



STUDENT COOKBOOK

TERM 2 2021

Year 5 Orange & Year 5 Blue



FEAST[™]
FOOD EDUCATION AND
SUSTAINABILITY TRAINING



CARROT CAKE

Created by Alyssa



Cook time

INGREDIENTS

- 2 Eggs
- Half a cup of Golden syrup
- 1 cup of Brown sugar
- 1 teaspoon of vanilla extract
- Half a cup Plain flour
- 1 cup of self raising flour
- Half a teaspoon of ground cinnamon
- One teaspoon of bicarbonate of soda
- Tree queer cup of vegetable oil
- 1 cup of broken walnuts (can be any kind of nuts you like)
- 2 medium sized carrots grated
- 1 cup of sultanas

Icing ingredients

- 250g of cream cheese
- Half a cup of icing sugar
- Half a teaspoon of vanilla extract
- One teaspoon of milk

EQUIPMENT

- 1 large bowl



- A large spoon
- Grater
- Zip lock bag
- 6cm deep 20cm round cake pan
- Baking paper

PROCEDURE

Preheat your oven to 170 degrees 150 degrees fan forced. Now butter your pan and put baking on the sides.

Sift flour, bicarbonate of soda and cinnamon into your bowl. Now whisk sugar, oil, eggs, golden syrup and vanilla extract into the bowl. Add the flour, and now mix until combined. Stir in your grated carrots and sultanas. Now put the walnuts into the ziplock bag and smash them so they are broken but still in medium pieces. Now mix the walnuts in until smooth.

Put in the oven and bake for one hour to one hour and ten minutes.

Leave to cool for ten minutes.

Now put all your ingredients for the icing and beat using an electric mixer for five minutes. Now put your icing on the cake and decorate using walnuts (you don't have to use walnuts)

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

This helps food waste because it will use eggs which are ordinarily wasted and it uses carrots so if you went to a store like Woolworths then you would be able to get carrots that are shaped odd but taste the same and then they will not be wasted for no reason. Also in this recipe you don't need to use walnuts you can use any sort of nuts that you have, and with the sultanas if you wanted you could try putting choc chips in if you didn't have sultanas.

This recipe helps food waste because a lot of the ingredients are things you should normally have.



ROAST CHICKEN WINGS, LEGS AND POTATOES

Created by Antonija



Prep time 30 min

Cook time: 1 hour

INGREDIENTS: potatoes, chicken, capsicum , salt, oil, water, vegeta seasoning

EQUIPMENT: pan, oven

PROCEDURE:

- Peel potatoes
- Clean the chicken
- Add a bit of water to the pan.
- Mix chicken, potatoes and seasoning
- Put it in the pan
- Preheat the oven 170 degrees fan forced
- Cook for just over 1 hour
- Serve while hot



HOW DOES THE RECIPE ADDRESS FOOD WASTE?

You use potatoes which is the 3rd most wasted food, also the meat is one of the top 5 wasted foods. If you have any old potatoes that are about to go off you could also do mashed potatoes if you want. You could also have a salad if you have salad in your fridge that might go off soon. Any leftovers can go in the fridge.



SHEPHERD'S PIE

Created by: Daniel & Stephen



Prep time: 25m Cook time: 1h 5m

INGREDIENTS:

- 1 tablespoon Olive Oil
- 1 Brown Onion
- 1 Carrot
- 2 Celery Sticks
- 1 tablespoon Tomato Paste
- 500g Lamb Mince
- 2 tablespoons Flour
- 2 cups Beef Stock
- 1 tablespoon Worcestershire Sauce



- 1 Bay Leaf
- 4 Potatoes (peeled and cut into pieces)
- 40g Butter
- ½ cups Milk
- Melted Butter to brush
- Salt and Pepper

EQUIPMENT:

- Non-Stick Large Saucepan
- Medium Saucepan
- Sharp Knife
- Fork to create pattern
- Potato Masher
- Wooden Spoon
- 2L Ovenproof Baking Dish (or 4 individual dishes)
- Pastry Brush

PROCEDURE:

Step 1: Heat oil in a large saucepan over medium-high heat. Add onion, carrot and celery and cook, stirring, for 5 minutes or until soft. Add lamb mince and cook, stirring to break up any lumps, for 5 minutes or until lamb begins to brown.

Step 2: Add the flour and cook, stirring, for 2 minutes until it is combined with the lamb mixture. Add stock, bay leaf, Worcestershire sauce and tomato paste. Increase heat until mixture boils. Reduce heat to low and cook, stirring occasionally, for 30 minutes or until sauce thickens. Longer cooking will produce a richer mixture. Taste and season with salt and pepper.

Step 3: Meanwhile: cook potato in a saucepan of salted boiling water for 15 minutes or until tender. Well cooked potatoes make the smoothest mash. Drain well. Return to the pan with the butter. Use a potato masher or fork to mash until smooth. Add milk and use a wooden spoon to stir until combined. Taste and season with salt and pepper.

Step 4: Preheat the oven to 200C. Spoon lamb mixture into a 2L (8-cup) capacity ovenproof baking dish, or use four individual oven proof serving dishes. Top with mashed potato and use a fork to spread over lamb mixture. Use the fork to make pretty patterns in the mash if you want to. Brush with butter (this will help the topping to brown.)



HOW DOES THE RECIPE ADDRESS FOOD WASTE?

Mashed Potato: you can use leftover mashed potatoes from the night before for the topping. Also, you can use old potatoes which might not be good for many other purposes.

Filling: Instead of buying lamb mince, you could use other leftover meat, cooked or uncooked as the basis for the filling. The additional veggies in the filling don't have to be carrot and celery; you could use any other vegetables you have around, such as frozen peas, zucchini, corn, etc.

The other way this dish addresses food waste is that it is so delicious there will be no leftovers!



MOMO/DUMPLINGS

Kinley



Prep time
20m

Cook time
3m to 4m

INGREDIENTS

Vegetables,cheese,meat,hot water,oil,dough, chilies

EQUIPMENT

Fry pan,knife,grater,peeler,gas.

PROCEDURE

1. Make the dough.
2. Make the meat the vegetables.
3. Make the dough into circles.
4. Put the feelings in the dough.
5. Put it into a shape.
6. Cook it
7. Mash the chilies in a bowl.
8. Ready to eat.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?



LAMB RAGUE

Created by Lottie



Prep time

15.

Cook time

5-6hours

INGREDIENTS

- celery
- carrot
- tomato
- tomato diced sauce
- lamb
- bread (optional)
- water

EQUIPMENT

- dicer
- knife
- pot



- lid (for the pot)
- spoon (to stir)

PROCEDURE

preheat the oven to 190* degrees

cut up your vegetables and fruits. Then put it throw the dicer.

Get a spreat pan and Brown your meat.

Next you want toget all the things you've diced and put them in the pot.

Pour the diced tomato sauce in and the water.

Then stir. After a while You want to put the meat in that you prepared Early in . Then cook.(which is 3-4 hours).

Next cook the brown rice And put the sauce on it.

You can have bread with Butter if you prefer. That's how us Swiss Italians Have it. And maybe some Wine if your not too young


Lastly ENJOY

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

I think that this recipe address food waste in a way that It's using lots of the top 5 most wasted food:

Fruit/vegetables

Meat

 bread

And more

I used this recipe bc I want to reduce the amount of Food my household uses.



CHICKEN SOUP

Created by family circle

**Prep time**

20 minutes

Cook time

one hour

INGREDIENTS

1 onion, 3 celery sticks, 3 rashers of bacon, 2 chicken breasts, a can of creamed corn, chicken stock, milk, salt, pepper, 2 potatoes and oil

EQUIPMENT

2 saucepan, 1 measuring jug, Knife

PROCEDURE

Dice celery, potatoes, bacon and onion. Saute celery bacon and onion. Add diced potatoes and cook for another 2-3 minutes. Add three cups of chicken stock and simmer till vegetables are soft. Cook diced chicken breasts in a separate saucepan. Add two cups of milk and creamed corn to the saucepan. Now add it together, wait five minutes and serve.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

It covers a variety of foods. We've always got some of these ingredients not being used.



SPAGHETTI

Made by Benjamin



Prep time
15 minutes

Cook time
20 minutes

INGREDIENTS

1 Onion, 2 Garlic cloves, 200g Bacon, 100g Parsley, 500g Pork and Veal mince, 150g Tomato paste, 500g Bolognese sauce, Spices, Pasta, Water, Oil.

EQUIPMENT

2 Pots, Chopping board, Knife, Spoon, Strainer

PROCEDURE

- 1 Clean and peel onion and garlic.
- 2 Finely chop the onion, garlic, bacon and parsley.
- 3 Place onion, garlic, bacon and parsley into a pot and cook on medium heat till golden brown.
- 4 Add mince meat and spices to the pot and cook the meat while stirring.
- 5 In another pot, fill with water and boil.
- 6 Add pasta to the pot and cook for 12 minutes.
- 7 When pasta is cooked, use a strainer to discard the water.
- 8 Serve pasta in a bowl and add pasta sauce, you can add cheese if you like and enjoy your meal.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

Home made, fresh ingredients and portion control.



SPRING ROLLS

Created by Diego & Hong



Prep time 1 hour

Cook time until golden brown

INGREDIENTS

- Pork Mince
- Carrots
- Onions
- Black Fungus
- Bean Thread Noodles
- Salt
- Pepper
- Spring Roll Pastry
- Cornflower
- Water

EQUIPMENT

- Bowl
- grater
- knife
- chopping board
- chopsticks

PROCEDURE

Mix meat to finely chopped/shredded Vegetables with seasoning

Place one spring roll wrapped in diamond position then place a heaped dessert spoon of filling on the bottom and roll

Deep-fry in oil until deep golden

Serve with lettuce and sweet chilli sauce

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

Well we used leftover vegetables and another way it is sustainable is because it has no processed ingredients.



VEGGIE FRIED RICE!

Created by
Yuetsho



Prep time
5 minutes

Cook time
10 minutes

INGREDIENTS

- Rice
- Peas
- Carrots
- Egg
- Crushed ginger and garlic
- Pepper
- Salt
- Oil



EQUIPMENT.

Pot and ladle.

PROCEDURE

1. Put the oil in the pot and heat it.
2. Fry crushed garlic and ginger.
3. Add carrot and peas.
4. Add rice,salt and pepper.
5. Cook for 5 minutes.
6. Eat it!

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

I used frozen peas that were about to go out and carrots that looked odd. We had leftover rice so wwe used it for the fried rice.



SPAGHETTI

Created by Dominic



Prep time

20min.

Cook time

1:10 hours

INGREDIENTS

- Pasta
- Tomato sausage
- Onion
- Mince
- Tomato's
- Herbs
- Carrots
- Oil
- Salt
- Pepper



EQUIPMENT

- Chopping board
- Knife
- Frying pan
- Saucepan

PROCEDURE

1. Cut up the onions
2. Cut up the herbs
3. Cut up the carrots
4. Heat up oil in frying pan
5. Brown the onions and carrots
6. Add some salt
7. And the meat
8. Stir meat until cooked
9. Add tomato sauce
10. Transfer to the saucepan and cook for 1 hour
11. Then cook pasta for 10-12 min

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

You can reduce the amount of ingredients.

You can buy the meat from the butcher instead of buying the meat from the supermarket that comes with lots of plastic.

And carrots a 1 in 5 most wasted foods.



RISONI AND MEATBALLS

Created by Hamish and Kylie



Prep time 20 mins Cook time 35 mins

INGREDIENTS:

- 500g beef mince
- 1 liter of beef stock
- 1 egg
- 1 cup of dried breadcrumbs
- 1 tbsp of rosemary
- 1 and 1/2 cups of risoni
- two ripe tomatoes chopped fresh

EQUIPMENT:

- Bowl
- measuring cups
- spoons



- Fry pan with lid
- Big wooden spoon

PROCEDURE:

Combine the mince with $\frac{1}{2}$ of beef stock, eggs, breadcrumbs and rosemary . Roll into balls and heat oil and cook meatballs until brown. Pour over remaining stock and cook covered for 10 mins. Add the risoni and tomatoes and cook pasta and when meatballs are cooked through.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

This recipe uses a lot of common items from your house like: beef which can easily go out of date. You can also use day-old bread to make the bread crumbs. If your eggs are about to go out of date you can also use thoughts. It's a great way to use tomatoes as well as rosemary too.



LOADED FRIES

Created by Marnie and Danielle



Prep time: 10minutes Cook time: 30 minutes

INGREDIENTS

- Roast shredded lamb
- Tomatoes
- Onions
- Cheese
- Lime
- Ranch sauce (or any type of sauce u like)

EQUIPMENT

- Oven tray
- Chopping board
- Knife

PROCEDURE

1. Cook the chips in the oven at 200 degrees
2. Cut up the vegetables and
3. Grate the cheese
4. Remove chips from oven when slightly brown
5. Add grated cheese and shredded lamb and return to oven until cheese melted
6. Remove from oven and add your toppings, lime and sauce
7. Enjoy your meal

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

My mum uses the leftover roast lamb from the weekend. She also looks at what veggies and herbs are left over at the end of the week to add to the fries, for example tomatoes. This is a recipe that you can add anything to. There might be some over leftover meat or you might have some sauce that is about to expire which you could use.



MEATBALLS

Created by Lucy and my Mum



Prep time

5-10.

Cook time

10 minutes

INGREDIENTS

- 500g mints,
- $\frac{1}{3}$ cup grated carrot,
- $\frac{1}{3}$ cup of zucchini,
- $\frac{1}{2}$ cup of cheese,
- 200g lentils and
- 1 egg.

EQUIPMENT

A bowl and your hands.



PROCEDURE

1. Put all the ingredients in a bowl
2. Mix well by hand
3. Roll into balls
4. Cook in pan for ten minutes
5. Enjoy!

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

Veggies are better mixed in with foods than whole. And kids will not know there's veggies in them so they'll eat it. Vegetables and fruits are one of the most wasted food some foods are bananas, apples, tomatoes, lettuce, sweet peppers, pears, and grapes.



SCHNITZEL BURGERS

Created by Maria-Grazia



Prep time

35 minutes

Cook time

20 minutes to fry the schnitzels

INGREDIENTS

- Cucumbers
- Lettuce
- Tomato
- Mozzarella cheeses
- Brioche bun

Ingredients for schnitzels

- Veal
- Panko bread crumbs
- Two eggs
- Flour
- Salt
- Olive oil



EQUIPMENT

- Knife
- Fork
- Wisk
- Four plates
- Fry pan
- Chopping board

PROCEDURE

1. Wisk 2 eggs in a bowl
2. Pour a cup flour and two cups of panko crumbs in separate bowls
3. Dip both sides of your meat into the flour
4. Then dip both sides of the meat into the eggs
5. Dip both sides of the meat in panko bread crumbs
6. Lay your schnitzels aside and prepare your frying pan by pouring a small amount of olive oil into your pan
7. Fry schnitzels for approximately 2 minutes on each side or until golden
8. Lastly wash and cut up your vegetables ready to serve your delicious burgers

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

The way my recipe addresses food waste is because you can use as many vegetables as you like that come in all different crazy shapes and sizes.



PIZZA

by Oliver



Prep time

15m

Cook time

20-30m

INGREDIENTS

- Onion
- Cheese
- Ham
- Pineapple
- Olives
- Pizza base
- tomato/sauce
- (Pesto sometimes)

EQUIPMENT

- Oven
- Pizza cutter

PROCEDURE

1. Cover pizza base in tomato sauce
2. Cut up Pineapple, Onion and Unpip Olives
3. Decorate pizza to your liking
4. Cook for about 20-30 minutes
5. Then give 5-10 minutes to cool down
6. Last step, EAT!

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

Pineapple is only in season from March to november.
And Onions are only in season from february to may



CHICKEN WINGS

Created by Lalitha



Prep time 10 Cook time 20

INGREDIENTS

- chicken wings
- Chilli powder
- Ginger garlic paste
- Salt
- Turmeric powder
- Oil
- Coriander powder

EQUIPMENT

- bowl
- Airfryer or oven
- Spoon

PROCEDURE

Step one: Take a bowl and spoon. Marinate the chicken with all the ingredients that are listed above.

Step 2: This is optional, but for good taste put away for 30 minutes

Step 3: Keep in the airfryer or oven for 20 minutes

Now that your chicken wings are ready

eat and enjoy

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

This recipe uses meat which is one of the top 5 food wastes.



Beef Korma

Created by: the Menezes



Prep time: 10-15

Cook time: 15-20

Serves: 4

INGREDIENTS:

Diced beef, korma paste, onion, broccoli, natural Greek yogurt, rice, papadams, coriander.

EQUIPMENT:

Wooden spoon, knife, spoon, fry pan, microwave bowl, chopping board, plates to serve.

PROCEDURE:

First dice the onion and broccoli (chopped broccoli). Add one and a half cups of rice to a microwave bowl then add water (one centimeter above the rice) then cook rice microwave, for 10 mins or until cooked. Cook beef and onion until brown add korma



paste and stir through then add broccoli and cook for another 5 mins stir yogurt serve with rice and papadams (pre-made or microwaveable) add yogurt and coriander as topping.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

When you shop always shop with a list so you don't buy extra food you don't need. Any leftovers can be used at lunch. The coriander can be used on other dishes.



SPAG BOWL

By Violet and Natalie



Prep time: 10 min Cook time: 10 min

INGREDIENTS:

1. Peas and corn
2. Pasta\ spaghetti
3. Oil
4. Meat
5. Carrot
6. Tomato paste
7. Cheese

EQUIPMENT:

1. Spoon
2. knife



3. saucepan
4. bowl
5. Strainer
6. Forks and spoons

PROCEDURE:

Get all the sauce pans out then you put the meat in the biggest saucepan let that cook at a low temperature. Then put the plaster in the little saucepan, fill it with boiling water and let that settle and cook at a high temperature, then you cut the peas and corn up then put them in a different saucepan let it all cook at a medium temperature. Then you put the peas and corn with the meat and let lem cook together, after that you put the pastor in a strainer to let all the water out, then you serve the pasta in the bowls first with a bit of meat on top then finally you put the cheese on top of it all.

HOW DOES THE RECIPE ADDRESS FOOD WASTE? This recipe addresses food waste because now we only make half of what we used to because we never used to eat all of our dinner. If you have any peas and corn in your freezer and are about to go off you can put them in the spag bowl.



FAMILY TACOS!

Created by: Reese



Prep time: 15 minutes

Cook time:10

Photo taken by: Reese McGee

INGREDIENTS:

2 Avocado

Tortillas (type doesn't matter)

1 can of refried beans

2 stems of coriander

1 tomato

A handful of cheese

EQUIPMENT

1 pot

1 stove top, (to cook the tortillas on)

1 metal spoon

1 wooden spoon



PROCEDURE

Take out the turkey mince from the packet. Throw away the plastic wrap on top in rubbish, and the bottom tin in recycling. Put the meat in a pan, throw it around without stirring it, just move it around. If you want, you can add a bit of flavour to the meat by adding *One night in; Mexican spice*™.

After you finish the meat, take out a pot and put it on the stove. You could spray some olive oil spray on it, but it makes no difference. After you finish that, spoon the beans out of the can into the pot. Then cook it, continually stirring, for about 3-5 minutes.

When it starts to bubble you should definitely take it off.

When making the guacamole, you have to smash the avo first. Only a bit, just enough so you don't really have to chew it. If that's not enough for you, then you can throw some tomato into the bowl, along with 2 coriander stems.

After you did all that, set the table and heat up the tortillas. All you have to do is throw the tortillas on the stove, turn up the heat and keep it on there till you see bubbles. Then flip and do the same on that side. Do that till you have enough to eat and enjoy your food!

Now eat and enjoy! You just made the best tacos ever!

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

You can use a bunch of veggies if you want, like Bell Pepper, Zucchini, Cucumber, everything! Also, if you have any leftover sauces that might not get used like chilli sauce or sour cream they taste great there too. Plus, the turkey meat is optional, meaning you can choose any other meat!

APPLE TART (APPELTAART)

By Bridget and Robbert





Prep time 25-30 Cook time 50 mins - 1 hour

INGREDIENTS

Filling :

- 60g caster sugar
- 600g around 5 big green apples
- 60g raisins
- 2 tsp cinnamon
- The zest of a lemon
- Optional hand full of walnuts or pecans is

Dough:

- 2 eggs
- 300 g Flour
- 130 g Brown Sugar
- 220 g Butter ,room temperature
- 2 g (pinch) Salt
- 1/3 cup of Oats

EQUIPMENT

- 2 big mixing bowls
- 24 cm spring cake tin



- Mixer
- Rolling pin
- Optional, slinky apple Machine
- Cooking brush
-

PROCEDURE

Before starting turn on your oven to 160 degrees.

Dough:

Mix butter, eggs - keep a little bit to the side to use for brushing at the end- and sugar together in a bowl with a mixer.

Slowly add flour while mixing, continue by hand mixing the dough until the ingredients are well mixed, it should form a ball, take out a small amount of dough, this will be used to cover part of the tart at the end.

Spread flour on the kitchen bench.

Roll the dough lightly until it is big enough to cover the tin and it's sides. Put the dough in the tin and cut off any extra dough on the side. Add oats to the bottom of the tin on top of the dough.

Filling:

For the filling, peel and core the apples (for this part you can use an apple slinky machine if you have one) then chop the apples into half circles that should be thin small pieces and mix in another large bowl with all the ingredients for the filling, make sure it is mixed well.

This is what both mixtures should look like:



Put the apples in a circle in the pan then keep on layering the apples. Put the raisins and nuts in between each layer of apple.

Using the extra dough make long strips of dough that criss-cross on top of the tart. Brush the last little bit of egg on top of the crisscrossing strips. Place the tart in the oven and bake for 50 minutes



HOW DOES THE RECIPE ADDRESS FOOD WASTE?

If you have a lot of apples you can use this recipe to use them up. All the ingredients are ones that you can find in your cupboard.



ITALIAN SUGAR COOKIES

Created by Zoe



Prep time 10 minutes

Cook time 10 minutes

INGREDIENTS

$\frac{3}{4}$ cup butter
 $\frac{3}{4}$ cup sugar
3 eggs
1 teaspoon vanilla extract
3 cups of plain flour
3 teaspoons of baking powder
A pinch of salt

EQUIPMENT

Bowl
Large wooden spoon
A lined baking tray

PROCEDURE

1. Preheat oven to 200c (400 f)
2. Cream butter and sugar until smooth
3. Beat in eggs and vanilla extract
4. In another bowl combine flour, baking powder and salt
5. Add to the creamed mix and mix well until soft dough forms
6. Using hands roll into walnut sized ball and put on baking tray
7. Bake for 8-10 mins
8. Remove from oven and allow to cool on wire rack
9. Make icing and dip cookies in the icing and enjoy



HOW DOES THE RECIPE ADDRESS FOOD WASTE?

At my house we have a lot of flour butter eggs and sugar and we do not know how to use them so this recipe is perfect to cut down my family's flour and sugar, eggs and butter problem and they taste yummy and i believe They would not get wasted





CHILEAN CHEESE EMPANADAS

Created by Sienna



Prep time 1 hour

Cook time 30-35 minutes

INGREDIENTS

- 1 cup of cold milk
- 1 cup of hot water
- 1 tablespoon of fine salt
- 1 kilo of all purpose flour
- 2 eggs
- 180 grams of warm melted butter
- 453 grams of cheese
-

EQUIPMENT

- Wooden spoon
- Large bowl
- Damp cloth
- Rolling Pin
- Fork



PROCEDURE

1. Make a brine with milk, water, and salt, stir until the salt is completely dissolved.
2. In a large bowl put all the flour, add the eggs, incorporate stirring with a wooden spoon or with a fork or with the tips of the fingers. You want to obtain sand of different thicknesses.
3. Add the butter and work a little more in the same way, at this point you will only have crumbs, not a dough yet.
4. Continue working the dough while adding the brine until you obtain a soft and elastic dough. This will take about 10 minutes of kneading by hand. If you need more moisture, to form a dough, keep adding water or milk without salt.
5. Preheat the oven to 350F or 180C or the oil to fry at 350F or 180C too.
6. Separate the dough into 20 portions or 30 and cover with a damp cloth.
7. Work each portion individually, roll into a thin dough (3 mm.), cut into a circle. I do not recommend extending half of the dough and cutting several circles at once, because there are going to be a lot of dough left and each time you re-roll it gets harder. With this method, they make sure that their empanadas are pretty since the dough will have sufficient flexibility.
8. Place a piece of cheese on one side of the circle. Close the edge with milk, press firmly and make the folds or close using a fork.
9. Brush with an egg beaten before taking to the oven. Do not brush if frying.
10. Bake for 30-35 minutes until they are golden, watch them during cooking if they are puffy, bury a toothpick to deflate them, so they do not open.
11. Or fry on one side and then the other, it's fast, about 2 minutes per side.
12. Serve hot. To reheat, put the empanadas in the oven at the same temperature for 15 minutes.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

This meal uses ingredients you have in your everyday cupboard, shopping trolley and on the list of things you need to eat. Empanadas have to be planned but the ingredients don't. Things Like water, milk, egg and cheese are always in your fridge. Empanadas are a relish food to cook and reduces food easily.



THUKPA

Created by: Lekzeen



Prep time

1 hour

Cook time

45 minutes

INGREDIENTS

Add-ons: chicken and potatoes lime

Soup: pumpkin carrot, turmeric, chilli powder, pepper, salt, water

Noodle: ½ of white flour, 1 cup of water

EQUIPMENT

Cooking: 2 big bowls,

1 saucepan,

1 pan,

1 big spoon.

Eating: bowl and spoon.

PROCEDURE

First you cut up all your veggies, mine were carrot and pumpkin. You cut them up and put them into a bowl. Then you start preparing your dough you can measure but I normally just estimate. After that you prepare the soup/ sauce (it depends on what you want). If you're using any vegetables you blend them in and add in a little bit of water or a lot depending if you want thick or thin. You also roll the dough into balls and boil them with the soup and there you have it. But if you want to add add-ons you have to prepare the chicken before anything else and then add it to the soup. And you just boil the potatoes with the dough balls.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

I think this recipe helps food waste because if you have any veggies that you don't use you can just blend it into the sauce. You can also use anything you like, it just depends on what you like in your sauce. I also used meat in this recipe which is one of the most wasted food items.



ANZAC BISCUITS!

By Maggie, recipe by Anthony



Prep time
10 minutes

Cook time
12-15 minutes

INGREDIENTS

plain flour
rolled oats
sugar
coconut
butter
Golden syrup
Water
BiCarbonsoder

EQUIPMENT

Medium sized bowl
Wooden spoon
Saucepan
Oven



PROCEDURE

1. Get 1 cup each of rolled oats, plain flour, sugar, coconut - mix it through with a fork in a bowl.
2. Melt 125g of butter in a Saucepan with 2 good tablespoons of golden syrup and bring it to the boil stirring it most of the time.
3. nuke 1/4 cup of water in the micro for 10-15 seconds.
4. when U pull it out of the micro quickly stir in 1 teaspoon of bi carb soda in the water - and then mix it with the just boiled butter and golden syrup mix - has to be pretty well straight away - stir in in quickly and and as you do that pour it into the flour mix - stir in well and mix with your hands/mits if you need to. Should be moist enough to stay together but just. (If it's too wet mix in some more flour)
5. Roll mix into small balls - golf balls sized at biggest - bake in 170 - 180 degree oven for 15 min or until golden brown.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

Lots of these items are in your cupboard and they are most of the time used in lots of dishes and when you have leftover things you can use them to make Anzac biscuits.



Apple strudel



Ready in **20 minutes**

Serves **15 people**

Ingredients

- Apple sauce
- Pastry
- An apple
- Cinnamon

Preparation

1. Cut up apple and cover in apple sauce
2. Add into bowl



- ## ¡WARNING!



PALACINKE

(Palacinke, more than 1)

(Palacinka, is 1)

Created by Anthony (and with help from my mum.)



Prep time 20 mins **Cook time** 40 mins by the time all of them are cooked

INGREDIENTS

- 4 eggs
- 2 cups milk
- ½ cup soda water
- ½ cup water
- 2 cups flour
- ½ cup caster sugar
- Pinch of salt
- 2 tablespoons vegetable oil, divide, for frying

EQUIPMENT

- Mixing bowl
- Whisk or hand beater
- Jug
- Measuring cup
- Tablespoon
- Teaspoon
- Non stick fry pan or crepe pan



PROCEDURE

- Gather all the ingredients.
- In a medium bowl, place the flour, eggs, milk, sugar and salt. Beat the ingredients until it's smooth and runny.
- Cover with plastic wrap and let sit at room temperature for approximately 30 minutes.
- Pour the ingredients into the jug.
- Once rested, stir batter until it is completely smooth to prepare for cooking the palacinke.
- Heat the crepe or fry pan. Add 1 teaspoon of oil and swirl around the pan.
- Pour in enough batter to cover the base of the pan, tilting and swirling so it covers most of the bottom of the pan.
- Fry for about 2 to 3 minutes or until the bottom is lightly browned. Flip over and brown the second side. Remove to platter
- Continue with the cooking process, adding the remaining oil as necessary- probably every third palacinka. Stack the cooked palacinke to keep warm. Serve with your favourite topping/toppings and enjoy.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

This recipe addresses food waste by using ingredients like eggs and milk, which are wasted by being thrown out if they go off. There are also toppings like strawberries, blueberries, apples and just fruit in general. Jam too. You can make it out of extra fruit you just have lying around, and put it on your palacinke.



SWEET CREPES

Created by Hudson

Crepes



INGREDIENTS

1 cup all-purpose flour

1 teaspoon white sugar

$\frac{1}{4}$ teaspoon salt

3 eggs

2 cups milk

1 teaspoon vanilla extract (if making sweet crepes - leave out if making savoury crepes)

2 tablespoons butter, melted

Extra sugar for sprinkling over the top of cooked crepes

Raspberries, Bananas, Nutella (optional fillers)



EQUIPMENT

- Sifter
- Medium bowl
- Large bowl
- Measuring cup equal to 1 cup
- Blender
- Crepe pan or a nonstick skillet (to use over low edges of high heat and lightly greased with a little butter)
- Spatula

PROCEDURE

Prep: *5 minutes*

Cook: *30 minutes*

Total: *35 minutes*

1. Place a sifter over a medium bowl and add one cup of flour, one teaspoon of sugar and a quarter teaspoon of salt. Mix these dry ingredients together.
2. Crack three eggs into a large bowl. Then add two cups of milk and one teaspoon of vanilla extract.
3. Use a hand mixer or blender to beat the eggs and milk together. Then gradually add the flour mixture and beat the batter until smooth. Add two tablespoons of melted butter and mix until it's just blended.
4. Heat a crepe pan or a nonstick skillet with low edges of high heat and lightly grease it with a little butter. Pour two tablespoons of batter onto the pan quickly tipping and rotating the pan to spin the batter out as thinly as possible into a round shape.
5. Let the crepe cook until it's ready to turn over (this will be about two minutes). If it moves around in the pan when you give it a little shake, the crepe is ready to flip using a spatula. Once flipped over, the crepe will only take about 30 seconds to finish cooking. The crepe is ready to come off your pan once it's golden brown on both sides.
6. Using the spatula, place the crepe onto a plate. Sprinkle the crepe with some extra sugar and fold in half, then half again. Top with raspberries and sliced bananas. Alternatively, you can add the fruit to the inside of the crepe before folding, or you can even spread Nutella over the crepe with a knife before folding.

Bon Appetit!

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

Crepes is an easy recipe that makes use of any leftover eggs and milk from the fresh food in your fridge, mixed with food from your pantry. You can also serve the crepes with any leftover fruit. Alternatively, you can remove the vanilla extract from the recipe and make the crepes savoury, serving with any leftover cooked eggs, cheese and ham which is also very yummy.



Pacymathackya

Erika and Maria



Prep time
15 min.

Cook time
20 min

INGREDIENTS

- 4 cups of oil
- 3 cups of orange juice
- 1 cup brandy
- 1 teaspoon cinnamon
- Flour
- 3 cups of sugar
- Session seeds

EQUIPMENT

- A mixer
- A tray
- A oven



PROCEDURE

1. 4 cups of Oil
2. 3 cups of Sugar
3. 3 cups of Orange juice
4. Flour
5. 1 cup Brandy
6. 1 teaspoon Cinnamon
7. You made the dough
8. Sesame seeds
9. Cut
10. Oven
11. Eat

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

In this recipe this is how I can address food waste. When me and my yiayia make these biscuits and we have some leftover Dough we eat the leftover dough or we add it to the biscuits. It is the same as the sesame seeds. We also use some flour to make the dough less sticky and with the leftover flour we just add it back into the bag. Or just add it in till it's all gone. And maybe eat some of it.



Schnitzel

Created by
Armin and Daniel



Prep time

Cook time

INGREDIENTS

0.25 lb boneless skinless chicken breasts (2 large breasts)
0.13 cup flour
0.5 large eggs
0.25 cup breadcrumbs, matzo meal, or panko
0.25 tbsp paprika
0.25 tbsp sesame seeds (optional)
0.06 tsp salt, or more to taste
Oil for frying, avocado oil or grapeseed oil both work well
Fresh lemon wedges for garnish

EQUIPMENT

PROCEDURE



For each breast, check to see if there is a tenderloin (an extra flap of meat that sort of hangs off).

Lay the breast on cutting board with smooth side facing upward. Identify the thickest round edge of the breast. Place your hand flat on the top of the breast. Slice carefully horizontally into the thickest round edge, slicing about three quarters of the way into the breast (dividing top half of breast from bottom). Do not slice all the way through.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?



Irish Mist Brownies

Created by Carys



Prep time : 7 minutes Cook time: 50 minutes

INGREDIENTS

BROWNIES:

1/2 cup Land O Lakes® Butter
2 (1-ounce) squares unsweetened baking chocolate
1 cup sugar
3/4 cup all-purpose flour
2 large Land O Lakes® Eggs

FILLING:

2 cups powdered sugar
3 ounces cream cheese, softened
3 tablespoons Land O Lakes® Butter, softened
1/4 teaspoon peppermint extract
Mint leaves (for color)
Lemon zest (for color)



DRIZZLE:

1 (1-ounce) square unsweetened baking chocolate, melted

EQUIPMENT

½ cup

Scale

¾ cup

2 egg

Tablespoon

½ tablespoon

Food coloring

8 inch square baking pan

Aluminum foil

PROCEDURE**STEP 1**

Heat oven to 350°F. Line 8-inch square baking pan with aluminum foil, extending foil over edges. Grease foil; set aside.

STEP 2

Melt 1/2 cup butter and 2 squares chocolate in a 2-quart saucepan over medium heat, stirring constantly, 4-6 minutes or until smooth. Stir in all remaining brownie ingredients until well mixed. Spread into the prepared pan.

STEP 3

Bake for 25-30 minutes or until the brownies just begin to pull away from the sides of the pan. Cool completely.

STEP 4

Combine all filling ingredients in a bowl. Beat at medium speed until creamy. Spread over cooled bars. Drizzle with melted chocolate. Cool completely. Lift brownies out of the pan, using foil ends; cut into bars. Store, covered, in the refrigerator.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

Instead of using food coloring, we use Mint and lemon zest for color and instead of throwing out the lemon zest in the bin We use the lemon in cakes and Icing.



Spaghetti bolognese

Addison



Prep time 30 Minutes Cook time

INGREDIENTS

- Mint
- Pasta
- Peppa
- Leggos pasta Sauce
- Oil
- Boiling water

EQUIPMENT

- Wooden spoon
- Pot and pan
- Pan lid

PROCEDURE

Spaghetti bolognese

As I got the pan you put oil on the pan then put the mint on the pan and mush it up for a little bit. Once you're done mushing the mint, put the sauce in and leave it to sit. Get the pot and get boiling water and cook the pasta in the water. Now stir the pasta and then strain the pasta. And serve for more taste and add cheese.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

The mint in the spaghetti is mostly being wasted. My mum when she puts the sauce in the mint then if the some stuck in the jar



THE JAM IN NORWEGIAN WAFFLES

Created by Joe



Prep time 5 minutes Cook time



INGREDIENTS

5 cups of crushed Strawberries
¼ of Lemon juice
6 tablespoons of pectin
6 cups of Granulated sugar

Directions

Prepare boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.

Combine strawberries and lemon juice in a 6- or 8-quart saucepan. Gradually stir in pectin. Bring mixture to a full rolling boil that can not be stirred down, over high heat, stirring constantly.

Add entire measure of sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.

Ladle hot jam into a hot jar leaving a ¼ inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar and apply band, adjust to fingertip tight. Place jar in boiling water canner. Repeat until all jars are filled.

Process jars 10 minutes, adjusting for altitude. Turn off heat, remove lid, let jars stand 5 minutes. Remove jars and cool 12-24 hours. Check lids for seal, they should not flex when center is pressed.

PROCEDURE

Add half a vanilla bean, split in half lengthwise, to the crushed strawberries. Cook as directed and remove vanilla bean before ladling jam into jars. The resulting jam will be enhanced with subtle yet distinct vanilla overtones.

Strawberry balsamic jam:

Reduce the lemon juice to 1 tbsp and add 3 tbsp good-quality balsamic vinegar. Balsamic vinegar accents the strawberry flavor and gives the jam a robust taste.

Lemony strawberry jam:

Add the grated zest of 1 large lemon to the crushed strawberries.

Black pepper strawberry jam:

Stir 1/2 tsp freshly ground black pepper into the cooked jam just before ladling it into the jars. Pepper accents and compliments strawberries' sweet flavor. Be sure to use freshly ground pepper, which delivers a fresher-quality flavor.



HOW DOES THE RECIPE ADDRESS FOOD WASTE?

It helps so we don't waste strawberries because we have to use it in the jam. Since we make waffles more often now and if we strawberries that are not eaten, we use them to make jam for the waffles. Fruit is the most popular food that gets wasted so it's good to use strawberries in waffles.



GULAB Jamun

Created by Dev



Prep time

30 mins

Cook time

1 hour and 30 mins

INGREDIENTS

- Milk powder (100 grams)
- Maida (60 grams)
- Baking powder - half tsp
- Ghee - 2 tbsp
- Milk ($\frac{1}{4}$ cup)
- Sugar - 2 cup
- Water - 2 cup
- Cardamom - 2 pod
- Saffron - $\frac{1}{4}$ tsp
- Lemon juice - 1 tsp
- Rose water - tsp

EQUIPMENT

- Frying pan
- Beater
- Medium sized bowl
- Measuring cup
- Table spoon
- Tea spoon
- Sieve

PROCEDURE

First we had to mix the milk powder, maida, baking powder, add some ghee, mix the milk in and add some water, this was to make the soft dough. Rest the dough for about 5 minutes.

Start to roll the dough into a skinny snake shape but not too skinny. Make sure that before you do this that you have made the dough soft and smooth. Then roll the dough into small balls just a little bit smaller than a ping pong ball. Do this with all of the dough.

Next, get a frying pan and put on a deep fry with sunflower oil in it. Then get the mini balls that you have just made and put them into the pan. Now wait until the balls are golden brown and they have a soft inside that involves no raw dough.

Once that is done you can move onto the syrup. For this add a full cup of sugar into the pan. Then add the cardamom, water, saffron, lemon juice and rose water.

Now you are ready to eat!, just pour the syrup onto the balls and you have just made a dessert that is both special to my family and India and it's called GULAB JAMUN.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

GULAB jamun makes use of baking powder. Baking powder is something that does not last for very long and making GULAB jamun makes great use of it. It also makes great use of milk since milk can go sour if not used in expiry time. You can also add some extra things that you find in your cupboard like extra saffron.



ANZAC BISCUITS

Created by James



Prep time 15 Minutes

Cook time 10-15 Minutes

(Plus cooling time)

INGREDIENTS

- 1 cup (90g) Rolled Oats
- 1 cup (150g) Plain Flour
- 1 cup (220g) firmly packed Brown Sugar
- ½ cup (45g) Desiccated Coconut
- 125g Butter
- 2 tablespoons Golden Syrup
- 1 tablespoon Water
- ½ teaspoon Bicarbonate of Soda

EQUIPMENT

- Measuring cup
- Tablespoon
- Teaspoon
- Mixing Bowl
- Wooden Spoon
- Saucepan
- Spatula
- Oven

PROCEDURE

1. Preheat the oven to moderately slow. 170°C
2. Combine oats, sifted flour, sugar and coconut in a large bowl. Combine butter, golden syrup and the water in a small saucepan. Stir constantly over medium heat until butter is melted; stir in soda. Stir mixture into dry ingredients.
3. Place a level tablespoon of mixture 5cm apart on lightly greased oven trays.
4. Bake in a moderately slow oven for about 10-15 minutes or until biscuits feel slightly firm. Use spatula to loosen biscuits on trays; cool on trays.

Makes 30



HOW DOES THE RECIPE ADDRESS FOOD WASTE?

The ingredients in this recipe address food waste because you get the ingredients separately and choose how many biscuits you make. And you can save the ingredients and use them later or for something else.



CRANACHAN

Created by Odette



Prep time: 15 Minutes
time: 5 Minutes

Serves: 4

Cook

INGREDIENTS

- 2 tbsp of Medium Oats
- 300g fresh raspberries
- A pinch of caster sugar
- 350mls double cream
- 1 tbsp of Heather Honey

EQUIPMENT

- Baking tray
- Sieve



- Whisk
- Bowl
- Serving Dishes

PROCEDURE

1. Toast the Oats on a baking tray in the oven. They will take a while to toast so just keep an eye on it. Then cool.
2. Puree the Raspberries by crushing them and putting them through a sieve. Don't worry if they are too mushy or look funny, it doesn't affect the taste! Sweeten the mix by adding pinches of caster sugar to your liking. Whisk the double cream until just set in a separate bowl, and then slowly add in the honey and be careful not to over whip the cream. Taste the mix and add more of one of the ingredients to your taste.
3. Stir in the oats and whisk lightly until the mixture is firm. Alternate layers of the cream mixture with remaining raspberries and the puree into 4 serving dishes. Allow to chill in the fridge slightly before serving.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

The good thing about this recipe is that most of the ingredients that are in this recipe can be found in the cupboard, it's also a great way to use up those mushy raspberries in the back of your fridge that you never use. Raspberries are also one of the most wasted berries because people usually throw away and discard the fruit because it is too mushed for them. The raspberries being mushy does not change the taste though most people are blinded by the looks of the raspberries and then contribute to the whole food waste percentage . And even though they look kind of gross they still taste amazing and they are easier to use in smoothies and recipes like this one!



POLISH DONUTS (PAZCKI)

Created by Nate and Chantelle



Prep time

Cook time set 2 hours to rise 20 to fry.

INGREDIENTS



- **Yeast - sorry idk what flour I used.**
- **Egg yolk -**
- **Flour - I used plain flour.**
- **Milk - Whole milk is recommended.**
- **Filling - I have used strawberries jam.**
- **Oil - for frying the donuts.**

EQUIPMENT

- Mixing bowl
- Tongs
- Measuring cups
- Little containers
- Spoons

PROCEDURE

1. Put egg whites & yolks, sugar, flour, milk, butter, baking flour and yeast in separate small containers. While fill up deep fryer with oil on the oven.
2. Put all the ingredients from above in your mixing bowl and mix for 2 minutes.
3. Put Dow in bowl for 2 hours. (it should rise).
4. Roll the dough with a rolling pin until halve a centimeter. (Use a ruler).
5. Cut out circular shapes from the dough and put on a tray then put a damp tea towel over the tray for 10 minutes.
6. Put one of the flattened donuts in the deep fryer for a test should be in there for ten minutes.
7. If that one works you can put the others in for ten minutes.
8. When done do the same for step 5.
9. Then you coat the deep fried donuts in sugar to cover all.
10. When all of the batches of donuts are done, put them on the bench in one of your rooms for twenty minutes.
11. When done that put some jam or custard in the donut with a syringe and then the donuts are done.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

I chose to reduce the egg whites because you don't need them. Me and my mum used the egg yolk to give them to my dogs for a little bit of their dinner and a treat. Me and my Mum re-used the oil to deep fry them so we could use it again.



BANH XEO (VIETNAMESE CREPES)

Created by Nathan



Prep time

30 mins

Cook time

10 mins

INGREDIENTS

The ingredients used to make the batter for banh xeo are:

- 1¼ cups rice flour
- 1 teaspoon white sugar
- 1 teaspoon turmeric
- 1 pinch salt
- 400 ml coconut cream
- ¼ cup water
- Chopped spring onions

You can use whatever filling you like but traditionally the following ingredients are used:

- Thinly sliced pork belly
- Peeled and cooked prawns
- Bean sprouts
- Shallots

Serve with:

- Mint
- Lettuce leaves
- Fish sauce with lime juice



EQUIPMENT

The following equipment that will be needed to make banh xeo are:

- Non-stick frying pan with lid
- Whisk
- Soup spoon or ladle
- A spatula for flipping/turning

PROCEDURE

1. Mix the ingredients for the batter into a large bowl. Beat in coconut cream to make a thick batter. Slowly beat in water until the batter is thin. Set aside for 20-30 minutes.
2. Heat a non-stick frypan and add some cooking oil. Add a ladle of batter to the pan. Allow to cook for about 30 seconds before adding your favourite fillings. Cook with the lid on for a few minutes or until crispy and golden on the base.
3. Add bean sprouts, shallots, and/or any other herbs you like. Fold the crepe to enclose the filling. Place folded crepe onto a plate.
4. Repeat with extra batter and ingredients.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

This recipe address food waste in several ways,such as

- When making the Vietnamese creeps you can make them as big or small as you want. This helps control the serving size and reduces food waste.
- When adding filling to the Vietnamese creep you can put in whatever you want, such as, unused meat, left overs or food scraps. This means you do not have to waste food.
- The ingredients in the recipe are used in their entirety so food is not wasted.



LEMONADE SCONES

Created by Zoe G
Recipe from My Grandfather



Prep time 10 minutes

Cook time 12 minutes

INGREDIENTS

- 3 cups of self raising flour
- 1 cup of thickened cream
- 1 cup of lemonade
- 2 cups of normal flour
- Cream and jam (optional)

EQUIPMENT

- Oven
- 1 cup
- Cutting board
- Cookie cutter
- Large bowl
- Wooden Cooking spoon

PROCEDURE

Z combines 3 cups of self raising flour with 1 cup of thickened cream and 1 cup of lemonade. Do it all together and mix. When mixed, tip it out onto a floured board and knead a couple of times. Shape the dough to about 2 cm high and cut into scone size shapes. Place on a tray and make sure each scone touches another scone. 180 deg oven for about 12 minutes. When they start to brown on top they are cooked.

HOW DOES THE RECIPE ADDRESS FOOD WASTE?

The recipe is made from ingredients that anyone can find in their kitchen. Like the self raising flour, you can find it in the kitchen without even thinking about buying it. And the scones are so delicious that none of that yummy scone will be wasted, and there's plenty for everyone to enjoy. The recipe is so simple you can make it any time if you feel like a treat. This recipe can be saved in the fridge for up to 3 days and they can be frozen to last even longer.



LEMON SLICE

Created by Sam



Prep time 5 minutes

Freezing time 10 minutes

INGREDIENTS lemon, biscuits, icing sugar, whipped cream,(what I do)

EQUIPMENT mixer, freezer, wooden spoon, bowl,

PROCEDURE: grab a bowl and any type of biscuit you like. Then smash all the biscuits with a wooden spoon put them in the freezer after that grab at least 6 lemons squeeze the juice into a bowl freeze it while it's freezing wait for the biscuits and lemons to freeze after place the frozen lemons on top of the frozen biscuits and put them in the freezer there you have a lemon slice.

HOW DOES THE RECIPE ADDRESS FOOD WASTE? Sometimes I don't eat biscuits in my lunch so we use it for the bottom of the slice. (And my mum is the only one who eats lemon)

