

CARROT AND FENNEL TOP PESTO WITH CARROT, FENNEL AND ORANGE SALAD





TOM HUNT

I'm a chef and author passionate about creating fairer food systems, working on projects to revive cooking heritage, reduce food waste, improve the environment and promote food equality. I live in New Cross but have an award-winning restaurant in Bristol called Poco. Carrot tops are a nutritious and versatile ingredient that can be used to replace herbs in any dish. They also make a great garnish. They have a slightly bitter flavour on their own so I like to combine them with other herbs. Bitter greens often contain phytonutrients that are thought to be good for our health and help support our liver.

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Serves 4 as a side dish

Ingredients

- 250g carrots with leaves
- 1 fennel bulb with fronds
- 40g pine nuts, lightly toasted
- 1 small clove garlic, finely chopped
- 1/2 orange, zested then peeled
- 75ml extra virgin olive oil
- 1 tbsp nutritional yeast or grated parmesan

Optional

If you are unable to find carrots and fennel with their tops still attached, replace with 50g of basil.

Method

For the pesto

Remove the stalks and leaves from the carrots and fennel bulb and place them in a bowl of cold water for five minutes, remove and rinse under the tap. Bunch the tops together on a chopping board and chop finely.

In a large pestle and mortar, crush the garlic to a paste. Add half the toasted pine nuts and crush, then add the orange zest and combine with the pestle.

Add the carrot and fennel tops – or basil if using – and grind together into a rough paste, then stir in the olive oil and nutritional yeast or parmesan. You can store the pesto in a jar or container in the fridge for up to two weeks. If you don't have a pestle and mortar, blend all the ingredients in a food processor until roughly chopped and combined, or simply chop everything finely and mix together.

For the salad

Wash the carrots and fennel then shave them into slithers using a peeler. Slice the orange into rounds about 5-10mm thick, then cut the rounds into halves. Toss the carrot and fennel shavings with the pesto and orange pieces in a mixing bowl.

Serve on a plate topped with pesto and decorated with the saved fennel and carrot tops.

BEETROOT GNOCCHI





I'm a blogger at The Botanical Kitchen and a former Great British Bake Off contestant. I always try to make the most of the food I grow and created this recipe when I found myself with too much beetroot. I'd planted two rows of seeds in my allotment expecting a small number to grow but then one Sunday we arrived at the allotment and I gasped. There was so much beetroot – nobody told me not to plant the whole packet! We transported as many as we could around the allotment and used the funny shaped ones in this gnocchi recipe.

URVASHI ROE

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Serves 8 Ingredients

- 2-3 tbsp sunflower oil
- 500g beetroot
- 1kg floury potatoes such as King Edward or Maris Piper
- 500g 00 grade pasta flour or plain flour
- 1 egg, beaten
- 1 tsp fine table salt

Method

Preheat oven to 200°C and oil a roasting dish. Twist the leaves off the beetroot, wash and set aside to dry. Peel and chop the beetroot into rough 2 inch sized chunks, rinse and then toss in the roasting tray. Make sure they are evenly coated with oil and roast for 20-30 minutes until soft.

Meanwhile peel and chop the potatoes in the same way, pop into a saucepan full of water and boil for about 20 minutes until soft. Drain the potatoes and mash them in a large bowl using a potato ricer so you get a nice smooth consistency. Set aside.

Once the beetroot is cooked, purée it in a food processor, pass it through a sieve to remove lumps and then add this to the mashed potatoes and mix together. Now add 300g flour and the egg and combine it all together. Add the rest of the flour a little at a time until you have a nice firm dough that is not sticky. Divide the dough into four balls.

Dust your work surface with a sprinkling of flour. Roll each ball into a long sausage shape. Cut the sausage into 25mm chunks.

Bring a large pan of salted water to the boil and drop a handful of gnocchi in at a time. They will float when done. Scoop them out with a slotted spoon and pop them into a warm bowl while you cook the rest. Drizzle on olive oil to prevent sticking.

CRISPY POTATOES, OX HEART, CHIMICHURRI AND GORGONZOLA





AARON WEBSTER & REMI WILLIAMS SMOKE & SALT

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We run Smoke & Salt at Pop Brixton and we have a crowd-pleasing version of this dish on our menu. We created this homage to steak, chips and blue cheese as a dish that is both sustainable and (in our opinion) tastier than the original. We love offal, in particular beef heart, because it is so lean and flavoursome – something most prime, expensive cuts of beef lack!

Chimichurri is a South American sauce that loosely translates as ‘a mixture of things in no particular order’. This makes it great for using up any herb stems, leftover herbs or fresh chillies, peppers, shallots, onions etc. All the elements of this dish could easily be thrown away but we’ve used them to create something to rival an upmarket steak and chips.

Serves 4

Ingredients

- 500g potatoes
- 1 ox heart
- 200g gorgonzola
- 1 bunch of parsley
- 1 bunch of mint
- 1 bunch of spring onions
- 1 green pepper
- 1 tsp chilli flakes
- 3 cloves of garlic
- olive oil
- vegetable oil

Optional

Any old strong cheese scraps you have lying around works as well as gorgonzola.

Method

Cut potatoes up into bite size pieces and cook in salted water until tender but not breaking apart. Strain, set aside and cool. Cut ox heart up into individual steaks, roughly 200g in weight ; marinate in olive oil and chopped garlic and set aside in the fridge.

Any old herbs and vegetable scraps can be used for the chimichurri but we would strongly recommend parsley, mint and possibly coriander. Chop all herbs and put them in a bowl along with sliced spring onions, finely diced pepper, chilli flakes and finely grated garlic, and stir together with the olive oil.

Place a layer of cooked potatoes in a frying pan with a layer of oil at the bottom, keep the heat on medium high and stir every so often until you get crispy potato cubes. Season the steaks generously with salt and place into another hot pan and cook for two minutes each side until browned. Take out the pan and set aside.

Take the potato cubes out of the pan and dress with the chimichurri and some salt. Carve the steaks into 1cm thick slices and place on top of the potatoes. Crumble the gorgonzola over the top and enjoy!

LUSCIOUS LEMON AND MASHED POTATO CAKES





I'm a Barnet-based cookery teacher who likes to make food fun and challenge children to try new recipes.

The idea of baking with mashed potato intrigued me and I have tweaked this recipe over the years after originally finding it in a magazine. It is a great way to use up leftover mashed potato from the night before. I like to weave this recipe into my classes and ask the children to guess the secret ingredient. No one has ever guessed it correctly!

It also makes a great alternative to flour, producing a really moist, buttery tasting cake that is fantastic for those following a gluten-free diet.

NICOLE FREEMAN

thekidskitchen.net

Creates 10-12 cakes

Ingredients

For the cake

- 200g butter
- 200g caster sugar
- 4 eggs
- 175g ground almonds
- 250g cooked, mashed potatoes, ideally put through a potato ricer so it's really smooth
- zest of 4 lemons (keep the juice for the icing)
- 2 tsp baking powder

For the topping

- 8 tbsp icing sugar
- juice of 2 lemons

Method

Beat the butter and sugar together with a hand mixer until well combined, then add in the eggs and the rest of the ingredients and beat till smooth. The mixture may look a bit lumpy but don't panic.

Pour the mixture into silicon muffin tins and bake at 180°C (fan 160°C) for about 25 minutes until a skewer inserted into the middle of the cake comes out clean and the cake is lightly golden. It may need more or less time depending on the size of your tins.

Heat together the lemon juice and icing sugar in a small saucepan until the sugar has dissolved. Carefully spoon over the top of the muffins – don't worry if it drips down the sides! Alternatively, you can make a lemon glaze by mixing the icing sugar with enough of the lemon juice to form a spreadable paste and then spread this over the top of the cakes.

Leave to cool.

BANANA NICE CREAM DREAM





NUREEN GLAVES

I am a passionate foodie and innovative chef who likes to experiment with different flavours and textures. This year I was diagnosed with a gluten and dairy intolerance and, instead of feeling sad about it, I came up with a delicious alternative ice cream base which can be combined with any ingredients to make dairy free ice cream.

My favourite dairy free ice cream is banana with coconut and mango syrup but you can add any number of things in their place. Try other fruit, nuts, chocolate, biscuit odds and ends – it's a great way to use up bruised, brown bananas and other excess ingredients.

@FMGNutrition feedmegood.co.uk

Serves 2-10

Ingredients

- 5-6 bruised bananas, frozen
- 1 can of coconut milk or any other milk or milk alternative
- 1 pack of frozen mango chunks or any fruit that needs eating up, i.e. apples, pears, squishy berries
- 3 tbsp agave syrup or honey
- 3 tbsp vanilla essence (optional)
- 100g desiccated coconut (optional)
- 2 limes (optional)

Method

Remove the skins of the bananas. Place the bananas in a freezer bag and allow to freeze for four to six hours (for the best results freeze overnight).

Next make the mango base. Put the frozen mango chunks into a blender along with the juice of two limes and two tbsp of agave syrup. Blitz together and set aside in a container, then place in the freezer for 10-15 minutes while you make the coconut ice cream.

You can add any flavourings to the ice cream base so get creative. For a plain base use bruised bananas, any milk and vanilla essence. In a blender add the frozen bananas and coconut milk, 150g desiccated coconut, 1 tbsp agave syrup and 1 tbsp vanilla essence. Blitz together on a medium to high setting until you have a creamy and smooth consistency.

Get a medium container and pour 1/3 of the coconut base then swirl 1/3 of the mango base on top. Repeat this process until you have six layers, alternating between coconut and mango. Now sprinkle the rest of the desiccated coconut on top. Place in the freezer for one hour.

Now you are ready to serve. Enjoy!

TURKEY, SAUSAGE AND BACON PIE

TOM AIKENS

For me, seeing so many vegetables go to waste each day is criminal - just because a few outer leaves are bruised, or the stalks are soft, it does not mean they are destined for the bin. Tom's Kitchen specialises in serving British comfort food, and it doesn't get much better than a pie to use up those Christmas leftovers.

This recipe is a great way to make the most of turkey pieces, leftover herbs and vegetables, and even spare sausages and bacon from those family fry-ups on Christmas morning and Boxing Day. It's an easy recipe to do, especially if you buy in quality Puff pastry, and a great way to clear out the fridge of cooked meat and surplus vegetables.

Recipe provided by Tom's Kitchen.

Serves 6

Ingredients

- 150g puff pastry
- 260g chopped leeks
- 120g onion
- 4g fresh thyme
- 40g butter
- 100g or 8 rashers cooked smoked bacon
- 3g salt
- 4 leftover cooked sausages
- 15 turns of milled black pepper
- 20g plain flour
- 250ml turkey stock made from the turkey bones
- 250ml double cream
- 1 tbsp chopped parsley
- 500g cooked, left over roast turkey meat

Method

Place a shallow pan onto a low to medium heat and add the butter. When it has melted, add finely diced onion, thyme, salt, pepper and cook with a lid on the pan so the onions sweat and they don't colour. Cook for 8-10 minutes slowly, stirring them now and again.

Slice the bacon thinly and sliced the sausages into 1cm pieces. Add the bacon and sausage to the pan and cook for 1-2 minutes still with the lid on and then remove the lid and add the flour.

Cook out for one minute stirring, then add the hot stock and double cream, bring to a slow simmer then cook for a further two to three minutes.

Roughly flake the turkey meat in large pieces. Add the turkey pieces to the pan and cook for 3-4 minutes, then remove from the heat and leave to cool, add the chopped parsley and pour the filling into an 8-inch pie dish. Roll out the puff pastry to approximately 3mm thick. Lay the pastry over the pie dish and seal the edges by crimping the pastry around the edge. Brush on a little egg wash and place into the oven for 30 minutes at 180 °c.

AUBERGINES IN OIL

BY DON LUIGI

Ingredients

- Aubergines – enough to fill a jar when sliced
- Olive oil – amount depends on size of jar and amount of aubergines
- Parsley – to taste
- Garlic, minced to taste, but we recommend being generous!

Method

Cut the aubergines thinly (with or without the skins) into long slices. Layer the aubergines in a dish and sprinkle with salt. Weight down and press the aubergines for 12-14 hours so the liquid is completely absorbed.

Next, put the aubergines into a bowl of white wine vinegar for about two hours (if prefer a sweeter flavour leave the aubergines for one hour). Squeeze well and dry the aubergines.

Marinate the aubergines with parsley, minced garlic and extra virgin olive oil and let them steep for about 12 hours.

Transfer the marinated mixture into a glass jar. Ensure the aubergines are completely covered and that the jar is filled to the brim with extra virgin olive oil.

