

AN INSIGHT INTO

OPEN --- TABLE

NO WASTE COOKBOOK VOL.1

4 delicious tasty and wholesome recipes taken from
Open Table's new No Waste Cookbook of more than
20 recipes for you to cook in your kitchen





Our First No Waste Cookbook

We couldn't be more excited to be sharing our favourite no waste recipes in this, our very first cookbook.

For over 9 years our team of volunteers have been cooking up a storm at our free community lunches, made from perfectly edible food that would have otherwise gone to landfill. As the ingredients won't be known until the day, we have had to get pretty comfortable being creative in the kitchen. This has developed our 'use what you've got' approach to recipe development that is a cornerstone of this book.

In 2018, we began sharing this philosophy about cooking with minimal waste through our No Waste Cook Club. Through these cooking workshops, we've shared our no waste recipes with thousands of people in person and online.

It's only fitting that we now share them here for you, to try at home.

Every recipe we create is flexible, designed to be adapted and based on what you have. We would encourage you to experiment instead of going out to buy that one ingredient you are missing. Have a think if there is something you might already have in the back of the pantry or the bottom of the veggie crisper that might work as a substitute. To help you along the way we've included options at the bottom of each recipe - by no means is this an exhaustive list, so feel free to change ingredients wherever you like!

A special thanks to Alanna Brown, our fabulous workshop facilitator for collating and designing many of these delicious recipes. Thank you to the rest of the Open Table team, who help us share delicious free food each and every week!

We hope you enjoy!

Angela O'Toole
CEO, Open Table

Contents

SHARED - Delicious Dips	7
MAINS - Stale Bread Gnocchi	10
SWEETS - Banana N-ice Cream	13
CONDIMENTS - Quick Pickles	14
Ways you can support Open Table	16

Thank you to those who have helped

This cookbook was made possible by the wonderful people at Pressroom Philanthropy. A big thank you to Phil for giving Open Table this opportunity to share our no waste recipes, and to Joran for designing the cookbook.

Thank you also to the very talented Alanna Brown, our No Waste Cooking Facilitator, recipe developer and food photographer. Recipe contributions also came from Carlotta Pischedda, Angela O’Toole and the many wonderful cooks that have joined us in the Open Table kitchen over the years.

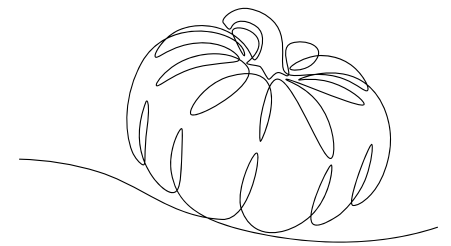
Check out our great (and healthy)
Banana N-ice Cream recipe
on page 12





Delicious Dips

Turning your leftover veggies into dips is a great way to reduce your food waste at home. Here we've listed three dip ideas to get you started. Get creative by adding your favourite herbs or spices or even leftover cheese. Try using raw or cooked veg for different textures and flavours. Store your dips in an airtight container in the fridge for up to 5 days, or frozen for up to 6 months.



Leftover Veggie Dip

SERVES: 6

Prep Time: 15 minutes

Ingredients

1 garlic clove, peeled and crushed
1 ½ cups leftover roast vegetables
2 tbsps olive oil
¼ cup ricotta
2 tbsps lemon juice, extra to taste
2 tbsps feta, crumbled (optional)
2 tsps of fresh herbs or spices, to taste
salt and pepper, to taste

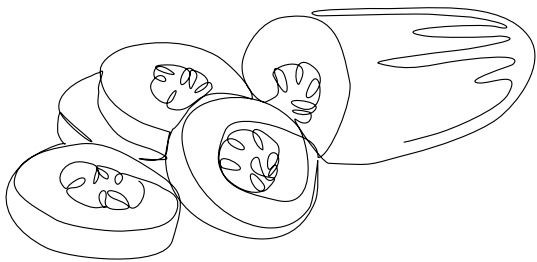
Method

1. Add garlic, leftover roast vegetables, olive oil, ricotta and lemon juice into a food processor. Pulse for 2 to 3 minutes until combined.
2. Mix in feta, herbs or spices. Add extra lemon juice and season to taste.

Options

- Use any roast veggie or a combination of leftover veggies such as pumpkin, sweet potato, parsnip, eggplant, capsicum, carrots, onion or zucchini.
- Make it vegan by substituting ricotta for ¼ cup nuts such as cashews, almonds or walnuts and leaving out the feta.
- Making your own ricotta by following our recipe on **page 44**
- No lemon? Substitute for your favourite vinegar instead.
- Our favourite herbs and spices for this dip are smoked paprika, ground coriander, parsley, basil, chives, ground cumin or chilli if you like it hot.
- No food processor? Try mashing ingredients in a small bowl with a fork or potato masher.

Delicious Dips cont...



Tzatziki

SERVES: 6

Prep Time: 15 minutes

Ingredients

1 cucumber
1 clove garlic, peeled and crushed
1 tbsp fresh mint leaves, chopped
1 tbsp fresh dill, chopped
1 cup unsweetened yoghurt
1 tbsp lemon juice
1 tbsp olive oil
salt and pepper, to taste

Method

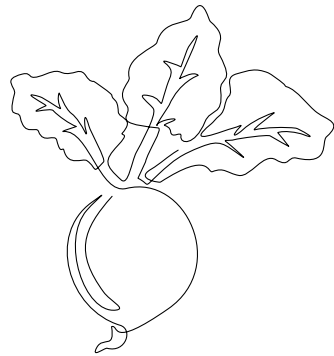
1. Grate cucumber then drain by squeezing out the excess water.
2. Mix cucumber, with remaining ingredients in a bowl until combined.
3. Taste and adjust seasoning if needed.



Roast Veggie Hummus

SERVES: 6

Prep Time: 15 minutes



Ingredients

1 x 400g tin chickpeas, drained
1 cup leftover roast vegetables
2 tbsps tahini
2 garlic cloves, peeled and crushed
1 tbsp olive oil
2 tbsps lemon juice, extra to taste
½ tsp ground cumin
1 tsp ground coriander
salt and pepper, to taste

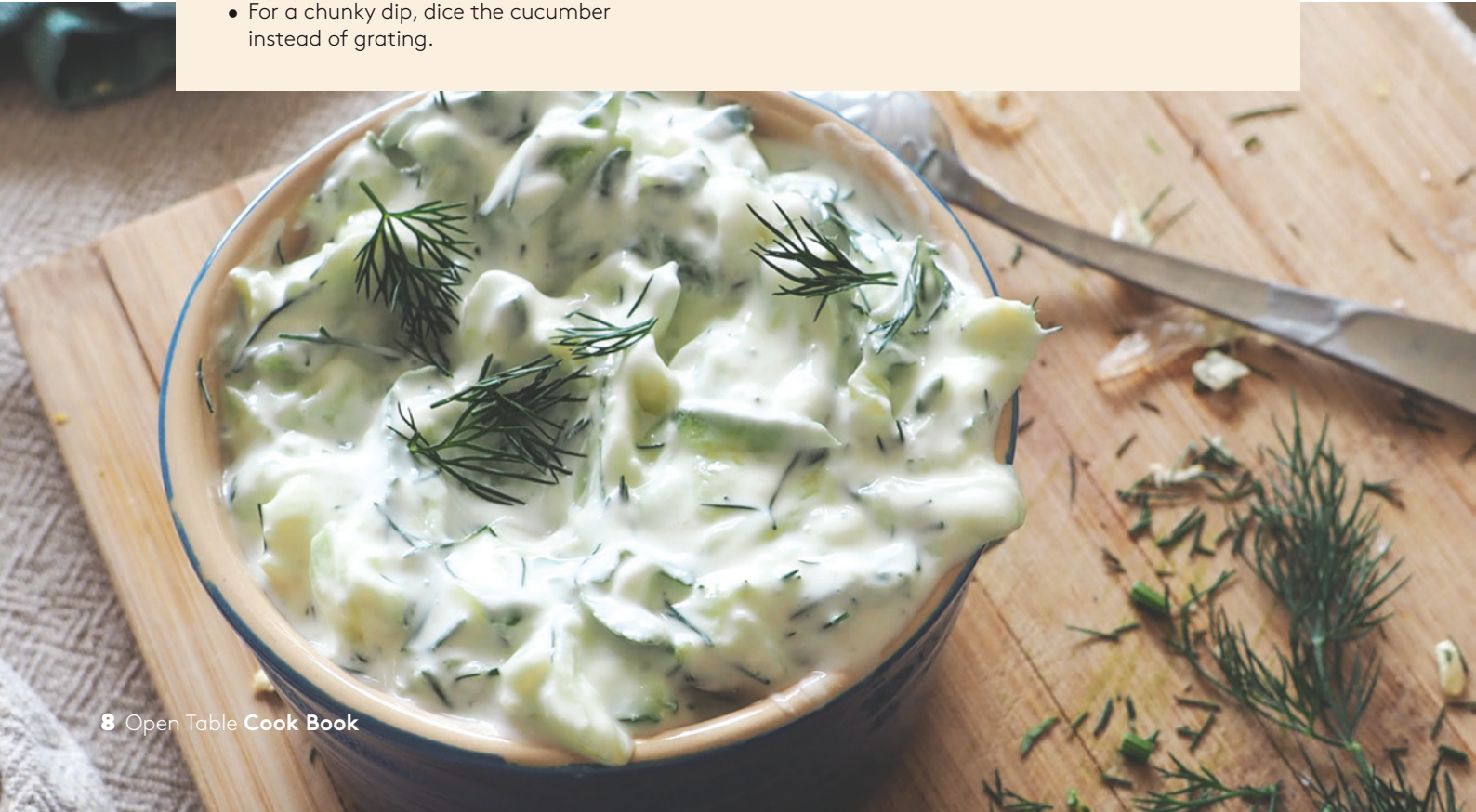
Method

1. Add chickpeas and remaining ingredients to a food processor. Blend for 5 minutes or until well combined.
2. If the hummus is too thick, add a little water while blending.
3. Taste then add seasoning and more lemon juice if needed.

Options

- Add flavour and colour with veggies like beetroot, pumpkin, sweet potato or carrot.
- Runny tahini like Greek or Lebanese is ideal for hummus.
- You can swap chickpeas for a tin of broad beans, white beans, cannellini beans, lima beans or even black beans.

- Soaking and cooking dried chickpeas is an environmentally friendly and more economical alternative to buying them in a tin. Soak dried chickpeas overnight then cook in fresh boiling water for 45 minutes or until softened (approx. ¾ cup dried chickpeas equals 1 tin once cooked).



Stale Bread Gnocchi

Prep Time: 20-30 minutes
Cook Time: 10-15 minutes

Did you know bread is one of the top five most wasted foods in Australia? This delicious recipe is a great way to use up stale bread or those uneaten crusts. This is a simple and adaptable way to make gnocchi, feel free to tweak the recipe by adding in other vegetables or herbs you have on hand.

Method

1. Tear the bread into small pieces and place into a bowl. Cover in warm water and let soak for 10 to 15 minutes.
2. Blanch the leafy greens by placing them in a saucepan of salted boiling water for 30 seconds. Drain greens in a colander then rinse in cold water to cool.
3. Drain the excess water from the greens then finely chop.
4. With clean hands, squeeze the excess water from the soaked bread.
5. Combine the bread, leafy greens, parmesan, flour and salt in a bowl. Add in the egg and feta then mix together to make a dough. You may need to add extra flour if the dough is too sticky.
6. Generously flour a large chopping board or a clean benchtop, then roll the dough into two long sausages about 2cm thick. Add extra flour if the dough is sticking.
7. Using a knife, slice each length of dough into 2cm pieces. If your knife is sticking to the dough, dust it with flour.
8. Bring a large saucepan of salted water to the boil. Gently add the gnocchi and cook for about 4 minutes. The gnocchi is ready once it rises to the surface.
9. Using a slotted spoon carefully transfer the gnocchi onto a plate.
10. Heat garlic and passata in a pan on medium heat for 3 to 5 minutes. Add in gnocchi and stir gently to coat in sauce, for about 2 minutes, before transferring to bowls to serve.

Options

- For the leafy greens we’ve tried this recipe with beetroot leaves, carrot tops and even leftover herbs which all work really well. You can use whatever greens you have.
- Always check stale bread for mould.
- Gnocchi can be frozen uncooked for up to 6 months, then cooked straight from the freezer in boiling water. To avoid the gnocchi sticking together, freeze on a tray before transferring into a container.
- Try adding your leftover roast veggies into the mixture, just add extra flour to help bind together - roast pumpkin gnocchi anyone?
- Don’t have any feta or parmesan? Use any cheese you’ve got in the fridge.
- Make it vegan by leaving out the cheese and adding 2 tbsps of nutritional yeast. Instead of egg, mix 1 tbsp of flaxseed meal in 3 tbsps of water. Stand for 5 minutes before using.

Recipe adapted from “No Waste Kitchen” Giovanna Torrico and Amelia Wasiliev.

SERVES: 3 - 4

Ingredients

- 4 slices (150g) stale bread
- 2 handfuls leafy greens of your choice
- 2 tbsps parmesan, grated
- ¾ cup plain flour, plus extra
- 1 tsp salt
- 1 egg
- 2 tbsps feta, crumbled
- 1 garlic clove, peeled and crushed
- 1 cup passata (see page 39)





Banana N-ice Cream

Prep Time: 10-15 minutes

SERVES: 4

Overripe bananas often go to waste. In Australia we waste around 40% of bananas. Although they're not ideal for eating fresh, overripe bananas are extra sweet and contain higher levels of fibre and potassium than their less ripe banana counterparts. That means this N-ice cream recipe is not only easy, it's healthy too!

Ingredients

4 ripe bananas, peeled and frozen

Method

1. Roughly break up frozen bananas into large chunks. Allow to soften a little by leaving in the fridge to thaw.
2. Add banana chunks to a food processor and blend until smooth and combined.
3. Store in an airtight container in the freezer for up to a week.

Options

- You can use as many bananas as you have for this recipe, just make it in batches to suit the size of your food processor.
- You can get creative with other additions to this simple N-ice cream recipe. Our favourites are frozen berries, mango, cacao powder, pinch of cinnamon, a spoonful of peanut butter or a handful of nuts.
- Remember to freeze overripe bananas straight away, removing the skin first. Leaving them in the fruit bowl will make other fruit overripe and mouldy before you know it!

Quick Pickles

Prep Time: 10-15 minutes

You can use any sliced vegetable you like for this recipe. It's a great way to preserve veggies to eat later, rather than letting them go limp in the veggie crisper. We love quick pickles because they add acidity and crunch to any salad or sandwich and make a delicious addition to a cheese platter. They're super easy, anyone can make a delicious pickle with this recipe. Keep them in the fridge and put them on everything.

Method

1. Sterilise your jars (see below).
2. Whisk vinegar, water, sugar and salt in a jug until sugar and salt are dissolved.
3. Place sliced veggies in a clean jar. Pour brine over veggies to cover.
4. Let sit for a few hours, or overnight on the bench. The longer you leave it at room temperature the more sour the flavour will become.
5. Store in the fridge.

How to sterilise jars

1. Wash the jars and lids with hot soapy water then rinse well or put them through the dishwasher.
2. Put the lids and jars upright on a baking tray then place into a low oven at 110°C until jars are completely dry, about 15 minutes. If your jar lids are plastic, allow them to air dry instead of putting them in the oven.

Options

- Vegetables such as carrot, zucchini, red onion or cucumber work well for pickles.
- Spices that work really well in pickles are coriander seeds, mustard seeds, mustard powder, curry powder, cumin seeds, fennel seeds, chilli flakes or whole peppercorns.
- Herbs you could try include rosemary, dill, coriander or thyme - include the stalk whole, no need to chop it up.
- We recommend toasting your spices in a dry pan over medium heat, until spices are lightly browned and aromatic.
- To keep the pickles from going mouldy, be sure that the liquid is covering the vegetables at all times, you will need to add more brine if they are not covered.
- Once you've finished your pickles the brine makes a great salad dressing.

MAKES: 800ML

Ingredients

- 1 cup vinegar, such as white, apple cider, or rice
- 1 cup hot water
- 1 tbsp sugar
- 2 tsp salt
- 1 cup thinly sliced vegetables
- Spices or herbs (optional)



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OPEN TABLE

Open Table is an emerging food relief Charity with a strong focus on eliminating food waste. In addition to providing free community lunches prepared with fresh produce rescued from local bakeries, supermarkets and grocers, Open Table run No Waste Cooking Workshops to educate people on how to reduce household food waste.

To learn more, visit www.open-table.org



Want the full version of our amazing cook book?

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Over
20
great
recipes!

Here's a few of the other great recipes you'll find...

- ✓ Veggie Scrap Falafel
- ✓ Crispy Potato Peel Salad
- ✓ Leftover Veggie Fritters
- ✓ Potato Salad Croquettes
- ✓ Banana Peel "Pulled Pork" Tacos
- ✓ Panzanella
- ✓ Spanakopita
- ✓ Leftover Veggie Risotto
- ✓ Whole Orange Cake
- ✓ Citrus Tart with Ricotta
- ✓ Easy Marmalade
- ✓ Seasonal Fruit Chutney
- ✓ Quick Pickles
- ✓ And more...



To grab your own copy of Open Table's No Waste Cookbook Vol.1, go to:

www.open-table.org/no-waste-cookbook or simply scan the QR code on your phone.



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