



TASTE not waste

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for MAIN DISHES created by
Londoners to make the most
of excess food

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POP BRIXTON

COD CHEEKS WITH BUTTERNUT SQUASH

This recipe comes from Jack Stein, one half of Billy & Jack (billyandjack.co.uk), Supper Club creators, MasterChef UK Losers, Chefs and London Foodies.

We cook a version of this dish a lot as it includes a lot of our favourite autumnal and winter ingredients. Butternut squash is incredibly versatile and the seeds are really tasty so we've used them here for a nice bit of crunch. We've pickled mushroom stalks which are a waste ingredient and we've also used cod cheeks which are a lovely part to eat but all too often overlooked and wasted. Well worth seeking them out! This is the sort of food we love to cook at our supper clubs, seasonal, contemporary and delicious!

Serves 4

Ingredients

1 x butternut squash
50ml double cream
50ml vegetable stock
1tsp smoked paprika
100g mushroom stalks, well cleaned
or 100g seasonal mushrooms
100ml white wine vinegar
30g demerara sugar
220g pack smoked streaky bacon
500g cod cheeks, cleaned

Method

1. Peel and cut the squash and remove the seeds (hold onto them!).
2. Place the squash on a baking tray, drizzle with oil, season and place in a preheated oven at 180C for 45 minutes until soft and browning at the edges.
3. While the squash is cooking clean the seeds. Toast in a hot pan with a little oil until browning and beginning to pop, dust with paprika and season.
4. To make the pickled mushroom stalks heat the white wine vinegar and sugar until it dissolves. Sauté the mushroom stalks in a hot pan for one minute. Transfer to a bowl and pour on the pickling liquor.
5. Once the squash flesh has cooled transfer to a blender, add 50ml of double cream and 50ml of vegetable stock and blend on full power until smooth.
6. Cut the bacon into lardons and fry until crispy and the fat has rendered. Set aside.
7. In the same pan cook the cod cheeks, season one side with sea salt and a little oil, place salt side down into the hot pan and leave it to crisp up, around 2-3 minutes. Once golden turn over and cook the other side for 2 minutes.
8. To serve, spoon a little of the squash puree onto the plate and top with the cod cheeks and bacon. Dress with a few mushroom stalks and top with the squash seeds.



AARON AND REMI'S OX HEART WITH CHIMICHURRI SAUCE

This recipe is from **Aaron Webster** and **Remi Williams** of **Smoke & Salt** (smokeandsalt.com).

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

1. Cut potatoes up into bite size pieces and cook in salted water until tender but not breaking apart. Strain, set aside and cool.
2. Cut ox heart up into individual steaks, roughly 200g in weight; marinate in olive oil and chopped garlic and set aside in the fridge.
3. 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.
4. 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.
5. 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.
6. Take the potato cubes out of the pan and dress with the chimichurri and some salt.
7. Carve the steaks into 1cm thick slices and place on top of the potatoes. Crumble the gorgonzola over the top and enjoy!



DAPHNE'S BLACK BEAN BURGER

This recipe comes from **Daphne (daphneduval.com)**, a nutritionist from France now working in London to raise awareness about healthy diets and sustainable food systems.

I came up with this burger recipe a few years ago, when I was working in a cafe that was serving apple and carrot juice. I was shocked by the quantity of juice pulp we were throwing away and imagined the same must happen in lots of homes. Such a waste of fibres, when they are so good for our gut! So I had the idea to use this pulp in combination with potatoes and beans to make vegan burgers.

Ingredients

- 1 tin of black beans, drained and rinsed
- 2 medium potatoes, cooked
- 1-2 carrot, pulp or grated
- 1-2 apple, pulp or grated
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 small handful of parsley, finely chopped
- 1 teaspoon of ground cumin
- Extra virgin olive oil
- Salt and pepper

Method

1. Pre-heat the oven to 180°C.
2. Mash the beans and potatoes roughly using a fork. The final consistency should be sticky but don't over-mash the beans, you want to still have some whole beans.
3. Add all the other ingredients and mix well.
4. Shape the mixture into burgers and place in a lined oven tray, brushed with oil on both sides.
5. Bake for about 15 minutes, until nicely brown but not too dry.

Optional

or extra flavours, sauté the onions in oil for 5 minutes. Add spices, sauté for another minute, and add the other veg. Cook for 5 minutes, let it cool down and then add to the potatoes and beans mixture.

Optional

Spices: chilli, ginger, mustard seeds, turmeric, nutmeg, etc.

Veg: peas, mushroom (sauté in olive oil), celery, cabbage, etc.



TOM'S TURKEY, SAUSAGE AND BACON PIE

This recipe is from Tom Aikens of Tom's Kitchen (tomskitchen.co.uk).

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.

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, leftover roast turkey meat

Method

1. Place a shallow pan on 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.
2. Slice the bacon thinly and slice 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.
3. 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.
4. 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.
5. 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.



URVASHI'S BEETROOT GNOCCHI

This recipe is from **Urvashi Roe**, former Great British Bake Off contestant and blogger at **The Botanical Kitchen** (urvashiroe.com).

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.

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

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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.
7. Scoop them out with a slotted spoon and pop them into a warm bowl while you cook the rest. Drizzle with olive oil to prevent sticking.

