



LOVE *your* LEFTOVERS

**Creative recipes
from diverse cultures**



**The Ethnic Communities' Council
Love Food Hate Waste project
celebrates the diversity of food
and cultures in NSW**

This project was supported by the Environmental Trust as part of the NSW EPA's Waste Less, Recycle More initiative, funded from the waste levy.

Apple Cake

Use up your old apples for this cake recipe. Perfect for a picnic.

6 over-supplied Granny Smith apples
(cored and sliced then soaked in slightly
salty water)

525 grams caster sugar

255 grams butter (room temperature)

225ml buttermilk

375 grams plain flour

2 tablespoons baking powder

6 eggs (room temperature)

1.5 teaspoons vanilla essence

3 tablespoons coarse coffee sugar
(for topping)

Beat butter and caster sugar in a large bowl with electric mixer until the mixture becomes fluffy. Then add in the eggs (one at a time) and beat them well with the wet mixture.

Add buttermilk and vanilla essence to the wet mixture and beat it well until it is mixed well.

Sift the plain flour and baking powder three times. Then add the dry mixture (flour and baking powder) into wet mixture and mix it lightly with a spatula.

Pour the cake mixture in a greased or lined (with baking paper) square baking tray. Scatter the sliced apples on the top of the cake mixture and then sprinkle the coarse coffee sugar on top of the apples.

Bake in a pre-heated oven 180° C for about an hour or until it is cooked and golden brown.

Serve when it is warm with cream (optional).

Recipe supplied by Mrs Kwok, resident of The Hills Shire



Chicken Quiche

Useful for festival leftovers. Can substitute chicken with turkey or ham.

About 2 cups of leftover cooked chicken or ham (diced)	1 sheet of short crust pastry
1 medium onion, sliced	2 eggs
1 red capsicum, diced	2/3 cups cream or milk
1 green capsicum, diced	1 cup freshly grated cheese
½ cup mushrooms, sliced	¼ teaspoon oregano
1 tablespoon butter	Little salt
	Little pepper

Line a quiche ring with short crust pastry.

Prick the base with a fork and rest it for 15 minutes.

Blind bake for 10 minutes in a moderately hot oven.

Place chicken and vegetables in pastry shell.

Lightly fry onions, pepper and mushroom in butter until softened.

Beat eggs, cheese, cream (or milk), herbs and seasoning together. Add the fried onions and mushrooms and pour over chicken and vegetables.

Bake at moderate heat for approximately 30 minutes or until pastry is cooked and flan top is golden.

Serve with salad.



Recipe supplied by Mrs Chow, resident of The Hills Shire

Citrus Almond Cake

This recipe uses whole fruits with skin. You can prepare and freeze the fruit pulp in advance before the fruit goes off.

Dry ingredients

250 grams almond flour

200 grams caster sugar

1 teaspoon baking powder

A tiny pinch of salt

Optional: cloves

Wet ingredients

450 grams left over oranges, mandarins
or clementine

6 eggs

1 teaspoon vanilla essence

Wash fruit and cover with just enough cold water in a pot. Add cloves if you have some.

Bring to boil then simmer for 30 minutes to 2 hours. Remove from water. Can be put in fridge if preparing ahead of time.

Blend oranges with processor/blender or chop finely into pulp. Blend with eggs. Add vanilla.

Mix dry ingredients well. Mix in orange pulp a little at a time.

Bake for about 45 minutes at 180°C or until cooked at the centre (slightly moist).

Put foil on top if the cake is getting dark on top.

May be decorated with cloves.



Recipe shared at the Love Food Hate Waste workshop with the Chinese Leisure Learning Centre, Eastwood

Fried Cumin (Spice) Bread

4 slices of bread cut into small cube size
(you can use bread that is a few days old)
1 small onion finely chopped
2 tablespoons oil

½ teaspoon Chinese pepper powder
1 teaspoon cumin powder
½ teaspoon chilli powder (optional)
1 teaspoon sesame seeds

Heat oil in a saucepan.
Sauté onion, chilli, cumin, pepper powder.
Then add bread and fry until crispy and golden.
Sprinkle sesame seeds to serve.

Recipe supplied by Helen, Love Food Hate Waste workshop participant



Indonesian Vegetable Curry

Add Indonesian flavours to your dish when you have a mix of beans, root and leaf vegetables left over for this flexible recipe.

1 brown onion

3 garlic cloves

5 red chillies and 5 green chillies

1 or 2 tablespoons of dried shrimp shell

1 tablespoons sambal balacan (optional)

1 tablespoons of Indonesian palm sugar

2 or 3 slices of galangal

3 bay leaves

300ml light coconut cream

Vegetables, a variety of 3-4 kinds of such as carrot, choko, white cabbage, green beans, long beans, eggplant

Tofu (optional)

Slice the onion, garlic, red chilli, green chilli and put together with water in the pot with sambal balacan, dried shrimp shell, Indonesian palm sugar, galangal, bay leaves and bring to boil.

Season with pepper and salt and then add the light coconut cream. Stir the ingredients together and bring to boil again.

Place all of the chopped vegetables. When they are cooked it is ready to serve.

Serve with a bowl steamed rice and prawn crackers.



Recipe created by Linda, resident of The Hills Shire

Lebanese Potatoes with Fattoush

Potatoes that are starting to get too old can be boiled and refrigerated. This simple but tasty recipe helps to use up potatoes as well as leftover salad vegetables and bread.

4-8 boiled potatoes
A handful of walnuts

For the fattoush (bread salad):
Combination of tomato, cucumber, radish,
lettuce and other leafy vegetables
Garden herbs such as parsley, spring
onion, mint
1 piece of Lebanese bread

For the salad dressing:
Crush 2 cloves of garlic or use onion
A dash each of lemon juice, virgin olive
oil and pomegranate juice

Boil peeled potatoes. Can be stored in the fridge for a few days.
In a large bowl mash potato with a mortar or other suitable tools.
Add finely sliced onion, season with salt and pepper to taste.
Crush a handful of walnuts and add it to the mixture. Mix well and serve, with the salad.
For the fattoush, wash and slice any left over vegetables. Add dressing and herbs when ready to eat.
Microwave, baked or pan-fried Lebanese bread for garnish.

Recipe supplied by Zamira, Love Food Hate Waste workshop participant



Lettuce Parcels (San Choy Bau)

You can avoid cooking rice if a fast snack is all you need. Suitable for a party or a quick family treat. For a variation you may also add crushed cashew nuts or pine nuts.

250 grams of pork mince
½ onion
6 fresh mushrooms

½ stick of celery
3 teaspoons Hoisin sauce
Iceberg lettuce leaves

Dice onion, mushrooms and celery, stir fry onion until soft then add celery and mushroom. Put oil into a hot frying pan, add pork, stir. Separate minced meat when pork is cooked then add Hoisin sauce and mix thoroughly. Add the rest of the ingredients and mix through. Serve with lettuce leaves.

Recipe created by Susan, resident of The Hills Shire



Milky Custard Dessert

For 6 People:

Use a small round tray or dish

2.5 cups milk

6 tablespoons fine semolina

3 tablespoons sugar

2 tablespoons cornflour

2 tablespoons milk (add to cornflour)

Cornflake crumbs to decorate

Rose Water Syrup

½ cup sugar

1/3 cup boiling water

¼ teaspoon rose water

For 12-15 people

Use a 32cm round tray

1500ml milk, 600ml Thickened Cream

1 cup fine semolina

3 tablespoons sugar

5 tablespoons cornflour

3 tablespoons milk (add to cornflour)

Cornflake crumbs to decorate

1 cup sugar

¾ cup boiling water

½ teaspoon rose water

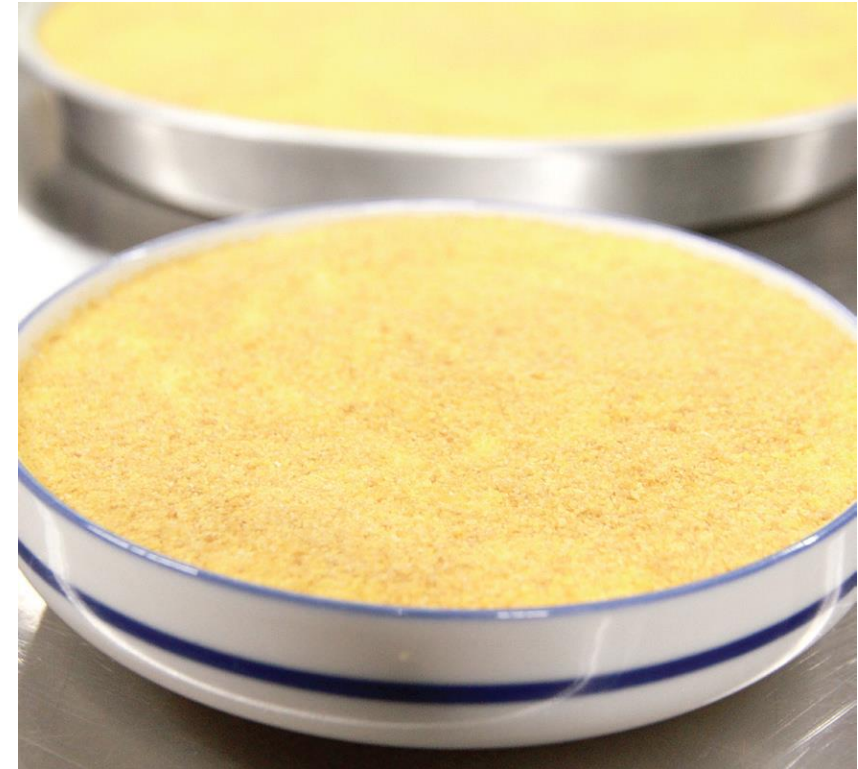
Sprinkle cornflake crumbs evenly onto the base of the tray.

Combine milk, thickened cream, fine semolina and sugar in a saucepan. Place over medium heat. Cook and stirring constantly for around 5 minutes or until hot (do not allow to boil). In a small bowl, dissolve cornflour in 2 tablespoons of milk. Slowly pour corn flour into hot semolina mixture, whisking constantly. Cook for another 1 or 2 more minutes or until milky custard is smooth and thickens (so not allow milky custard to boil as this will give your dessert a smooth texture)

Pour milky custard into the tray. Sprinkle cornflake crumbs on top while milky custard is still hot so that the crumbs will stick to the dessert.

Set aside for dessert to set. Serve while warm with rose water syrup.

Note: The large dessert may need 20-30 minutes.



Recipe and photo supplied by The Hills Shire Council.

Onion Rice Cakes

Main ingredients:

2 - 4 cups leftover rice
½ - 1 cup corn
½ - 1 cup mashed potato
½ - 1 cup chopped shrimp
1 - 2 eggs

Additional ingredients:

2 - 4 tablespoons oil
2 - 3 tablespoons flour
1 teaspoon Chinese Sichuan pepper powder
2 tablespoons finely chopped spring onion

Mix the main ingredients and crack the eggs in.

Fry pepper and onion in hot oil. When you can smell the pepper aroma then pour the oil into flour bowl, mix well and add to main ingredients. Mix well with other ingredients.

Put oil in a frying pan.

Shape mixture in to small patties.

Cook both sides until a golden colour.

Recipe supplied by Aiwei and Hongmei, Love Food Hate Waste workshop participants



Rice Soup with Mince

The combination of seasoning, lemongrass, ginger, coriander and other herbs makes this rice soup deliciously comforting breakfast on a cold winter morning, or at anytime you do not feel well and also one of the best ways to use the leftover cooked rice. This version is made with minced pork but it can also be made with chicken or fish.

Preparation time: 10 minutes Cooking time: 60 minutes

5 cups leftover cooked rice

500 grams of ground pork loin

2 stalk of lemongrass cut diagonally into pieces

4 small red onion finely chopped to mix with the meat

2 green shallots,

Coriander (finely chopped) to sprinkle over the bowl

½ long red chilli, seeded and finely chopped to sprinkle over the bowl

1 tablespoon lime juice

2 cloves garlic finely chopped to mix with the meat

2 pieces of peeled ginger to cut into strips and boil with the soup

1 tablespoon of fish sauce

1 litre of chicken stock

We start by making a pot of soup from the cooked rice leftover with the stock and lemongrass.

Peel the fresh ginger and cut it into thin strips to boil with the soup. Chop some shallots and garlic very finely to mix with the minced pork. Roll the minced pork into small balls. Finely chop some shallots, coriander and some red chilli and set aside.

After boiling the rice soup for half an hour add the minced pork and keep the soup boiling for another half hour. Turn off the heat and taste the soup, adding some fish sauce if needed then take some into the bowl, sprinkle with fine chopped shallot, coriander, lemon juice, pepper or thinly sliced chilli if needed. The flavour should be a little sour and a bit salty with a great aroma.

Recipe created by Minh, Love Food Hate Waste workshop facilitator



Stir-fry Lebanese Bread

“Noodles”

An alternative to leftover sandwiches – freshen up your bread and use up excess barbequed meat. Works well for grilled meat or Chinese BBQ pork too.

2 slices of Lebanese bread	1 small carrot
200 grams char siu (Chinese barbeque pork)	2 tablespoons of soy sauce
½ of a green and red capsicum	Small quantity of sugar and salt
2 sticks of celery	2 tablespoons of olive oil

Slice capsicums, celery, carrots and char sui.

Stir fry all vegetables on medium heat and add salt to taste, set aside.

Stir fry char sui with a 1 teaspoon of olive oil until golden brown, set aside.

Cut Lebanese bread into slices approximately 1cm thick.

To make a sauce add together soy sauce, 2 tablespoons of water and 1 teaspoon sugar, set aside.

In a frying pan add oil and Lebanese bread. Using medium heat stir fry the bread adding sauce 1 tablespoon at a time until all of the sauce has been absorbed before adding more sauce.

Add rest of the ingredients, mix through and serve.



Recipe created by Susan, resident of The Hills Shire

Vegetable Fritters

(Bakwan Sayur)

If you feel like turning your leftover cabbage into spiced fritters this recipe is for you. Also works with shredded potatoes and yams.

250 grams shredded cabbage	1 teaspoon ground pepper
150 grams shredded carrot	1 teaspoon coriander powder
2 scallions, thinly sliced	½ teaspoon turmeric powder
175 grams all-purpose flour	250 ml water
25 grams rice flour	5 cloves garlic, peeled and grated
1 teaspoon salt	1 egg
1 teaspoon sugar	Oil for deep frying

In a mixing bowl, combine all purpose flour, rice flour, salt, sugar, ground pepper, coriander powder and turmeric powder.

Add water and mix well, make sure there are no lumps.

Add grated garlic and egg into the batter. Mix well.

Add shredded cabbage, shredded carrot, and sliced scallions into the batter and mix well.

Pour enough oil in a pot for deep frying. Once a bit of batter dropped into the oil bubbles immediately, the oil is ready.

Use a small ladle and drop a ladleful of vegetables mixture into the hot oil. Deep fry until the fritter is crispy and turns golden brown on both sides.

Remove and drain on a wire rack/paper towel, repeat until all of the batter is used up.



Recipe created by Verina and Novitayati, residents of The Hills Shire.