

Lovely Leftovers recipe card

Why not cut down on your food waste and cook up some tasty treats for your 'Make and Take' event by making the most of your leftover food. Here are some ideas to get you started...

Bubble and squeak

Ingredients:

- Pinch of salt and pepper
- 1 tablespoon butter or margarine
- 1 onion (chopped)
- 1 garlic clove (chopped)
- 400g potatoes (mashed)
- 2-3 rashers of bacon or slices of ham
- Leftover vegetables (for example: carrots, sprouts, cabbage, peas etc.)

Method:

1. Melt the butter in a non-stick pan.
2. Once the butter is sizzling, add a sprinkle of salt and pepper, then add the ham or bacon, the onion and garlic and simmer for 2-3 minutes.
3. Add the vegetables to the pan and cook for 5-6 minutes, until they colour slightly.
4. Add the mashed potatoes and mix in with the vegetables.
5. Push the whole mixture down using the back of a spatula, so that it covers the base of the pan.
6. Allow the mixture to catch slightly on the base of the pan before turning it over - then do the same to the other side.
7. The top and bottom of the mixture should now look like a thick pancake and be deep brown in colour.
8. Cut into wedges and serve.

Glamorgan 'Sausages'

Ingredients:

225g fresh breadcrumbs
125g grated cheese
3 medium size free-range eggs
A wee drop of milk
Salt and pepper
1/2 teaspoon dry mustard
175g leek chopped and cooked in butter for 2 minutes
1 heaped tablespoon of fresh parsley (chopped)

For coating:

100g fresh breadcrumbs
1 medium size free-range egg
4 tablespoons milk
Vegetable oil for frying

Method:

1. Place the breadcrumbs, cheese, seasoning, mustard, leek and parsley into a mixing bowl and mix well.
2. Beat together the eggs and add to the ingredients.
3. Mix the ingredients to form a firm dough, you may need a wee drop of milk if the mixture is dry.
4. Divide the mixture into 16 pieces and form each portion into a sausage shape.
5. Coat your sausages: beat the egg and add the milk. Place the breadcrumbs on a plate and season lightly. Take each sausage and roll it in the egg mixture, drain a little, then roll in the breadcrumbs. Repeat until all the sausages are coated.
6. Put the sausages on a cling-filmed baking tray and chill for an hour.
7. Heat a heavy base frying pan, add a little oil, add the sausages a few at a time and cook over a medium-low heat until golden all over.
8. **Take care** - the sausages should fry gently, if the heat is too high they will brown too quickly and not be cooked through.

Enjoy your leftovers!