MUSEUM OF LONDON

TASTE
not waste

Try a range of delicious recipes for
SOUPS AND LIGHT BITES created
by Londoners to make the most of
excess food

In partnership with

HUBBUB

POP BRIXTON

NICHOLAS' SOURDOUGH CRISPS

This recipe comes from **Nicholas**, founder & head chef at **Salon (salonbrixton.co.uk).**

We turn all the ends of the bread that are too small to use for bread/toast into crisps, and serve them with cheese, or sometimes for canapés.

Ingredients

200g stale sourdough bread – crusts and ends are perfect

800g water

50g butter

5g salt

Method

Tear the bread into small pieces and toast in the oven at 160 degrees C until they've dried out fully.

Cook in a pan with the water and butter until the mixture resembles a thick porridge.

Blend to form a smooth paste. Spread on silicon mats 2mm thick and cook in the oven (180) until crisp.

MARK'S GARLIC AND HERB CROUTONS

This recipe comes from chef **Mark Breen** of **Seasonal Kitchen (seasonalkitchen.co.uk).**

Bread is Britain's most wasted food. Over 240 million slices of bread are chucked away every year. Bread freezes really well, particularly for toast, so make sure you pop in the freezer if you're not going to use it. Croutons are a great idea for when bread has gone stale.

Ingredients

Loaf of stale bread

4 tablespoons of olive oil

2 medium garlic cloves, finely chopped

1 tablespoons fresh parsley, finely chopped, or 1 tsp dried parsley

1/4 teaspoon salt

1/4 teaspoon ground black pepper

Method

1. Mix olive oil, garlic, parsley, salt and pepper. While you chop your bread.

2. Cut your bread into 3/4 cubes. For goodness sake, don't remove the crust! It adds variety and a great crunch to these croutons. Transfer to large mixing bowl.

3. Drizzle the seasoned olive oil over your chopped bread and toss until bread crumbs have an even coating of oil.

4. Spread the bread in a single layer on a baking sheet and bake at 180 Celsius for 20 minutes until they are golden brown and crunchy.

5. Serve with salad, soup or anything you like.

DAPHNE'S LENTIL & COCONUT VEGGIE SOUP

This recipe comes from **Daphne (daphneduval.com)**, a nutritionist from France now working in London to raise awareness about healthy diets and sustainable food systems.

This versatile soup recipe is my adaptation of a Caribbean split pea soup. The lentils are first cooked in coconut milk to form the base of the soup before adding the vegetables. Don't hesitate to use any vegetables that have been hanging around in your fridge for a while! You can also add the stalks and leaves of broccoli or cauliflower, the green part of a leek, the leaves of beetroot… Be creative! Use about 1 kilogramme of vegetables for 2 litres of water. The result is a nutritious and flavourful soup in which the split lentils are a source of protein and fibre while the roots vegetables provide the starch. The perfect dish for a winter one-pot dinner!

Serves 6

Ingredients

250 grams of red split lentils, soaked for at least half an hour

1 can of coconut milk

(or 500 millilitres of vegetable stock)

2 potatoes, chopped

3 carrots, chopped

1 piece of pumpkin, chopped

1 onion, chopped

2 celery ribs, chopped

2 cloves of garlic, chopped

1 tablespoon of curry powder

Parsley

A pinch of salt

Optional

turmeric, chilli, thyme

Method

1. Drain and rinse the lentils and place them in a large pot with 2 litres of water and the coconut milk.

2. When the water comes to a boil, reduce to simmer and let cook till lentils are tender (10-15 minutes).

3. Puree the lentils with a hand blender (or a whisk) and add all the remaining ingredients. Make sure you have enough liquid in the pot to cover everything.

4. Bring to the boil and reduce to a gentle simmer until all the vegetables are cooked (20-30 minutes).

Serving suggestion

with croutons made from stale bread.

KALI'S STALKS & STEMS GREEN SOUP

This recipe comes from Kali of Flaming Flamingo (kalicooking.com) supperclub, which combines plant-based food with yoga.

I often find that I have broccoli stalks and general vegetable off cuts that I don't want to eat all of but don't want to throw away. You can use food headed for the bin such as kale offcuts, broccoli, cauliflowers, even leftover cooked greens to make this attractive and flavour packed bowl of soup. Whiz them all up in a blender and with a little tweak, you have a gorgeous soup! Here I also used the stalks of fresh coriander that hold so much flavour but are often thrown out.

This delicious soup feels rich and decadent despite its obvious bright green health appeal. The olive oil and nutritional yeast make the soup a bit more creamy and rich and the croutons or garlic breadcrumbs elevate the soup, adding texture and some flair. Stale or old bread makes great breadcrumbs and croutons, here I fried some with garlic and baked with oil.

Makes 2 large bowls

Ingredients

For the soup

350g broccoli stalks, cauliflower leaves, kale stems

1 shallot, sliced

3 cloves garlic, sliced

25g coriander stalks

600ml filtered water

Juice ½ lemon

50g spinach

100ml olive oil

2 tablespoon nutritional yeast – optional

A big pinch salt, and pepper to taste

For the breadcrumbs

1 tbsp olive oil

2 clove garlic, grated

75g breadcrumbs/old bread

Method

For the soup

Heat a medium pan over medium heat, add a tablespoon of oil, add your shallots, cook for a minute, add the garlic, cook for another minute.

Add the vegetables except for the spinach, only just cover with water, you can always add more when blending if needed. If you're using leftover cooked vegetables just add them at the blending stage.

Cook on a gentle simmer for about 5 minutes until the vegetables are tender. I cook them so they still have a beautiful bright green colour and retain a little bite. If you have a good blender you'll still get a nice smooth soup.

Once ready transfer to your blender along with the rest of your ingredients and a good pinch of salt and pepper.

Blend on high speed (although starting at a low speed or you'll have soup on your walls!), for a minute until smooth creamy and delicious.

Serve topped with your breadcrumbs or croutons, a drizzle of oil and a sprinkle of pepper or chilli flakes.

For the breadcrumbs

Blitz bread in a food processor for a minute or so until you have breadcrumbs.

Heat a large fry pan, add the oil then your breadcrumbs and garlic.

Cook on a medium heat for about 5 minutes, stirring and keeping an eye on them so the garlic doesn't burn.
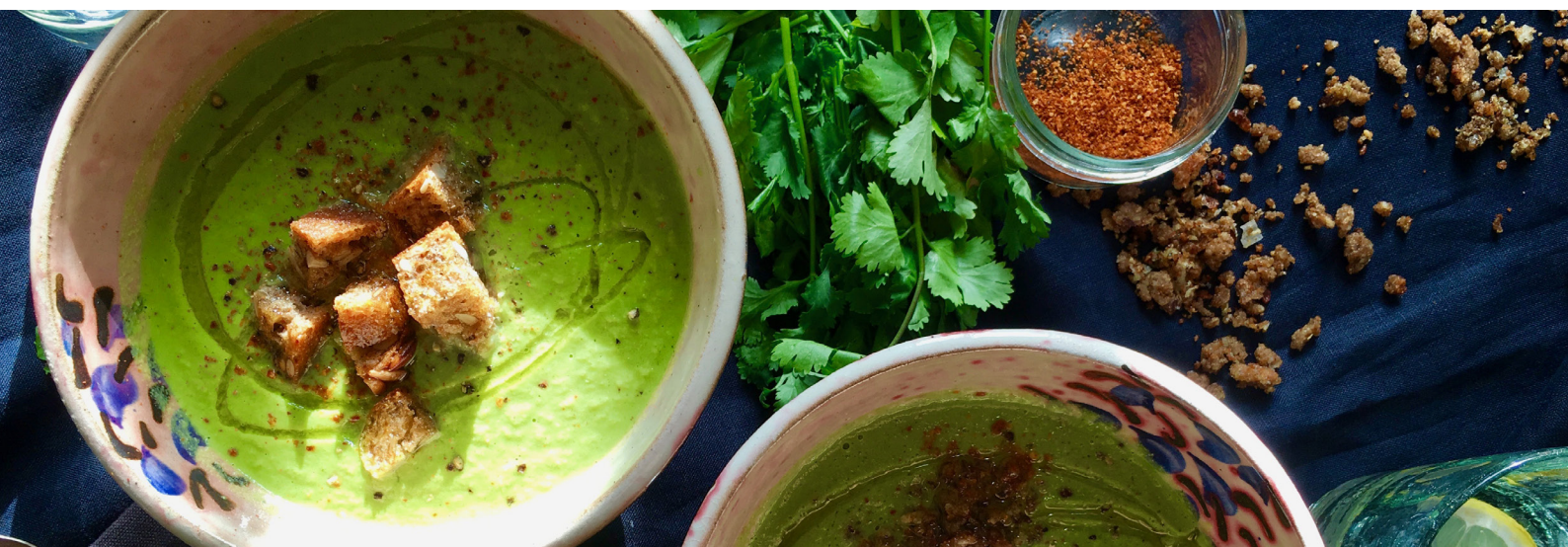
KIM'S ROAST PASTIES

This recipe comes from home cook and blogger Kim (cankimcook.co.uk/about-can-kim-cook).

My food saving recipe is inspired by my mixed heritage. Whilst I was born in Devon, my family are from Zimbabwe and South Africa. Roast beef was a big treat for us growing up. We had ours with butternut squash and rice alongside the more traditional carrots and parsnips! Like so many other families we had to be frugal to make ends meet so we were often quite creative with our leftovers. Cornwall is the home of the traditional pasty, but rather than buy ours, we'd make our own using roast leftovers (whatever we had to hand) mixed with gravy to create something which doesn't feel like you're simply making-do, it is comforting and full of flavour. They're perfect for winter and make great use of your Christmas dinner leftovers.

Makes 4

Ingredients

For the filling

Roast dinner leftovers:

Potatoes

Roast beef

Butternut squash

Parsnips

Broccoli

Green beans

Roasted onion (we roast whole onions with our beef joint)

100ml of gravy

For the pastry

(you can use shop bought pastry)

150g white bread flour

100g wholemeal flour

1/4 tsp of salt

150g cold unsalted butter - diced.

50ml full-fat milk

2 egg yolks - beaten

1 egg - beaten

Method

For the filling

1. Dice and mix the filling ingredients in a bowl.

2. Add enough gravy to the bowl to bind everything together. This is normally 100-200ml but depends on the number of leftovers that you have.

3. Set the bowl to one side whilst you make the pastry.

For the pastry

1. Mix the flour and salt together in a bowl.

2. Add the butter and rub together with your fingers until you get breadcrumbs.

3. Add the milk, followed by the yolks and mix until you have a dough.

4. Wrap the dough in plastic wrap and leave in the fridge for a couple of hours (or overnight).

5. Take the chilled pasty out of the fridge to warm so it can be rolled out.

6. Preheat the oven to 200 degrees C and line tray with baking paper.

7. Lightly flour a work surface and roll the dough out until it is about 2mm thick.

8. Use a saucer to measure out the size of a pasty.

9. Spoon some filling into one half of the pasty and use the egg wash to brush the edges.

10. Fold the pastry over and use a fork to crimp the edges together to seal everything together.

10. Chill the pasties in the fridge for 10-15mins.

11. Take the pasties out of the fridge and brush again with the egg wash.

12. Once chilled bake the pasties for 40mins until golden.

13. Enjoy hot, or these also make a great cold lunch the following day.

LIMAHL'S POTATO ROSTI

This recipe is from **Limahl Asmall,** BBC Good Food Show Cook and founder of **TinyBudgetCooking** (tinybudgetcooking.com) .

Crispy on the outside and delicious on the inside, this is a superb way to use up lone potatoes and makes a quick meal or side dish. I love this recipe because you can use any firm veg or root vegetables that might go to waste and it's a low-cost meal that's huge on flavour! Mix in some bacon or sundried tomatoes and top with a poached egg!

Serves 2

Ingredients

3-4 medium potatoes (or a mix of root vegetables)

1 egg

2 rashers bacon or 4 sundried tomatoes

3 tbsp. grated cheddar cheese (optional)

½ onion

1 clove garlic

Salt and pepper

2 tsp vegetable oil

Method

Wash the root vegetables and grate them (skin on) into a large mixing bowl. Finely slice the onion into half moons and add to the bowl along with a good pinch salt and pepper and 1 minced garlic clove.

Take the bowl to the sink and pull out a handful of the mixture at a time, and squeeze out as much water as you can. Once the bowl has been completed, re-season with a pinch of salt and pepper. Break an egg into the bowl and mix through.

If using bacon, chop the rashers into 1 cm pieces and fry in a tsp oil until crispy. Add to the bowl along with the 4 finely chopped sun-dried tomatoes and the grated cheddar cheese, if using. Mix well.

Heat 1 tsp oil in a non-stick frying pan and pour in the vegetable mixture. Pat down so it is around 2-3 cm thick maximum. (I use an 18cm medium frying pan but a larger pan is fine). Cook over a medium-low heat for 10 minutes.

Turn the Rosti by putting a plate snugly on top of it and turn over the frying pan so it comes out. Add another tsp oil to the pan and slide the Rosti back in to cook the other side. Allow 6-8 minutes more cooking.

Enjoy hot or cold, works great as a packed lunch!

TOM'S BEETROOT LEAF BORANE

This recipe is from **Tom Hunt (tomsfeast.com),** author, chef and founder of **Poco (pocotapasbar.com).**

Borani is an Iranian-style yoghurt and walnut dip. Beetroot leaves are one of my favourite ingredients, they taste similar to chard – from the same family – but have an earthier flavour. Use them to replace greens in any recipe. Beetroot leaves are a valuable ingredient in this dish, making it quite remarkable and delicious.

Serves 4 as a snack /
Serves 2 as a starter with bread
Ingredients

For the borani

1 bunch (about 120g) beetroot stalks and leaves, washed

1 small clove garlic, pureed

A few glugs of extra virgin olive oil

100g thick full fat yoghurt or soya yoghurt

1/8 lemon, zest and juiced

To serve

1 tsp za'atar or dried mint

25g walnuts, crushed into large pieces

2 whole wheat pita bread or

Crudite batons of seasonal vegetables:

1 cauliflower with leaves

1 small bunch chard (red or rainbow)

1 head celery (pick a leafy one)

1 head broccoli

1 head fennel (with long stalks)

2 little gem

Method

Slice the beetroot leaves and stalks finely. Place in a thick based frying pan with a glug of extra virgin olive oil and a pinch of salt. Place on a low-medium heat with a lid on top. After a few minutes, give them a quick stir, return the lid and cook for a further minute.

Remove the lid, add half the garlic, and keep stirring until the juices have mostly evaporated. Remove from the pan and allow to cool.

When cold, mix the cooked beetroot leaves with the yoghurt, remaining garlic and lemon zest and juice. Season to taste.

Serve in a bowl, sprinkled with za'atar or dried mint if using, a sprinkle of crushed walnuts and a drizzle of extra virgin olive oil. Eat with toasted whole wheat pita bread and or seasonal crudités. I like to make crudités out of the parts of vegetables that often get thrown away.