

THE GO GREEN PROJECT
presents



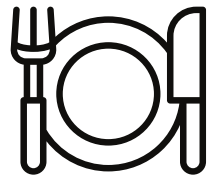
FESTIVE RECIPES



for a
SUSTAINABLE KITCHEN



TABLE OF CONTENTS



04 FESTIVE SEASON IN THE KITCHEN



05 PREPARING YOUR OWN STOCK



06 SKIN ON ROAST POTATOES



07 RED CABBAGE WITH APPLES



08 CHESTNUT STUFFING



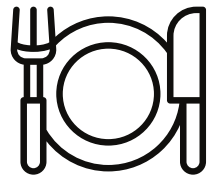
09 VEGGIE PIE



10 BRIE & LEEK TART



TABLE OF CONTENTS



11 NUT ROAST



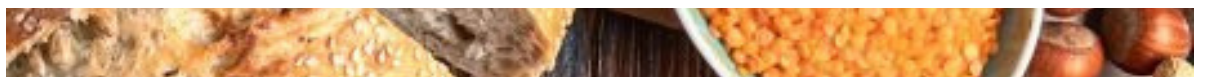
12 VEGAN LENTIL LOAF



13 MUSHROOM WELLINGTON



14 CANDIED ORANGE ZEST



15 CHOCOLATE & BRANDY MOUSSE



16 CLEMENTINE TRIFLES



17 SUSTAINABLE COOKING





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
- Knife
- Strainer
- 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 lightly-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](#)



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!

Chestnut Stuffing

Ingredients:

1 large onion, coarsely chopped
225g/8oz dried apricots, snipped into small pieces
225g/9oz fresh white breadcrumbs
75g/3oz butter or olive oil
225g/8oz frozen chestnuts, thawed and roughly chopped
Bunch of fresh parsley & chopped salt
Freshly ground black pepper



Description:

1. Preheat oven 200C/400F/Gas 6.
Butter a shallow ovenproof dish.
2. Add 1 pint water into a pan with onion & apricots. Bring to boil, then reduce heat & simmer for 5 mins. Drain.
3. Put breadcrumbs into large bowl. Melt butter in frying pan and pour half of this onto breadcrumbs.
4. In the remaining butter, fry chestnuts over high heat until lightly browned. Tip into bowl with breadcrumbs. Add apricots, onion and parsley to bowl. Season with salt & pepper.
5. Bake in a preheated oven for about 25-30 minutes until crisp & hot right through.

This delicious chestnut stuffing can be a great side dish to go with your roast dinner!

Recipe from BBC Good Foods



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 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.



Brie & Leek Tart

Equipment needed:

- Large Bowl
- Knife
- Rolling Pin
- Round Tin
- Pan
- Whisk

Ingredients:

200g wholemeal plain flour	2 tsp Dijon mustard
120g butter, 100g diced & chilled	160g Duchy Organic Cornish brie, sliced
1 tsp olive oil	
2 leeks, finely sliced	4 sprigs thyme, leaves stripped,
1 tbsp white wine vinegar	plus extra leaves to serve
2 tsp caster sugar	5 eggs

DESCRIPTION

1) Put flour & a pinch of salt in a large bowl, add diced butter & use fingertips to rub together until crumbly. Add 3 tbsp water, use a knife to draw pastry together. When it starts to clump, bring it together with your hands, add 1-2 tbsp more water if needed. Knead lightly into disc. Cover & chill for 20 minutes.

2) Preheat oven to 220°C, gas mark 7. On a floured surface, roll out pastry to 0.3cm thick and use to line a 25cm round fluted tart tin (about 2.5cm deep); let excess pastry hang over edge. Put on a baking tray & prick base with a fork. Line with baking parchment, fill with baking beans, then bake for 20 minutes. Remove parchment and beans; bake for 10-12 minutes, until golden & crisp. Leave to cool, then trim overhanging pastry. Reduce oven to 200°C, gas mark 6.

3) Meanwhile, heat remaining butter & oil in a pan. Add leeks & a pinch of salt; cook over low-medium heat for 25-30 minutes, stirring occasionally until soft and turning golden. Add vinegar & sugar, raise heat a little, and cook for 3-4 minutes until slightly sticky.

4) Whisk eggs in a large bowl, then whisk in the crème fraîche. Add leeks, mustard, & a pinch of salt. Pour into tart case, then lay brie on top. Scatter thyme leaves. Bake in centre of oven for 30-35 minutes until set and light golden. Cool in tin for 5 minutes, then remove. Scatter extra thyme leave

Serve warm or cold (makes for yummy leftovers!)

Nut Roast

Ingredients:

Nuts
Breadcrumbs
Onion & Garlic
Olive Oil
Dried Herbs
Veggie Stock
Soy Sauce
Chia Seeds
Dried Cranberries (optional)

Description:

- 1) In a frying pan, sauté diced onion & garlic in olive oil until soft, translucent & just starting to brown.
- 2) In a food processor pulse nuts until fine.
- 3) In a mixing bowl, combine ground nuts, sautéed onion, breadcrumbs, soy sauce, herbs, chia seeds, optional cranberries & veg stock.
- 4) Fill a lined tin with the nut mixture and smooth off the top with a spatula.
- 5) Bake in a preheated oven at 180C / 360F for 30-40 minutes until the top is browned.
- 6) Leave in tin to rest for 10 minutes, before placing a board or serving plate on top, and flipping over to remove the roast from the tin.

For extra seasonal starter recipes,
have a look at
[BBC Good Food Recipes](#)





Vegan Lentil Loaf

Ingredients:

1 onion

Portobello mushrooms

Carrots

1x tin of green or puy lentils

1x tin of kidney beans

Soy sauce

Garlic

Mix dried herbs

Description:

1. Preheat the oven and line a 2 litre loaf tin with baking paper.
2. Finely chop the onion and garlic, chop the mushrooms and grate the carrot.
3. Lightly fry the onion and garlic in a pan with oil. Then add the mushrooms and carrots to soften them.
4. Tip the rest of the ingredients for the loaf into the pan and mash together until you have a thick, chunky mixture.
5. Add the mixture to the lined loaf tin. Use the back of a spoon to press down firmly and smooth the top.
6. Back in the oven for 40-45 minutes. Allow to cool in the tin for at least 5 minutes before slicing and serving.

**A yummy warming main
for the festive season
and cold evenings.**

Recipe serves 6 people

This recipe is a great way to get through your tinned food cupboard (as well as having a tasty meal)

Recipe from wallflowerkitchen.com

Mushroom Wellington

Ingredients:

4 large field mushrooms	1tbsp picked thyme leaves
4 tbsp olive oil	500g block all-butter puff pastry
1 garlic clove, chopped	140g stilton, sliced
About 400g/14oz spinach leaves	1 egg, beaten

Description:

- 1) Heat oven to 220C/200C fan/gas 7. Remove stalks from mushrooms. Heat half the oil in large frying pan & sizzle mushrooms for 3-4 mins on each side until golden & cooked through – add a drop more oil if needed. Lift mushrooms onto kitchen paper to drain.
- 2) Place same pan back on heat with rest of the oil. Fry garlic for a moment, add spinach to pan, then cook for 2-3 mins over high heat until completely wilted. Season with salt & pepper, then tip spinach into large sieve to drain thoroughly.
- 3) On lightly floured add thyme leaves & roll pastry out to the thickness of a £1 coin. Using a saucer and a larger-size plate, cut out 4 circles 5cm wider than mushrooms (for the bottoms) and 4 circles 10cm wider (for the tops), re-rolling the trimmings
- 4) Place four smaller circles on baking tray & top each with quarter of spinach, making sure the pile of spinach isn't wider than the mushrooms. Top spinach with slice of cheese, then a mushroom, smooth-side up, & top mushroom with another slice of cheese. Brush border to each circle with egg, then gently stretch larger circle over mushroom, trying not to trap any air, then press edges together with fork. Trim edges with knife then brush each with egg. Bake for 40 mins until golden, then leave to cool for a few mins before serving.



Impress your family & friends with this crispy main!

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 you will only use the peel so eat the rest of the orange or make some tasty juice!



Chocolate & Brandy Mousse

Ingredients:

150g dark chocolate, plus extra to serve
6 medium Waitrose British Blacktail Free Range
Egg whites
100g golden caster sugar
1 tbsp brandy
75ml double cream
4 shortbread fingers

DESCRIPTION

1. Break up chocolate into pieces and melt in a heatproof bowl placed over a pan of simmering water.
2. Meanwhile, whisk the egg whites until they reach soft peaks. While still whisking, gradually add the sugar 1 tbsp at a time until incorporated and the whites are stiff and glossy.
3. Remove the chocolate from the heat and beat in one-third of the egg whites.
4. Now gently fold through the remaining two-thirds being careful not to beat the air from the mix. Add the brandy and work in until you reach a smooth mixture.
5. Divide the mixture between 4 serving glasses and cool in the fridge for 2 hours.
6. When ready to serve, whip up the double cream and spoon a little mound atop each mousse. Finish with a dusting of grated dark chocolate over the top and serve with the shortbread fingers.

Find more
recipes like
this on
[Waitrose.com/
home/recipes](https://www.waitrose.com/home/recipes)

Clementine Trifles

Ingredients:

6 Essential Easy Peelers

2 tbsp caster sugar

4 tbsp sherry

150ml whipping cream

1 Waitrose Madeira Loaf Cake, cut into
2cm chunks

300g No.1 Madagascan Vanilla Custard

Description:

1. Use a vegetable peeler to pare strips of zest from 1 easy peeler, then cut the zest into fine shreds. Squeeze the juice into a small saucepan and add the sugar and 2 tbsp water. Set over a medium heat and warm until the sugar has melted, swirling occasionally. Add the shredded zest and bring to a simmer for 5-6 minutes until syrupy. Lift out the zest with a fork and set aside on baking parchment.
2. Squeeze the juice of another easy peeler into a small bowl and mix with the sherry. Peel the remaining 4 easy peelers and slice into thin rounds with a serrated knife. In a mixing bowl, use electric beaters to whisk the cream to soft peaks. Have all the ingredients set out, ready to build your trifles.
3. Take 4 glasses or glass jars and layer most of the easy peeler slices and the chopped madeira cake in the base. Spoon the sherry mixture over the cake so it can soak in, then spoon the custard over the top. Finish each trifle with another easy peeler slice and a cloud of whipped cream, then sprinkle with the candied zest to serve.





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.