (Copenhagen), RyuGin (Tokyo) and Metamorfoosi (Rome). He specialises in the conceptualisation, design and validation of new food products created in accordance with current trends, using both traditional and cutting-edge culinary techniques and incorporating new ingredients while noting consumer perception.



SWEDISH KROPPKAKOR (4 PORTIONS)

INGREDIENTS

For the dough:

400 g of cooked, pureed potato

130 g of leftover breadcrumbs

2 egg yolks

150 g of wheat flour

A pinch of salt

45 ml of olive oil

For the filling:

500 g of chopped onion

100 g of wilted greens (for example, use the green part of leeks or scallions, finely chopped)

80 g of bacon, cooked until golden

80 g of leftover cooked meat or vegetables, finely chopped

Salt and black pepper to taste

For the cheese sauce:

30 g of butter

30 g of flour

300 ml of milk

Cheese trimmings and rinds to taste

Salt to taste

Pepper to taste


For the apple puree:


2-3 apples, peeled and chopped (approximately 300 g)


1-2 tablespoons of vinegar

Garnish:

Wild edible herbs such as mint, coriander or rosemary

 Saved ingredients: Leftover bread crumbs, leftover meat, bumpy apples, vegetable trimmings

 Preparation time: 45 minutes

 Cooking time: 30 minutes

 4 portions





SWEDISH KROPPKAKOR (4 PORTIONS)

PREPARATION

1. In a large bowl, combine the pureed potatoes, breadcrumbs, egg yolk, wheat flour and salt. Mix until a smooth dough forms. If the dough is too sticky, add a little more flour.
2. In a pan, slowly cook the onion until caramelised and reduced in weight (start with 500 g raw onions to get about 200 g cooked).
3. Add the finely chopped green part of a leek or scallion and cook for a few more minutes.
4. Add the cooked bacon and leftover meat or vegetables to the pan. Season with salt and black pepper. Cook for a few more minutes until everything is well combined and heated through. Spread out the filling on paper towels to absorb the excess moisture, making it easier to fill the dough in the next step. Set aside to cool.
5. Divide the dough into 12 portions (around 40 g per piece). Flatten each portion into a disc.
6. Place a small spoonful of the filling in the centre of each disc and fold the dough over to encase the filling. Shape into balls and ensure they are sealed well. Flatten the balls into the shape of a hockey puck.
7. Bring a large pot of salted water to a gentle boil. Carefully drop the kroppkakor into the water. Cook gently for about 4-5 minutes. Remove with a slotted spoon and let drain. Sear the kroppkakor on one side in olive oil until golden.
8. In a saucepan, melt the butter over medium heat. Stir in the flour and cook for 1-2 minutes to form a roux.
9. Gradually add the milk, whisking continuously to prevent lumps. Add the cheese trimmings and rinds and cook until the sauce thickens. Strain the sauce to remove the cheese rinds and pieces. Season with salt and pepper to taste.
10. In a small saucepan, cook the apples with a splash of water until soft. Blend the cooked apples into a puree and add vinegar to taste.

SERVING SUGGESTIONS

Plate the kroppkakor with a generous drizzle of the cheese sauce and a spoonful of apple puree. Garnish with wild edible herbs.



SWEET PASTRY STUFFED WITH ANARI CHEESE, POUREKKIA

An anti-waste recipe made of Anari cheese, a fresh goat and sheep cheese made from the whey leftover from the production of traditional Cypriot halloumi cheese.



EVI CHIOTI
CYPRUS

Chef Chioti is a decorated chef and has a long an global career in food policy, specifically related to: cultural heritage perservation, environmental sustainability, humanitarian aid and females in the culinary field. She is currently the Vice President for Education and Publishing in the Cyprus Chefs Association and part-owner of a restaurant in Limassol.



Zero waste tips

Grate and freeze cheese if you can't use it up in time.

SWEET PASTRY STUFFED WITH ANARI CHEESE, POUREKKIA (4 PORTIONS)

INGREDIENTS

For the dough:

500 g of flour

60 g of olive oil

180 g of water

For the cheese stuffing:

250 g of unsalted anari cheese
(or ricotta cheese)

50 g of sugar

20 g of honey

200 g of figs in small pieces
(or any other fruit leftovers
low in water content, like apples
or peaches)

20 g of sesame seeds

5 g of cinnamon

70 g of rosewater

100 g of walnuts,
cut in small pieces

Olive oil for frying

PREPARATION

1. Prepare the dough and let it rest for one hour. The dough's texture must be soft and elastic.
2. Prepare the stuffing by crumbling the fresh cheese with a fork, mix in the sugar, honey, figs, sesame, cinnamon, walnuts and rose water.
3. Roll out the dough into a very fine leaf and cut into small circles using a ring (7-8 cm diameter).
4. Place a tablespoon of filling in each circle. Fold the pastry into a half circle and press the edges with a fork.
5. Fry the pastries in olive oil until golden and drain on kitchen paper.

SERVING SUGGESTION

Sprinkle with icing sugar or honey.



Saved ingredient: **fruit leftovers**
such as apples or peaches



Preparation time: **70 minutes**



Cooking time: **5 minutes**



4 portions





TROELS TRIER VOGEL

DENMARK

Chef Vogel was the Head Chef of Compass Group Denmark before moving to Food Excellence, where he devotes himself to the development and creation of tools for his colleagues in the kitchen. He puts a lot of emphasis and value on plant-based menus and finding ways to reduce food waste.

SALTY APPLE CARMEL

An anti-waste recipe of the 'ugly' apples with many possibilities of use: spread on your toast, topping on pancakes, waffles or porridge, or together with cheese.



Zero waste tips

Buy 'ugly' products which may have physical imperfections, but are just as safe and nutritious and can sometimes be found at discounted prices.

SALTY APPLE CARAMEL (4 PORTIONS)

INGREDIENTS

1 kg of apples (the wrinkled and bumpy ones)

1 dl of water

200 g of brown sugar

Salt to taste

100 g of butter

Vanilla extract or Tonka bean to taste


PREPARATION

1. Cut the apples into large pieces (save the core).
2. Put the apples, water and sugar in a pot with a lid.
3. Cook approx. 20-25 minutes at medium heat, after which remove the lid and reduce for a further 20 minutes.
4. Blend the now caramelised apples with cold butter and grated tonka bean or vanilla.
5. Store in sealed glass container.


Extra recipe! Apple cider vinegar:


1. Cover the apple cores with vinegar in an airtight container.
2. Put them in the fridge and leave them alone for approx. 3 months.

Then you have the most beautiful apple cider vinegar.

 Saved ingredient: Apples

 Preparation time: 35 minutes

 Cooking time: 25 minutes

 4 portions





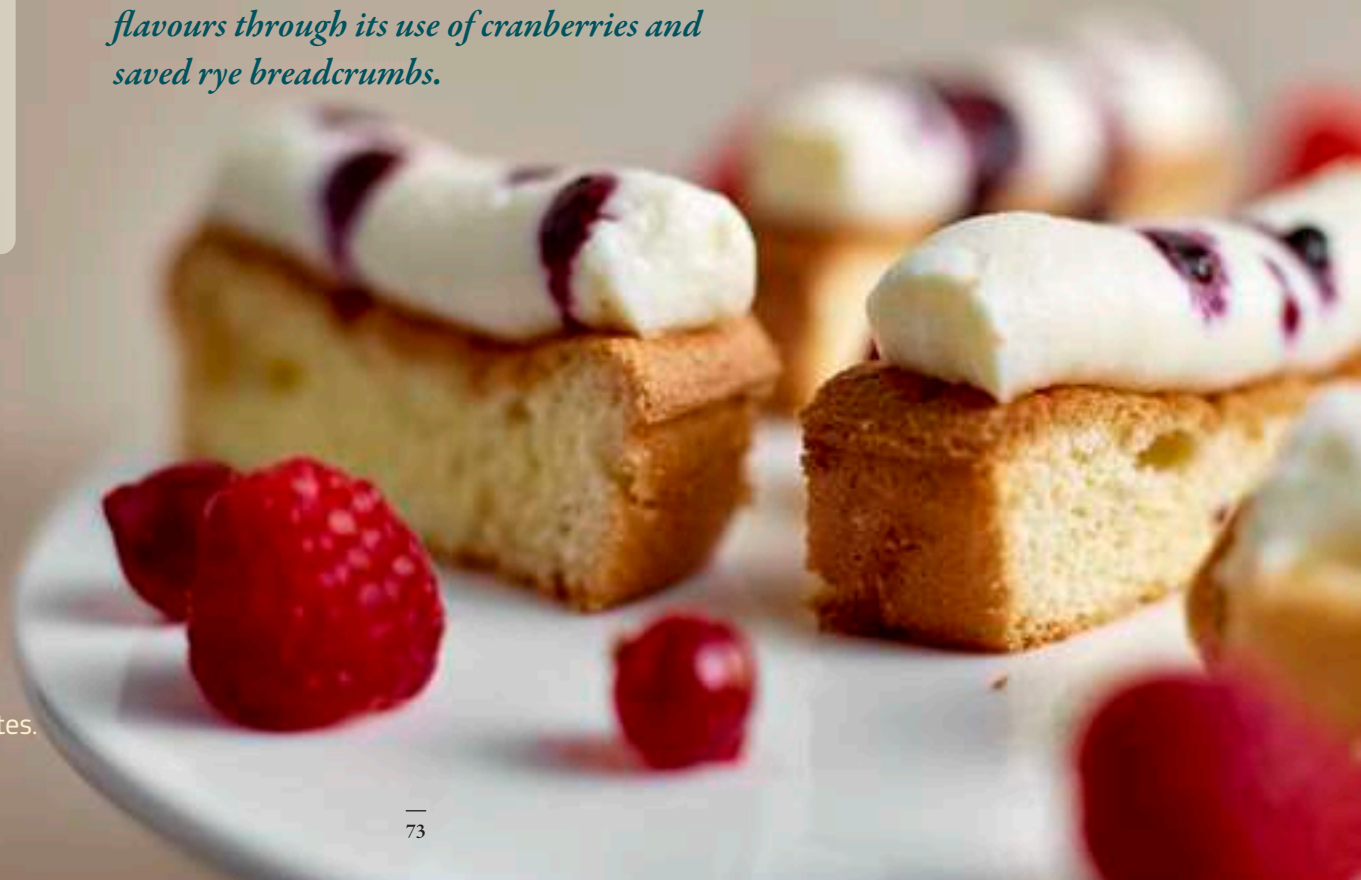
ELINA NAHALOVA

LATVIA

Chef Nahalova is a pastry graduate of ALMA, the School of Italian Culinary Arts. After her studies, she worked with the famous Fabrizio Racca in Turin, and now is a pastry chef at the five-star Hotel Grand Poet in Riga.

RYE BREADCRUMBS SPONGE CAKE

This delightful cake is a tribute to Latvian culinary tradition, celebrating national flavours through its use of cranberries and saved rye breadcrumbs.



Zero waste tips

Use leftover oats, nuts, or dried fruits to make homemade cakes, granola bars, cookies, or energy bites.

RYE BREADCRUMBS SPONGE CAKE (4 PORTIONS)

INGREDIENTS

For the sponge:

5 eggs

8 tablespoons of rye breadcrumbs

125 g of sugar

For the cream:

200 g of cottage cheese (or ricotta)

200 g of mascarpone


400 g of heavy cream

3-4 drops of vanilla extract


60 g of powdered sugar


Filling:

180 g of cranberry jam
(8 tablespoons)

 Saved ingredient:
Rye bread breadcrumbs

 Preparation time: **50 minutes**

 Cooking time: **30 minutes**

 **4 portions**

PREPARATION

1. Separate the egg yolks and whites. Place the whites in a cool place for a while. Add the sugar to the egg yolks and whisk until the mixture doubles in size and becomes creamy and a pale yellow.
2. Add a pinch of salt to the egg whites and whip to a stiff froth. Add the yolks to the mixture and using a pastry spatula to beat the two masses together until smooth.
3. Add the breadcrumbs a tablespoon at a time and stir gently together with a whisk.
4. Grease the cake tin and spread with more breadcrumbs. Pour the batter into the tin and bake the sponge cake for 30 minutes at 180 °C. Use the tip of a knife to check that the cake is cooked. If the knife remains dry, the sponge is ready. Remove from the oven, cover with a towel and leave to cool. Once cooled, divide the sponge into two equal discs using a thread or a long sharp knife.
5. Put all the ingredients (cold) for a cream into a mixer and beat until the mixture is thick.
6. Shape the cake. First spread one sponge puck with cranberry jam. Then spread half the cream on top. Place the other puck on top and spread the remaining cream around the edges and decorate the top of the cake. Sprinkle with breadcrumbs when ready.

SERVING SUGGESTION

Decorate with cranberries.





RENE BEKKER

NETHERLANDS

Chef Bekker is an executive chef and culinary arts professor in Amersfoort, and has an extensive background in working with high profile menus focused on plant-based and sustainable foods. In all of his roles as Executive Chef, he has only sourced locally, and even helped with the harvest.

BREAD AND BUTTER PUDDING

An anti-waste recipe that can be made from the leftover pastry like croissant or brioche.



Zero waste tips

If pastries have gone stale, warm them in the oven for a few minutes. You can also crumble stale pastries to use as a topping for desserts like ice cream or yoghurt.

BREAD AND BUTTER PUDDING (18 PORTIONS)

INGREDIENTS

1 200 g of sugar loaf and
croissants or any other type of
leftover bread

Vanilla extract

525 g of cream

45 g of custard powder

5 eggs

150 g of sugar

300 g of butter


PREPARATION


1. Cut the sugar loaf and croissants into equal pieces of 2 cm each and place in a bowl.
2. Melt the butter and spread it evenly over the sugar loaf and mix so that the butter is incorporated into the bread.
3. Put the cream in a bowl and add the rest of the ingredients (vanilla paste, custard powder, egg yolk and sugar).
4. Mix this well with a whisk and pour it into the bowl with the bread and mix it together with a spatula.
5. Use a baking tray (a shallow one), cover the bottom with baking paper and divide the bread mixture evenly.
6. Bake at 160 °C in hot air for 25 minutes.
7. Place the pudding in the refrigerator or let it cool-down on a tray with ice.
8. Loosen the edges of the baked bread mixture and carefully put them on a cutting board. If necessary, turn over again using another cutting board so that the most beautiful side is facing up and portion into 18 equal portions.

SERVING SUGGESTIONS


Before serving, warm up the pudding a little bit. Add ice cream or another component to create a nice dessert.

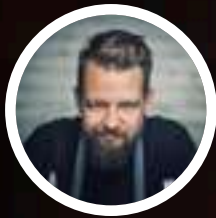


 Saved ingredient:
Leftover bread and pastries
such as croissants and
brioches

 Preparation time: 40 minutes

 Cooking time: 25 minutes

 18 portions



BINE VOLČIČ

SLOVENIA

Chef Volčič's cuisine can be described as Slovenian fusion-cuisine with strong Scandinavian influences. He holds the zero-waste philosophy close to his heart, and works on bold, intensive flavours, unexpected combinations and honest cooking. His Monstera Bistro was awarded with a Michelin green star in 2020, he frequently appears as a chef-judge in MasterChef Slovenia, and now he is opening a new project: Monstera Estate.

HAY AND FIGS ICE CREAM

A recipe that showcases the ingredients we have at hand in the Goricko region of North-East Slovenia: fresh eggs, early summer hay and magnificent fig trees.



Zero waste tips

Writing a shopping list prevents overbuying.

HAY AND FIGS ICE CREAM (5 PORTIONS)

INGREDIENTS

1 bunch of organic hay

500 ml of whole milk

50 ml of double cream

5 egg yolks

100 g of sugar


4 fresh figs


PREPARATION

1. Put the hay on a baking tray and bake in the oven at 150 degrees for a least 5 minutes (to eliminate pests and bacteria). If you don't have any hay, two grated tonka beans are a good alternative.
2. Boil the mixture of milk and double cream. Set aside and infuse the baked hay for at least 10 minutes.
3. Meanwhile mix together egg yolks and sugar.
4. Strain the hay mixture and boil again, then incorporate it in the mix of egg yolks and sugar.
5. Put everything in the pot and heat it up to 85°C so that you get "crème anglaise" texture.
6. Chill and put in the ice cream machine. At the end of the process, add small cubes of fresh figs and stir gently.

 Saved ingredient: Hay

 Preparation time: 20 minutes

 Cooking time: 10 minutes

 5 portions



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