Country Range
Created for the makers

WestCountry
FOODSERVICE

Spanish Style
LOADED FRIES
(P15)

FOOD WASTE Recipe Guide

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Welcome!

Research has found that a typical kitchen will waste between

5-15%[1]

of the food they purchase due to *over ordering*.

Whilst some of this can only be avoided by assessing stocking and purchasing strategies, there are some ways that you can reduce the amount of waste you produce by being creative with your menu.

This guide is a collection of some of our favourite recipes that our development chef, Paul Dickson has created to solve some of the biggest causes of waste. From creative ways to use up leftover croissants to maximising your festive produce, we hope you'll find some inspiration to add to your menu or specials board and reduce the amount of perfectly good food that ends up in the bin.

You can find all of these recipes and many more at countryrange.co.uk or by scanning this QR code:

[1]www.winnowsolutions.com

Top waste saving tips

1

Keep Parmesan rinds to add flavour and protein to soups.

2

Add used scraped vanilla pods to stock syrup and liquidise to make vanilla essence.

3

Keep your used butter paper to cover delicate fish and meat when roasting or poaching.

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Croissant CRAZE

Everybody is going crazy for croissants, which means there is never a reason to throw any leftovers away. In fact, slightly stale croissants are ideal for creating some on trend sweet treats. Here are a couple of our favourites.

2

FLATTENED CRISPY Croissants

INGREDIENTS

2 leftover baked **Country Range** Butter Croissants

¼ tsp **Country Range** Ground Cinnamon

25ml **Country Range** Honey

1 beaten egg

50ml double cream

25g caster sugar

½ tsp vanilla essence

25g butter

1 apple (peeled and chopped)

1 tsp icing sugar

METHOD

1. In a large bowl, whisk together the beaten egg, double cream, caster sugar, cinnamon and vanilla.
2. Flatten the stale croissants and soak in the egg mixture.
3. Melt the butter in a frying pan and fry the eggy croissants on both sides until golden brown.
4. Add the honey and keep turning the croissants until they caramelise and soak up most of the honey. Once crisp, remove from the pan and place onto a serving dish.
5. Add the apples to the frying pan with a knob of butter and toss until golden, add a little more honey and serve over the croissants.
6. Dust with icing sugar and serve.

Crookies

INGREDIENTS

4 leftover baked **Country Range** Butter Croissants

4 **Country Range** Cookie Pucks of your choice

25g milk or dark chocolate drops

Country Range Hazelnuts (optional)

METHOD

1. Preheat the oven to 200c/180c fan.
2. Cut the croissants in half and place onto a parchment lined oven tray.
3. Break up the raw Cookie Pucks and stuff the croissants with half of the pieces.
4. Place the remaining cookie pieces on top and bake in the oven for 6 – 8 minutes then allow to cool.
5. Melt the chocolate in a bain marie and then drizzle on top of each crookie.
6. Crush some hazelnuts and sprinkle on top (optional).

4

Rice AND Pasta

It can be impossible to perfectly control the amount of rice or pasta that you need but there are loads of ways to use them up in creative and delicious ways.

4

This is also a great way to use up a jar of sauce. Here, we've used **Country Range** Katsu Curry Sauce.

KATSU Rice Balls

INGREDIENTS

50g cooked **Country Range** Round Grain Rice

300g **Country Range** Katsu Curry Sauce

1 tsp **Country Range** Curry Powder

25g **Country Range** Panko Breadcrumbs

25g **Country Range** Desiccated Coconut

50g **Country Range** Plain Flour

2 eggs, beaten

METHOD

1. Freeze the katsu sauce into small finger sized silicon moulds.
2. If you would like to flavour your rice, add spices and spring onions and mix through.
3. In a bowl, mix together the panko breadcrumbs, desiccated coconut and curry powder.
4. Cut the frozen katsu fingers into squares and wrap with the rice to form balls around the size of golf balls.
5. Coat each filled rice ball in flour, then beaten egg, then the breadcrumb mix.
6. Deep fry for 4 – 6 minutes and serve with hot katsu sauce.

Pasta Frittata

6

A great way to use any leftover pasta and makes a delicious lunchtime special.

INGREDIENTS

100g leftover cooked pasta

30g **Country Range** Garden Peas

50g **Country Range** Grated Mature Cheddar

6 eggs, beaten

1 onion

50g butter

50g cooked diced potato

50g mixed peppers

Salt and pepper to taste

METHOD

1. In a large non-stick frying pan, gently fry the onions until soft, then add the diced potato, peppers, peas and pasta and season to taste.
2. Add the beaten eggs and stir the mix until it looks like a soft scrambled egg consistency.
3. Sprinkle with cheese and place under a grill until the cheese melts and the egg just sets.
4. Allow to sit for 3 minutes and then cut into slices.
5. Serve with a tomato salad and peppery leaves.

USING UP YOUR *Veggies*

There can be so much wastage when it comes to vegetables which can be easily avoided. Here are just a few ways to save waste in your kitchen.

A real crowd-pleaser and such a good way to use nutritious peelings.

LEFTOVER VEGETABLE *Pakora*

4

INGREDIENTS

1 tbsp **Country Range** Curry Powder

250g vegetable peelings and off-cuts (e.g. carrots, parsnips, onion, celery, spring onion, leek, courgette)

75g gram flour

1 tsp ground fenugreek seeds

1 tsp salt

75ml sparkling water or soda water

METHOD

1. Make the batter by whisking the flour with the sparkling water or soda water.
2. Add the vegetables, spices and salt into the batter and mix it all together so that it's all coated.
3. Carefully drop a few spoons of the mix into the fryer at 180˚C and fry for 2 – 3 minutes until golden.
4. Repeat until all of the mix is used and serve with a minted yoghurt.

LEFTOVER VEGETABLE Mac n Cheese

2

This is also a great way to sneak more vegetables into a children's meal. The vegetables in the recipe are a guide only, feel free to add what you have left over.

INGREDIENTS

- 50g **Country Range** Macaroni
- 200ml **Country Range** Béchamel Sauce
- 75g **Country Range** Grated Mature Cheddar
- 20g **Country Range** Garden Peas
- 1 finely sliced onion
- 4 sliced spring onions
- 1 sliced stick of celery
- 1 diced courgette
- 50g butter

METHOD

1. Preheat the oven to 180˚C / 160˚C fan.
2. Cook the macaroni as per the pack instructions and drain into a bowl.
3. Make the béchamel sauce as per the pack instructions and add to the macaroni.
4. Gently fry your leftover vegetables in butter until soft and add to the pasta.
5. Add half of the grated cheese and fold the pasta, vegetables and cheese into the sauce until everything is well covered.
6. Tip the mixture into a suitable buttered oven proof dish and sprinkle with the remaining grated cheese.
7. Bake in the oven until piping hot and golden. Serve with seasonal greens or salad.

Courgette AND Lemon Cake

A zesty summer cake when there's a glut of courgettes to use.

INGREDIENTS

- 125g **Country Range** Sultanas
- 1 tsp **Country Range** Mixed Spice
- ¼ tsp **Country Range** Ground Nutmeg
- 300g **Country Range** Self Raising Flour
- 300g grated courgette
- 1 large lemon (juice and zest)
- 75g caster sugar
- 90g demerara sugar
- 125g butter
- 3 eggs
- 1 tsp vanilla extract

METHOD

1. Preheat oven to 170˚C / 150˚C fan.
2. Cream together the sugar and butter.
3. Add the spices and beat in the eggs, one by one.
4. Fold in the flour.
5. Add the grated courgette and sultanas.
6. Pour the cake mix into a buttered 2lb loaf tin and bake for 50 – 60 minutes.
7. Once the cake is cool enough to handle, remove from the tin and cool fully on a wire rack.
8. Mix together the lemon juice, zest and caster sugar to make a glaze.
9. Pour the lemon glaze over the cake and leave for 15 minutes to set.

8

GNOCCHI WITH Crispy Potato Skins

4

This recipe uses the whole potato, including the skins, so there is no wastage.

INGREDIENTS

200g **Country Range** Plain Flour

½ tsp **Country Range** Dried Mixed Herbs

100g **Country Range** Tomato and Basil Sauce

50g **Country Range** Pesto

50ml **Country Range** Vegetable Oil

1 tsp **Country Range** Salt

½ tsp **Country Range** Cracked Black Pepper

300g Maris Piper potatoes

3 eggs, beaten

1 onion, diced

½ courgette, diced

¼ aubergine, diced

1 bunch fresh basil

15g Parmesan

METHOD

1. Preheat the oven to 200˚C / 180˚C fan and place the washed potatoes on a baking tray. Prick them with a fork a few times and bake for 40 – 45 minutes.
2. While the potatoes are still hot, hold in a tea towel and scoop out the flesh, keeping the skins to one side.
3. Pass the potato through a sieve into a large bowl.
4. Add the seasoning and mixed herbs.
5. Make a small well in the middle of the potato and add one beaten egg at a time, folding it into the potato with a sprinkling of flour.
6. Keep repeating the process until all of the egg and flour is incorporated.
7. Roll out the dough into sausage lengths and cut into 3cm pieces.
8. Press one side of each piece with a fork to form lines (this helps to absorb more sauce later).
9. For the sauce, fry your vegetables in oil until soft, then add the tomato and basil sauce.
10. Add the pesto and season to taste.
11. For the crispy skins – take the potato skins that you put to one side earlier and brush each in butter. Bake them in the oven until very crispy. Take them out of the oven and cut them up into nice bite sized chunks.
12. Drop the gnocchi, six at a time, in salted boiling water until they float and then keep warm on tray. Continue until all the gnocchi are cooked.
13. Fry the gnocchi in butter and then fold into your sauce.
14. Serve and garnish with crispy skins, fresh basil and grated parmesan.

Vegan Mayo
USING AQUAFABA

When you open a tin of chick peas, don't throw the water (aquafaba) away. Use it to make a creamy vegan mayo. Follow these simple step-by-step instructions:

INGREDIENTS

1 tbsp **Country Range** Dijon Mustard

100ml aquafaba (the water from **Country Range** Chick Peas in Water)

3 tbsp **Country Range** White Wine Vinegar

300ml **Country Range** Vegetable Oil

1 tsp **Country Range** Salt

STEP 1

Place the aquafaba, white wine vinegar, salt and Dijon mustard into a beaker.

Chick pea fritters

Great served with Chick Pea Fritters. Scan the QR code for the recipe

STEP 2

Add the vegetable oil and blitz with a hand blender until thick and creamy.

STEP 3

Store in the fridge for up to four days.

Christmas Pudding BALLS

4

INGREDIENTS

50g **Country Range** Cranberry Sauce

50g **Country Range** Plain Flour

50g **Country Range** Cornflour

¼ tsp **Country Range** Salt

200g leftover Christmas pudding

100ml lemonade

25g icing sugar to dust

METHOD

1. Shape the cooked leftover Christmas pudding into small balls and keep to one side.
2. Make the batter by mixing the cornflour, plain flour and salt together. Add ice cold lemonade and whisk until smooth.
3. Coat each ball, one by one, in a little cornflour, dip in the batter and deep fry until they float and are a nice colour.
4. Dust with icing sugar and serve with cranberry sauce.

'TIS the Season

It's always a challenge to find creative ways to minimise waste during the festive season. Here are some of our latest creations to add to your repertoire.

* This makes a great sharing dessert or fun addition to a festive afternoon tea.

Festive Sausage Roll CANAPÉ

A fantastic way to use up your Christmas ingredients and can be served as a starter, lunch or buffet canapé.

INGREDIENTS

500g **Country Range** Puff Pastry

75g **Country Range** Sage & Onion Stuffing Mix

50g **Country Range** Cranberry Sauce

1 tsp **Country Range** Cracked Black Pepper

2 tsp **Country Range** Salt

200g sausage meat

100g cooked shredded turkey

6 pigs in blankets

1 egg, beaten

8

METHOD

1. Preheat the oven to 200˚C / 180˚C fan.
2. Make up the stuffing as per the pack instructions (or use leftover stuffing that you have to hand).
3. Roll out the puff pastry to 40cm x 20cm.
4. Mix together the sausage meat, cranberry sauce, shredded turkey, stuffing, salt and pepper.
5. Place the meat mixture lengthways into the middle of the puff pastry in a sausage shape and press the pigs in blankets into the centre.
6. Lightly brush the inside edges of the pastry with beaten egg.
7. Fold over the pastry to form the classic sausage roll shape and crimp the edges tight.
8. Carefully lift the sausage roll onto a parchment lined baking tray.
9. Brush with egg wash and bake in the oven for 20 – 25 minutes until golden.
10. Remove from the oven and rest for 10 minutes before slicing into canapé sized slices.

Loaded Fries

The perfect addition to your specials board, load your fries, Sidewinders® and Crunchies up with tasty combos of leftover ingredients and watch them fly out. Here are some ideas:

Turkish Lamb
LOADED SIDEWINDERS®

2

INGREDIENTS

200g Signature by **Country Range** Potato Sidewinders®

50g **Country Range** Mild Salsa

1 tbsp **Country Range** Extra Virgin Olive Oil

¼ tsp **Country Range** Crushed Chillies

¼ tsp **Country Range** Whole Coriander, crushed

¼ tsp **Country Range** Whole Cumin, crushed

1 lamb rump or leftover cooked lamb

1 clove garlic, crushed

1 small bunch mint leaves

4 sliced cherry tomatoes

25g black olives

50g natural yoghurt

Salt and pepper to taste

METHOD

1. Marinate the lamb rump with the olive oil, crushed chillies, crushed coriander seeds, crushed cumin seeds and crushed garlic for 60 minutes.
2. Roast in the oven at 200˚C until the internal temperature is at 50˚C. It will rise to 55˚C and be perfectly pink, cook to 65˚C for well done. If using leftover lamb, skip this step.
3. Rest the lamb for 5 minutes then slice it and mix with the salsa and sliced tomatoes.
4. Cook the Potato Sidewinders® according to the instructions, then top with the lamb, scatter a few olives and drizzle with yoghurt.
5. Season to taste, garnish with mint leaves and serve.

Peking Duck
LOADED FRIES
SCAN FOR RECIPE

SCAN FOR RECIPE
Spanish
LOADED FRIES

Italian
LOADED FRIES
SCAN FOR RECIPE

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