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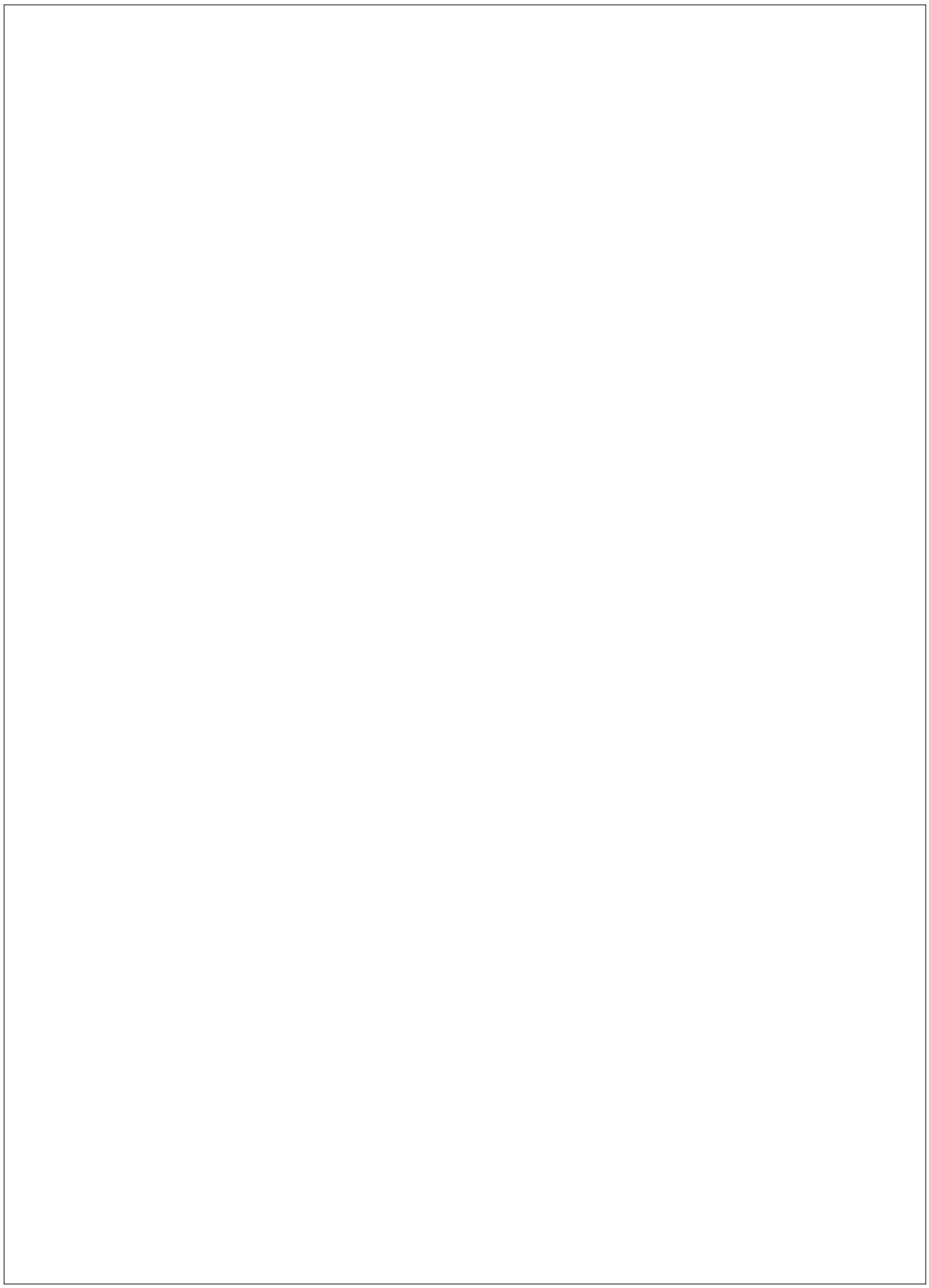

introduction

Louth County Council is delighted to host this **"Stop Food Waste"** event and welcomes all participants.

We all waste food in Ireland. While there are many different reasons, there are also common themes such as the fact that we buy too much, prepare too much or our plans simply change.Putting a list together before we do our food shop or correctly preparing and storing our food means that we can reduce our food waste to a minimum.

Tara Walker has been cooking food in Louth all her life and is cognisant of the need to prepare the correct amount of food for her guests. Her love of food makes her an ideal ambassador for preventing food waste and her many years in the hospitality trade make her classes a fun and delicious experience!

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STOP FOOD WASTE.IE

tara walker

Tara Walker is the owner and chef tutor at East Coast Cookery School in Termonfeckin, Co. Louth and author of “Good Food No Stress” published by Mercier Press in March 2017.
Tara grew up in a family of food businesses and honed her profession at Le Cordon Bleu Paris.

Media:
Tara has a monthly cookery slot on local radio station LMFM and appears regularly on TV3's Saturday AM & Sunday AM, recently re-branded as Virgin Media One's Weekend AM. Tara has also had several appearances on Ireland's national broadcaster, RTE, on the Nationwide Show as well as on national radio, Newstalk FM.
Tara has worked on a number of print publications such as Easy Food Magazine, The Irish Daily Mirror, Irish Country Magazine, The Sunday Business Post, the Meath Chronicle as a recipe contributor as well as featuring in The Irish Times, the Irish Independent , Image Magazine and the Irish Examiner to name but a few.

The Cookery School:
Offering cookery classes for children and adults in a relaxed and fun atmosphere, the Cookery School is a popular retreat for anyone interested in food. With classes ranging from “A Mexican Feast” and “Firm Family Favourites” to “A Taste of Italy” or “Healthy, Fast and Fresh” there's sure to be a class to tickle your taste buds!

Cookery Demonstrations:
Tara regularly gives cookery demonstrations to large crowds at festivals such as Bloom, The Irish Maritime Festival, Seafood Rocks and A Taste of Togher.
Tara also facilitates tailored cookery demonstrations at schools, corporate offices and charities.

Every Irish family throws away €700 in food waste each year..

EASY WAYS TO REDUCE THE FOOD YOU BUY AND BIN...

love food HATE WASTE

1 BUY ONLY WHAT YOU NEED

- Plan ahead
- Make a shopping list
- Be realistic about what you need
- Don't over buy goods on sale
- Know your portion sizes

2 EAT WHAT YOU BUY

- Use what goes off first
- Don't cook too much for your needs
- Know what is in your fridge and cupboard
- Eat leftovers

3 KEEP FOOD FRESH

- Learn how to store and freeze food properly
- Use your freezer efficiently

4 KEEP FOOD FRESH

- Understand food expiration dates
- Know shelf life limits
- Use before it goes off
- Freeze, juice, roast fruit and vegetables before they go off

5 AVOID THE BIN

- Put unavoidable waste in your brown bin
- Monitor what goes in and avoid it next time where you can
- Learn to compost your green waste

contents

tomato recipes

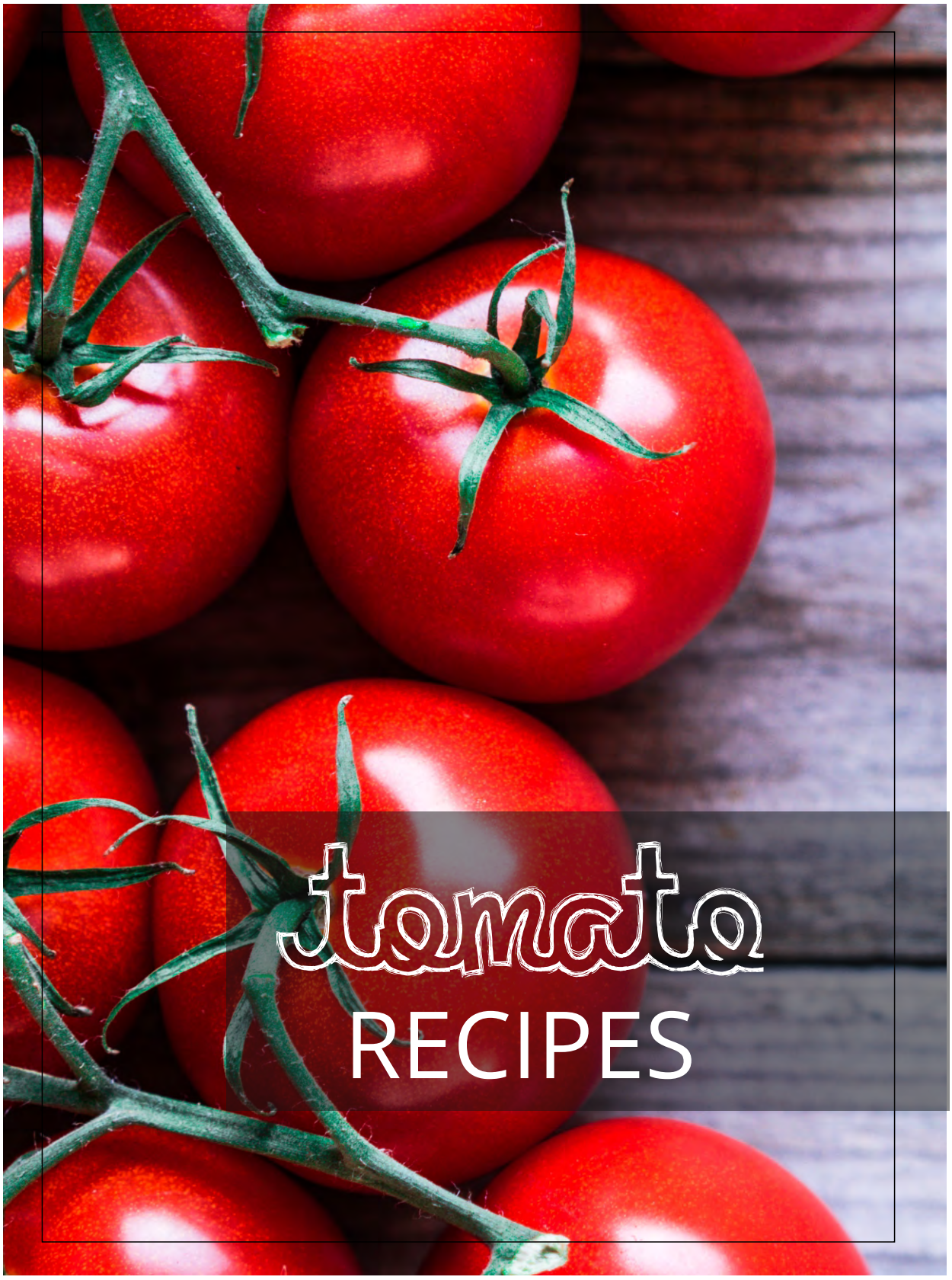
Tomato Sauce.....7
Spicy Tomato & Basil Soup.....7
Homemade Baked Beans.....8
Wholemeal Wrap Pizza.....8
Creamy Chorizo Wholemeal Spaghetti.....8
Fish Bake.....9
Chicken Cacciatore or Chicken Casserole.....9

lovely leftovers

Chicken Tray Bake with Green Salad.....11
Thai Chicken Noodle Broth.....12
Quiche Cups.....13
Quesadillas.....13
Potato & Chorizo Hash.....14

firm family favourites

Multi-Seed Traditional Irish Wheaten Bread.....16
Fragrant & Creamy Chicken Curry.....17
Curried Butternut Squash & Sweet Potato Soup.....18
Banana & Apricot Flapjacks with Chocolate Swirl Topping.....19


tomato
RECIPES

tomato sauce

This is such a versatile and handy sauce to cook in a large batch. It is low in fat and high in antioxidants. We are going to use it to make a soup, homemade baked beans , a cheat's pizza, Creamy Chorizo Spaghetti, Fish Bake and Chicken Cacciatore (Chicken Casserole).

I love batch cooking but sometimes get sick of eating the same thing over and over so this is a good way to add some variety without the hassle of cooking a new recipe from scratch every time.

2 tablespoons olive oil	400g can chopped tomatoes
½ an onion, finely chopped	1 tsp sugar
1 garlic clove, crushed	Salt & Pepper

1 Heat the oil in a saucepan, gently cook the onion and then add the garlic until soft (not coloured, about 5 mins).
2 Stir in the tomatoes and sugar.
3 Bring to a simmer, cook gently for 15-20 minutes

spicy tomato & basil soup

Omit the chili if you don't like it but it's just a very gentle heat

½ tsp dried chilli flakes	Salt & Pepper
100ml tomato sauce	A glug of oil
250ml chicken stock	

Optional: a dash of cream & fresh basil leaves

1 Pour the tomato sauce into a large pot with the stock. Bring to the boil and add the cream if using.
2 Boil for 5-10 mins or until the flavour has developed. Blend until smooth and check for seasoning. Add the basil and chilli if desired.

homemade baked beans

Hardly a recipe but delicious nonetheless!
Pop a tin of cannellini beans into a small ovenproof dish and top with a generous portion the tomato sauce.
Bake at 180˚C for 10-15mins. You can pop some grated parmesan on top before baking to make it a bit more robust!

wrap pizza or cheatza!

1 Preheat the oven to 180˚C.
2 Place a wholemeal wrap on a baking tray and top with the tomato sauce and whatever other toppings you like such as mozzarella, pepperoni, goats cheese, spinach, ham etc..
3 Bake for 5-10mins or until golden and bubbling.

creamy chorizo wholemeal spaghetti

(Serves 4)

170g Chorizo
4 large tablespoons Tomato Sauce
50ml Cream
200g Spaghetti

Optional: A teaspoon of Chopped Rosemary

1 Heat the oil in a wide, shallow saucepan and gently sauté the chorizo for 5 mins or so or until slightly crispy.
2 Stir in the tomato sauce and cream. Bring to a simmer and cook for 5 – 10 minutes.
3 Cook the pasta according to the instructions on the packet. You should time this to be ready at the same time as the sauce.
4 Toss the pasta into the sauce in the pan and combine well to serve.

fish bake

(Serves 4)

600g mixed fish-fish pie mix from your supermarket
2 cups of Tomato Sauce
100 mls water
1 tsp Soy sauce
1 courgette, sliced
A handful of flat leaf parsley, chopped
75g Breadcrumbs
50g Parmesan, grated
A good knob of butter
Salt & Pepper

1. Preheat the oven to 160˚C
2. Place the fish in an oven proof dish with the courgette & parsley
3. Pour the sauce over the fish and add the soy sauce and water
4. Scatter the breadcrumbs & parmesan over and dab the butter on in or 6 places
5. Bake for 25 mins or until the fish is cooked through.

chicken cacciatore

2 Chicken fillets, sliced in half
1 cup of Tomato Sauce
1 courgette, sliced
1 red pepper, sliced
300 ml Chicken Stock
1 tin of Tomatoes
2 sprigs of Rosemary
Olive Oil
Salt & pepper

1. Heat a casserole over a high heat & add the oil.
2. Brown the chicken on both sides and remove to a plate.
3. Reduce the heat and add the courgette & red pepper. Season with salt & pepper and cover.
4. When the veg has softened after a few minutes, add the tomato sauce and stir. Add the chicken back in and cover with the chicken stock, adding the sprigs of rosemary.
5. Cover and put in the oven for 20mins.
6. Remove the sprigs of rosemary before serving.
7. Serve with mashed potato, rice or pasta.

lovely
leftovers

chicken tray bake with green salad

(Serves 4)

8 Chicken pieces, a mixture of thighs,
drumsticks and skin-on breast on the bone
Potatoes, washed and cut into 1" chunks
Red Onion, peeled and cut into wedges
1 Orange, cut into wedges
8 Garlic cloves peeled but left whole
1 Courgette sliced into 2" chunks
1 Red or Yellow Pepper, sliced into 2" chunks
A few cherry tomatoes
Woody herbs such as rosemary, thyme, oregano.
Fresh is best but dried can also be used.
Olive oil to drizzle

1 Preheat the oven to 200˚C, 180˚C Fan, Gas Mark 5.
2 Place the chicken pieces on a large roasting dish and add all the other ingredients to the dish.
3 Season with salt and pepper and drizzle with olive oil.
4 Roast for 30 mins, checking and stirring every 10 mins or so to ensure the top ingredients don't burn.
5 Serve with a simple green salad.

thai chicken noodle broth

One of my favourite winter warmers, I crave this when I am sick with a cold or flu, or simply a bit tired and stressed. I am not mad about the term 'clean eating' but it does describe this pretty well. This is a great way to use up leftover roast chicken if you have it, but if you don't you can use chicken fillets as per the recipe below. If you have roast chicken left over, simply shred it and add it in for the last minute of cooking to heat it through.

(Serves 2)

750ml chicken or vegetable stock
1 chicken fillet, sliced into bite-sized pieces
1 tablespoon nam pla (Thai fish sauce)
Juice of 1 lime or lemon
1 clove of garlic, finely sliced
1 large piece of ginger, peeled and sliced
1 nest of medium egg noodles
3 handfuls of mixed vegetables (e.g. baby sweetcorn, mangetout, pak choi, spinach, peppers, sugar snaps, beansprouts)
1 fresh red chilli, sliced (optional)
A small bunch of coriander or flat-leaf parsley, chopped
2 spring onions, sliced

1. Put the stock into a large pot and bring to the boil. Place the chicken, nam pla, lime/lemon juice, garlic and ginger into it and poach over a medium heat for 3–4 minutes or until the chicken has turned white. Make sure the water is not boiling too hard or the chicken will break up.
2. Add the noodles and the harder vegetables, such as the corn (if using) and peppers. Poach for another 3–4 minutes.
3. Remove a large piece of chicken and slice in half to check that it is cooked through. If it is cooked, switch off the heat.
4. Add the leafy greens and any other vegetables you are using and stir through. Taste for balance between the citrus juice and nam pla. Adjust to your liking by adding more nam pla if necessary.
5. Ladle into bowls, ensuring a good mix of all the ingredients with poaching liquid. When serving, sprinkle with the chilli (if using), herbs and spring onions.

quiche cups

(Makes 6)

1 wrap
3 eggs
50ml Cream
A glug of olive oil
Cupcake cases
1 wholemeal wrap, cut into 6 circles to fit in to your muffin tin
Any fillings you fancy such as grated parmesan, ham, bacon, sautéed mushrooms, herbs, bacon, tomatoes or my favourite combo: feta, mint & sautéed courgettes

1. Preheat the oven to 180˚C, 160˚C Fan or gas mark 4.
2. Place the wholemeal wrap circles into each muffin hole
3. Whisk the eggs with the cream in a jug or bowl with pouring spout.
4. Season & add whatever fillings you fancy.
5. Pour the mixture about two thirds of the way up to the top of the muffin holes and bake for about 10mins or until puffed up and cooked through

quesadillas

<u>For each quesadilla, you will need:</u>

2 corn tortillas
Some grated cheese (about 50g)
A tablespoon of sour cream
A selection of fillings such as: ham, spring onion, peppers, chilli, leftover chicken, coriander

1. Heat a non stick frying pan over a medium heat and add a tortilla. Sprinkle your filling over it evenly and top with the second tortilla.
2. Toast gently for a couple of minutes, using a spatula to check the underneath is not burning.
3. When the cheese has melted, it will be easier to flip the quesadilla over in the pan to toast the other side.
4. When it is golden brown all over, remove to a chopping board and cut into wedges.
5. Serve with the sour cream.

potato & chorizo hash

I usually make this with the huevos rancheros but it can also be a great brunch on its own – just add a couple of eggs into the pan when the potatoes are done. This is a great way of using up leftover ham or veggies such as Brussels sprouts at Christmas, or cabbage and kale.

(Serves 2)

75g chorizo, chopped into small pieces
1 small onion, diced
Leftover potatoes *(the equivalent of at least 2 potatoes)*
2 eggs *(optional)*
1 teaspoon groundnut oil *(optional)*
1 spring onion, sliced

1. Fry the chorizo in a dry, non-stick pan for a minute or two until it releases its oil. Add the onion and sauté for another 2 minutes.
2. Add the leftover potatoes. Stir until crisp and golden.
3. Add the eggs *(if using)*. If the pan is dry add a teaspoon of oil first, then move the potatoes and onion to the sides of the pan and break the eggs into the middle. Fry the eggs to until cooked to your taste.
4. Serve immediately, garnishing with the spring onion.

firm family
FAVOURITES

multi-seed traditional irish wheaten bread

(Makes 900g / 2lb loaf)

350g wholemeal flour
100g plain flour
40g porridge oats
1 ½ teaspoons bread soda
1 teaspoon salt
2 tabespoons wheat bran
50g mixed seeds of your choice such as sesame, poppy, linseed, sunflower or pumpkin
500ml buttermilk
50g butter *(melted)*
1 tablespoon honey *(a good squirt of squeezy honey)*

1. Preheat the oven to 220˚C / Fan 200˚C / Gas 7.
2. Grease a 900g loaf tin (or whatever tins you are using) and line the bottom with parchment paper.
3. Place the flours, oats, bread soda, salt, seeds and wheat bran into a large mixing bowl. *(Save a few seeds for decoration if desired)*
4. Melt the butter in a pot or jug and add the buttermilk and honey
5. Stir the wet ingredients into the dry ingredients in the large bowl.
6. Mix GENTLY to make a soft dough
7. Shape lightly and place in a 900g loaf tin and sprinkle remaining seeds over.

fragrant & creamy chicken curry

(Serves 4)

8 chicken thighs, boned & skinned *(ask your butcher to do this for you)*sliced into bite-size pieces
2 chicken breast fillets, sliced into large bite size pieces
1 tsp Turmeric, ground
1 tsp Cumin, ground
1 tsp Garam Masala
1 onion, sliced
2 cloves of garlic, chopped
A thumb-sized piece of fresh ginger, grated
1 tsp tomato puree
A pinch of dried chilli flakes
50 ml pouring cream
250 ml chicken stock
A glug of groundnut oil
Optional: selection of veg such as baby corn, sugar snaps, mange tout, green beans, red pepper, blanched or steamed.

1. In a large bowl, mix the spices with a couple of tablespoons of water to make a paste and coat the chicken in it. Cover and refrigerate for at least an hour.
2. Heat the oil in a pan until quite hot and add the chicken pieces to brown. Remove to a bowl and set aside.
3. Add the onions and a pinch of salt to the pan with a little more oil if necessary. Sweat until softened. Add the garlic for the last few minutes.
4. Add the tomato puree and cook out. Return the chicken to the pot and cover with the stock and the cream. Simmer for about 25mins on a low heat or until the chicken is cooked through and the sauce has thickened. Add the veg just before serving.

curried butternut squash & sweet potato soup

(Serves 4-6)

Rapeseed oil for cooking
1 onion, chopped
1 butternut squash (cubed, not too big)
1 small sweet potato, cubed (same size as squash)
1 clove of garlic
2 tablespoons curry paste (if not available, add grated ginger, chilli, garlic and 2 tsp curry powder or garam masala)
500 ml vegetable/chicken stock
Bunch of fresh coriander, chopped

1 Heat a large saucepan.
2 When good and hot, add oil & sweat onion with a pinch of salt for 5 mins
3 Add butternut squash and sweet potato and sauté for 5 mins. Add garlic for 1 minute
4 Stir through curry paste to coat all veg
5 Pour over the stock and cover
6 Simmer for at least 10 mins
7 Check veg is soft by inserting a knife
8 Blend with either a stick blender or in a food processor
9 Return to pot, adding the coconut milk and fresh coriander.
10 Check for seasoning & serve.

banana & apricot flapjacks with chocolate swirl topping

150g butter
150ml golden syrup
55g dried apricots *(or any dried fruit you fancy!)*
2 large bananas, well mashed
375g porridge oats

Decoration:
100g Milk chocolate
15g White Chocolate

1 Heat oven to190C/170C fan/gas 5.
2 Melt the butter in a jug and add the golden syrup. Add this to the oats and stir in the apricots and mashed banana. Stir well until all the oats have been coated in the buttery mixture.
3 Transfer the mixture to a lined tin and level the surface.
4 Bake in the oven for 10 mins until the top is just beginning to turn a pale golden. The mixture will still seem somewhat soft. Allow to cool for in the tin before decorating.
5 Melt 100g of milk chocolate. Pour over the flapjacks evenly. Allow to cool for a couple of minutes. In the meantime, melt the white chocolate and place in a piping bag with a very small hole. Use the piping bag to draw "lines" of white choc on the milk chocolate from top to bottom at regular intervals.
6 Place a sharp point such as a skewer or knife in the centre of the flapjacks and draw it through the white chocolate until you reach the edge.
7 Repeat at regular intervals.
When the chocolate has set you can slice the flapjacks.