

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.

Stuffed Zucchini

6 big zucchinis, but make sure their skin is not yet hard
1 cup roast capsicum, peeled and chopped into largish strips
4 small fresh zucchini, sliced thinly crossways
4 tb roast macadamias
6 tb currants
2 red onions, finely chopped
4 cloves garlic, chopped

6 tb olive oil
1 cup rice
1 litre chicken or vegetable stock

MIX TOGETHER:

Juice 3 lemons
2 tb brown sugar
2 tb olive oil extra

Method

Sauté onion, garlic, currants, in oil till onion is soft. Add rice and nuts; stir 1 minute. Add stock. Cook 10 minutes; add small zucchini; cook till rice is soft. Add more stock if necessary. Add capsicum. Pile stuffing in big zucchini. Mound it up.

Put lemon juice and sugar and extra oil in baking pan. Add stuffed zucchini mix. Bake at 200 degrees Celsius till large zucchini are soft. Serve hot or tepid, with the juices poured over.

I prefer a brown long-grain rice

Storage Tips

Better to eat straight away or can store in the fridge for 3 days in a sealed container. Not suitable for freezing.

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

