

COOKING WITH LEFTOVERS with Jackie French AM



Fogo



Australian author, ecologist, historian, dyslexic and honorary wombat Jackie French AM rarely uses a recipe but adapts what she has in the garden or leftover from the day before, plus what's in the cupboard that needs using up.

“The best way to save food is to learn to cook, so you are not bound by recipes but get ideas from them which you can adapt to what you have.”

Jackie has generously shared some of her favourite cooking with leftovers ideas as part of Bega Valley Shire Council's Food Organics Garden Organics (FOGO) bin collection service - it's not just about choosing the right bin, it's about changing the way we think about waste.

Zucchini Fruit Slice

185 gm butter
1 cup brown sugar
2 eggs
1 tsp vanilla
1 ¾ cups plain flour
1½ tsp baking powder
1 tsp mixed spice
1 cup chopped dates

½ cup chopped sultanas
½ cup chopped walnuts
½ cup coconut
2 cups grated raw zucchini



Great lunchbox option, just leave the nuts out if your school is nut free

Method

Cream butter and sugar; add eggs; mix in other ingredients.

Spread into greased and floured tray; bake at 200°C for 30-40 minutes. Test with a skewer.

Cool a little before turning out of the tray.

Cut into slices with a sharp knife while still warm, but out of the container to help prevent crumbling.

Storage Tips

Store in the fridge in a sealed container. Will freeze well for up to two months.

Simple tips to reduce food waste

- Plan your weekly menu and take a shopping list (with quantities) to the supermarket
- Cook with leftovers
- Store food correctly so it lasts longer
- Take advantage of your local community garden

