

St Gregory's  
Reduce



Recipe Book  
by the pupils!

# Contents

*If you want to go to a specific recipe, click on the recipe.*

## Tips to Avoid Food Waste

### Potato Based Recipes

1. Spanish Omelette
2. Potato Cake
3. Bubble & squeak

### Cheesy Recipes

1. Cheese & Pasta Bake
2. Macaroni & Cheese

### Vegetarian Recipes

1. Spiced Cauliflower
2. Scrambled Tofu with Vegetables
3. Fermented Tomatoes
4. Hot Chilli Sweetcorn

### Stir Fry Recipes

1. Nasi Goreng
2. Beef Chilli Fry
3. Fried Rice

### Meat Recipes

1. Shepherd's Pie
2. Pizza
3. Chicken & Broccoli Crustless Quiche
4. Bigos

### Bread Recipes

1. Italian Bread Crumbs
2. Guacamole On Toast
3. Choco French Toast
4. Bread Pudding with Caramel
5. Bread & Butter Pudding
6. Bacon & Eggs Butty

### Banana Recipes

1. Porridge & Banana Pancakes
2. Peanut Butter & Banana Ice Cream
3. Banana, Dates & Walnut Cake
4. Banana Peel Biscuits
5. Banana Melt On Toast
6. Banana Loaf

### Milk Recipes

1. Rasmalai
2. Fruit Smoothie
3. Banana Milkshake
4. Falooda with Ice Cream

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& Y9 Eco Committee (2022-2023)



# Tips to avoid food waste





# Spanish Omelette

This recipe is good for using up leftover cooked potatoes and vegetables as well as bacon/sausages. This recipe serves 2 and takes about 10-20 min to prepare.

## Ingredients

- 1 tablespoon of oil
- 1 onion (red or white)
- Leftover cooked potatoes
- Leftover cooked bacon and/or sausage cut into chunks (optional)
- 100g leftover cooked vegetables
- 3 or 4 eggs
- 3 tablespoons of milk
- Some grated cheese
- Salt and pepper to taste

## Method

1. Break the eggs into a bowl and beat together with the milk, salt and pepper.
2. Heat the oil in a deep non-stick frying pan over a medium heat and add the onions. Fry them until they're golden brown and softened a bit. If you are also using meat, add this to the pan now and fry for a few minutes.
3. Chop the leftover potatoes and put them into the pan (stirring all the time) and then add the cooked vegetables.
4. Add the egg mixture to the pan, then sprinkle the grated cheese on top.
5. Lower the heat and cover the pan with a lid. Cook for about 12 minutes (until the egg has set) then cut it into wedges and serve while it's hot!
6. Enjoy!





# Potato Cake

This is a really tasty and easy recipe to make when you have potatoes about to get spoiled. serves (5-10 people) and takes about 45 minutes to an hour

## Ingredients

- 1/4 kg potatoes
- 125g butter
- 125g sugar
- 125g white flour
- 1 glass of thick coconut milk
- 5 egg yolks

## Method

1. Peel the potatoes and boil them
2. Beat the sugar and butter until fluffy
3. Separately beat the egg yolks
4. Add that to the butter and sugar mixture
5. And beat these 3 ingredients together
6. After the potatoes now should be boiled mash them and add it to the mix
7. And beat them all together
8. Now add the coconut milk to the mixture
9. Beat Them together
10. Add the plain/white flour to the mixture
11. DO NOT BEAT IT use a spoon to mix it
12. Preheat the oven on 180 degrees
13. Grease a medium or small baking dish and pour the mixture in
14. Bake for 45 minutes
15. Enjoy!



Veroshka Rodrigues  
11A



# Bubble & Squeak

This is a traditional, British leftovers dish that food writer Howard Hillman described as one of the "great peasant dishes of the world". It's typically made with leftover potatoes and cabbage but you can add any vegetables that need using up or even some chopped bacon. This recipe is from scratch but if you're using leftovers that you've already got you can *skip to step six of the method*.

## Ingredients

- Butter/oil for frying
- Six medium sized potatoes
- Half a cabbage
- A clove of garlic
- Salt and pepper
- A cup of grated cheddar cheese (optional)
- Two white onions (optional)
- Two chillies (optional)
- Leek (optional)
- Smoked paprika (optional)

## Method

1. Peel and chop six medium sized potatoes and put them on the hob to boil.
2. Chop up the half cabbage and put it on the hob to boil also.
3. Peel and chop one clove of garlic and put to one side.
4. Whilst the cabbage and potatoes are boiling, prepare the rest of your ingredients. At this stage I grated a cup of cheese; peeled and chopped two white onions; sliced two small red chillies; and cut up the leek.
5. When the potatoes are boiled and drained, mash them up and add butter for taste. Remove cabbage from the heat once boiled and drain this also.
6. Put your butter or oil into a frying pan and add the garlic, cabbage, mashed potatoes, onions, and leek. Fry for ten minutes and stir every so often so that the ingredients mix together and are cooked throughout.
7. Then add any extra ingredients and seasoning. I added the chillies; cheese; and a pinch of salt, pepper, and paprika. Continue to fry for another 15 minutes whilst stirring occasionally throughout.
8. If you would like your bubble and squeak to be crisp on top you can place your frying pan under the grill at 200°C for ten minutes and enjoy!



Ms Boyle,  
Librarian

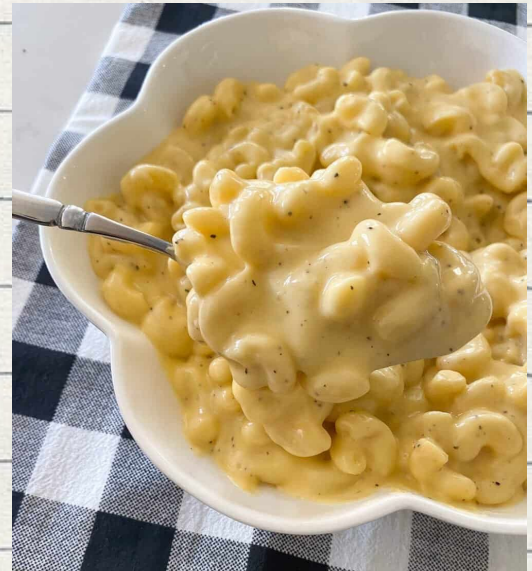


# Macaroni & Cheese

It is a great recipe for when cheddar cheese is starting to go off.

## Ingredients

- 300g Macaroni
- 30g unsalted butter
- 25g flour
- 500ml milk
- 200g mature cheddar cheese
- Salt and pepper



## Method

1. Preheat the oven to 200°C by fan/ 220°C / Gas Mark 7
2. Cook the macaroni until it's a bit less done than normal, on average 2 minutes before the recommended cooking time.
3. While the macaroni is cooking make the cheese sauce. Melt the butter in a medium sized pan on low heat. When the butter is foaming, add the flour and stir until it's mixed in. Then keep cooking for 2 minutes, stirring frequently.
4. Gradually add milk in small portions, stirring constantly. Make sure each bit of milk is incorporated before adding the next bit. If you do this slowly on low heat, you should end up with a perfectly smooth cheese sauce. If it does get lumpy, you can always use a whisk.
5. When all the milk is incorporated, add the salt, pepper, then add half of the cheese, stir to combine and then turn off the heat.
6. When the pasta is done, drain it, leaving a little bit of the cooking water.
7. Add the pasta onto the cheese sauce and stir.
8. Pour the macaroni cheese into a shallow ovenproof dish and sprinkle over the remaining cheese.
9. Bake in the oven for 10 minutes. The cheese should come out with a brown crunchy texture whilst the bottom should be still saucy and the macaroni should be perfectly cooked and enjoy!



# Cheesy Pasta Bake

You can use all sorts of leftover cheese to make up this recipe, from Cheddar to Brie - whatever takes your fancy.

## Ingredients

- 800g pasta (preferably penne)
- 2 tablespoons olive oil
- 2 onions, finely chopped
- 5 garlic cloves, crushed
- ½ bunch flat-leaf parsley, stalks finely chopped (reserve leaves for decoration)
- 500ml milk
- 625ml single cream
- 650g mixed cheese
- 2 eggs, lightly beaten

## Method

1. Preheat the oven to 200°C.
2. Boil pasta in a large saucepan of salted water until tender, then drain.
3. Heat the oil in a frying pan and then fry the onion, parsley stalks and garlic until the onion has softened.
4. Transfer onion mixture to a bowl and add the cream, milk, egg, 500g of the cheeses, salt and pepper to taste and mix it all together.
5. Combine pasta and cheese mixture in a large baking dish and top with the remaining cheese.
6. Bake for 50 minutes or until golden and bubbling. Stand for 10 minutes, then serve. Sprinkle with the reserved parsley leaves.
7. Enjoy!



Calista Fernandes  
11M



# Spiced Cauliflower

This is a healthy dish, good for using up cauliflower. It is also very tasty and extremely popular in Northern parts of India. This dish serves 2 to 4 as a side dish.

## Ingredients

- 2 tablespoons olive oil
- 1 teaspoon cumin seeds
- 1 teaspoon ground coriander
- 1 teaspoon lemon juice
- ½ teaspoon sea salt
- One medium head cauliflower, cut into florets of similar size

## Method

1. Preheat the oven to 200°C (400°F).
2. In a medium mixing bowl, stir the olive oil, cumin seeds, ground coriander, lemon juice and salt together.
3. Add the cauliflower florets and coat with the oil mixture.
4. Place on a baking sheet and roast for 20 minutes, or until the florets are soft and slightly browned. Stir the cauliflower after 10 minutes of cooking so the pieces brown evenly.
5. Enjoy!



Raekwon Pereira  
11A (2022-2023)



# Stir Fry Tofu with Vegetables

This recipe is incredibly quick and easy to make and you can utilise vegetables that might be bruised so you can cut down on food waste and sometimes price. Simply cut away the bruised or damaged parts and wash the rest of the vegetable and you can use it for this recipe.

## Ingredients

- Hard tofu
- Any vegetables you have (e.g. tomatoes, peppers, cauliflower) that may go off soon but make sure they smell good
- Salt
- Pepper
- Any sauces that you prefer

## Method

1. Chop up tofu and vegetables
2. Stir fry the vegetables in a pan until they become slightly soft. Don't over fry them.
3. Add in your choice of spices and sauces for more flavour to the dish.
4. Lastly, throw in the hard tofu and break and mix evenly with the vegetables for 2 minutes and you're done.
5. Enjoy!





# Fermented Tomatoes

Got tomatoes that are about go out? Well, why not make use of them!

## Ingredients

- 2L of water
- 80g sea salt
- Tomatoes

## Method

1. Place the water and salt into a saucepan and heat it up, until salt has dissolved
2. Leave to cool
3. Place the tomatoes in a large jar or plastic container
4. Once cooled, pour the brine over the tomatoes.
5. Once the saltiness drops and the tomatoes have become tasty, move them to the fridge. And you're done.

# Hot Chilli Sweetcorn

This is my favourite recipe for using up that half tin of sweetcorn that gets put in the fridge and forgotten about. This recipe takes about 10 minutes to assemble and feeds 1 person, which is perfect for me.

## Ingredients

- Sweetcorn
- ½ teaspoon Hot Chili Powder
- Pinch of salt
- A knob of butter
- ½ Lemon juice

## Method

1. Put sweetcorn and butter into a bowl.
2. Heat it up in the microwave.
3. Mix with salt, lemon and chilli powder and viola you're done



# Nasi Goreng

Fairly easy, delicious for a meal and an easy stir fry that doesn't need loads of ingredients and is made of common vegetables you might have. Additionally, this recipe is taken from Year 8 food technology lessons, so might look familiar.

## Ingredients

- 2 Eggs
- Leftover cold rice
- 1 red and green pepper
- 1 small onion
- Cup of frozen peas
- Cooked chicken
- Handful of small prawns (optional)
- 2 tablespoons of oyster sauce
- 2 tablespoons of tomato ketchup or sriracha
- 2 tablespoons of light soy sauce (not dark)

## Recipe Review by Eco Committee:

*Fairly easy, delicious for a meal and an easy stir fry that doesn't need loads of ingredients and is made of common vegetables you might have.*

## Method

1. Dice all veg
2. Dice chicken
3. Heat a tablespoon of veg oil in wok, add egg and scramble, add veg and stir fry for 4 mins on full heat. Keep it moving around the wok. Add cooked chicken and add oyster sauce, continue to stir fry for another 3 mins. Add rice and further defrosted peas and stir fry for 7 mins.
4. Add ketchup and soy sauce and dried chilli flakes if wanted.
5. Served with sliced cucumber and crispy onions on top.
6. Enjoy!



**[Mr Cullen's video showing how to make this recipe](#)**

*Sign in to student school email account for this video link to work.*



# Beef-Chilli Stir Fry

An easy way to use leftover beef that might usually get thrown away and vegetables that might spoil.

## Ingredients

- 2 nests fine egg noodles
- 1 tbsp olive oil
- 1 red onion
- 1 red chilli (thinly sliced)
- 2 cloves garlic (finely sliced)
- 1 tbsp of five spice paste
- 600g mixed peppers (topped & tailed)
- 1 carrot (julienned)
- 300g of precooked beef
- 2 tbsp soy sauce

## Method

1. Start off by cutting up the vegetables; thinly slice red chillies, chop the red onion, finely slice the cloves of garlic, top and tail the peppers and finally julienne the carrot.
2. Dice the beef into bite-size pieces.
3. Bring a medium pan of water to the boil. Add the noodles and cook for 3 minutes until tender. Drain and set aside.
4. Heat the oil in a large wok. Add the onion and stir-fry for 2-3 minutes, until beginning to soften. Add the chilli, garlic and five spice paste and stir-fry for a further 1 minute.
5. Add the peppers and carrot to the wok and stir-fry for 3 minutes, until just tender.
6. Add the leftover roast beef to the wok along with the cooked and drained egg noodles, soy sauce and 100ml water. Heat through, stirring, then divide between 4 bowls and serve immediately.
7. Enjoy!





# Fried Rice

This recipe uses up leftover rice and vegetables, which would usually spoil. There is no specific demand when it comes to what type of vegetables you need to use when you make your fried rice. Also, you add leftover chicken or eggs, but these can be left out for a vegetarian opinion. NOTE: If you are making this, it is not necessary to use all ingredients listed.

## Ingredients

- 1 cup/128g of leftover rice
- 1 bell pepper (can be any colour)
- 1 carrot
- 1 onion
- 5-6 green beans
- 50g of peas
- ½ tsp of black pepper
- 4 bulbs of spring onion (also can be used to garnish)
- 1 egg/ a piece of chicken thighs or breast

## Garnishing

- 2 tbsp soy sauce
- 2 tbsp vinegar
- 1 green chilli

## Method

1. Heat a wok to medium flame
2. Add 1 tbsp of oil and let it sit for about 1 min.
3. Top and tail the pepper and dice into 1cm cubes.
4. Julienne the carrot
5. Chop the green beans into circular disc shapes.
6. Finely cut the onion into a square like shape.
7. Shred the chicken into long strings/scramble the on low heat frying pan.
8. Toss vegetables (including peas) and chicken strings/scrambled egg into the wok.
9. Add the leftover rice and mix well with vegetables and chicken/egg.
10. Leave on low flame for 5-10 min and occasionally mix.

### Additional

11. For the dressing, finely chop the green chillies and mix the soy sauce and vinegar. Pour over the plated fried rice.
12. Enjoy!



Calista Fernandes  
11M



# Shepherd's Pie

This recipe is good for using up leftovers from a roast meal. Traditionally, lamb is used for Shepherd's Pie and beef for Cottage Pie.

## Ingredients

- Leftover roast lamb (or beef)
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 1 carrot, diced or leftover cooked
- Left-over gravy
- Salt
- Pepper
- 1 tbsp of olive oil or vegetable oil
- Potatoes for mashing
- A little milk and butter for the mashed potatoes
- Cheddar cheese

## Optional

- Worcestershire sauce
- Mixed herbs



## Method

1. Peel and roughly chop the potatoes and put into boiling water, then turn down the heat and simmer for about 20 mins until cooked.
2. Meanwhile, heat the oil in a saucepan.
3. Fry the onion on a low heat until golden brown and soft
4. Whilst the onion is cooking, pulse the meat in a food processor so it looks like breadcrumbs. If you don't have a food processor, then chop the meat very finely.
5. Cook the carrot in a microwave until soft.
6. Add the garlic and carrot to the pan and cook for 2 mins.
7. Next add the meat, salt and pepper and about a tablespoon of Worcestershire sauce, along with enough gravy to give the consistency you would like in a pie, add mixed herbs if you want to
8. Place the pie filling into an ovenproof dish.
9. Mash the potato with a little milk and butter and add a pinch of salt.
10. Spread the mashed potatoes over the pie filling and top with grated cheddar cheese.
11. Place on a tray in a preheated oven at 180C and cook for 40 mins or until a flat bladed knife inserted into the middle of the pie comes out hot.
12. Serve with vegetables of your choice. Enjoy!

Mrs Hovey,  
Science College Project Manager



# Pizza

This is my favourite recipe because I always keep the leftover dough and the cheese in the fridge and you can use up leftover vegetables for the topping.

## Ingredients

- Pizza dough
  - ◆ 500g strong plain flour
  - ◆ ½ tsp dried yeast
  - ◆ 1 tsp salt
  - ◆ 400ml warm water
  - ◆ 1 tbsp olive oil
- Cheese
- Pepper
- Olives
- Salami
- Mushrooms

## Method

1. Preheat the oven and a baking sheet to 240C/fan 220C.
2. Mix strong bread flour, salt and instant yeast together in a large bowl. Quickly stir in warm water and olive oil and bring together to a rough dough.
3. Leave the dough to rise in a warm place, covered with a clean tea towel.
4. Tip out the mixture onto a lightly floured work surface and knead for 5 mins until you have a smooth, springy dough.
5. Roll out into thin rounds (you may have to stretch it with your hands a little) about 25cm across and place on floured baking sheets.
6. Add your favourite toppings (such as tomato passata, mozzarella, vegetables or cured meats), place the floured sheet on top of the preheated sheet and bake for 8-10 mins until the pizza is crisp and enjoy!



Jesmon Martins  
11A (2022-2023)



# Chicken & Broccoli Crustless Quiche

## Ingredients

- 8 eggs
- 150ml milk (or single cream, or a mixture of both)
- 1 tsp dried mixed herbs
- 50g leftover cheese, grated
- Salt & freshly ground black pepper
- Leftover roast chicken, chopped into bite size pieces
- Leftover cooked broccoli, chopped into bite size pieces

## Method

1. Preheat the oven to 180°C
2. Grease and line a 23cm springform cake tin (it's important to line the tin with baking parchment otherwise the mixture will leak out in the oven).
3. Whisk together the egg, milk, mixed herbs and cheese. Season with salt and pepper.
4. Arrange the chicken and broccoli in the bottom of the tin and then pour the egg mixture over the top.
5. Place in the oven and bake for about minutes until the eggs are set.
6. Can be eaten warm with salad or vegetables or leave to cool and cut into slices for your lunch box.
7. Enjoy!



Mya-Louise Seaton

11A (2022-2023)

*Inspired by Esther Clark*



# Bigos

A traditional Polish and is one of my favourite stews for using the leftovers of meat or sausages. It can also use cabbage, onions and mushrooms that are past their best and it serves 6.

## Ingredients

- 1 onion
- 500g cabbage
- 10g of mushrooms
- 300g of any kind of meat (preferably leftover)
- 300g of sausages
- 1 can of tomato concentrate (or make from scratch by using tomatoes that are about to spoil)
- salt
- pepper
- 2 tbsp of vegetable/olive oil

## Method

1. In a pan, fry diced onions.
2. Add diced meat and sausage into the same pan.
3. In a separate pan add shredded cabbage and pour water until chopped mushrooms are submerged.
4. At last add the tomato concentrate (or homemade tomato paste) and salt and pepper and mix well.
5. Simmer for 30 min, and mix occasionally to prevent the contents from burning.
6. And that's it; bigos is best served with bread, enjoy!



Bartosz Kondiuch  
11A (2022-2023)



# Italian Breadcrumbs

This recipe uses leftover bread and herbs.

## Ingredients

- 1 cup of plain breadcrumbs
- 1 tbsp of Italian seasoning
- ½ tbsp of salt
- ¼ cup of basil, oregano, thyme, sage and parsley (or mixed herbs)

## Method

1. Mix together 1 cup of plain breadcrumbs, 1 tablespoon of Italian seasoning and ½ tablespoon of salt.
2. Then chop up the basil, oregano, thyme, sage and parsley.
3. Then cook:
4. Preheat oven to 125°C and place on an oven tray for 15-20 minutes.
5. Enjoy!



Molly-May Scanlon  
11A (2022-2023)



# Guacamole on Toast

Good for using up bread and ripe avocados before they go off.

## Ingredients

- 1 avocado
- 1 onion
- 1 tomato
- Salt and pepper
- Squeeze of lemon
- Bread

## Method

1. Cut the onion and tomato into fine cubes
2. Cut the avocado and use a fork to smash it
3. Mix the tomato and onion in the avocado
4. Add and salt and pepper to taste
5. Sprinkle some lemon juice and mix it all together in a bowl
6. Put the bread in the toaster
7. Spread the guacamole on the toast and enjoy!
8. Enjoy!

You can enjoy it with an egg or anything of your choice.



Enoziana Fernandes  
11A (2022-2023)

*Recipe Review by Eco  
Committee: Fairly easy, very  
good for a snack in the  
evening, make sure not to  
overuse the lemon or it will  
be too sour!*



# Choco French Toast

Uses day-old bread and is quick and easy to make.

## Ingredients

- 3 eggs
- 250ml milk
- 1 teaspoon sugar
- 1 teaspoon vanilla extract
- ¼ teaspoon of salt
- 12 Slices of bread
- 125g milk chocolate
- Butter
- Icing sugar to dust

## Method

1. Whisk together the eggs, milk, sugar, vanilla and salt.
2. Pour half into a baking dish.
3. Arrange 6 slices of bread in a single layer over the egg mixture.
4. Place 1 piece of chocolate in the centre of each slice of bread.
5. Top with the rest of the bread to make 6 sandwiches and pour over the remaining egg mixture.
6. Leave it for five minutes for the bread to soak up the liquid.
7. In a large non-stick frying pan, melt butter over medium heat.
8. Toast the sandwiches until golden brown on both sides.
9. Dust with icing sugar. Serve warm.
10. Enjoy!



Nathanael Gonsalves  
11A (2022-2023)



# Bread Pudding with Caramel

This is especially good for when you have those last pieces of leftover bread that no one wants to finish. A sweet dessert that's fit for a family and perfect for any home occasions. Easy to make, but carefully follow instructions for making caramel.

## Ingredients

- 1 pint of milk
- 4 slices of bread
- 200g of white sugar
- 50ml water
- 2-3 eggs
- Nutmeg or cinnamon powder
- Salt



## Method

1. Break the bread into small pieces, put into a large bowl and pour over the milk
2. Put 100 of white sugar in the milk too
3. Soak for at least 1 hour
4. Mash the bread with your hand inside the milk so its mushy (or use a stick blender)
5. In another bowl whisk 2-3 eggs and pour into the mixture
6. Mix the mixture together making sure all the bread is broken down and the eggs are mixed properly
7. In another pan add water, 100g sugar, nutmeg (or cinnamon) powder and salt to make caramel
  - a. Dissolve sugar on a high heat then stop stirring
  - b. Let the mixture bubble until it turns golden nut brown – do not stir
8. Pour the caramel into an ovenproof bowl and tip the bowl so that the caramel coats the bottom and the sides.
9. Pour in the bread mixture
10. Fill a steamer with boiled water, place the pudding bowl on top with the lid closed, and then close the steamer - steam cook
11. There is no time limit because it is dependent on the amount of ingredients you put in but in order to check if it is ready, poke the pudding with a knife making sure the mixture is not sticking to the knife. If clean, your pudding is ready.
12. (Alternatively, place the bowl in a tray of hot water and cook in the oven at 180°C for about 1 ½ hours)
13. Take pan out carefully, be aware that it's hot, and let it cool
14. When cold, take a serving dish big enough for the pudding, place it on top of the pan to flip the pudding out into the serving dish. You will have a custardy pudding with a runny caramel sauce – delicious.

Anastasia Rosario  
Y13 (2022-2023)



# Bread & Butter Pudding

This is my favourite recipe for using up those last slices of a loaf of bread which are a bit stale and no longer good for sandwiches. Traditionally, bread and butter pudding is made with white bread, but I buy wholemeal bread, so that's what I make my pudding with. This recipe takes about 15 minutes to assemble and serves 2-3 people.

## Ingredients

- 3 slices of bread (depending on thickness of bread)
- Butter or non-dairy spread
- 300ml milk (or mixture of milk and cream)
- 2 eggs
- A handful of sultanas (or mixed dried fruit)
- Ground cinnamon
- Approximately 25g caster sugar
- Demerara sugar (about 2 tablespoons)
- Whole nutmeg to grate over at the end (or ground nutmeg to sprinkle on top)



## Method

1. Grease a large deep baking dish
2. Butter the bread on one side and cut into triangles
3. Arrange the bread in the dish in layers with the pointy end of the bread sticking up (see picture right)
4. Sprinkle the sultanas in between the layers of bread
5. Sprinkle over (and in between layers) the ground cinnamon - as much or as little as you like
6. Beat the eggs and caster sugar together in a jug until frothy
7. Beat the milk into the eggs and pour this custard mixture over the bread
8. Sprinkle demerara sugar on the top, then grate the nutmeg over the top
9. Leave to stand for at least 30 minutes for the bread to soak up the custard mixture
10. Heat oven to 180C or 160 Fan
11. Bake in a bain marie for 40 minutes or until the custard is wobbly to the touch - like egg custard. (a bain marie is a tin of hot water which comes halfway up the sides of the pudding dish) This is nice served with cream, enjoy!

Mrs Hovey,  
Science College Project Manager



# Bacon & Eggs Butty

Uses toasted bread so good for using up bread which is past its best.

## Ingredients

- 2 Slices of bread
- 1 Egg (Optional)
- 3 strips of bacon
- Preferred amount of butter
- Preferred amount of ketchup
- Vegetables (Optional)

## Method

1. Fry 3 strips of bacon on medium heat 2 mins on each side and when done put onto a plate lined with tissue.
2. Toast your bread to your preference.
3. Once bread is toasted butter both slices on one side.
4. Fry an egg and place it onto one of the buttered toast slices. (Optional)
5. Place your bacon onto the egg and squeeze some ketchup over it.
6. Now place your other toasted bread slice on the bacon.
7. Enjoy!



Stefan Edebiri  
11A (2022-2023)

*Eco Committee recipe review:  
This is an easy way to use extra bread. It is not too challenging and has options to alter the recipe to your liking. It can use bread that would have otherwise been wasted and is not complex so can be easily made by anyone.*



# Porridge & Banana Pancakes

Pancakes are a treat when it comes to breakfast but there is a twist ... using leftover oat porridge to make them. This recipe also uses a ripe banana, so preventing more potential food waste. Being able to reduce the amount of food waste while eating one of my fav treats is definitely a win-win situation. Below is the key to making these delicacies....

## Ingredients

- 150g cold leftover porridge
- 150g self-raising flour
- 2 tsp baking powder
- 1 ripe banana, mashed
- 2 large eggs
- 100ml milk
- 2 tsp vegetable or sunflower oil

## Method

1. Mix the porridge, flour, eggs, mashed bananas, baking powder and milk together in a bowl
2. Pour and heat the oil in a frying pan
3. Drop in as many tablespoons of the mixture as needed based on your serving size.
4. Cook on a medium heat till the underside is golden brown, then flip over till the air bubbles have disappeared.
5. Add your favorite toppings and maple syrup is a MUST!
6. Enjoy!



Lordina Odame Antwi  
11A (2022-2023)



# *Peanut Butter & Banana Ice Cream*

This is a good snack to make when bananas are going slightly ripe and the best part is it's only three ingredients, taking up to 15 minutes to assemble!

## **Ingredients**

- 3 ripe bananas
- 1 x 400ml tin sweetened condensed milk
- 2 tablespoons chunky peanut butter

## **Method**

1. Peel and chop the bananas and freeze.
2. Add the slices of frozen banana, condensed milk and peanut butter to a food processor and blend until smooth. Add a little milk if the mixture is too stiff.
3. Put the mixture in a freezer-proof dish and freeze until hard.
4. Take out of the freezer 5 mins before serving and top with grated chocolate (optional).
5. Enjoy!



Aaliya Walsh  
11A (2022-2023)



# Banana, Dates & Walnut Cake

## Ingredients

- 225g self raising flour
- 2 medium sized ripe bananas, mashed
- ½ teaspoon ground cinnamon
- 175g soft butter or margarine for baking
- 100g light muscovado sugar
- 3 tablespoons clear honey
- 2 eggs, beaten
- 100g dried diced dates
- 50g walnut pieces

## Method

1. Preheat the oven to 160C. Line the base and sides of a loaf tin with greaseproof paper.
2. Put all the ingredients except the walnuts and one tablespoon of honey into a mixing bowl and beat until thoroughly combined.
3. Spoon the mixture into the prepared tin and level the top. Then scatter or decoratively place the walnuts on top.
4. Bake for 1 hour, then insert a skewer into the middle. If it comes out clean, the cake is cooked. If not, bake for a further 10 mins.
5. Cool for 10-15 mins in the tin before lifting out by the paper. Then leave to cool on a wire rack.
6. When cool, drizzle the rest of the honey over the top.
7. Enjoy!



Mrs Hovey,  
Science College Project  
Manager



# Banana Peel Biscuits

What better way can you think of to use banana peels, that would usually go in the bin.

## Ingredients

- 200g banana peels (stalks cut off)
- 200g flour
- 75g sugar
- 1 egg
- 1 egg yolk (for egg wash)
- 75g margarine
- Oats (can replace them with flour oats instead)

## Method

1. Preheat oven to 150°C.
2. Place water and banana peels into a saucepan, bring to a steady shimmer and cook for 15 min.
3. When the peels are cooked, drain the water, cool the peel and blend in a food processor.
4. Add flour, sugar and margarine into a bowl and mix; this is your dough.
5. Form the dough into any shape you like and place onto a baking sheet.
6. Brush them with the egg wash.
7. Bake the biscuits for 20 min, until golden brown.
8. Enjoy!



Mateusz Raclawicki  
11A (2022-2023)



# Banana Melt on Toast

For those really ripened bananas that most people don't like because they are too soft or 'not normal', this recipe is nice for those who have a sweet tooth in the morning. Doesn't really matter how many bananas you need, just as long as you have one ripened banana but make sure you have a couple of slices of bread (just in case you go over the top with the number of bananas).

## Ingredients

- 2 slices of bread
- 1 ripe banana
- 4 tbsp of white sugar (or if you prefer, brown)

## Method

1. Cut up the bananas in 5-10mm slices
2. Place in a frying pan lined with 2 tbs of ghee butter (or vegetable oil is suitable too)
3. Pour in 2-4 tbs of white sugar
4. Fry until golden brown, sugar dissolves and the bananas start to soften
5. When done you can either pour it into a container and place a slice of bread in the same frying pan to soak the remaining sugar liquid so there is no waste OR just have a plain toast and place the banana melt on top.
6. Enjoy!



Anastasia Rosario  
Y13 (2022-2023)

Picture by,  
Swetha Fernando  
11J



# Banana Loaf

A quick and easy way to utilise bananas that might be thrown away.

## Ingredients

- 100g soft butter or baking margarine
- 175g caster sugar
- 2 eggs
- 2 ripe bananas, mashed
- 225g self-raising flour
- 1 tsp baking powder
- 2 tbs milk

## Method

1. Lightly grease and line a loaf tin with greaseproof paper.
2. Heat the oven to 180C.
3. Put all the ingredients into a mixing bowl and beat together until well blended
4. Spoon the mixture into the prepared tin and level the surface.
5. Bake for about 1 hour and then insert a fine skewer into the centre of the cake. If the skewer comes out clean, the cake is cooked. If not, bake for another 5-10 mins and then check again.
6. Leave the cake to cool in the tin for 10-15 minutes and then pull the cake out with the paper.
7. Remove the lining paper and leave to cool on a wire rack.
8. Enjoy!



Mrs Hovey,  
Science College  
Project Manager

Picture by,  
Swetha Fernando  
11J



# Rasmalai

This is an easy recipe for making a milky desert out of milk before it goes out of date

## Ingredients

- 1L of milk
- 1 tbsp lime juice
- ½ of sugar
- 1 ½ cups of water
- Cardamom powder

## Equipment

- Muslin cloth

## Method

1. Boil the milk and add 1 tbsp of lime juice.
2. Mix till the milk starts to separate.
3. Drain the mixture through a piece of muslin cloth and do not remove the piece of cloth yet and then run it over cold water.
4. Tie the muslin cloth up and let it hang for about 45 min.
5. Remove the now paneer from the muslin cloth and split the paneer into equal balls.
6. To make the sugar syrup: add the water and ½ of sugar.
7. When the sugar water starts to boil add cardamom powder.
8. Add the paneer balls to the syrup.
9. Enjoy!



Muriel Vales  
11B



# Fruit Smoothies

An easy to make drink, that tastes refreshing on hot summer day. I liked this smoothie recipe as I found it easy and quick to make, you just have to blend the fruits, as well as this, it tastes amazing. NOTE: You don't have to stick to the fruit that I personally used, feel free to mix and match!

## Ingredients

- Strawberries
- Raspberries
- Grapes
- Dates

## Method

Just blend any fruit(s) of your desire together!



Jordan Appiah  
9M

*Blueberry Smoothie*  
Swetha Fernando  
11J





# Banana Milkshake

This is an amazing for summer drink, which will give you all energy you require!

## Ingredients

- ½ glass of milk
- A ripe banana
- 2 tbsp of sugar
- ¼ tsp of vanilla extract

## Method

1. Using a blender/food processor, blend the banana, milk and vanilla extract, and don't forget to add the sugar.
2. Keep blending, until the mixture reaches a smooth consistency.
3. Viola, you're done, enjoy!



Chenoa Fernandes  
9M



# Falooda with Ice Cream

One of many classic Indian drinks, which make you feel refreshed again. When, making this it isn't necessary to go outboard with the ingredients, for example sev (type of noodle), which I didn't use. This recipe is for 2 servings.

## Ingredients

- 500ml of milk
- 4 tbsp of sugar
- 2 tbsp basil seeds (or chia seeds)
- 6 tbsp of rose syrup (3 per serving)
- 2 scoops of vanilla cream (or any of your choice)


## Method

1. Soak basil (or chia) seeds in water for about 30 min-1h, in bowl. Make sure they really soak as much water as they possibly can.
2. Once the basil seeds are swollen, drain the excess water and place basil seeds into a cup.
3. Pour the rose syrup into a cup.
4. Then, pour the milk into the cup and mix well.
5. To top it off, add a scoop ice cream (doesn't matter what flavour).
6. If you feel fancy, add a mini umbrella.
7. Enjoy!



Calista Fernandes  
11M





This recipe book has been compiled by the pupils of St Gregory's Catholic Science College to help prevent food waste. Every recipe in this book is designed to use ingredients that are either past their best or to make a new meal out of leftovers.

So what are you waiting for:  
**COOK MORE, WASTE LESS!**