



Love Food Surrey's

# Celebrity Cookbook

Why not give your leftovers a makeover?



**Surrey waste partnership**  
*Your councils working together*

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# Introduction

Making the most of leftovers is a great way to reduce food waste, which is the aim of our Love Food Hate Waste campaign.

So to help with ideas, we asked some of Surrey's famous faces for their favourite leftover recipes. From Gary Lineker's 'chicken pie' to Bonnie Langford's 'flip jump pancakes', tasty recipes abound in this full-colour, limited edition cookbook. We also persuaded local chef, Carmela Tomkins to share some of her top tips for reducing the amount of food we throw away.

We hope it inspires you to get in the kitchen and love food, hate waste.

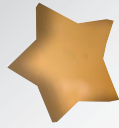


Look out for top tips from  
Surrey chef, Carmela Tomkins

## Be prepared

Don't shop from memory, as you may buy too much of one thing and not enough of another.

Make a list of what you need for your trip to the supermarket.



## Ingredients (serves 4)

- 250g cooked and chopped leftover chicken (cooked chicken breasts can be added if more chicken is required)
- Packet of ready puffed/shortcrust pastry or 200g homemade pastry
- White sauce or can of condensed chicken soup
- 20g butter
- 20g plain flour
- 290ml milk
- 1 cup of dissolved chicken stock cube or homemade stock
- 1 cup of cooked and chopped leftover veggies eg broccoli/cauliflower/handful of frozen peas or sweetcorn
- Salt and pepper to taste

# Gary Lineker's Chicken pie

"A fun way to use up leftover chicken. Involve the children and write their names on the pie with scrap pastry cuttings."



## Method

1. Make the white sauce\* by melting the butter in a saucepan and stir in the flour over a gentle heat.
2. Gradually add the milk and dissolved stock cube into a pan, mix well and whisk until smooth. Season to taste. The sauce should be the consistency of thick double cream; if not, add more milk.
3. Add the chicken and veggies, cook thoroughly and allow to cool.
4. Place this mixture into a greased pie dish. Line the dish with pastry and add the filling.
5. Roll out pastry and cut to make a lid. With the remains, make letters to create names.
6. Place these on the pie and brush with milk. Prick the pastry a couple of times to allow the steam to escape whilst cooking. Cook for 30 minutes, gas mark 4/180C/350F until the pastry is golden brown.

*\*If using a can of condensed chicken soup, leave out the white sauce and simply empty the contents of the soup into a bowl. Fill half of the tin with water/chicken stock and mix well.*



Ingredients (serving depends on amount of leftover pasta)

- Leftover spaghetti or pasta
- Tomato sauce
- Parmesan cheese
- Mozzarella
- Ham
- 2 eggs
- Pinch of salt and pepper

# Flavia Cacace's Frittata di pasta

"One of my favourite meals is frittata di pasta. My mum always made it when there was leftover spaghetti or any pasta with tomato sauce."



## Method

1. Re-heat the pasta in a shallow pan.
2. Add parmesan cheese, mozzarella and ham (or anything you can find that's leftover).
3. Beat eggs together with salt and pepper and add to the pan.
4. Stir and there you have it, a tasty pasta omelette!



## Planning family meals

Think about what you throw away - instead of throwing away a chicken, pick the leftover meat off the bone and use it in a stir-fry the next evening. Cook everything you buy – check the best before dates so you can prioritise what food needs to be eaten first.



## Ingredients (serves 4)

- Oil or butter
- 2 medium onions
- 675g chopped cooked leftover potatoes
- 450g diced cooked leftover meat
- Salt and pepper
- 4 fried eggs (optional)

# Camilla Dallerup's Bikse mad

"We have a dish in Denmark called Bikse mad... 'bikse' means mixing and 'mad' means food. All you need is potatoes and any leftover meat from the day before. It's so easy that even I (who hardly ever cooks) can do it!"



## Method

1. Melt half the butter or put oil in the pan.
2. Fry the onions until golden, remove from pan and keep warm.
3. Saute the potatoes in the pan until they turn brown.
4. Add the meat and cook for 2–3 minutes.
5. Add the onions and cook until all is heated through.

**Note** - Traditionally you put a fried egg on top of the hash that is still soft centered as it's kind of the icing on the cake. Yummy too with a little brown sauce, HP sauce or ketchup.



## Preserving food

We're so lucky to have fridges. They prolong the life of almost any produce. But don't just put all your food in there, plan when you're going to eat it and put the rest in the freezer. That way you'll preserve it longer.

## Planning meals for one

Think about buying individual portions from the butcher's counter. Although special offers are tempting, are you really going to eat 20 apples before they go off? Think about other meals you could use apples for, say an apple pie for instance?



## Ingredients (serves 4)

- Leftover chicken (cooked or defrosted)
- 1 litre of stock
- 1 knob of butter
- 2-3 tbsp olive oil
- 1 finely chopped onion
- 2 cloves of finely chopped garlic
- Risotto rice (1 large handful per person)
- 1 glass of dry white wine
- Salt
- Handful of freshly grated parmesan cheese

# Chelsea Football Club's Chicken and pea risotto

"An ideal way to use up veggies and leftover chicken.  
Simply combine with rice (from your store cupboard)  
to create a tasty footie treat."

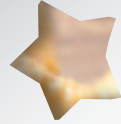


## Method

1. Strip the chicken carcass and set the meat aside.
2. Prepare the stock by boiling the chicken carcass along with any leftover veggies for 30 minutes.
3. Strain the stock and keep simmering in a pan.
4. In a separate pan, heat the olive oil and fry the onions and garlic until soft.
5. Add the rice and turn up the heat. Once the rice has fried for a minute or so, add a glass of white wine.
6. When the wine has evaporated, add a ladle of stock and a pinch of salt. Turn down the heat to a simmer.
7. Once the stock has been absorbed, add another ladle and keep repeating for approx 18 minutes or until the rice is soft but remains al dente. The texture should be like thick porridge.
8. Once it is ready, remove from the heat and add a knob of butter, parmesan cheese and the chicken and peas and leave for 2-3 minutes.

## Scrub and save

Don't cut the mouldy sides off the cheddar. Scrub the mould off under the cold tap. It wastes less and works just as well.



## Ingredients (serves 4)

- Packet of ready puffed/shortcrust pastry or 200g homemade pastry
- Handful of any finely chopped fresh or cooked veggies
- 2 potatoes, finely chopped
- 1 onion, finely sliced
- Vegetable or chicken stock cube
- Leftover meat, finely chopped (optional)
- 1 beaten egg or milk to glaze
- Salt and pepper/curry powder/ grated cheese or herbs (optional)

# Andrew Flintoff Cricket Academy's Surprise pasties

"Give your friends and family a surprise! These are wonderful snacks that vary according to the leftovers used."

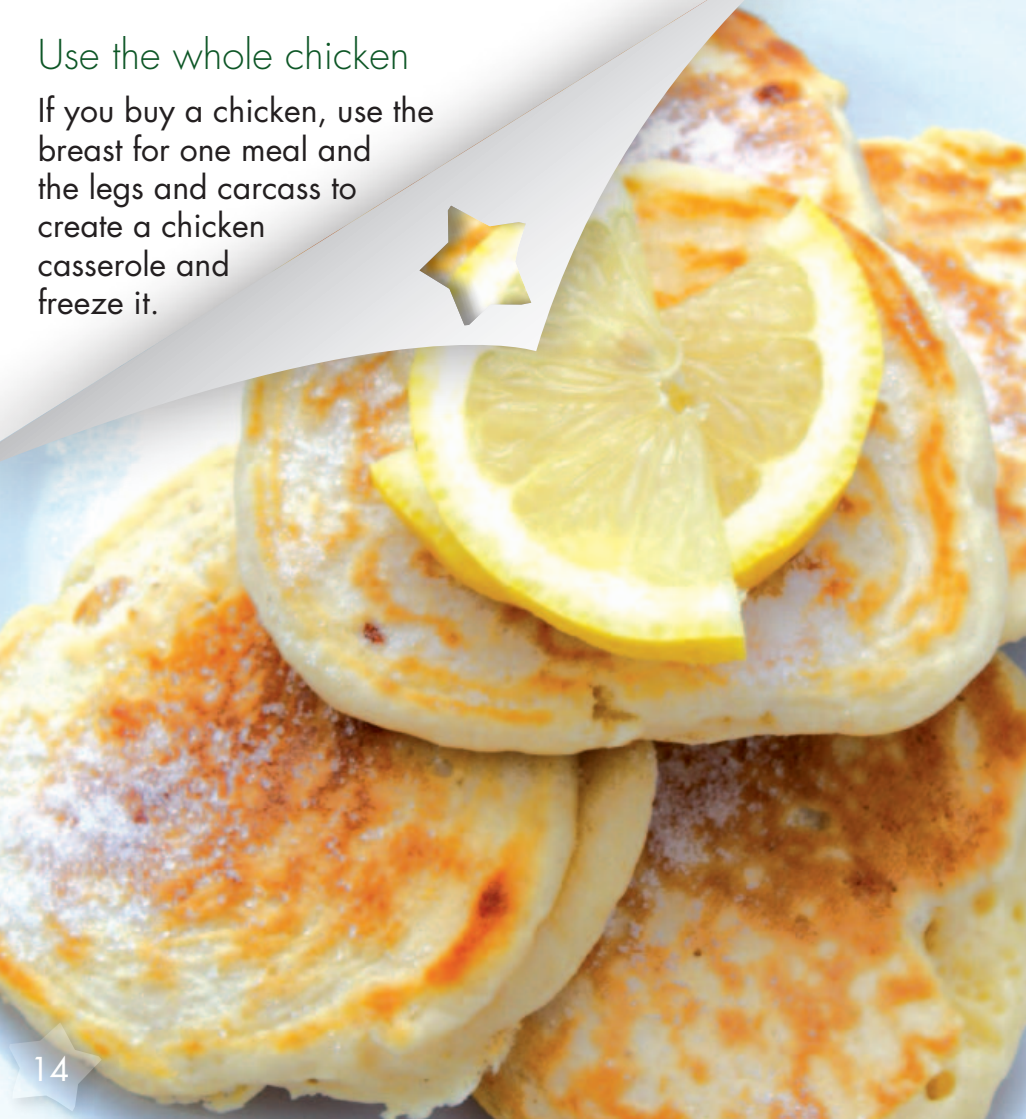
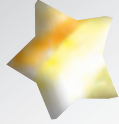


## Method

1. Put all the veggies, dissolved stock cube and optional leftover meat in a saucepan and bring to the boil.
2. Reduce heat and simmer until stock has been absorbed and all the veggies are soft (if using cooked veggies, add these to the saucepan when the other raw ingredients are cooked).
3. Remove from heat and allow to cool.
4. Add your choice of fresh herbs, grated cheese, curry powder or salt and pepper.
5. Thinly roll out the pastry. Place a small plate on top and cut-out rounds of pastry.
6. On each of the pastry circles, add a tblsp of the filling then brush the pastry edges with egg or milk.
7. Bring one half of the pastry folded over to the other half and press the edges together.
8. Brush these pasties with egg or milk and place on greased baking tray.
9. Bake in centre of oven, gas mark 7/220C/425F for 15-20 minutes until golden brown.

## Use the whole chicken

If you buy a chicken, use the breast for one meal and the legs and carcass to create a chicken casserole and freeze it.



## Ingredients (serves 4)

- 150g self-raising flour
- 1 tsp of baking powder
- 1 egg
- 150ml milk
- 1 tsp of icing sugar
- ½ ripe bananas according to taste
- Sunflower oil or butter for frying
- Pinch of salt

# Bonnie Langford's Flip jump pancakes

"These small pancakes are great for giving fruit a new lease of life! Spin, twist, and flip them over for a wonderful treat."



## Method

1. Sift the flour, salt, baking powder and icing sugar into a mixing bowl.
2. Make a well into the centre, drop in the egg and gradually blend in the milk. This mixture is thicker than a basic pancake batter as it needs to cling to the fruit.
3. If time allows, leave the batter to rest for at least half an hour.
4. Mash the bananas and add to the mixture and stir well.
5. Place oil and a small tsp of butter into a frying pan and place over a low heat.
6. When the oil is hot, add one large tbsp per pancake into the frying pan.
7. Cook until the batter is set and bubbly and flip over, cook for a further 2 minutes until lightly brown.
8. Serve plain or with ice cream.

**Note** - These pancakes are delicious with any fruit, but if using apples or pears, cook the fruit and chop into bite size pieces before adding to the pancake mixture.



## Ingredients (serves 4)

### Salad base

- Any green raw veggies
- Raw fruit eg melon/pear/apple
- Any type of cheese eg cheddar/ricotta or mozzarella
- Tinned chickpeas/kidney beans or couscous (optional)

### Hot topping

- Any leftover meat/poultry/bacon/halloumi cheese/hard boiled eggs or seafood

# Prue Leith's French salad tiede

"When it's my turn to 'Ready Steady Cook', I usually end up with a salad with hot stuff on top - what the French call a salad tiede."



## Method

1. Chop everything very finely as it brings out the flavours better. Resist the temptation to use everything in the fridge, one too many clashing flavours could ruin it.
2. Choose classic flavour combinations: mustard dressing with pork or ham; lemony dressing for fish or seafood; garlicky dressing for veggies or cheese; minty or herbal dressings for summery light salads.
3. Make the salad but fry up the hot topping at the last minute. Dish it out in big soup bowls so everyone gets a bit of everything.
4. Diced tomato, black olives, a sprinkling of seeds or chopped herbs make it look attractive.



A new lease of life

Old fruit can also be stewed to make a compote ready to make a crumble with or to fold through ice cream.

## Essential store cupboard items

Keep a constant supply of eggs, potatoes and pasta in your cupboard. They're so versatile and are a staple for pretty much any meal.



## Ingredients (serves 4)

- 50ml olive oil
- ½ onion, finely chopped
- 500g pumpkin
- 500ml chicken stock
- 100ml single cream
- 50g grated parmesan
- 200g mixed wild mushrooms
- 25g butter
- Sherry vinegar
- Salt and pepper
- ½ lemon



# Steve Drake's Pumpkin soup with wild mushrooms

Michelin starred chef, Steve Drake says: "A great time to make this soup is Halloween, use the flesh scooped out from your pumpkin lantern and freeze any remaining soup to enjoy another day."



## Method

1. Cut the pumpkin into quarters and remove the skin and seeds. Chop roughly into 3cm dice.
2. Heat the olive oil in a wide pan, add the onion and sweat for 5 five minutes without colouring.
3. Turn the heat to full, add the pumpkin and season with some salt and pepper.
4. Allow the pumpkin to break down so it becomes almost a pulp.
5. Still on the heat, keep stirring to dry out the pumpkin and add the parmesan, stock and single cream. Bring to the boil, then liquidise.
6. Cook the mushrooms in the butter for a few minutes, season with salt and pepper and a few drops of lemon juice and sherry vinegar.
7. To finish, place the mushrooms in 4 warm soup bowls and pour the hot soup over the mushrooms to fill the bowls. If the soup tastes a little sweet, add a couple of drops of lemon juice to balance the flavour.

**Note** - Serve with walnut and sultana bread or a good crusty brown bread.



"I'm a busy mum and it's easy to buy and cook too much food for the family. This campaign is great because it not only shows you how to plan your shop and make your food last longer, it also offers delicious new recipes you can make out of leftovers, which means you save money too."

Kirsty Gallacher, TV presenter



"Having a young family has really made me realise the importance of not letting lots of food go to waste. These days, I'll save any leftovers, like potatoes, they are great for frying as part of a cheeky cooked breakfast the next day, or as a key component of a tasty Spanish omelette."



Mark Carter, presenter and editor at BBC Surrey,  
the BBC's local radio station on 104 and 104.6FM



For tips and advice on reducing food waste, ideas for cooking with leftovers and more facts on food waste, visit [www.lovefoodsurrey.com](http://www.lovefoodsurrey.com)