



LEFTOVERS? NO WORRIES

None of likes wasting food. See below for a few ideas for you to use up any leftovers lurking in your fridge.

1. The old fashioned Rissole—mince up left over roast lamb or beef and mix with left over mashed potatoes (or any other mash such as carrot and parsnip, sweet potato and potato), salt and pepper, a beaten egg. Roll into meatball size, roll each rissole in flour, then beaten egg and then breadcrumbs and saute in a little oil. If you have left over gravy from the roast, reheat and serve over the rissoles. If you don't have enough gravy, fry an onion, add what left over gravy you have, add a little water and tomato sauce and serve poured over the rissoles.

2. Left over Roast Vegetables—Make a frittata by cutting up the left over roast vegetables and placing in a greased ovenproof dish. Beat 6 eggs with ½ cup cream, some salt and pepper, finely chopped parsley and pour over the vegetables. Top with a little grated cheese and bake in a moderate oven until eggs are set.

3. Left over just about anything can be turned into Surprise Parcels. Cut sheets of Puff Pastry into four. Place a little of your left overs on one side. Fold over the pastry, brush with beaten egg and bake in a moderate oven until crisp and golden. Example of left overs to use in the pastry pockets — savoury mince, or, left over curries.

4. Left over savoury mince, curries, chow mein for example, can all be used in jaffles for Saturday lunch

5. Stale bread can be used by rolling out slices, press them into greased muffin pans, put in chopped cooked bacon, break an egg into each bread case, top with chopped parsley and grated cheese and bake until egg is set and cheese melted.

6. If you have sausages left over from a bar-b-q—Spread Puff Pastry triangles with some relish or chutney (any flavour), sprinkle on a little grated cheese, place a cooked sausage on top, roll up. Brush pastry with beaten egg and bake in a moderate oven until pastry crisp and golden.

7. Bread and Butter Pudding using stale Raisin Bread or Fruit Loaf (or plain bread)—butter the slices of fruit loaf and spread with some jam for extra yumminess. Cut each slice into quarters and place in a greased dish. For a medium size dish you will need to make a custard of 3 eggs beaten with a little sugar (won't need much as fruit bread has added sugar) add 3 cups milk and beat. Carefully pour over the bread, leave to soak in for a few minutes then bake in a moderate oven for 40 minutes. Serve with cream.

8. Half empty jars of chutney, relishes or pickles that have dried out a little can be added to casseroles for flavouring. Jam that has stiffened in the jar, can be used in jam drop biscuits or jam tartlets.