

THE GO GREEN PROJECT
presents



FESTIVE RECIPES



for a
SUSTAINABLE KITCHEN



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FESTIVE SEASON IN THE KITCHEN

Every year in Scotland, about 600,000 tonnes of food is wasted - with 55,000 tonnes of that coming from the month of December. Fruit and vegetables are high on the list of most wasted types of food, as the waste from these items can include stems, leaves, peels and seeds. What most people do not know is that sometimes exactly those parts we throw away due to preference or habit are actually the most nutrient-rich part of the plant, and they can be used to make delicious recipes with new textures and flavours. Vegetable peels, for example, are rich in fibres, antioxidants and other nutrients, and they can be used to make homemade stock for your gravy recipe! And Christmas dinner's leftovers can be frozen to another day or transformed into a completely new dish.



Homemade Stock

Equipment needed:

- Stock/Soup pot
- Strainer
- Knife
- Storage container

Ingredients:

Stocks are very flexible and you can choose your variety of vegetables for your own recipe. Our special recommendation: onions, carrots, celery, beetroot leaves, leeks, and black peppercorns.

For chicken stock add 1 chicken carcass.

For beef stock add leg marrow bones and ribs.

DESCRIPTION

- 1) Wash and roughly chop your vegetables (there is no need to peel them)
 - 2) Transfer the ingredients to a stockpot and cover with water. More water means a light-flavoured stock, while less water means a more concentrated stock.
 - 3) Simmer for about 1 hour, stirring from time to time.
 - 4) Transfer to storage container(s) using the strainer.
- Notes: the vegetables left from the stock can be great for reuse in a curry or stew.

Beef stock:

- 1) First roast the bones with onions in a pre-heated oven at 200°C.
- 2) Transfer all ingredients, including vegetables, to stockpot with water, and simmer for 4-6 hours.

Chicken stock:

- 1) Put all ingredients in a stockpot with water and let it simmer for 1.5-2 hours.

Notes: remove any scum that rises to the surface.

Recipes that use stock:

- Casseroles
- Sauces (e.g. gravy)
- Stews
- Soups

It can also be used for making rice for an extra flavour!



Roast Potatoes

This super easy and quick recipe is a great side dish that will please all your guests on this Christmas Dinner.

Ingredients:

White or red potatoes
Dried rosemary
Olive oil
Salt
Black pepper
Thyme

Description:

- 1) Preheat the oven at 200°C
- 2) Mix the olive oil with the rosemary, the salt, the pepper, and the thyme.
- 3) Cut the potato in the middle twice and coat it in the seasonings (do NOT peel the potatoes).
- 4) Roast it for 20 minutes, then turn the potatoes, coat it with seasonings once more.
- 5) Let it cook it for another 1 hour.

Leftovers:

Fry your potatoes for some chips, or give a try to a Spanish Tortilla recipe. Leftover potatoes can also become a great mash!

For extra leftover potatoes recipes, have a look at the BBC Good Food page:

[Leftover potato recipes](#)





Veggie Pie

A delicious pie perfect for the festive season and cold evenings.

Recipe serves 4 people

Ingredients:

- 300g diced mixed root vegetables
- 1 pack meat-free sausages
- 1/2 sliced onion
- 2tbsp of oil
- 6 tbsp (50g) of plain flour
- 3 large eggs
- 200mL skimmed milk
- 2tsp baking powder
- Option: add seasonings such as thyme and black pepper

Description:

- 1) Pre-heat oven at 200°C.
- 2) Par-cook the root vegetables for 7 minutes in a pan of boiling water.
- 3) Roast the root veggies, onion and sausages with pre-heated oil in the oven.
- 4) Beat the flour and eggs, then add the milk and baking powder. and whisk
- 5) Pour the mixture on top of the sausages and vegetables in an oven-proof dish and cook for 28 minutes.

This recipe is a great choice of what to do with your leftover potatoes, carrots, turnips, beets, and onions.

Red Cabbage with Apples

Ingredients:

- 1 shredded red cabbage
- 2 apples sliced and cored
- 1/2 tsp ground cinnamon
- 2 tbsp wholegrain mustard
- 200ml vegetable stock
- Salt and ground pepper (to taste)



Description:

- 1) Pour the stock into a pan and bring it to a gentle boil .
- 2) Add the red cabbage and all the other ingredients except the apples and simmer for 15 minutes.
- 3) Add the apples and cook for another 5-10 minutes until tender.
- 4) Drain the cabbage and serve.

Tips:

For a more dominant apple taste, replace the vegetable stock for 250mL of unsweetened apple juice. To give an extra festive spirit, add walnuts before serving.



This delicious red cabbage with apple can be a great side dish to go with mash potatoes and pork, or with our previous recipe of veggie pie!

Candied Orange Zest

Ingredients:

3 oranges
4 cups granulated sugar
3 cups water

Tips:

You can replace the oranges in this recipe for other citrus, such as lemon, lime and grapefruit.

For an extra flavour, melt 100g of dark chocolate, dip the candied orange zest and rest it in a tray until is dried (you may want to put it in the fridge).

Description:

- 1) Cut the fruit in 8 wedges, remove the flesh, and cut each wedge into 3 strips.
- 2) Put the peel in a pan covered in water and simmer for 5 minutes. Drain, full it up again with water and simmer for 30 minutes.
- 3) Boil 3 cups of sugar and 3 cups of water, stir to dissolve sugar and add the peel, simmer for 20 minutes.
- 4) In a tray mix the peel and 1 cup of sugar. Let stand until coating is dry and serve.



FOR THIS RECIPE WE ARE ONLY USING THE PEEL, SO EAT THE REST OF THE ORANGE OR MAKE A NICE JUICE!



Sustainable Cooking

Being more aware of food waste can bring a lot of benefits.

A root-to-stem attitude towards vegetables and a plan ahead habit when doing grocery shopping will save perfectly good food from being wasted, and help you save money in the process. It will also encourage you to be adventurous in the kitchen and try completely new delicious recipes!

The festive holidays and the start to a new year can offer a perfect moment to change our behaviour and form new habits, to help make positive changes for the planet.