



TASTE not waste

Try a range of delicious recipes for SWEET TREATS created by Londoners to make the most of excess food

In partnership with



POP BRIXTON

STEAMED BREAD PUDDING

This recipe comes from Andrea of The OXO Tower Restaurant, Bar and Brasserie (harveynichols.com/restaurant/the-oxo-tower).

Who doesn't have stale bread lying around at home from time to time? This recipe is the perfect savoury alternative to its sweet and better-known counterpart. Use virtually any bread and add your favourite flavours as soon as you get the hang of the basic recipe below. We love serving it with a saucy dish, like a homemade ragout made from all the unused, sad-looking vegetables from the last corners of your fridge.

Serves 6-8

Ingredients

1 loaf or 800g beetroot bread
2 shallots
200ml milk
100g butter
10 sage leaves
2 cloves garlic
1 apple
3 egg yolks
3 egg whites
2 tbsp horseradish
1 tbsp English mustard

Tip: Any stale bread can be substituted. This recipe is for a toast-style bread; if you wish to use a sourdough or more dense bread, you might need to soak the bread a little longer and cut the bread into 2 x 2cm pieces so it is easier to work in the ingredients later.

Method

We recommend preparing the bread pudding a day before serving.

Cut the crusts off the bread and soak in milk for a few minutes until the bread is soft but still has some texture.

Separate eggs and whisk the egg whites with a pinch of salt to peak.

Sweat the shallots, garlic, apple and sage in butter.

Squeeze any excess milk from the bread, then add to the shallot mix and roughly mix.

Beat in the egg yolk, horseradish and mustard and then fold in the egg whites.

Pipe onto cling film (about 3 – 4cm diameter), roll mixture into the cling film and then into tin foil.

Steam rolls for 30 minutes, then chill. (Alternatively, you can fill a lined casserole dish/cake tin and cover with tin foil and then steam in the oven.)

Cut into 2 – 3cm thick slices and pan fry until golden from top and bottom side.

This is a perfect side dish to any form of ragout or stew.



KALI'S MAGIC MOUSSE

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

Aquafaba is the water remaining after cooking pulses or found in the tin after draining. Aquafaba is a magical ingredient used by vegan bakers and cooks as it whips up like eggs whites! Wonderful things can be achieved by something so un-expecting and simple, something that you would normally throw out!

One of my all-time favourite dessert recipes is Raymond Blanc's chocolate mousse. Just 3 ingredients combine to create light, luscious, chocolate clouds. I didn't think I'd be able to make this recipe vegan but it is possible and every bit as good. As well as the satisfaction of making this incredible dessert vegan, it also makes sense to use an ingredient that would otherwise be wasted.

So here you go, the lovely Raymond's recipe, slightly adjusted by using coconut sugar instead of white sugar (which, gives a nice rich caramel-like flavour) and aquafaba instead of eggs.

Serves 4 - 6

Ingredients

For the mousse

170g 70% dark chocolate

235ml or 1 cup of chickpea water - chilled (the aquafaba should be the consistency of egg white, so quite thick and gloopy. You can cook your water down in a pan if it's too thin to start.)

30g coconut sugar

1 teaspoon vanilla extract

For the cashew cream

150g cashews, soaked minimum 4 hours to overnight

60ml brown rice syrup or 40ml maple syrup

2 teaspoons vanilla extract

60ml filtered water

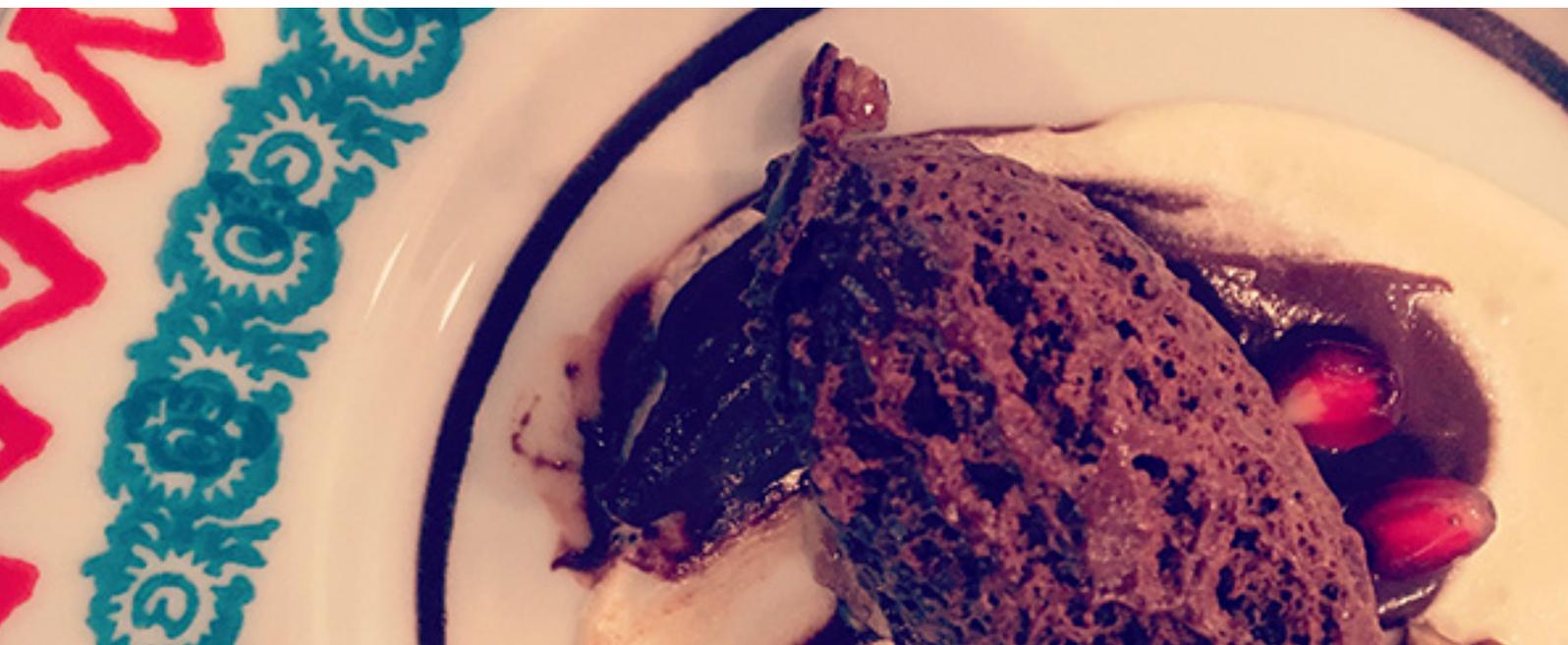
Method

For the Mousse

1. Place a large bowl over a pan of boiling water to make a bain marie, the bowl shouldn't be touching the water.
2. Place your chocolate in the bowl to melt.
3. Once the chocolate is melted take off the heat and allow to cool a little, stir in the vanilla extract.
4. Using an electric whisk, a stand alone mixer, beat the aquafaba until you form stiff peaks. This can take up to 20-30 minutes so don't be afraid to leave the machine running. Once stiff peaks have formed, pour in the sugar very slowly and continue to beat for another minute until incorporated.
5. Scoop out a third of the aquafaba peaks and whisk into the chocolate then fold through the rest of the aquafaba. You should be left with a luscious chocolate mousse.
6. Scoop into glasses to serve or one big serving bowl and chill for at least an hour to set.

For the cashew cream

blend all ingredients in a high-speed blender until smooth.



NUREEN'S BANANA NICE CREAM

This recipe is from **Nureen Glaves** a trained chef, nutritionist and the founder of **Feed Me Good** (feedmegood.co.uk).

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.

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

Optional

3 tbsp vanilla essence

100g desiccated coconut

2 limes

Method

1. 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).
2. 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.
3. 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.
4. 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.
5. Now you are ready to serve. Enjoy!



NICOLE'S LEMON AND MASHED POTATO CAKES

This recipe is from **Nicole Freeman** founder of **The Kids Kitchen (thekidskitchen.net)** cookery school based in North London.

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.

Makes 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

Method

1. 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.
2. 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.
3. 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.

For the topping

8 tbsp icing sugar

Juice of 2 lemons



ILANA'S BANANA PEEL SMOOTHIE

This recipe comes from Ilana Taub of Snact (snact.co.uk).

Did you know that banana peel is edible? Not many people do, because we're just used to throwing it out.

Snact's mission is to create more taste and less waste. We buy ugly and unwanted fruit from British farmers and packhouses to tackle food waste, and make wholesome food waste-fighting snacks, wrapped in home compostable packaging to reduce plastic waste too.

We recently launched a new range of products based on surplus bananas. 1.4 million bananas go to waste in the UK every single day - we think that's bananas! Our banana bars are packed with all the nutrition of flawless fruit, with added veg, seeds, nuts and superfoods.

If, like us, you're bananas about bananas, try this recipe that uses the whole fruit with the peel.

Serves 1-2

Ingredients

2 organic bananas, unpeeled

2 apples, unpeeled

0.5 - 1l milk or dairy-free alternative

1 tsp cinnamon

Optional

Handful (1/3-1/2 cup) almonds

Method

Wash the fruit thoroughly.

Core the apples and cut off the ends on both sides of the bananas.

Blend all ingredients until smooth, adding as much milk as you want for desired thickness.

If you want to waste even less, simmer the apple cores with some cloves, a cinnamon stick, and a dash of sugar or sweetener of choice for a light spiced apple tea.

You can add banana peel to any smoothie, so why not try adding some to your favourite recipe?

