

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 Frittata

About 6 cups grated zucchini (the number of zucchini needed will vary according to their size)

1 carrot, grated

1 large red onion, peeled and grated

2 cups strong cheddar cheese, grated

½ cup extra virgin olive oil

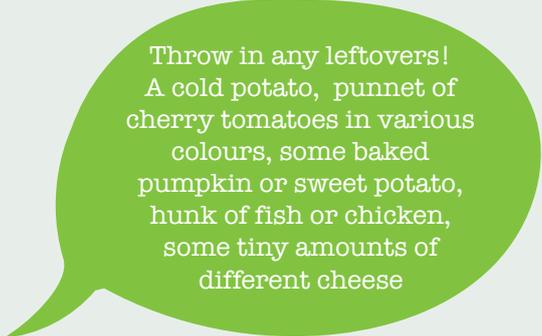
6 large eggs

Optional: 6 tb chopped parsley or chopped coriander leaves

Optional: 1 tsp finely chopped chilli or 3 tb sweet chilli sauce

Optional: 1 red capsicum, finely grated

Optional: salt and pepper



Throw in any leftovers!
A cold potato, punnet of cherry tomatoes in various colours, some baked pumpkin or sweet potato, hunk of fish or chicken, some tiny amounts of different cheese

Method

Mix. Pour into a greased baking dish and bake in a moderate oven 30-40 minutes till firm and brown on top.

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



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