

Fruit muffins -

Prep: 10mins

Cook: 20mins

Servings:12

Ingredients:

2 cups of all-purpose flour

2 large eggs

½ tsp salt

1 cup of sugar

½ cup melted butter or ⅓ cup of oil

½ cup milk

2 tsp baking powder

Up to 250 grams of fruit

Directions:

Step 1. Preheat the oven to 180 degrees. Lightly grease 12 muffin cups.

Step 2. In a large bowl mix the flour, salt, sugar and baking powder.

Step 3. In a separate bowl mix together the eggs, butter and milk.

Step 4. Add the dry ingredients to the wet ingredients and mix together. Fold in the fruit and pour the batter into the prepared muffin pans.

Step 5. Bake in the preheated oven for 20 to 25 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Lemon cake recipe

Ingredients:

Cake:

120g Butter,softened

1 cup Standard Grade Flour (150g)

3 tsp Baking Powder

2/3 cup White Sugar (150g)

2 large eggs

1/4 cup Milk (60ml)

grated rind and juice of 1 lemon

Topping:

juice of 1 lemon

1/2 cup White Sugar (113g)

3-4 Tbsp boiling water (to dissolve sugar)

Step 1. Preheat the oven to 180°C. Grease and line an 18cm square baking tin.

Step 2. Place all cake ingredients together in a food processor, in the order listed above, and process for 15 seconds.

Step 3. Pour mixture into prepared tin and bake for 20-25 minutes, until a skewer inserted into the centre comes out clean.

Step 4. For topping - mix the lemon juice, White Sugar and boiling water together to form a runny syrup. Spoon topping on cake while hot. Leave to cool in tin.

*This recipe can also be made with electric hand mixers. Place all cake ingredients in a bowl in the stated order and mix until combined.

Vietnamese Rolls (8 servings/8 rolls)

Shepards pie

Ingredients:

Topping:

Leftover Mashed potato

Or

600grams potatoes

50grams butter

½ cup milk

Filling:

Leftover bolognese sauce or savory mince

Or

1 onion

1 tbsp olive oil

2 cloves garlic

500grams mince beef

1 beef stock cube (mixed with 250mL of water)

1 tbsp flour

400 gram tin of chopped tomatoes

2tsp italian herbs

1 tbsp tomato paste

1 tbsp tomato puree

Method:

Filling:

Step 1. Preheat the oven to 180°

Step 2. Finely chop onion and crush garlic, fry in oil until soft (about 10 mins)

Step 3. Add herbs and beef mince and cook until mince is browned

Step 4. Add flour and tomato puree and mix for 1 min

Step 5. Add beef stock and canned tomatoes, then simmer for 25-30mins

Step 6. Place into an ovenproof dish and leave to cool

Topping:

Step 1. Simmer peeled and chopped potatoes in salted water until soft (about 20 mins)

Step 2. Drain potatoes and add butter and milk

Step 3. Mash until smooth and creamy

Putting together:

Note. If you already have either the filling or the topping you can skip either of the above steps.

- Step 1. With small spoonfuls, place the mash on top of the filling in the oven proof dish
Step 2. Spread mash evenly over the filling with a fork
Step 3. Place in the oven for 30 minutes

Tip. This filling can be used with pasta. If you have any other vegetable leftover like capsicum or carrot you can add it to the filling at the onion frying stage. If you are short on filling you could add a can of drained lentils. If you have other leftover root vegetables like carrots, swede or sweet potato you could use that instead of or with potato.

Apple Caramel Cake

Ingredients:

⅓ cup brown sugar
3 small apples
1 tbsp lemon juice
125g softened butter
1 cup caster sugar
1 tsp ground cinnamon
1 tsp vanilla extract
3 eggs
1 cup self-raising flour
¼ cup plain flour
¼ cup milk

Method:

- Step 1. Preheat the oven to 180° and grease a round 20cm cake tin and line with non-stick baking paper. Sprinkle brown sugar over the base.
Step 2. Toss chopped apples in a bowl with lemon juice. Arrange apples over the brown sugar and add any remaining lemon juice.
Step 3. Use an electric mixer to beat the butter, sugar and cinnamon until light and creamy. Add the vanilla and eggs and beat until mixture is well combined.
Step 4. Sift together the self-raising and plain flour. Use a large spoon to gently stir in the flour and milk into the butter mixture.
Step 5. Spoon the mixture over the apples and use the back of a spoon to smooth the surface.
Step 6. Bake for 1 hour and 20 minutes or until golden and tested with a skewer.
Step 7. Let stand in the tin for 10 minutes then place the serving plate over the cake tin and invert to turn out the cake.

Tip. Use leftover apples that have gone soft as it won't matter once they are cooked.

Fruit leather

Ingredients:

Fruit (Apricots, peaches, apples, pears, grapes)
Water
Lemon Juice
Sugar (optional)
Spices such as cinnamon and nutmeg (optional)

Method:

Step 1. Rinse and prepare the fruit. If you have stone fruit then take out the pits and chop the fruit. If you have apples or pears then peel and core then and then chop.

Step 2. Cook fruit with water, sugar, lemon juice and spices. Place fruit in a large saucepan and add half a cup of water for every 4 cups of chopped fruit.

Step 3. Bring to a simmer and cover then let cook on low heat for 10-15 minutes or until the fruit is cooked through.

Step 4. Use a potato masher to mash up the fruit in the pan and taste the fruit to determine how much sugar, lemon or spices need to be added.

Step 5. Add sugar in small amounts with about 1 tablespoon for 4 cups of fruit. Add lemon juice one teaspoon at a time and add a pinch or two of cinnamon, nutmeg or other spices.

Step 6. Continue to simmer and stir until added sugar is completely dissolved and the mixture has thickened.

Step 7. Puree the cooked mashed fruit thoroughly in a blender or food processor.

Step 8. Pour puree into a lined baking sheet to about $\frac{1}{8}$ full.

Step 9. Slowly dry out in the oven at a very low temperature. Have the oven heated to about 60 celsius Let it dry in the oven like this for as long as is needed for the puree to dry out into fruit leather. This process will usually take 8-12 hours overnight.

Step 10. When the leather is ready, you should be able to easily peel it up from the plastic wrap. To store it you can put it in an airtight container and store it in the fridge or freezer.

Stir Fry

Ingredient :

Any vegetables

1 or 2 cloves of garlic (diced)

Oil or butter

(Stir fry sauce)

Two tablespoons of soy sauce

One tablespoon of oyster sauce

A pinch of salt

Black pepper

One teaspoon of sugar

Step 1. Prep vegetables – Be sure to cut the vegetables in uniform sizes so they cook evenly.

Step 2. Sautee veggies in a large ski or wok. Add the butter or oil and garlic

Step 3. Make stir fry sauce by whisking together all of the ingredients.

Step 4. Add the sauce to the vegetables. Simmer stir fry 3 – 4 minutes until the sauce thickens, stir as needed.

Note:

The number of ingredients can be adjusted by the number of vegetables and different taste buds. Keep the ratio of soy sauce and oyster sauce is 2:1

If you like to have a spicy one, add spicy chilli, for example, chilli flake or Thai chilli.

Noodles can be added if desired, but if so then it is recommended to add more sauce accordingly.

Bread Sticks

Ingredients:

Leftover crust/bread/dough

Toppings of choice (e.g cinnamon, sugar, cheese)

Method:

Step 1. If you have some leftover dough you should first shape the dough into a cm wide and a finger long. If you have a piece of bread then you should cut it into sticks (or any shape you like).

Step 2. Once you've done that, turn your oven on to 350 degrees.

Step 3. Then place baking paper on top of a baking tray. Place your breadsticks on top and then place in the oven.

Step 4. Wait for around 5-10min and then place your toppings on top e.g cinnamon and sugar. Then place the bread back inside for another 3-5min.

Step 5. Then take your bread out and voila! Breadsticks!

Pizza

Ingredients:

Some sort of base. E.g bread, dough, pita bread e.t.c

Toppings. E.g

Cheese

Pizza sauce

Chicken - any cold meat will work

Any vegetables

*Note: If you are starting from scratch then a recommended dough recipe that explains how to make good pizza dough is [Tasty 101 Pizza Dough Recipe](#) (Not sponsored)

Method:

Step 1. Preheat the oven to 450-500 degrees F.

Step 2. Prepare the base accordingly e.g rolling out the dough, cutting pita bread in half e.t.c

Step 3. Add the desired toppings on top of the dough before putting it into the oven. It is recommended to put a lot of cheese on top!

Step 4. Leave in the pizza until the dough is visibly golden brown and the cheese has melted to a golden brown.

Step 5. Take out the pizza and let it cool for a minute or two before cutting it up and eating the slices.

Aquafaba Chocolate Mousse

Ingredients:

120g dark chocolate

½ cup aquafaba (the liquid from a can of chickpeas)

2 tbsp sugar

Fresh berries to serve

Method:

Step 1. Place chocolate in a medium heatproof bowl and set over a pot of simmering water. Stir until smooth. (you can also melt the chocolate in the microwave)

Step 2. While the chocolate is cooling, use an electric mixer to beat the aquafaba to a meringue consistency. Mix until it forms soft peaks when the whisk is lifted from the bowl. (this should take 3-4minutes).

Step 3. Beat in the sugar.

Step 4. Stir about $\frac{1}{3}$ of the aquafaba into the melted chocolate then gently fold in the remaining aquafaba. Divide the mixture between 4 small glasses and chill in the fridge for at least 30 minutes.

Step 5. Server with berries if you choose.

Tip:

You can use the liquid that is leftover in a can of chickpeas! You can change the recipe to fit with the amount of aquafaba you have available.

Vietnamese Rolls (8 servings) - add more rice paper and increase amount of toppings by 1

Ingredient Checklist

Filling:

2 ounces rice vermicelli
8 rice wrappers (8.5 inch diameter)
8 large cooked shrimp - peeled, deveined and cut in half (or any meat)
1 $\frac{1}{3}$ tablespoons chopped fresh Thai basil
3 tablespoons chopped fresh mint leaves
3 tablespoons chopped fresh cilantro
2 leaves lettuce, chopped
Add any other vegetables you desire

Optional sauce:

4 teaspoons fish sauce
 $\frac{1}{4}$ cup water
2 tablespoons fresh lime juice
1 clove garlic, minced
2 tablespoons white sugar
 $\frac{1}{2}$ teaspoon garlic chili sauce
3 tablespoons hoisin sauce
1 teaspoon finely chopped peanuts (optional)

Filling:

Step 1. Bring a medium saucepan of water to a boil. Boil rice vermicelli for 3 to 5 minutes, or until al dente (slightly undercooked, firm and soft), and drain.

Step 2. Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften. Lay wrapper flat. In a row across the centre, place two shrimp halves (or meat of choice), a handful of vermicelli, basil, mint, cilantro and lettuce (add any other vegetables

you desire, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat steps with remaining ingredients.

Sauce:

Step 1. In a bowl, combine fish sauce, water, lime juice, garlic, sugar and chilli sauce. (optional peanut sauce) In another bowl mix together hoisin sauce and peanuts.

To serve:

Serve rice rolls with a customized sauce mixture.

Creamy lemon pudding recipe (4 servings):

Ingredients:

3 eggs
½ cup sugar
1 cup milk
1 tablespoon self-raising flour
1 tablespoon lemon rind grated
½ cup lemon juice
1 tablespoon sugar

Equipment:

2 bowls
1 casserole dish

Method:

Step 1. Separate eggs.
Step 2. In a separate bowl beat together egg yolks and sugar until light and creamy
Step 3. Add together milk, lemon juice and rind and fold in sifted flour.
Step 4. In another bowl, beat egg whites until soft white peaks form. Add a little additional sugar and beat once dissolved.
Step 5. Stand the dish in a shallow pan of water (cold water), once done, bake in steady moderate heat for 50-60 minutes. Bake in 160c-180c
Step 6. Serve with ice cream, cream or toppings of choice.

Tips and tricks

Stop peeling your produce

In most cases, peeling vegetables and fruits is a waste of food, time, money, fibre and nutrients. You don't actually need to peel most of your products and instead, you can just wash them before eating to remove dirt.

How to prepare your produce without peeling:

Pears -> Wash before eating

Persimmons -> The skin is edible so just remove the top

Melon -> Watermelon rinds are edible, but if you don't want to eat the whole part of the fruit together, look at our recipe for fruit skins

Mango -> You need to peel off the skin because the skin can sometimes cause an allergic reaction

Kiwifruit -> The skin is completely edible

Citrus -> When eating raw, remove the skin but be sure to save it to use for zest in the future

Bananas -> Peel the skin off but keep the skins and use them in our banana peel cake

Apples -> Wash before eating

Zucchini -> Wash well

Yams -> Wash well

Potatoes -> wash well, and scrub as they are particularly dirty

Onion -> Peel before using. You can then use the skins when making stock or soup

Mushrooms -> Use a damp paper towel to clean the outside before using

Kumara -> Wash well and brush if they are particularly dirty

Cucumber -> Wash well before eating

Carrot -> Cut off the top and wash well before eating

What dates are important?

Knowing that there is a difference between use by and best before dates will help you to reduce your food waste. Food can be safely eaten past a best before date if there is no visible sign of spoiling. But on the other hand, food should not be eaten after its use-by date, unless it was frozen.

Don't be a perfectionist

Although it may not feel like a crime, rummaging through a bin of apples until you find the most perfect looking one contributes to food waste. Even though fruits will taste the same no matter how they look, 'ugly' fruits and vegetables are always left behind and end up in our landfills. Do your part by simply choosing the slightly imperfect produce at the grocery store.

Keep your fridge organised

If you have heard of the saying "out of sight, out of mind" you will probably understand why this is such a large issue in terms of food waste. You can easily reduce your food waste by keeping your fridge organised in a way that you can clearly see foods and know when you bought them. A smart way of stocking your fridge is by using the FIFO method, which stands for "first-in, first-out". For example, when you buy a new loaf of bread, place the newer one behind the old one. This way you can ensure that the older food gets used and isn't wasted.

Composting 101

Composting is fairly simple but it is important to get it right.

These items can go in your compost bin

Fruits and vegetables
Garden waste and flowers
Pasta and rice
Bread and grains
Eggshells, nutshells, egg cartons
Teabags and filters
Coffee grounds
Certified compostable packaging
Paper towels and napkins
Compostable bags
Wooden chopsticks and toothpicks
Old herbs and spices
Hair and fur

These items cannot go in your compost bin

Plastic wrap
Plastic condiment packaging
Plastic food container
Latex or rubber gloves
Bottles or jars
Aluminium or metal cans
Polystyrene or foam
Plastic or plastic clings cups
Meat and fish scraps
Dairy, fats and oils

Signs your food has gone bad

Expiration dates can't always be relied upon to indicate spoilage. This is because the dates don't take into account the various storage methods and/or room temperatures.

#1. Mould

Mould is a fairly obvious sign of spoilage and can tell you right away that your food is spoiled. If you are noticing a few spots of mould covering your loaf of bread you can just cut off the edges and safely eat the rest. However, any mould on your meat, dairy products, fruits or vegetables means that the food is spoiled and is no longer safe to eat.

#2. Slime

If your sliced meat or leftover roast has a sheen or feel a bit soggy, they aren't fit for consumption. This is the same for vegetables.

#3. Discolouration

This is not a sign of spoilage for all foods, as sometimes foods change colour as it is ripening and doesn't affect the quality of the food. Some unaffected foods include avocados, which lighten as they are exposed to air. However, take notice of green vegetables changing colour, as they are probably past their prime.

#4. Changed texture

If your fruits and vegetables are becoming squishy or starting to concave, their time is up and they are ready to be thrown into the compost bin. The same goes for fruit that has a wrinkly appearance, is mushy, or grainy in texture. A change in texture is also commonly seen in dairy products that have gone bad. If your milk is chunky, it is definitely a bad sign and the same for cheese that has gone soggy. An important thing to remember is that soft cheese will tend to spoil faster than hard cheeses.

#5. Floating eggs

A quick and easy way to test the freshness of your eggs is to simply drop them in fresh, cold water. If the egg is safe to eat, it will sink and if it has spoiled, it will rise to the top. This happens as a result of eggshells being slightly porous and so as an egg ages, it will start to produce air inside the shell.

#6. Canned food

It is always a good idea to take extra caution when trying to decide whether canned food has spoiled as it presents food poisoning risk which can be fatal. Spoiled canned food is usually indicated by some sort of abnormality in the jar such as a bulging lid or a broken seal. Another sign of spoiled canned food is tiny bubbles moving upward in the jar. If the food gives off a bad odour, is looking mushy, just toss it.

Carrot cake

Ingredients.

Cake:

- 2 cups of all-purpose flour
- 2 tsp baking soda
- ½ tsp fine salt
- 1 ½ tsp ground cinnamon
- 1 ¼ cups vegetable oil
- 1 cup granulated sugar
- 1 cup brown sugar
- 1tsp vanilla extract
- 4 large eggs
- 3 cups grated and peeled carrots
- 1 cup chopped walnuts
- ½ cup raisins

Frosting:

- 225 grams cream cheese
- 1 ¼ cup powdered sugar
- ⅓ cup heavy whipping cream
- ½ cup chops walnuts for cake topping

Cake:

Step 1. Preheat oven to 180°C. Grease two 20cm round cake tins and line the bottom with baking paper.

Step 2. In a medium bowl, whoosh together the flour, baking soda, salt, and cinnamon.

Step 3. In a different bowl, whisk together the oil, sugars, and vanilla. Whisk in eggs one at a time until fully combined.

Step 4. Add the dry ingredients to the wet ingredients in three parts, and gently stir until they disappear and the batter is smooth.

Step 5. Stir in the carrots and nuts.

Step 6. Divide the batter into the two prepared cake tins. Bake for 35-45 minutes or until the tops of the cakes are springy and when a toothpick inserted comes out clean.

Step 7. Cool cakes for 15 minutes in the tins then turn out onto cooling racks and peel off the paper to cool completely.

Frosting:

Step 1. In a large bowl, beat cream cheese with a handheld mixer for about 1 minute, or until creamy.

Step 2. Beat in the powdered sugar. $\frac{1}{4}$ cup at a time. Pour in the cream and beat on medium speed for 1 minute.

Step 3. Cover and chill until ready to frost the cake.

Putting it together:

Step 1. When the cakes are completely cool, frost the top of one cake and place the other on top. Swirl the top of the cake with the remaining frosting, leaving the sides unfrosted.

Step 2. Scatter nuts on top.

Lentil curry

Tuna pasta

Vegetable soup

4 cups of water

2 stock blocks

Any veggies you can find near the end of their life in the back of the fridge (eg, tomato, potato, peas, carrots, onion)

Herbs and Spices (salt pepper, paprika, chile powder, mint,) all your favourites!

Step 1. Pour your water into a pot with the stock blocks

Step 2. In the meanwhile chop up your veggies, don't be afraid to use anything with mould, just cut off the bad bit and use the rest! The heat will kill bacteria.

Step 3. Then plop root veggies into the pot, which includes anything like carrots, potatoes anything that grows underground, it takes the longest to soften,

Step 4. Then you can add your favourite spices so that they cook into the veggies

Step 5. Then you can add your other veggies(tomatoes, broccoli, cabbage, onion, grated garlic), but keep your smaller/lighter things like peas, corn, any other leaves and herbs out, its is not there time yet

Step 6. After about ten minutes you can add everything else, you can wait around 20 minutes, then grab a fork and poke a carrot, if it goes through easily then your soup is ready!

Step 6. If not give it another 5-10 minutes to check again

Step 7. If that doesn't work you might have to turn up ur heat

JAM OF ANY KIND

Ingredients

Three cups of frozen fruit (instead of store bought you can freeze some the night before that you found near the end of its life in the bowl)

Three cups of sugar (or less to your taste but keep at least one and a half cups)

A table spoon of citric acid

1 juiced lemon

Step 1 put your fruit in a small pot and one high heat (11-12 oclock heat)

Step 2 when it starts to melt add your sugar , lemon juice and citric acid

Step 3 keep mixing until all the ingredients have mixed into one and looks kind of liquidy

Step 4 wait till it starts making small bubbles then turn it to medium heat (6 oclock heat)(it should keep bubbling when on low heat , if not make it a little higher)

Step 5 keep mixing until your fruit breaks apart into pieces and you cant find a whole piece of fruit (this should take 10 to 30 minutes depending on the fruit your using and the heat)

Step 6 pour it into a jar and put it into the fridge (without the lid on) take it out after 5-10 minutes when it's still warm but cool enough not to burn your tongue when you taste it

Step 7 enjoy your warm jam and store the rest in that jar in the fridge for future use (with the lid on this time)

