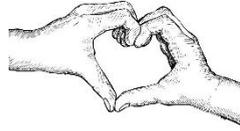


SURPLUS FOOD COOKBOOK



1. THE BASICS



This booklet gives ideas about how to use surplus food, like that distributed by Banbury Food for Charities. Surplus food is often close to its 'use by' date or past its 'best before' date. It often comes in large quantities of one thing (say mushrooms), but it can also be a mixture of many things in small quantities, making it difficult to find a perfect recipe. Sometimes the surplus food is unusual, like dragonfruit, or used to be common but isn't any longer, like swedes and turnips.

Cooking from scratch with surplus food is cheaper (often free) and healthier than eating ready meals, and is really easy to do. You don't have to have perfect ingredients. This booklet assumes that you only have a basic kitchen and aren't used to cooking from scratch. Hopefully it will act as a starting point for you to experiment, or to check out 'proper' recipe books.

Important information about dates on surplus food:

'Use by' dates are on food that goes off quickly. Going beyond the 'use by' date could harm your health so **do NOT eat any food past its 'use by date', and don't eat meat or fish unless you know that it has been properly stored and handled.**

'Best before' dates are on a wide range of frozen, dried, tinned and other foods. Except for eggs, 'best before' dates are about quality, not safety. So for 'best before' food, use your common sense: if it smells and looks OK, it probably is OK.

'Display until' and *'sell by'* are information for shop staff which you can ignore.

If you're not sure if your egg is fresh, put it in a bowl of water. If it stays at the bottom of the bowl, it's fine. If it floats, chuck it out.

Don't be put off by the odd mouldy strawberry in a punnet, mushy parts on a banana etc. Just remove the bad bits and use the rest.

Peel vegetables and fruit only when you really need to, like when potatoes or carrots have big brown spots. Vegetable skin contains a lot of nutrients. Also, not peeling makes the food preparation go faster!

Different vegetables have different cooking times. Denser, heavier vegetables like potatoes cook more slowly than lighter ones like mushrooms. Generally leafy greens (cabbage, spinach etc.) are added to a dish near the end of the cooking process.

Most vegetables and berries can be cut into bite-size portions, frozen, kept for a long time, and then used in soups, crumbles etc. without even needing to be thawed. Exceptions are foods that contain a lot of water, like lettuce and cucumbers, which turn into a soggy mess.

If you want more food ideas, see Jack Monroe's blog at <https://cookingonabootstrap.com/>. Jack started writing this when trying to provide meals for two on £10 per week.

You'll see the following terms used in this booklet:

Tbsp = tablespoon

Tsp = teaspoon

Mugful = any medium sized mug or large cup

Oven temperature	°C	Gas mark
Low	140	1
Medium	180	4
High	220	7

2 RECIPES THAT USE VEGETABLES



ROASTED VEGETABLES

Pre-heat oven to 200°C. Take a roasting dish and add any combination of potatoes, carrots, parsnips, whole small onions, peppers, thick slices of squash or beetroot, mushrooms, leeks, chopped swede, chopped sweet potatoes, garlic. Hard veg such as potatoes, swedes should be cut smaller, soft veg such as mushrooms, peppers and squash should be cut into bigger pieces to ensure even cooking. Add oil and mix well. Add optional lemon juice, and/or herbs such as thyme, oregano, rosemary. Cook for 25 to 30 minutes, turning and basting the vegetables after about 15 minutes.

MASH

Cut into bite-sized bits up any combination you want of potatoes, sweet potatoes, swedes, carrots (peel first if you want but this is not necessary). You can also add a small amount of celeriac, turnip, parsnip or pumpkin. Put in a pot, cover with water, and boil until everything is soft, about 20 minutes. Drain off almost all of the water. Mash with a fork or potato masher. Stir in some butter/marg and salt. Excellent with sausages!

SOUP OR STEW

This basic recipe can use almost any vegetable. You can turn into hundreds of different dishes by changing the ingredients.

Ingredients	What to do with them
1 onion, peeled and chopped into pieces roughly the size of a pea	Put into a large pot and fry gently for 5 minutes.
2 tbsp cooking oil	
Optional: 1-3 cloves garlic, peeled and cut very small	
Optional: a handful of bacon, sausage or salami, cut into bite-sized pieces	
For each person, 1-2 mugfuls of any combination of vegetables	Cut into bite-sized chunks and add to the pot. Add water until the vegetables are covered. Ignore any floaters!
3-4 stock cubes	Add to the pot. Heat the soup until it boils, then turn down the heat and cook everything gently for about 30 minutes.
Optional: a handful of dried barley or lentils	

Now taste the soup.

- If it's too *liquid*, add a handful of lentils or pasta.
- If it's too *thick*, add some water
- If it's too *salty*, add a handful of lentils or pasta plus 2 mugfuls of water
- If it tastes *boring*, add some combination of stock cubes, finely chopped chilli pepper, splash of vinegar, oregano/ parsley/ rosemary, a few spoonfuls of pesto

Now you can also add chopped up kale or cabbage. Cook for another 10 minutes. Serve by itself, or with bread. You can put grated cheese on top of the soup.

You can put your soup through a blender. If you do, add a splash of milk, water or cream so that it's not too thick. It's usually better to do that if you have used mostly asparagus, celery or mushroom.

Squashy vegetable soup

From a children's centre: One week Food For Charities brought us lots and lots of punnets of tomatoes. All the tomatoes that already had got very soft and had splits in them I put to one side. All the remaining, good, tomatoes I put into trays for people to help themselves to. With the split, squashy tomatoes I made this delicious soup. I also used a couple of old carrots and some soft and wrinkly peppers that were left at the end of the day. For a more substantial soup boil up some red lentils in the stock before you do the liquidising.

1 carrier bag full of squishy, past their best, tomatoes.

2 old carrots, blackened peel removed until the still crunchy orange flesh is revealed.

2 or 3 peppers – ideally red and yellow (green will give you a brown soup)

Something oniony – onions, garlic, leeks

Vegetable or chicken stock

Herbs of choice – e.g. mixed herbs, basil, marjoram or thyme.

Seasoning – salt and pepper, a bit of chilli or tabasco if you like it hot.

Roughly chop the vegetables and place in a roasting tray.

Toss some oil through to thinly coat the vegetables. Roast in the oven at 180°C for half an hour or until tender and sweet.

The onions and peppers will be going a bit golden brown at the edges but don't let them blacken.

Tip the vegetables into a large saucepan, add $\frac{3}{4}$ litre of stock, bring to the boil and season to taste. Spoon into a food processor and blitz until smooth – you will probably have to do 2 or 3 lots. Return to the pan and add more stock if it needs to be thinner.

STIR FRY

Ideal vegetables for this are sliced sprouts, onions, carrots in thin batons, mangetouts, shredded cabbage, baby corn, broccoli, mushrooms, peppers, garlic, sliced radish and mooli.

Cook rice or noodles to pack instructions.

Heat a little oil in a large frying pan or wok. Add the harder veg first, cook for a few min then add softer veg. Keep the veg moving to prevent burning. This only takes a few minutes. Once the veg are cooked to taste, add seasoning or sauce, heat until the sauce is hot, and serve on the rice or noodles.

Seasoning: 1 tsp Chinese five spice, ½ tsp ginger (powdered or fresh), chillis, cayenne pepper

Satay sauce: Mix together 2tbsp peanut butter, 2tbsp soy sauce and 1tbsp honey/syrup/sugar. Add ginger, garlic or chilli for an extra kick, or yoghurt for a creamier taste.

Sweet and sour sauce: Take the pineapple chunks out of a tin of pineapples. Mix together the pineapple juice with 1 mugful of squishy tomatoes chopped up, 1 tbsp white wine/balsamic vinegar, 1 tbsp soy sauce, 1 tbsp honey/ syrup/sugar, and 1 tsp cornflour to thicken (optional). Heat the sauce with the vegetables. Add the pineapple chunks just before serving.

PASTA BAKE

Cut up whatever veg are in the fridge: courgette, onions, peppers, mushrooms, tomatoes, broccoli and always garlic. Chopped halloumi cheese, beans or spicy sausages work well too. Mix with 1 tbsp oil and bake for ½ hour.

While the veg are baking, boil enough pasta (about 100g per adult), then drain it and let it cool. When the veg have softened mix the pasta in and, if desired, grate some hard cheese like cheddar or Parmesan/grana padano over (the stronger the cheese the less you'll need.) You can also stir in a tablespoon or two of yoghurt to add creaminess.

CHILLI

Ingredients	What to do with them
1 onion, peeled and chopped into pieces roughly the size of a pea	Put into a large pot and fry gently for 5 minutes.
2 tbsp oil (olive, vegetable, etc.)	
Optional: 1-3 cloves garlic, peeled and chopped fine	
Optional: a handful of bacon, sausage or salami, chopped into pieces roughly the size of a pea	
For each person, 1 mugful of any combination of vegetables.	Cut into bit-sized chunks and add to the pot
1 tin of kidney beans, chickpeas or cannellini beans	Add to the pot. Get the chilli boiling, then turn down the heat and cook everything gently for about 30 minutes.
1 tin chopped tomatoes	
1-2 tins of water (use the tin from the beans)	
1 bag of chilli powder mix OR 1 tsp chilli powder + 1 tsp salt + 1 tsp cumin seed	Serve either by itself, or with rice, bread or mash. You can put some grated cheese on top.

FRITTATA

Beat eggs and season with salt and pepper. Chilli, cayenne pepper or paprika add a nice kick.

Grease an oven proof dish with butter or marg. Add sliced onions, left over boiled potatoes/rice/pasta, mushrooms, courgette, pepper, asparagus etc. Pour over egg (grated or crumbled cheese can be added if liked) and cook in oven till firm and just brown on top. Serve hot or cold. Can be sliced frozen, perfect for lunch boxes.

EGG FRIED RICE

Cook rice to pack instructions. Throw in some frozen peas at the end of cooking. Set aside.

In a little oil gently fry onion, garlic and any veg you like. When the veg are nearly cooked, push to one side of the pan. On the clear side of the pan add a little more oil if need and scramble beaten egg till it solidifies but it is still wet to the eye. Add rice to the pan. Gently mix all together and serve.

CURRY

A well-stocked dried herb and spice shelf is great for adding flavour to any dish. Using dried spices should be kept simple. Don't be afraid to experiment. Start off using one or two spices each time and get to know the flavours and what you like. Start with ½ tsp for a dish for two, then adapt to your taste as you become more confident. For curries, good spices are cumin, turmeric, curry powder, chilli powder, cayenne pepper, paprika, cardamom, garam masala, coriander, bay leaves.

Use almost any veg. Cut into bite-sized chunks. Fry a chopped up onion on medium heat. Add garlic, chillis, either a selection of spices or curry paste (alternatively a curry sauce can be added later). Add hard veg and fry for a few minutes, stirring to cover with the spice/paste, then add softer veg and fry for a few more minutes, stirring. (If using a premade sauce add that now and leave to simmer till veg cooked).

Add tomato puree, chutney or chopped tomatoes. Add lentils or chick peas if you like. Add veg stock or water to the top of the veg, and leave to simmer till the veg is cooked. Yoghurt, cream, milk or coconut milk can be added toward the end of cooking for a creamier or milder curry.

Serve with rice, bread or jacket potato. Add turmeric and other spices to rice when cooking to add extra flavour. Left over curry can be frozen for a quick meal or blitzed for a sauce next time (great for disguising veg with fussy eaters).

VEGETABLE PIE

Chop and lightly cook any combination of vegetables: peas, potatoes, carrots, cabbage, cauliflower, broccoli, sprouts, parsnip, swede, squash, asparagus. Lightly fry onions, leeks, spring onion, peppers, courgette. Place together in an oven proof dish.

Add a heated liquid :

1. Concentrated soup. A can of undiluted condensed soup, or a packet soup made up with half the amount of water, or
2. Cheese sauce. Melt 2 oz of marg or butter in a saucepan. Add 2 tbsp flour. Stir in and cook for a minute. Gradually add quarter pint of milk – a bit at a time - stirring well to avoid lumps. Add grated cheese. Stir in and remove from heat. (Add optional mustard). This sauce can also be used in pasta bake, cauliflower/broccoli cheese, macaroni cheese etc, or
3. Enough chopped tomatoes (tinned or fresh) to cover, warmed through with a crumbled stock cube.

Top with either:

1. Mashed potatoes, and/or mashed swede or carrots. Top with grated cheese, or
2. Breadcrumbs dotted with marg/butter, or mixed with grated cheese, or
3. Thin slices of cooked potato spread over surface and topped with cheese or beaten egg.

Cook under grill till warmed through and browned on top, or bake in oven, 190C, gas 5 for 20 minutes till browned and crisp on top.

Optional - Add bacon, ham, cooked meat, sliced cooked sausage to the veg mix.

Vegetable (and roast chicken) suet pie

2 mugfuls of self-raising flour

1 mugful of suet or marg

Pinch of salt

Mixture of vegetables: onions, mushrooms, leeks, carrots etc.

1 egg

Optional: Left over roast chicken

1 mugful of instant gravy

To make the pie crust, combine the flour, suet and salt. Add cold water, a little at a time, first stirring and then kneading, until it binds into a ball of dough. Put it in a bowl and then the refrigerator.

Cut all the vegetables to even size and place in a roasting tin. Coat with oil, salt and pepper. Roast at 180°C till soft. If using chicken, pick the meat off it and combine with the cooked veg. Add the gravy to the veg mixture, and then salt and pepper to taste.

Put the veg mixture in a pie dish. Roll the pastry out and cut it to the same size as the pie dish. Cover the veg with the pastry. Beat the egg and paint the top of the pie with it (there will probably be some egg left over). Bake the pie at 180°C until its top is golden brown. Serve with creamy mash (garlic!) and buttered cabbage.

EASY PIZZA

In a bowl put 1 mugful self-raising flour, a pinch of salt and 2tbsp butter/marg. Use fingertips to rub together to make a breadcrumb like consistency. Mix in a little milk a time till it forms a pliable dough. Grease a baking tray. Roll out the dough with a rolling pin or large bottle and put it on the tray.

Put a thin layer of tomato sauce or pesto on the pizza base, then cut-up vegetables (courgetti, mushrooms, onions, tomatoes, sweetcorn, olives, also optional salami), then grated cheese. Bake at 180°C for 25 minutes.

YORKSHIRE PUDDING CASSEROLE

Get two glasses/cups of the same size and shape. For a dozen puddings use 2 eggs. Crack the eggs into one cup. Fill the other cup with plain flour to the same level as the egg. Put the flour in a mixing bowl, with salt and pepper. Fill the empty cup with milk to same level as the egg. Put egg and milk in the bowl with the flour, and whisk till smooth. Leave to stand for 20 minutes.

Roast veg with herbs in olive oil. When the veg are cooked, pour them over the batter mix and bake. This can also be done with sausages or meat.

QUICHE

Put store-bought shortcrust pastry into a round baking tin, pushing right into the base. Try not to stretch the pastry as it will shrink when cooking. Trim the edge with a knife, leaving a little overhang. Prick the pastry with a fork half a dozen times. Cover the pastry with the baking sheet it came in (or some baking foil), fill with lentils/dried beans, and bake till the pastry just starts to brown.

Use any combination of chopped mushroom, courgette, spinach, asparagus, broccoli, cauliflower, cheese, ham, salami, sausage, pepper, sweetcorn, grated carrots, celery etc. for the filling. Fillings can be fried slightly or added raw to taste. Cooked onion is sweeter to taste, raw onion works well with cheese and tomato.

Lay the filling in the baked base. Beat 2 eggs with half a mugful of milk, salt and pepper. Pour over the filling until it almost reaches the top of the pastry. Bake till firm and golden.

Egg muffins/crustless mini quiches

Grease a muffin tin with butter or marg. Put a few veg, cooked meat, cheese in each well. Fill with eggs beaten with milk and seasoning. Bake till set and golden. Freezable.

NUT ROAST

2 mugfuls of veg: onion, carrot, courgette, mushroom, pepper, leek, celery, squash, sprouts, cabbage, garlic. Chop into small pieces or grate some for different textures.

1 mugful of bread crumbs.

1 mugful of roughly chopped walnuts, cashews, peanuts etc.

1 sachet of dried yeast mixed with a little warm water to make a paste.

½ mugful of grated cheddar (optional).

Mix all the ingredients together with seasonings- salt, pepper, herbs, lemon juice/zest, balsamic vinegar. Grease a loaf tin, foil takeaway dish or pyrex dish with butter or marg. Fill with the mix and press down firmly. Bake in the oven for about 40min till crisp on top. Can be frozen and cooked from frozen.

TACOS

Bag of 6 or 8 tortillas (in the Mexican/international aisle of the supermarket) – this is like the bread part of a wrap

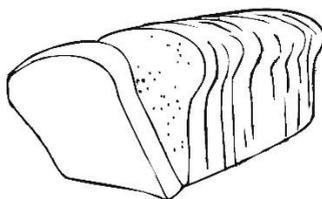
1 mugful of vegetables: onion, peppers, tomatoes, sweetcorn, mushrooms, avocado etc., all chopped into small pieces

1 mugful of grated cheese

Optional: chopped lettuce, salsa, tinned chickpeas or black beans (drained)

For *tacos*, heat a small amount of oil in a pan as hot as you can make it. Add a tortilla, wait 10-15 seconds until the bottom side starts getting brown spots, flip it over, wait another 10-15 seconds, and put the tortilla on a plate. Repeat with all your tortillas. To eat, add any combination of vegetables and beans, top with lettuce/salsa/cheese, roll into a tube, and tuck in the edges.

3 RECIPES THAT USE BREAD



Bread can be stored for a long time in the freezer.

BREAD PIZZA

Ingredients	What to do with them
Slices of bread, or baguettes sliced in half lengthwise	Put the bread on a baking tray. Spread a tablespoon of sauce over each slice of bread
Tomato sauce or pesto	
Any combination of courgettes, tomatoes, peppers, sweet corn, broccoli, salami	Cut into slices or small pieces. Place in a thin layer over the sauce.
Optional: a small amount of fresh or dried oregano, basil or thyme	If using fresh herbs, cut them up small. Sprinkle over the vegetables
Cheese: pretty well any type you have in the fridge	Grate and sprinkle a thin layer over the vegetables. Bake at about 180°C for 10 minutes until the cheese melts.

STUFFING

Perfect with a roast. You can make a big batch of these, freeze them in bags, then baked from frozen as needed.

1 cup of veg – onions, garlic, celery, courgette, leek, mushrooms, squash. Chop finely into small chunks, and fry in a little oil till starting to soften. Mix with 1 cup of breadcrumbs, seasoning and 1 beaten egg. Mould into balls and bake in the oven till browned.

PANGRATTATO

Basically fried breadcrumbs made with stale bread, which is brilliant on simple pasta or risotto dishes, or on soups:

2 handfuls of stale bread, either grated, chopped very small or blitzed in a food processor

1 small tin of anchovies (if in oil, save the oil!)

Dried red chilli - to your taste (I dry ones I've not cooked with and chop them up for use later on. A chilli plant reduced in the supermarket yielded a really good crop for about £1.50)

Garlic- 1 or 2 cloves, finely chopped

If the anchovies are in oil, empty the oil into a frying pan & gently heat the oil. (If the anchovies are in brine or water, drain them and use 1 tbsp oil instead). Add the anchovies and stir them - they will melt away. Add the garlic and chilli and then the breadcrumbs and fry until all the breadcrumbs are golden and toasted. Let the breadcrumbs cool and use straight away or freeze to use on top of other dishes (pasta bake, cauliflower cheese etc) that you want to bulk up or add a gutsy kick to.

BREAD AND BUTTER PUDDING

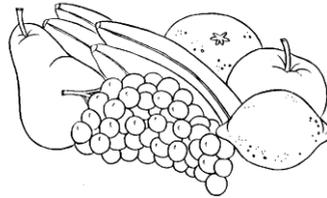
Ingredients	What to do with them
5-8 slices of bread. It can be quite old and dry	Generously butter the bread on both sides and then cut each slice in half. Rub butter on the inside of a baking dish.
Butter or marg	
Sugar	Layer the bread in the baking dish, sprinkling sugar and raisins over each layer
Raisins, sultanas or currants	
1 pint milk (a bit more if using 7 or 8 slices of bread)	Mix together well with a fork or whisk. Pour over the bread and leave for 10 minutes for the bread to absorb it. Bake at 180°C for 35 - 45 minutes until it is set and brown. Serve on its own, or with custard, yoghurt or ice cream
2 eggs (or 3 eggs if using 7 or 8 slices of bread)	

FRENCH TOAST

This makes a really nice, quick, warm breakfast served with syrup or jam

Ingredients	What to do with them
1 egg	In a shallow bowl, mix together with a fork or whisk
½ mugful of milk	
Optional: a bit of powdered nutmeg or cinnamon	
1 tsp butter or marg	Melt in a pan on medium heat
2-3 slices of bread	Dip each slice into the egg/milk, waiting a few seconds for the bread to absorb some liquid. Put in the pan, one layer of bread at a time. Cook until the lower side is brown, then flip it over and cook until the other side is brown.

4 RECIPES THAT USE FRUIT



FRUIT SALAD

Ingredients	What to do with them
Any fruit that you want, in any quantity that you want, cut into 1-2cm chunks.	Mix everything together in a bowl. Serve by itself, or with yoghurt, ice cream or cream
½ mugful of orange juice, or a spoonful of lemon juice to keep the fruit from turning brown	
Optional: handful of nuts or raisins, sugar to taste	

'ICE CREAM'

This is a really easy recipe where kids love to participate. Instead of the fruit, you can be creative and use nuts, chocolate, herbs, food colouring, sprinkles...

Ingredients	What to do with them
1 tin condensed milk	Pour the condensed milk and whipping cream into a large bowl. Whip them together with a whisk or hand blender until the mixture becomes stiff and can be pulled into peaks. This takes a while and is hard on the wrist!
An equal quantity of whipping cream	
1-2 mugfuls of any fruit that you want	Mash any fruit into a goo with a fork in a separate bowl. Gently blend the goo into the cream mixture. Put into the freezer for at least 3 hours until solid.

MILK SHAKE

Ingredients	What to do with them
1 mugful of super-ripe chopped up bananas, kiwi or ripe berries	Mash the fruit into a paste with a fork and mix with the other ingredients OR put everything into a blender and blitz for 10 seconds.
1 pint milk	
Optional: yoghurt, ice cream	

FRUIT CRUMBLE

Ingredients	What to do with them
2 mugfuls of any combination of the following: apple, blackberry, blackcurrant, gooseberry, peach, pear, persimmon, plum, redcurrant, rhubarb. If using rhubarb, add half a mugful of sugar or it will taste too sour.	Chop the fruit into 1-2cm chunks. Put into a baking tin.
1 bag of crumble mix OR 1 small mugful of flour or oats or a mix of the two ½ of a small mugful of sugar 1/3 block of butter/marg	If making the crumble from scratch, put the flour/ oats into a bowl. Cut the butter up into small chunks over the flour, and then massage all of the ingredients together until they look like... well... crumble. Add the sugar and mix well.
	Put the crumble mix over the fruit. Pat down gently. Bake at medium heat (180°C) for about 30 minutes until the top is brown. Serve by itself, or with yoghurt, ice cream, cream or custard.

UPSIDE DOWN CAKE

Ingredients	What to do with them
2 tbsp butter or marg 2 tbsp sugar (brown or white)	Put into a round metal baking tray and heat gently on the hob or in the oven until the mixture bubbles.
2 mugfuls of any combination of fruit	Cut into slices or chunks. Lay in a pretty pattern on top of the butter/sugar mixture. Pack the fruit in tightly, and add a second layer if you have left-over fruit.
1/3 block of butter or margarine 1½ mugfuls of self-raising flour ½ mugful of sugar 2 eggs Optional: 2 tsp vanilla flavouring	Make the batter: Melt the butter gently over the hob or in the microwave in a pot or bowl. Add all the other ingredients, with the eggs last (else they will turn into sunny side up eggs in your bowl). Mix thoroughly.
	Spoon the batter over the fruit and level it out. Bake at medium heat (180°C) for about 30-40 minutes until the top is brown. Serve by itself, or with yoghurt, ice cream, cream or custard.

ETON MESS

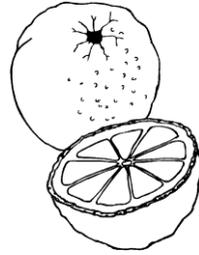
Use 1 meringue nests per person. Put the meringues in a plastic bag and bash them into bite-sized pieces.

Use half a mugful of berries per person. Mash up half of the berries with a fork.

Whip double cream until you can pull it into peaks, or use Greek yoghurt.

Mix everything together, or you can put it in layers in glasses.

5 IDEAS FOR USING SURPLUS FOOD



All veg

Over the week, save bits of veg you've not used in other dishes in an air tight container: the stalks from broccoli, cauliflower or cabbage; carrot, swede, squash and parsnip peelings; ends of celery, carrots, courgette etc. Chop anything large into chunks. Put in a pan with ANY veg that needs using up, a few crushed garlic cloves, any herbs that need using up and cover with boiling water. Simmer till the veg is soft. Pour through a sieve and freeze in take-away tubs. Use in soups, sauces and stews.

Apples, pears

- See Fruit Recipes
- Stewed fruit: remove core, cut into small pieces, cook gently with just enough water to keep from burning. Eat with breakfast cereal, ice cream or yoghurt. Freezes well.
- Stuffed apples: remove the core, keeping the rest of the apple whole. Stuff the cavity with nuts and raisins. Top with a pat of butter or marg. Bake until soft.
- Grate and eat as a salad with grated carrots, celeriac, mooli etc. and salad dressing
- Add small quantities to soups or stews

Apple and cinnamon loaf

Cut 3 small apples into bite-sized pieces and soak them in 1 tbsp lemon juice. Beat together $\frac{1}{2}$ pack of butter and $\frac{1}{2}$ mugful of sugar. Add 2 eggs to the butter mixture, then the apples and a handful of sultanas, then 1 mugful of self-raising flour and $\frac{1}{4}$ tsp cinnamon. Bake in a greased loaf in for 45 minutes at 180°C until the loaf is spongy but solid.

Asparagus

- See Recipes: soup, stew, quiche, frittata, pies
- Serve steamed or fried, or in omelettes.

Avocado

- Cut into salad
- Guacamole: mash together 2 ripe avocados, 1 tbsp lemon or lime juice, 2-4 tbsp of finely minced onion, plus optional chopped up chillis, salt, coriander leaves. Good with nachos, or tacos/quesadillas (see recipes)

Bananas

- See Fruit Recipes: Fruit salad, banana bread, milk shake
- Cut in slices over pancakes, French toast or toast
- For a healthy snack, peel, cut lengthwise, and smear the flat sides with peanut butter
- Fried bananas: peel, cut lengthwise, and fry gently in butter or marg until golden brown on both sides
- Banana and peanut butter cheesecake - see next page

Banana bread. This is a good one if you have really ripe bananas: the darker and mushier they are the better.

Mash 4 bananas in a bowl with a fork. Add 1 large mugful of self-raising flour, 1-2 eggs, and optional nuts, melted butter/marg, vanilla flavouring. Pour into a greased baking tin and bake at 180°C for about an hour, until it is quite brown on top.

Beans (green or broad)

- See Recipes: stew, pies, chilli, curry, stir fry, quiche, frittata,
- Steamed - either eaten hot or cooled off in a salad

Beets

- See Recipes: roast veg, soup, stew, chilli, pies
- Grated raw in salads
- Cooked whole and then chopped into salads

Banana and peanut butter cheesecake

This is from the kitchen of O'Hanlon House, Oxford's homeless shelter. It is a way of "using up bananas" but really of stuffing yourself with something delicious.

1 pack crushed biscuits (oreo are particularly nice)

½ pack butter, melted

Medium container of double cream

2 pureed bananas

Several tbsp. peanut butter

¼ to ½ mugful of golden syrup

1 pack soft cheese or quark

Vanilla extract (optional)

Mix together the melted butter and crushed biscuits.

Grease a low, wide tin. Press the biscuit mixture onto the base of the tin and put in the fridge.

Whip the cream until it forms soft peaks. Gently add the remaining ingredients, pour onto the chilled biscuit base and chill again. Scatter some spare oreo biscuits on top and eat quickly.

Berries (blueberry, strawberry, blackberry etc.)

- See Fruit Recipes
- Raw or lightly stewed (cooked in just a little bit of water until they become soft) on pancakes, French toast, bread and butter pudding etc.
- Jam – cook with an equal weight of sugar, adding pectin near the end. You can buy liquid pectin or jam sugar (which contains pectin) in the supermarket, and read the more detailed instructions on the pack.

Bread – sliced, baps, rolls or baguettes

- See Bread Recipes
- Toasted sandwiches – with your choice of filling, eg cheese, ham, meat or fish paste
- Freeze and use for toast as needed

- Croutons – cut into small cubes and fry in oil until crisp and brown. Add to soup
- Grate, chop or blitz to make breadcrumbs. Freeze in a plastic bag. Use for bread sauce or for a crisp topping for pasta bake, vegetable pie etc.
- Bruschetta - Cut into slices and grill. Drizzle with oil and top with your choice of garlic, tomatoes, cheese, cooked mushrooms, cheese and finely sliced celery, cheese and onion mix, or mashed aubergine, courgette or squash
- Garlic bread: slice and spread with butter plus optional garlic. Grill or bake till brown.

Broccoli or cauliflower – see also Greens

- See Recipes: soup, stew, pies, chilli, curry, stir fry,
- Lightly cooked in quiche, frittata or pizza topping
- Steam until tender and eat in salad

Cauliflower or broccoli cheese: Steam/boil/roast cauliflower/ broccoli florets till tender. Put in an oven proof dish. Beat together eggs and low fat natural yoghurt, add seasoning and a little grated with breadcrumbs/cheese-optional. cheese. The stronger the cheese the less needed. Pour mix over the veg, and top bake in oven till browned.

Carrots

- See Recipes: roast veg, soup, stew, pies, chilli, stir fry, nut roast, curry.
- Use raw – grated in salads or cut into sticks
- Boiled and mashed. Mix with a little marg or butter and optional nutmeg

Celery

- See Recipes: soup, stew, pie, chilli, pasta bake, curry, nut roast, stuffing.
- Chop finely with apples for a salad.
- Chop and fry lightly for an omelette/quiche ingredient
- Cook, with a lid on, with a little water or lemon juice till soft. Cover with breadcrumbs and optional cheese - grill

Courgettes

- See Recipes: soup, stew, pie, chilli, curry, nut roast
- Raw – grate or slice thinly for salads.
- Slice and grill till brown
- Slice and fry lightly for pizza topping, in omelettes, frittata pasta and quiche

Dragonfruit and Kiwi

These are pretty but don't taste of much, and work better in fruit salads than cooked. Peel kiwis, don't peel dragonfruit.

Fennel, celeriac

Both of these have strong flavours and should be used relatively sparingly

- See Recipes: Soup, stew, chilli, pie, mash etc.
- Grate raw and put in salad

Greens – cabbage, cauliflower, sprouts, broccoli, kale

- See Recipes: soup, stew, curry, pies, stir fry, pasta bake, quiche, nut roast.
- Bubble & squeak – Fry cooked greens, onion and potatoes together till the potatoes are crisp.
- Slaw: grate cabbage (red or green) and possibly carrots, and add mayonnaise
- Add cheese sauce for cauliflower/broccoli cheese & brown under grill or in oven
- Roast sprouts or chopped-up cauliflower or broccoli with a little lemon juice and oil

Leeks

- See Recipes: soup, stew, pies, pasta bake, stir fry, nut roast, stuffing. Sliced in omelettes & frittata.
- Wash well to remove grit. Remove outer layers to reveal fresh inners. Cook gently in a saucepan with a little marg or butter till soft – about 10 minutes.
- Mix cooked leeks with cheese for a toast or baked potato topping.
- Roast as stick in oven with a little oil and herbs.

Lime

- Baked with bananas
- Stir fry or bake chicken or fish with lime and chillis
- In chilli or curries
- Lime rice

Mooli, daikon, giant or winter radish

These have a much gentler flavour than radishes.

- See Recipes: soup, stew, pie, chilli, stir fry
- Salad: Grate and serve with salad dressing

Mushrooms

- See Recipes: roast veg, soup, stew, pie, chilli, stir fry, curry, nut roast, stuffing, quiche, pizza, pasta bake, tacos, frittata
- Stuffed mushrooms: If the mushrooms are big, lay them upside down on a baking tray; fill with rice, couscous, fried mince, peas etc.; top with small pats of butter or marg; and bake until brown, about 20 minutes.

Dried mushrooms. This is a Jack Monroe recipe for drying out soft mushrooms so that they can be added to soups, stews, risotto, spaghetti bolognese etc. Clean any dirt from the mushrooms with a tea towel or kitchen paper. Slice or chop them; lay on a baking tray and bake at medium heat (180°C) for about 45 minutes, turning once. Let cool and store in an airtight container. To use, add a small amount of hot water to make them plump again (and add the water to the mix too for added flavour).

Onions/Garlic

The all-round versatile vegetables. Add to everything veggie-based!

- Onion soup: Peel and slice 1 or 2 onions. Fry gently with 2 tbsp butter until they are soft and just turning brown. Add 3 mugs water and 2 stock cubes. Heat until it just boils, then cook gently for 10 minutes. Serve topped with grated cheese.

Parsnips

These have quite a strong taste, so use in moderation in any recipe

- See Recipes: roasted veg, soup, stew, chilli, pie, curry, mash

Spicy roasted parsnip soup

2 tbsp olive oil	1 tsp coriander seeds
1 tsp cumin seed, plus extra to garnish	½ tsp ground turmeric
2 garlic cloves	½ tsp mustard seeds
1 large onion, cut into 8 chunks	4 parsnips, diced
2 plum tomatoes, quartered	1.2 litres vegetable stock
1 tbsp lemon juice	

Mix together the oil, spices and vegetables in a baking sheet. Roast at 220°C for 30 minutes until tender. Spoon into a food processor with half the stock and blitz until smooth. Pour into a pot with the remaining stock and heat until barely simmering. Stir in the lemon juice and sprinkle with cumin seeds.

Peppers

- See Recipes: roasted veg, soup, stew, pie, chilli, curry, frittata, quiche, stir fry, nut roast, tacos
- Raw - slice for salads, pizza topping
- Add to omelettes
- Stuffed peppers: Cut off the top of the pepper with the stem. Take out the seeds. Stuff with any combination of pre-cooked rice or couscous, mince, peas, raisins, nuts. Replace the top of the pepper. Bake for about half an hour.
- Add to tomato chutney (see recipe below)

Persimmons (also known as sharonfruit)

Remarkably nice! Cut out the green bit on top and then use like an apple or pear.

Potato and sweet potato

- See Recipes: roasted veg, soups, stew, pie, chilli, mash, frittata, curry
- Jacket potato: leave the skin on, scrub well under water, pierce the skin several times, rub all over with oil, and bake for in a medium oven for 1 to 1½ hours until soft. Top with grated cheese, baked beans, chilli, steamed broccoli

Pumpkin and winter squash (butternut, kabocha etc.)

- See Recipes: roasted veg, soups, stew, pie, chilli, mash, nut roast, curry, stuffing
- Great with chick peas – simmer squash till soft, add onions, spices, herbs to taste and tin of chick peas.
- Pumpkin/squash pie

Squash halva

Grate 1 peeled butternut squash. Cook it without any liquid for 15-20 minutes. Add ½ pack butter, stir for 10 minutes, leave to one side. Fry ½ pack butter and 1 small mugful semolina. Add the squash, 1 small mugful butter, and optional raisins and walnuts, and stir well.

Spring onions

- See Recipes: soup, stew, pie, stir fry etc.
- Sliced as an omelette or quiche ingredient
- Fry with chicken, sausages, or pork
- Chop, put in a plastic pot and freeze

Swede, turnip, kohlrabi

- See Recipes: roast veg, mash, soup, stew, pie, chilli, curry
- Peel and cook as potatoes
- Great as mash either on its own or mixed with potato.

Tomato

- See Recipes: soup, stew, pie, chilli, curry, pasta bake, tacos
- Mash for pizza or toast topping
- Use in quiche
- Salsa – chop tomatoes. Simmer gently with chilli, spring onions, lemon juice for 10/15 minutes.
- Sauce – Cut in half, drizzle with oil and roast 180°C for 1 hour with optional garlic and/or herbs. Once cool rub through a sieve. Can be frozen.
- Cook with onions/peppers/courgettes/aubergine and add tin chick peas or butter beans for a quick meal.
- Stuffed tomato

Tomato chutney: Perfect for using squished or split tomatoes and old onions. You can add peppers and chili that need using up too.

Gently fry chopped onion. Add garlic, ginger and chilli if you like. Roughly chop tomatoes/peppers/chilli and add to pan. Add 1tbsp sugar and 1/2 tsp salt per mug of chopped tomato, plus some balsamic vinegar, and simmer on a low heat till reduced and liquid becomes syrupy. Blitz in a blender to the consistency you like: chunkier or smoother.

Sterilize jars by soaking in soapy water, removing labels, putting in a hot oven for 20 minutes and leaving to cool. Fill jars with chutney, wipe the rim with tissue before putting lid on. Keeps for months. Great with cheese on toast, dips for veg sticks, as pizza sauce, with salads, or added to pasta sauces for extra flavour.