

## Recipes from Catherine Fulvio's Ballyknocken Cookery School

### Week 1/Video 1. Awareness Challenge

Lemon Curd and Raspberry Bread & Butter Pudding – this recipe includes fresh summer fruit which spoil so quickly we have to be ready with ways to use them. But it also uses leftover bread as a key ingredient. Many people are in denial about the fact they waste food and bread is one of the most wasted food items...in fact, **20% of all bread is thrown out.**

**FACT:** the average Irish household is binning between **€400 and €1,000 worth of food each year.** This figure might be hard to believe, but **small amounts of food waste really add up!**

### **Raspberry Lemon Curd Bread & Butter Pudding**

*Serves 4 to 6*

6 slices bread, preferably stale, halved on the diagonal and buttered on one side  
4 eggs  
300ml cream  
80g caster sugar  
½ tsp ground cinnamon  
A generous pinch of nutmeg  
½ jar lemon curd (about 150ml)  
100g raspberries  
2 tbsp caster sugar  
Icing sugar, to dust the top

To prepare the pudding, preheat the oven to 180°C/fan 160°C/gas 4 and brush a 20cm x 25cm gratin dish with melted butter. Scatter some raspberries at the base.

Spread lemon curd over the unbuttered side of the bread and arrange all the slices in the gratin dish.

Mix together the eggs, cream, caster sugar, cinnamon and nutmeg and whisk well. Pour over the bread. Scatter over the remaining raspberries and top with a sprinkling of caster sugar.

Bake for 20 to 25 minutes until just set and golden. Keep an eye on it, you may need to push the bread into the egg mix with a spatula.

Sprinkle over icing sugar and serve when warm.

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### Week 2/ Video 2. Planning & Shopping Challenge

#### *Summer Egg Muffins Surprise*

Think Egg Muffins Surprise with contents of ingredients from the fridge such as cheese, chorizo and red pepper. This recipe is a great way to help you use up any odd bits and pieces at the end of the week before you do your weekly shop thereby reducing your overall waste.

**Top Tip:** The best way to prevent wasting food is to avoid buying too much in the first place.

### **Summer Egg Muffin Surprises**

*Makes 12*

The idea is that these egg muffins reflect what you have in your fridge and want to use up so the flavours can vary with each one. Here I'm making 3 different delicious types.

11 large eggs

1 medium onion, chopped (I used a mix of red and white onion)

Salt and pepper, to taste

Chorizo, Sweetcorn & Cheddar (grated)

2 tbsp each of the above

Cherry Tomato, Mozzarella, Spinach & Parmesan (grated)

2 tbsp each of the above

Potato, Pepper, Parmesan (Grated), Parsley (chopped)

2 tbsp each of the above

Preheat the oven to 180°C/fan 160°C/gas 4 and brush a muffin tin with melted butter or oil.

In a large bowl, whisk together eggs and onion and season with salt and pepper.

Ladle the egg mixture  $\frac{3}{4}$  way up in the slots in the muffin tin

Divide the topping combinations into the egg mix.

Bake for 20 minutes. They will rise in the tin but sink back when cool. Remove from the tin when still hot/warm. These are perfect to enjoy with a lovely summer salad

**Catherine's Tip:** These can be refrigerated, stored in an airtight container for up to 4 days.

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### **Week 3/ Video 3. Storage Challenge**

**Top Tip:** Remember proper storage can make your food last significantly longer and try to label items with date when storing in the freezer.

### **Chicken or Turkey Asian Salad Wraps**

This is a great way of using up leftover Chicken from the Sunday roast (or Turkey) with Hoi Sin, Soy and Sweet Chilli Sauce (all basic store cupboard ingredients) as well as using what's in the fridge. The wraps can be kept the freezer and defrost in minutes.

### **Chicken Asian Salad Wraps**

*Makes 6*

#### ***Dressing***

- 2 tbsp sweet chili sauce
- 2 tbsp soy sauce
- 1 ½ tbsp hoisin sauce
- 1 ½ tsp sesame oil
- 1 tbsp lemon juice

#### ***Chicken Salad Wraps***

- 200g leftover roast chicken
- 1 large carrot, grated
- 3 spring onions, sliced
- 1 large pak choy, sliced
- 4 tbsp sweetcorn
- 6-8 cherry tomatoes, quartered
- 2 tbsp roasted cashew nuts, chopped
- 3 tbsp fresh coriander, chopped
- 6 flour wraps
- Salt and pepper, to taste

*To make the dressing,* simple mix all the ingredients together.

*To make the chicken salad,* set aside the cashews and 1 tbsp. of the coriander then mix all the remaining ingredients together in a larger bowl

Then pour over the dressing and blend well. Check for seasoning, adding salt and pepper to taste. Divide the filling amount between the wraps, sprinkle over the cashews and coriander and enjoy.

**FACT:** The **most wasted foods are:**

**Bread** –store on counter or in cupboard not fridge or bread bin – freeze extra!



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**Bananas** wrapping crown in cling film or tinfoil prolongs shelf life

**Berries** buy frozen or rinse fresh berries in a very dilute vinegar solution and dry thoroughly- they will stay fresh up to 2 weeks

**Potatoes** – Store in cool dark place or in a cardboard box, paper bag, mesh bag, or basket to ensure good ventilation.

### Week 4/Video 4. Cooking Challenge- include piece on store cupboard essentials

**Minestrone Soup using Tomato Sauce** – store cupboard ingredient.

This is a great way to use up leftover and incorporate some store cupboard staples. You can make your own tomato sauce if you have the time.

### **Minestrone Soup**

*Serves 6-8*

- 1 onion, diced
- 2 medium carrots, chopped small
- 2 large (3 medium), celery stalks, diced
- 4 garlic cloves, chopped
- ¼ tsp chilli flakes
- 750ml leftover tomato sauce
- 500ml chicken stock
- 2 tbsp fresh herbs of choice e.g. oregano, parsley or 1 tbsp. dried herbs
- 1 can kidney beans (or beans of your choice), drained
- 400g leftover (cooked) pasta (pref small pasta) – which equals approx. 100g uncooked pasta
- 75g mangetout, halved
- 2 handful baby spinach
- Olive oil
- Salt and freshly ground black pepper
- 4 tbsp grated parmesan, to finish
- 2 tbsp chopped parsley, to finish

Heat the oil in a large saucepan, add the chopped onion, carrot and celery and cook on a low heat for about 7-10 minutes until the vegetables have softened. Add the garlic and chilli flakes and stir of a minute.

Then add the tomato sauce, the chicken stock, kidney beans, herbs and cooked pasta and heat through thoroughly.

Add the mangetout and allow to cook till al dente (i.e. just barely cooked). Stir in the spinach and remove from the heat. At this point, check for seasoning adding more salt and pepper as required.

To serve, ladle in to soup bowls and finish with chopped parsley and parmesan.

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### **Tomato Sauce**

*Makes 750ml*

This is a core recipe in Italian cuisine and my kitchen here at Ballyknocken. Make it in huge batches and freeze it. It's so adaptable use it with pasta, on pizzas, in lasagne, and with the Minestrone Soup and also with fish and chicken. Add more herbs, fresh chillies and spices to suit the dish.

50ml extra virgin olive oil  
3 garlic cloves, finely chopped  
1 tsp tomato purée  
2 x 400g cans whole plum tomatoes, crushed  
Salt and freshly ground black pepper  
Sugar  
Fresh basil leaves

Heat the olive oil in a large pan. Add the garlic and cook for about 1 minute on a low heat, until soft. Add the tomato purée and cook for a further 1 minute. Add the tomatoes along with their juice and season with salt and pepper. Bring to the boil, reduce the heat and simmer for about 30 minutes, or until the sauce has thickened. Adjust the seasoning as necessary and add the basil.

The sauce will keep in the fridge for 1 week and can be frozen for months.

*Tip: In the height of the summer, when we have ripe, red, juicy tomatoes, make this sauce in bulk to avoid food waste in times of glut, but good-quality tins of plum tomatoes or jars of passata are equally as good.*