

Zero Waste Recipe Book





Alchemic Kitchen is a Feedback regional food economy project based in Merseyside. We work to improve the food system through action, education and advocacy. We want access to sustainable food for everyone without destroying the planet.

Feeding People, Backing the Planet!

alchemickitchen.org

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Milk

We've all been there, bought too big
a carton or forgot we're going away.





All in One White Sauce

Too much milk? A basic white sauce that you can make and use (or freeze) with additions for lots of dishes.



Ingredients

- 500ml milk
- 50g cold butter
- 50g plain flour
- Salt and pepper

Method

Chop up the butter into cubes. Pour milk into a heavy bottomed pan and add butter and flour. Sounds mad but trust us.

Put the pan onto a low- medium heat and start stirring.

Use a whisk if you have one but a wooden spoon works too. Keep stirring!

The milk will heat and melt the butter, which in turn absorbs the flour. The stirring means you prevent any lumps. You will see and feel a change as it thickens.

Turn the heat down once it thickens and continue stirring, getting into the "corners" of the pan.

Cook for a further 5 minutes, to ensure the flour is cooked out and it's thick enough. Take off heat. Add seasoning to taste. At this point, you can add chopped parsley or grated cheese.

Tips

Things you can make – mix chopped ham, chicken and peas into the sauce and then top with pastry for a pie. Add parsley, cooked fish and top with mashed potatoes for a fish pie. Pasta and cheese for mac and cheese.

NB when you defrost after freezing it can look dodgy but have faith and heat gently, stirring all the time.

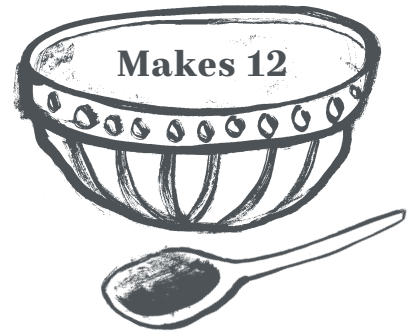




Easy Scones

When it's gone a bit sour, but not changed colour.

Perfect for baking.



Ingredients

- 300g plain flour
- 25g baking powder
- 100g chilled butter
diced
- 50g sultanas
(optional)
- 200ml soured milk
- 50g sugar
- 1 beaten egg

Method

Heat oven to 200C / GM6

Sieve flour and baking powder into a bowl.

Add diced cold butter. Using tips of fingers, rub the butter into the flour until it looks like breadcrumbs.

Stir in sultanas if using.

Gently heat the soured milk, til just warm not boiling.

Take off heat, add sugar and the beaten egg. Pour into the flour and butter mix, using a knife to mix together.

Let the dough sit for 5 minutes, then turn out onto a floured surface and bring it together into a smooth ball.

Roll out (if you haven't a rolling pin, use a pop bottle or just squish out with your hands) til the dough is around 1.5cm thick. Use a 6cm cutter or a glass dipped in flour to cut out rounds. Any dough over can be (gently) squished back together for more scones.

Let them sit on a floured baking sheet for 10 mins before putting in the oven and baking til golden – about 12 minutes.

Variation

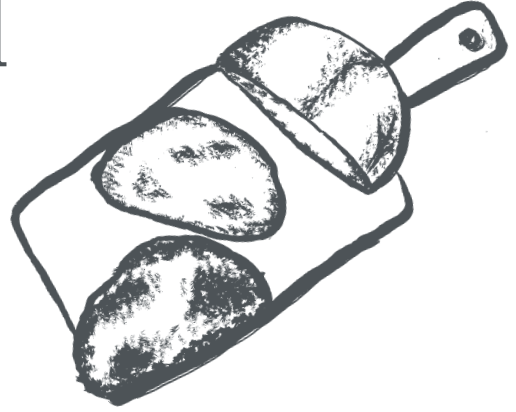
For a savoury scone use grated cheese, about 75g instead of the sultanas, and a pinch of paprika. Omit the sugar.





Soda Bread

Soda Bread is super quick to make and needs no kneading. The soured milk acts with the bicarbonate to make a fluffy light interior.



Ingredients

- **450g flour:**
wholemeal - especially good for this bread.
- **1 level tsp bicarbonate of soda**
- **350ml soured milk**
(you can add 1 tbsp lemon juice to 'ordinary' milk to sour it.)

Method

Preheat oven to 230C / GM8.

Sift flour and baking soda into a large bowl. Using a knife, add the milk gradually, stirring all the time until it forms a light dough. You may need a splash more of milk if there's lots of flour over in the bowl.

Turn out onto a floured surface and shape it into a rough round about 3cm high. Use the knife to slash a cross and stab the corners (great anger management technique). Pop onto a floured baking sheet and put in the oven for 15 minutes.

Turn the oven down to 200C / GM6 and bake for another 20 minutes. Flip the bread and continue baking for another 10 to 20 minutes.

It's done when you tap the base, and it sounds hollow.



Bread

There's always too much!

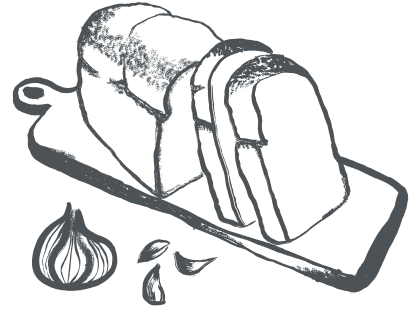




Snacks

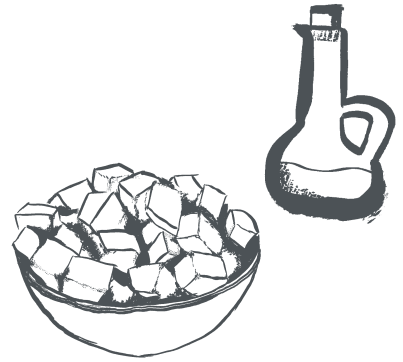
Immediate use – toast it, rub with a clove of garlic, spread with butter and it's instant garlic bread!

Or feel European and after rubbing with garlic, drizzle with olive oil and squish a few tomatoes on top (perfect for overripe tomatoes).



Croutons

If you've got the oven on, chop your stale or excess bread into cubes, toss in a little oil and dried herbs and put on a baking tray. Pop into the bottom of the oven and let them crisp up. Keep an eye and toss them a few times til they are the colour you want. Take out, season with salt and pepper and leave to cool. They will keep in a sealed container for several weeks and can be used as croutons to add crunch to salads and soups. You can also do this in a frying pan on the hob but keep the heat **LOW**.



Breadcrumbs

Same method as croutons, but no oil or herbs. Once the bread has crisped up, use a food processor to whizz into breadcrumbs or the coarse side of a box grater (watch your fingers!). Store in an airtight container for two to three weeks.





Italian Bread Salad or Panzanella

This is a lush way to also use up any squishy tomatoes.

Enough for 4 as a side dish.



Ingredients

- **1 small red onion**
(or spring onions or a shallot) thinly sliced.
- **1 tbsp red wine vinegar**
(cider or white wine vinegars work too but not malt.)
- **Salt**
- **200g stale bread**
(not soft white sliced.)
- **500g tomatoes**
roughly chopped
- **Cucumber**
peeled, seeds removed and sliced into half-moon.
- **Olive oil**
- **“Soft” herbs**
basil, parsley, rocket
- **Optional extras:**
black olives, red peppers, capers, anchovies.

Method

Begin by putting the onions into the base of a bowl big enough to fit everything into. Sprinkle over $\frac{1}{2}$ tsp salt and the vinegar. Leave for 20 minutes.

Tear up your bread into bite size chunks.

Add the bread, tomatoes, cucumber and any of the extras you are using into the onion vinegar mix. Drizzle over olive oil and mix everything together. Let it sit for half an hour for the bread to soften and absorb the flavours. Taste and adjust seasoning – black pepper, salt, a bit more oil or vinegar to suit.

Add fresh herbs. Serve.

Variation

You can also add drained borlotti, butter or cannellini beans to stretch it into a main meal.





Bread Pudding aka Wet Nelly

The Scouse version of Lancashire Nelson Cake.

Also uses up milk.



Ingredients

- Loaf of stale bread
- 100g butter, melted
- 140g brown sugar
- ¾ litre milk, warmed
- 2 tsp mixed spice
- 3 eggs, beaten
- 500g mixed dried fruits

Method

Take crusts off the bread (save for breadcrumbs). Cut or tear bread into small chunks. Put in a large bowl. Pour over the milk and leave minimum 4 hours or overnight.

Add all the other ingredients and mix well. Line a deep roasting tin with baking parchment or butter and flour. Pour bread mix in and bake at 180C / 160C fan or GM4 for about 1hr 15 mins or until golden and springy to touch. Cut into squares and serve with custard or ice cream.

Top tip

Freeze your bread in slices – put into the freezer flat, then once frozen, gather up into a bag. That way you can just grab a slice when you need it rather than having to defrost the whole loaf. Most toasters have a from frozen setting.



Potatoes

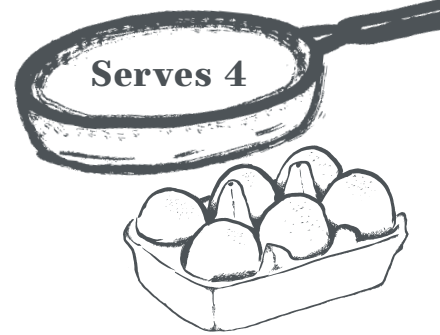
Be energy wise, if the oven is on, always pop your potatoes in to cook - chopped up into smaller pieces, you can roast/bake them and then use in lots of other dishes. It's the faff of cooking that makes us forget to use them. Likewise spare mashed potatoes have a host of uses, don't bin leftovers.





Spanish (ish) Omelette

This is a great use up the odds and sods recipe. Short-dated eggs get a lease of life, as well as cooked potatoes, that half onion lurking, maybe the end of the cheese, some leftover peas or other veg from Sunday dinner. Great for lunch boxes!



Ingredients

- 6 eggs
- ½ an onion
(or leek or spring onions.)
- Oil
- 200g, mixed vegetables
frozen or cooked peas,
broccoli, peppers, carrots,
green beans. Your choice!
- 150g cooked potatoes
sliced



Method

Start by thinly slicing your onion or leek or spring onions, and heat 1 tbsp of oil in a frying pan, ideally one which can go in the oven or under the grill.

Cook the onions on a low heat until they are translucent – this always takes a bit longer than you think, adding a pinch of salt will help them stay light and juicy. Allow a good ten minutes. Worth it.

If you have other uncooked veg at this point – such as peppers or carrots – this is the time to add them. Also, the frozen peas if using. Cook for another 5 minutes or so.

Beat eggs together and add seasoning – we like to use pepper, paprika and a pinch of oregano.

Layer the potatoes and cooked leftover vegetables that you are using in the same pan as the onions and other veg. If using ham or bacon, add this now. Give it a gentle stir to mix everything together, then pour in the eggs.

Cook gently for 10 to 12 minutes until the eggs have set. If using cheese, grate over the top.

Pop the whole pan under the grill (**DO NOT** do this if the handle is plastic) and let the cheese melt and the top brown. Set aside to cool slightly before slicing into quarters. This also freezes well. Wrap in foil and defrost within a month.



Potato Soup



This soup can be frozen and saved for another day.

Replace the onions with leeks for a lovely leek and potato soup.

Ingredients

(These measurements can be used as a guide.)

- **400g potatoes**
- **100g onions**
- **50g butter**
(if salted, use less salt later in recipe.)
- **800ml veg stock**
- **100ml cream**
- **Salt and pepper**

Tips

Olive oil will work just as well as butter.

Add some cheese for a nice addition.

Try adding chicken stock for a meatier flavour.

You can add a variety of veg to this dish. Use leftovers, e.g. carrots, parsnips, swede, celeriac, squash or celery.

Sprinkle some chopped herbs like chives or parsley on top for a splash of colour and flavour.

Method

Scrub potatoes and roughly chop into small cubes.

Chop the onion finely.

Melt the butter into a saucepan on a low heat so it doesn't burn.

Add in the potatoes and onions into the melted butter with a sprinkle of salt and pepper. Cook gently, stirring occasionally for 10 to 15 mins on low heat. Keep an eye on them, making sure the heat isn't too high.

Now add the hot water straight into the pan and then add the stock cubes.

Allow the stock to start simmering so small bubbles appear. Try to avoid boiling, this will be when large bubbles appear, if this happens just turn the heat down a touch.

Simmer like this until the potatoes have softened, around 15 minutes. A good test is to stab a piece of potato with a fork and if it falls off then it is ready to go.

Use a stick blender to blend the soup together. You can go for a more chunky, rustic style soup by just blending briefly or you can go for a smooth soup by blending it a bit more. There's no wrong way to do it! If you don't have a blender, use a fork or potato masher to break up the potatoes.

Finally, stir in the cream and add salt and pepper to taste.

Now you have a wonderful hearty soup perfect for a cold day.





Mini Vegetable Bakes

A great way to use up left over potatoes and any other cooked veggies.

Ingredients

- **500g cooked potatoes**
mashed (cold)
- **1 onion**
finely chopped (or spring onions, leeks or shallots.)
- **150g mixed vegetables**
cabbage, kale, carrots, sprouts, leeks. Chopped and cooked.
- **2 tbsp oil**
- **Salt and pepper**
- Other herbs or spices that you like or have to hand - cumin, rosemary, oregano, paprika all work well.
- **Plain flour**

Method

Cook the onion in 1 tbsp of the oil until soft and golden. You can add garlic too at this point. Allow about 10 minutes.

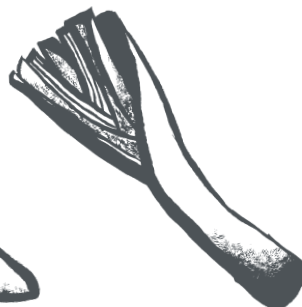
Tip into a bowl with the potatoes and other vegetables. If you have a food processor you can use that, but we like the chunky option of using our (clean) hands to squash everything together into a firmish dough. Roll into 12 balls (wetting your hands helps) and dust with flour.

Heat the oven to 200C / GM6 and line a baking sheet with foil or baking parchment. Place the veggie balls onto the tray, flattening them slightly. Brush with the remaining oil and put in the oven to bake for 25 minutes or until golden.

You can freeze before final cooking and bake from frozen, allow another 10 minutes in the oven and reduce the temp to 180C / GM4.

Variations

Swap the vegetables for drained tinned fish or leftover grated cheese.





Leafy Greens

Bought with the best intentions, how often do you bin the salads?

Eat Your Greens Soup



Ingredients

- **1 medium lettuce**
washed and roughly chopped.
- **1 onion**
(or leek or shallots or spring onions)
chopped finely.
- **2 tbsp butter**
or oil if you want this to be vegan.
- **1.5 litres veg stock**
- **Salt and pepper**
- **Herbs to suit**
mint, parsley, basil or tarragon all work well.

Method

Start by heating the butter or oil in a large pan, add the onion and cook gently for at least 10 minutes until softened.

Add 1tsp salt and ¼ tsp pepper and the chopped lettuce. Stir well to let the lettuce wilt. Add the stock and bring to a boil. Add the peas and simmer for 3 minutes.

Take off heat and add the herbs of your choice. Use a stick blender to whizz the soup into a gorgeous green liquid. If you don't have a stick blender, a potato masher and then a sieve can do the same job, tho it takes a bit longer.

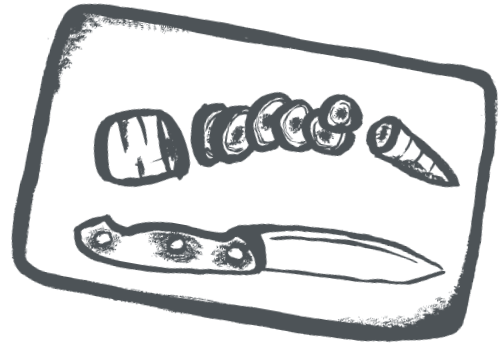
Particularly good with those croutons you made from stale bread. For extra richness you can swirl in some cream before serving.





Carrots

A great source of Vitamin A.



Carrot Soup

Ingredients

- **400g carrots**
scrubbed (no need to peel unless filthy) and sliced thickness of a £1 coin.
- **50g butter**
- **1 litre veg stock**
- **½ pint white sauce**
(see milk section for recipe.)
- **Salt and pepper**
- **Nutmeg or coriander**
- **Yogurt to serve**

Method

Start by melting the butter in a heavy based pan. Add the sliced carrots and a pinch of salt. Stir and pop lid on pan. Turn heat down low and leave to cook for 10 mins.

Check occasionally so they don't burn. Add the stock and bring to a simmer. Cook for 15 minutes until the carrots are soft.

Take off heat.

If you have a stick blender, whizz the soup til smooth. Alternatively allow to cool and put in a food processor. You can also use a potato masher or ricer; it will have more texture but still taste good.

Whisk in the white sauce and bring back to serving temperature. Add pepper and grate in some nutmeg or if you like it, add chopped coriander or parsley. Serve with a swirl of yogurt.

Carrot & Mint Salad

When you end up with a few too many carrots. Use the coarse side of a box grater to shred your carrots. Sprinkle with a little salt, grate in a garlic clove, then add the zest and juice of 1 lemon. Give it all a good stir then add extra virgin olive oil to taste. Finally chop in lots of mint. Really good with falafels or grilled halloumi.

Top Tip

Take your carrots **OUT** of the plastic bag and put them in the salad drawer of the fridge. They last longer unwashed too.



Citrus

Don't let them go wrinkly in the fruit bowl.

Easy Peasy Citrus Squeezy Drink

Take any amount of citrus fruit you've got kicking about in the fruit bowl. Grapefruit, lemons, oranges and limes all work.

As a rough guide you want about:

- 400 ml of juice to 2 litres of water
- 200g sugar

Give the fruit a wash, then use a box grater to remove the zest. Stop grating when you see the white pith, we don't want that. Put all the grated zest in a large bowl. Squeeze all the juice from the fruit into the same bowl. Pour over boiling hot water, stir well and then start adding sugar or honey to your taste. Stir to make the sugar dissolve and keep tasting. Once it is "right", cover and let it cool and then sit overnight. Next day pour through a sieve into a jug and place in the fridge to chill. Drink!

Variation

Add squishy berries – raspberries, blueberries, and strawberries all work. Use mint to add an extra flavour.

Top tip

You can squeeze the juice from citrus and then pour into ice cube trays and pop in the freezer. Once frozen put into labelled bags and use whenever you need a hit of citrus.





Boiled Orange Cake

Nicer than it sounds and perfect for hard fruits.

Ingredients

- **250g citrus:**
oranges, tangerines,
clementines
- **125ml neutral
vegetable oil**
- **125g plain flour***
- **150g sugar**
- **85g cornflour**
- **80ml water**
- **3 heaped tsps
baking powder**

Method

Wash the fruit to remove any wax and put in a pan and just cover with water. Bring to a boil then turn down, cover the pan and let the fruit cook for about 30 minutes til soft. Drain and leave to cool.

Cut in half and remove any pips, then whizz in a food processor, skins and all til you have a rough puree. Add the rest of the ingredients and gently mix together.

Heat oven to GM4 or 170C. Line a loaf tin or 20cm cake tin with baking parchment and then spoon in the orange batter. Smooth the top and bake for approx 40 to 50 minutes until the cake is springy to touch and there is no batter on a skewer inserted into the middle.

Remove from oven. Mix 125g of sugar with a splash or two of orange juice and drizzle over the top of the cake whilst warm. Leave to cool completely in the tin.

***If you want to make this gluten free, use 250g of ground almonds - in which case do not add the oil either but you may need a little extra water to loosen the batter.**





Eggs



Stretch the use by dates by cooking them.

Top Tips

If you think you might not use all your eggs in time for the best before date, boil them for 8 minutes then plunge into cold water. They will last another three days and can be added to salads. Alternatively, make the Spanish (ish) omelette mentioned in the 'Potato' section on [page 13](#).

Scotch Pancakes or Drop Scones

We've gone for the classic Scottish version which are thicker and can also be frozen.

Ingredients

- ½ tsp white (malt, wine or cider) vinegar
- 150ml milk
- 110g plain flour
- ½ tsp bicarbonate of soda
- 2 tbsp sugar
- 1 egg
- 1 tbsp of neutral oil or melted unsalted butter.

Method

Add the vinegar to the milk and set aside for 5 minutes. It will slightly curdle but don't worry. Mix flour, bicarb and sugar together in a bowl. Whisk the egg and oil or butter into the vinegary milk and then add it to the flour mix. Stir well to make a thick batter. Heat a non-stick frying pan and dollop 1.5 tbsps of the batter at a time in – aim to cook two or three at a time. Wait until a skin forms on the wet side – it will look like the batter is cooked but not golden and then flip over using a spatula or palette knife and cook til both sides are golden. Repeat until batter all used up – this should make about 16 of these small pancakes. Serve with butter and jam or syrup.





Shakshuka

A great breakfast dish to use up eggs, any lurking half tin of tomatoes or squashy tomatoes, along with other bits like a half onion or red pepper.

Ingredients

- **Half a tin of tomatoes**
or 200g chopped
fresh tomatoes.
- **1 garlic clove**
chopped or grated.
- **Left over onion or pepper**
(or both), chopped.
You can also use spring
onions, leeks, aubergines.
- **1 tsp smoked paprika**
- **1 tsp cayenne**
or chilli powder.
- **1 tsp cumin**
(optional)
- **2 eggs**
- **Olive oil**
- **Herbs**
- **Plain yogurt**

Method

Heat 1 tsp of olive oil (or other oil) in a small shallow frying pan over a low heat. Add the chopped vegetables and garlic and cook slowly for about 10 minutes until tender.

Keep stirring so nothing burns. A sprinkle of salt helps prevent this. Add the spices. Stir well and then add the tomatoes. Bring up to a gentle simmer, then use the back of a spoon to make two hollows in the mixture. Break in your eggs.

Continue to cook for another 6 or so minutes until the egg whites are set. If the pan is oven proof, you can do this in a medium oven – GM4 / 180C. Once the eggs are cooked to your liking, sprinkle over chopped herbs and serve with bread and a splash or two of yogurt.





Bananas



How often have you bought them and left them to go brown in the fruit bowl? Don't bin them. The riper they are, the more flavour they have. Try the recipes below.



Easy Ice Cream

Ripe bananas. Skin and slice the bananas into rounds. Lay out on a plate or dish that can go in the freezer. Pop into the freezer for 2 hours. Remove and add to a food processor or use a stick blender to whizz the frozen rounds. Adding a splash of milk and some vanilla essence will help this along. You can also add a tablespoon of peanut butter, or grated chocolate.



Smoothie Without a Blender

Take a very ripe banana, peel it and mash it with a fork. Stir in any other ripe fruit you want to use up – squishy strawberries, raspberries, kiwi, mango and pears all work very well. Get a clean screw top jar, and add a couple of ice cubes, and 3 heaped tablespoons of plain yogurt, plus the fruit mixture. Screw the lid back on and shake well. If it's too thick, either add a little water, milk or fruit juice. Drink!





Banana Bread

Even after lock down, banana bread is still nice!

This is an easy recipe that doesn't use dairy, is gluten free and vegan.

Ingredients

- 2 tsp baking powder
- 1 tsp bicarb of soda
- 1 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp salt
- 200g sugar
a mix of brown and white is nice.
- 3 very ripe bananas
(about 300g)
mashed well.
- 60ml oat milk
or other plant based milk.
- 75 ml plain oil
sunflower / vegetable or light olive.
- 1 tsp vinegar
- 2 tsp vanilla extract

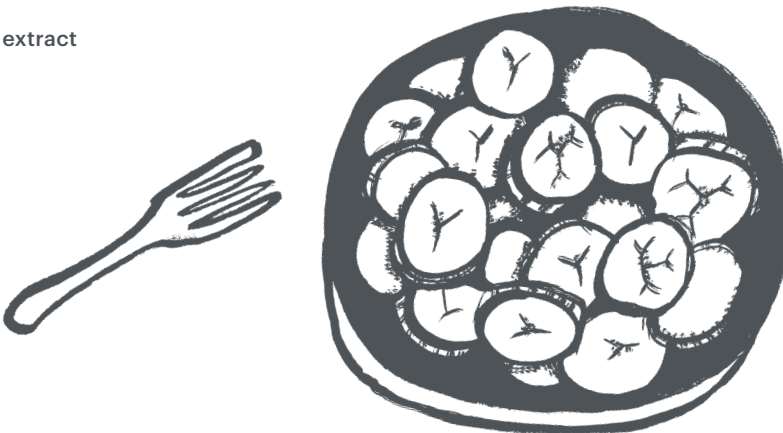
Method

Put dry ingredients - flour, sugar, spices, salt and baking powders into a large bowl and mix well.

In a jug mix the wet ingredients and bananas. Add to the dry ingredients and mix gently together until a thick batter is formed. Don't be too rough with it. If you want to add walnuts or chocolate chips, now is the time to stir them through.

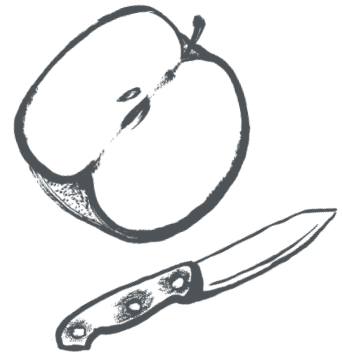
Heat oven to 180C / GM4 and grease or line a loaf tin. Scrape all the batter into the tin and use a spoon to create a small hollow on top of the mix.

Bake for 60 minutes, check with a skewer or knife to see if the centre is cooked – if there's still batter coming out, put it back in for another 15 minutes. You can cover the top with a bit of foil to stop it browning too much. Remove from oven and leave to cool in the tin. This can be sliced and frozen.





Apples



**Even if they are a bit bruised,
just cut that bit out.**

Overnight Oats for 1

Ingredients

- 35g of porridge oats
- 35g yogurt
- 35g milk
- 1 apple, diced
- Pinch of cinnamon

Method

Mix everything together and pop into the fridge overnight.
Eat in the morning with a sprinkle of honey if liked.



Apple Sauce

If your apples are a bit soft or bruised, this is a great way to transform them. Peel if you like or just chop into small pieces, removing core and pips. Add to a small pan, with enough water to let them move about but not covered. Add a pinch of cinnamon, ginger, mixed spice or nutmeg - whatever you like. Put on a low heat and cover the pan. Let the apples cook softly down into a rough sauce. Taste and add sugar if needed but often they are sweet enough. Use in crumbles, pies, or with yogurt spooned over the top for breakfast.





Top Tips



Herbs

Chop any left-over herbs finely and pack into ice cube trays with a little water. You can then put into lock top bags and just add direct to soups, sauces or stews when you want herbs to add flavour.

Take the big pots of herbs from supermarkets and separate into smaller pots for your windowsill. They are made up of lots of small seedlings and will thank you for giving them more room by growing well. Stretch expensive basil by whizzing it with just tender broccoli, garlic and a little oil to make a pesto style sauce for pasta.



Cheese

Grate your leftover hard cheeses and weigh into portions of 50g and then freeze. Make Welsh rarebit by grating your cheese, adding a little butter, a tsp of mustard and then spread it on toast to pop under the grill. Other variations are blue cheese grated and mixed with a little mayonnaise, and a dollop of mango chutney; or chopped up brie mixed with cranberry sauce and mayo.

Keep cheese rinds from cheddar or parmesan and use to flavour veg soups.





Top Tips



Rice

Don't bin that leftover rice but **DO** spread it out on a plate to cool as fast as possible and pop it in your fridge. Use the next day to make a simple stir fry by heating a tsp of oil in a shallow frying pan, add a selection of veggies such as leeks, onions, garlic, carrots, peppers or mushrooms and cook before adding in the rice. Stir well to ensure the rice gets piping hot. Beat an egg in a cup, then pour into the pan with a shake or two of soy sauce. Keep stirring until the egg and veggie rice are well combined and cooked. Eat with extra chilli sauce.

Another option is to stir a tablespoon or two of pesto through the leftover rice as it cools. Add some chopped tomatoes, spring onions, cubes of feta or olives and you have a lovely salad for lunch the next day. Follow same rules about cooling the rice as quickly as possible and putting it in the fridge.



Salads / Leafy Greens

Always remove the stalks from kale – it's much nicer to eat.

If you have fresh spinach or greens, you might not eat in time, wash them, remove stalks, chop (we use scissors) and then put in a bowl. Pour over boiling water and then immediately drain into a sieve or colander and run cold water over them. You can then squeeze out the water and freeze spread out on a plate. Once frozen you can pop in a plastic bag in single pieces rather than a block. Easier to use!

Soggy bags of salad in the bottom of the fridge are very sad. Much better to buy a whole lettuce, they last longer and are much cheaper. And you can make the rather nice green soup on [page 16](#) if you think you won't get to eat the whole lettuce raw.



Thank you:



Merseyside Recycling Waste Authority's
Zero Waste Community Fund 23/24

Nonconform Design



Poppy Moore, Illustration

Alchemic Kitchen

Feedback Global





For more information and enquiries:

alchemickitchen.org
feedbackglobal.org
merseysidewda.gov.uk