



Food Waste Nutrient Dense Recipes

Produced by GREEN Hospitality In partnership with CHOMP



The second iteration of the “Food Waste to Good Taste” project continues to raise awareness and foster creative approaches to managing and repurposing nutritious food waste from Hong Kong’s vibrant hospitality industry.

Through training and knowledge sharing, the aim is to encourage restaurants and the wider community to become more conscious of the loss of nutrients through food waste, adopt better management practices and optimise food scraps into new recipes.

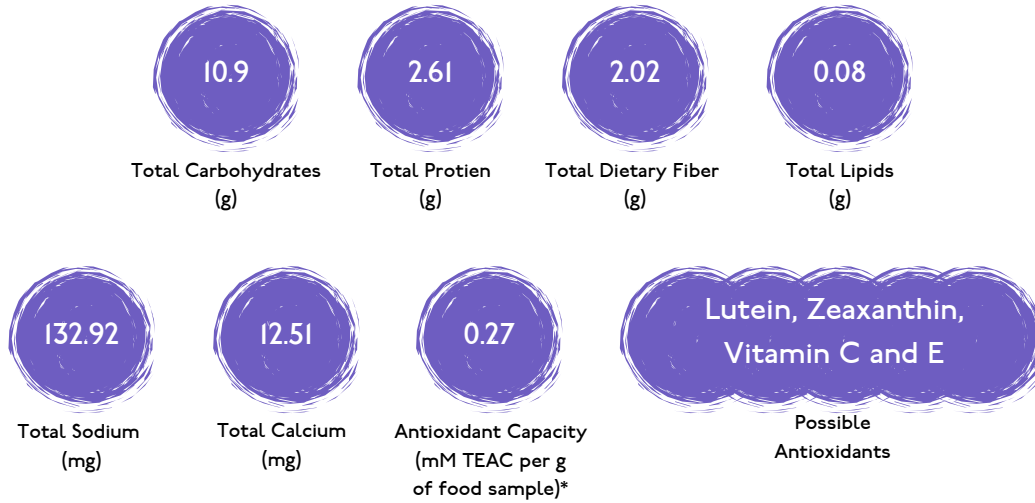
The six-month impact project initiated by the School of Biological Science, The University of Hong Kong, is funded by HKU Knowledge Exchange and supported by GREEN Hospitality, CHOMP and The Sustainable Restaurant Association.





Nutrients Content - Potato Skin

(per 100 g of food sample)



POTATO SKIN GARNISH 薯仔皮裝飾

Ingredients

- 3 cups of potato peels
- 1/2 cup of extra-virgin olive oil
- 1/2 cup (1 stick) of unsalted butter
- Salt to taste

Directions

1. Heat 1/2 cup of extra-virgin olive oil in a medium skillet over medium heat
2. Then add 1/2 cup of unsalted butter and swirl the pan until the butter is melted
3. Working in multiple batches of 3 or 4, cook the potato skins by stirring them occasionally until they are deeply browned and crisp. This cooking process should take 5 to 7 minutes. Using a slotted spoon, transfer the crispy potato garnish onto paper towels to drain
4. Season with salt to taste



Directions

1. Start off by ensuring you give the potatoes a good wash and scrub to remove any dirt.
2. Peel the potatoes using a potato peeler (rather than a knife) to minimise removing too much potato flesh.
3. Soak the peels for 30 minutes in room temperature water to remove excess starch for maximum crispness.
4. Rinse the peels and then pat them dry with a kitchen/paper towel. Make sure to dry the peels as much as possible to guarantee extra crispiness. If you wish, you can also remove some of the excess water by baking the peels for 5 minutes at 200°C/400°F or using a dehydrator
5. In a single layer, spread the potato skins onto your baking sheet and drizzle with oil. You want to make sure that you coat the peels just enough without weighing them down
6. Optionally, use any seasonings of your preference and give the potato skins a good toss to coat them evenly. This step can be done either before or after baking
7. Finally, bake the potato skin chips for 15-18 minutes at 200°C/400°F (fan-assisted option). If you want even crispier results, then broil them for extra 3-4 minutes at the end. Make sure to keep an eye as they can burn easily

Storing to make ahead: If you don't have enough potato peels to make this recipe in one go, you can store them in an airtight container in the fridge soaked in water for 2-3 days. Make sure to replace the water daily.



BAKED POTATO SKIN CHIPS

焗釀薯皮

Ingredients

- 1 cup of potato peels (adjust amount depending on how much you want to yield)
- 1/2 tablespoon of olive oil
- 1/2 teaspoon of salt

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- 1/2 tablespoon of olive oil
- 1/2 teaspoon of salt

Directions

1. Clean and dry out your potato peelings
2. Place them in a dehydrator or an oven at a low temperature of 57°C/135°F for approximately 4 hours
3. Then grind into potato powder

Use it to add to your soups and stews!



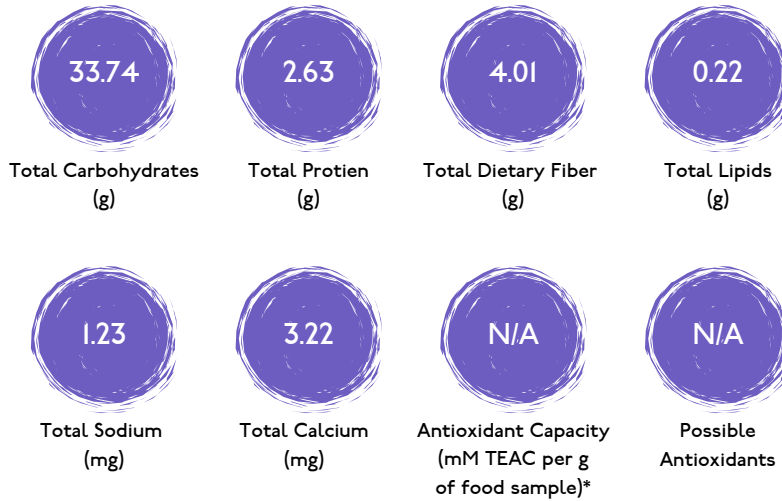
POTATO POWDER

馬鈴薯粉



Nutrients Content - Cooked White Rice

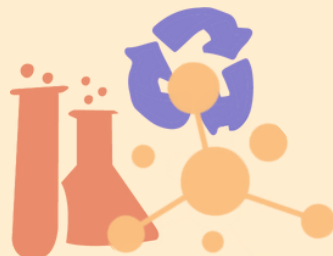
(per 100 g of food sample)



RICE CRACKERS 脆米餅



This easy recipe is perfect for DIY rice crackers. Not only are they much healthier to store-bought ones, but you also have the freedom to flavour however you wish to!



Ingredients

- 3 cups of leftover cooked rice, room temperature
- 1 tablespoon of any oil of your choice
- Pinch of salt

Directions

1. Preheat the oven to 180°C/360°F
2. In a food processor, blitz the cooked rice, olive oil and salt until it turns into a dough. You might need to add a bit of moisture, add 1 tablespoon of water at a time
3. Measure teaspoonfuls of the rice dough and roll into balls
4. Place them on a baking paper-lined tray and space them evenly
5. Place a second piece of baking paper on top of the rice balls
6. Use anything with a flat bottom (such as a cup or glass) to press the balls into disks of around 1-2mm thick
7. Remove the second baking paper
8. Optional: sprinkle any spices or cheese on top to add extra flavour
9. Bake the rice crackers until slightly golden and have a crispy texture



A popular salad that originates from Laos. This recipe turns your cooked rice into the crunch you need in a fragrant salad. Packed with South East Asian flavours, you won't even realise you are using leftovers to create this incredible dish.

Top tip: you can adjust the flavour profile of the crispy rice into whatever suits your palette and add it into ANY salad or dish that asks for an extra crunch.



LAZY VERSION OF NAM KHAO 脆米沙律 (NAM KHAO)

Ingredients

(Crispy rice)

- 2 1/2 cups of cooked rice
- 2 tablespoon of Thai red curry paste
- 4 tablespoon of cooking oil (any of your choice)
- 3 teaspoon of sugar
- 3 teaspoon light soy sauce or vegan fish sauce

(Dressing)

- 2 tablespoon of light soy sauce or fish sauce
- 1 whole chilli chopped up
- 2 cloves of garlic
- Juice of 1/2 a lime
- 2 tablespoon of sugar
- 1/4 cup (60ml) of boiling water

(Toppings)

- Minced pork (choose any minced meat or can be omitted for vegetarian version)
- 1 tablespoon of oil
- Bunch of fresh mint and cilantro/coriander
- Handful of toasted crushed peanut
- Handful of toasted coconut flakes
- Handful of fried shallots
- Lettuce leaves

Directions

(Crispy rice)

1. Simply combine all of the ingredients for the crispy rice in a bowl
2. Spread the rice mix onto a baking sheet evenly
3. Bake at 200°C/400°F for 30 minutes, make sure to stir halfway through
4. Meanwhile, prepare all the other ingredients as instructed below, ready to assemble once the rice is cooked.

(Dressing)

5. Combine all the ingredients (except the water) then pour in the boiling water and whisk.
6. Allow it to cool completely

(Toppings)

7. In a pan, heat up the oil on medium heat then cook the minced meat
8. Once cooked, remove from heat and place aside to cool down

Time to arrange the salad!

1. Remove the crispy rice from the oven and let it cool
2. In a bowl, assemble the rice and salad toppings together
3. Pour the dressing and give the salad a good mix
4. Serve in lettuce leaves to wrap spoonfuls of the salad with and enjoy!
5. Optional: squeeze some lime juice onto it for an extra tang

A popular salad that originates from Laos. This recipe turns your cooked rice into the crunch you need in a fragrant salad. Packed with South East Asian flavours, you won't even realise you are using leftovers to create this incredible dish.

Top tip: you can adjust the flavour profile of the crispy rice into whatever suits your palette and add it into ANY salad or dish that asks for an extra crunch.

Ingredients

(Rice balls)

- 2 cups of leftover cooked rice, room temperature
- 1/2 cup of Italian breadcrumbs
- 1 teaspoon of onion powder
- 1 teaspoon of garlic powder
- 1 teaspoon of salt
- 1 1/2 teaspoon of black pepper
- 2 eggs
- 1 cup of parmesan grated
- 3 oz/85 grams of mozzarella cheese cut into small cubes

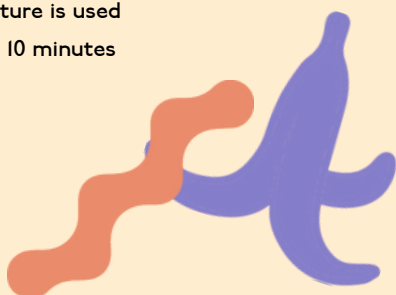
(Breading)

- 2 cups of Italian breadcrumbs
- 1 cup of all purpose flour
- Salt and pepper
- 2 eggs
- 1 tablespoon water
- Vegetable oil for frying

Directions

(Rice balls)

1. Combine the rice, 1/2 cup of breadcrumbs, onion powder, garlic powder, salt, pepper, eggs and parmesan altogether
2. Take 1/4 cup of the rice mixture, roll into a ball then flatten.
3. Place a cube of the mozzarella cheese into the centre before closing the rice around the
4. cheese. Roll into a ball again and place onto baking sheet aside
5. Repeat until all rice mixture is used
6. Freeze the rice balls for 10 minutes



Directions continued

(Breading)

1. You will need 3 medium sized bowls
 - First bowl: combine the flour, salt and pepper
 - Second bowl: combine the eggs and water
 - Third bowl: place the breadcrumbs in the bowl
2. Remove the rice balls from the freezer and place one into the first bowl (flour mix)
3. Continue by dunking the flour-coated ball into the second bowl (egg mixture). Make sure it is fully covered.
4. With a fork, remove the ball and ensure there is no excess egg dripping. Then place it in the third bowl (breadcrumbs)
5. Roll the ball and coat it evenly in breadcrumbs
6. Place the breaded rice ball onto the baking sheet and repeat until all rice balls are done

Arancini time:

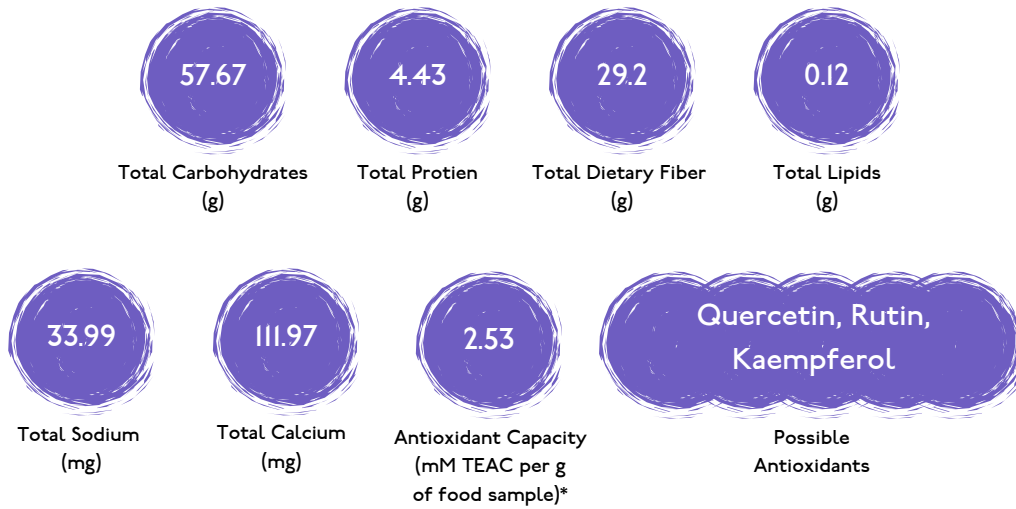
1. Firstly, layer a large plate with paper towels
2. Heat the oil in a medium sized saucepan. Once the oil reaches a temperature of 175°C/350°F, use a slotted spoon to gently place one rice ball into the oil. Place up to 5 balls at a time to not overcrowd the pan
3. Cook until a dark golden brown colour, remove with the slotted spoon then set them onto the paper towel lined plate
4. Repeat until all are cooked.

Buon appetito!



Nutrients Content - Onion Skin

(per 100 g of food sample)



ONION SKIN ASH 洋蔥皮灰燼

If you are looking for a creative way to upcycle your onion skins, then this recipe is just for you.

This onion skin ash provides a smokey element to your dishes and elevates the flavour profile without much work. It can be added to any savoury dishes, for examples soups, roasted vegetables or meats. It also works in sauces. So sprinkle away!

Top tip: feel free to make this recipe with your leftover garlic skins to add even more flavour

Ingredients

- Onion skins

Directions

1. Preheat the oven to 230°C/475°F
2. Place the onion skins on a baking tray and spread them out evenly
3. Ensure only the outer dried skins are used and not the layers that still contain moisture
4. Bake for around 30-40 minutes, until the skins turn very dark brown
5. Transfer the skins into a food processor. Add 5 drops of water into the food processor for a tiny bit of moisture so the skins don't fly around too much. Process until the skins are finely blended



Ingredients

- Onion skins
- Any wilted, unused vegetables or scraps

Directions

1. Look through your fridge/pantry for any veggies that are no longer in their peak condition (this includes the vegetable scraps you would have set aside like onion skins or leek tops, or wilted vegetables)
2. Chop the wilted veggies into chunks
3. Store the veggie chunks/veggie scraps into a storage bag and place the bag in the freezer. Keep adding to the bag until full
4. When you're ready to make a vegetable stock, take the veggie bag out of the freezer and boil your vegetable chunks and scraps for at least 30 minutes. Boil up to 2 hours to maximise the flavour
5. Strain the vegetable pieces, then add salt and pepper to taste
6. Use the delicious stock as a base for a soup or sauce. You can also pour the stock into an ice cube tray to freeze for later use



This is probably the handiest recipe EVER that you want to save in your repertoire: it's simple, it's zero-waste and it's so easy. Whether you have wilted vegetables in your pantry or vegetable scraps that you can't use in your dish, save ALL of them. You can even store them in a food storage bag in the freezer until you have collected enough variety to make a flavourful stock base.

From floppy carrots to onion skins, to potato peels and leek tops, this recipe does not discriminate!

Yes you heard right, onion skin tea! This recipe calls out for us to utilise the onions as much as possible. Whilst it might not sound like the most appealing beverage, you can sweeten the natural tea by adding honey or lemon to your taste. This tea is full of health benefits, packed with antioxidants, the tea can also help with reducing cramps and bloating.

Ingredients

- 1 whole onion skin
- 1 litre of water

Directions

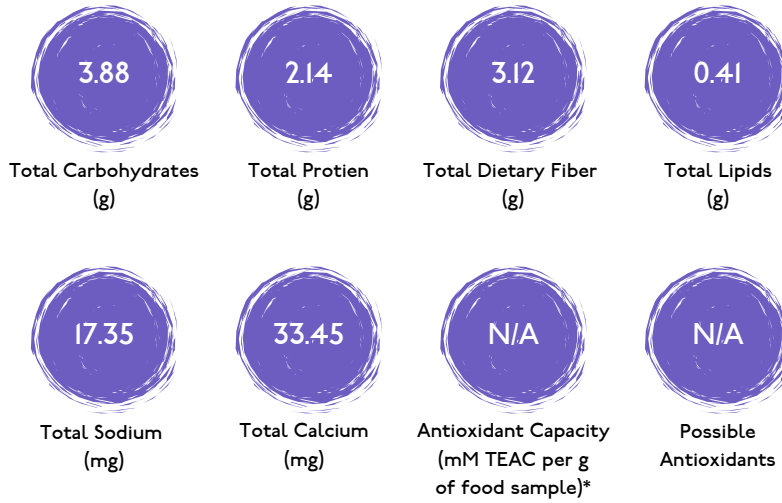
1. Boil water in a kettle
2. Collect your onion skins into a tea infuser
3. Allow the onion skins to steep in the hot water until the colour becomes deep red amber. Note: colour may vary depending on the type of onion you choose to use
4. Optional: add honey and/or lemon juice to add more flavour in the onion skin tea





Nutrients Content - Leek Tops

(per 100 g of food sample)



FRIED LEEK TOPS 炸上大蔥

Because who doesn't love an extra crunch to ANY dish? Leek tops are some of the most discarded "scraps" in our kitchens, and they truly deserve more attention. For all of the recipes that only ask for the white and pale green parts of a leek, revert to this recipe if you are looking for a fun and delicious way to utilise the leek tops. It's easy and adds a crispy element to elevate any dish.

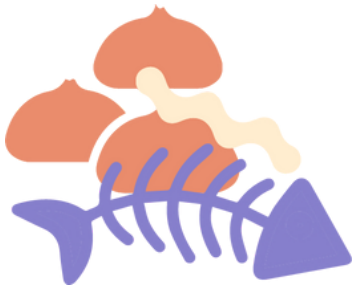
Ingredients

- Leek tops (around 250 g)
- Vegetable oil for deep-frying

Directions

1. Cut leek tops lengthwise into thin strips
2. Wash leek tops and dry thoroughly between sheets of paper towels
3. On a plate, layer a few sheets of paper towels to set aside for after frying the leek tops.
4. In a large saucepan (at least 3 1/2 inches deep), heat 1 inch of oil to 190°C/375°F.
5. In small batches, fry the leek tops until golden, for about 10-15 seconds. Oil will bubble up quite high
6. Using a slotted spoon, transfer the golden leek tops onto the paper towels to dry
7. Once all the leek tops are fried, season with salt.
8. Serve on top of any dish to add an extra crunch

Note: leek tops can be fried a day ahead and stored in an airtight container at room temperature.



Who knew leek top pesto was a thing? We sure didn't until we researched about the various ways to utilise this usually-discarded part of the leek. So, if you are looking for a unique pesto recipe that upcycles vegetable scraps, then you have come to the right place. Whether you want to use it in a salad dressing, pasta sauce or even sandwich spread, we hope you enjoy this leek top pesto recipe as much as we do!



LEEK TOPS PESTO

上大蔥香草醬

Directions

1. Heat some of the rapeseed oil in a pan then sauté the chopped leek tops over medium heat for 2 to 3 minutes
2. Remove from the heat and set aside to cool
3. Add the crushed garlic and a pinch of salt into a food processor or blender and pulse until fine
4. Chop up the basil and parsley
5. Add the herbs, salt, pepper, sautéed leek tops, and nuts into the food processor along with the garlic, and blend again
6. Slowly add in some of the oil, this will bind the sauce. Keep mixing and adding more oil if necessary, until the pesto reaches the consistency you like
7. Season with salt and black pepper up to your taste
8. Optional: add the lemon juice at the end to give it a little zest

Can be kept refrigerated for up to a week.

Ingredients

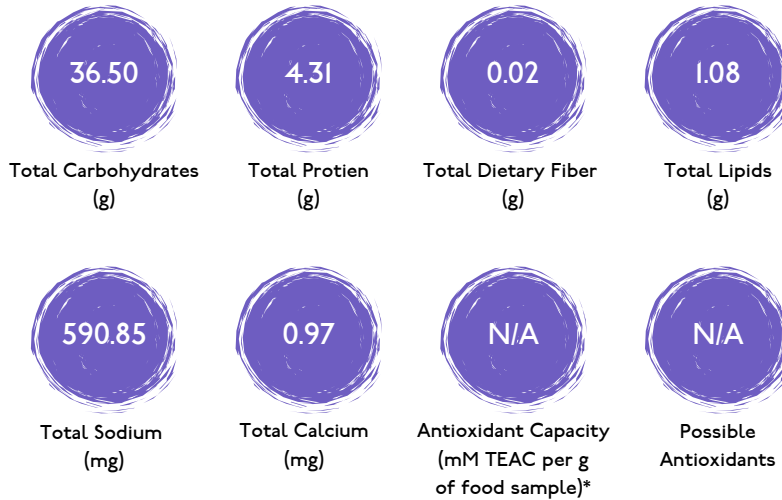
- 5 tablespoons of leek tops, chopped super fine
- 6 to 8 tablespoons of rapeseed oil
- 3 cloves of garlic, crushed
- 1/4 cup of nuts (pine nuts or walnuts or pecans or pistachios)
- 1/4 teaspoon of sea salt
- 1-2 grinds of black pepper
- 1 1/2 cups of basil leaves and stems, roughly chopped
- 3 tablespoons of parsley leaves and stems, roughly chopped
- Optional: 1 tablespoon of lemon juice





Nutrients Content - Cooked Pasta

(per 100 g of food sample)



The ultimate comfort food. Reinvented. Fried. Is your mouth salivating too? Give your mac & cheese a second life by rolling them into bite size balls, coating them in breadcrumbs, and frying them until golden brown. They make the perfect apéritif or even as a side dish to complement your lunch/dinner meal. We also give you the option here to upgrade your traditional mac & cheese using different types of cheeses, elevating the flavours and embracing the CHEESE in the mac & cheese.

Ingredients

- 3 cups of macaroni and cheese, refrigerated at least 4 hours
- 1 large egg, beaten
- 1 cup panko breadcrumbs or any leftover bread that is blitzed into crumbs
- 2 cups of vegetable oil
- Optional: 1 cup of any other cheese you would like to add to the mix make it more gourmet and cheesy; think gorgonzola, goat's cheese or Parmigiano



Directions

1. Line a few layers of paper towels onto a large plate before cooking.
2. If you are opting for the cheesy option, mix your mac and cheese with your desired cheese.
3. Scoop out a 1/3 cup of mac and cheese mixture, roll into a 1.5 inch or 4 cm ball, and set aside onto a large plate. Repeat with all of the mac and cheese.
4. In one bowl, place the beaten egg. Add the breadcrumbs into another separate bowl
5. Dip each mac and cheese ball into the beaten egg and then fully coat the ball with the breadcrumbs
6. In a medium saucepan, heat up the oil over a medium high heat for about 4 minutes (until sizzling hot)
7. Carefully add the mac and cheese balls into the oil - around 4 to 5 balls at a time so to not overcrowd the pan
8. Fry the balls until golden brown and crispy, roughly 4 minutes
9. Place them onto the paper towels to remove excess oil.
10. Enjoy them hot!



Ingredients

- 3 cups of cold leftover pasta (can also use pasta that is mixed with sauce)
- 2 eggs
- 3/4 to 1 1/4 cups of panko breadcrumbs or any leftover bread that is blitzed into crumbs
- 1/2 cup of grated cheese
- Salt and pepper to taste
- 2 tablespoon of olive oil

A popular salad that originates from Laos. This recipe turns your cooked rice into the crunch you need in a fragrant salad. Packed with South East Asian flavours, you won't even realise you are using leftovers to create this incredible dish.

Top tip: you can adjust the flavour profile of the crispy rice into whatever suits your palette and add it into ANY salad or dish that asks for an extra crunch.

Directions

- Line a few layers of paper towels onto a large plate before cooking
- Roughly chop up the pasta (top tip: you can place the pasta in a bowl and use scissors to cut it up)
- In the same bowl, add the eggs, breadcrumbs (start with 3/4 cup) and cheese
- Mix it all altogether and add the salt and pepper to taste.
- Scoop the mixture into a ball and flatten it slightly. See if it holds together and if required, add more breadcrumbs
- In a frying pan, heat up the over a medium high heat
- Scoop a 1/3 cup of the mixture up and place in the frying pan. You can use the bottom of the cup measure to flatten the mixture into a 1 cm thickness
- Repeat to fit however many fritters you can in the pan.
- Cook the first side for around 2 minutes, or until it turns a golden brown and crispy
- Flip the pasta fritter and cook the other side the same (around 1 1/2 minutes)
- Remove the pasta fritters from the pan onto the paper towels to drain excess oil
- Repeat until you have used up the batter
- Serve immediately
- For extra flair, garnish the pasta fritters with finely chopped parsley leaves and grated Parmesan



LEFTOVER PASTA SALAD

意粉沙律

This is probably the most versatile way to reuse your cooked pasta without much planning (or cooking!), yet highly effective in reducing waste. We have provided a recipe here to inspire you on your pasta salad adventure.

But really, you can let your imagination run wild using whatever produce you have in your pantry/fridge. It's a great way to use up your tomatoes, cucumbers, herbs, or even carrots, potatoes, etc. you get the idea, the list can go on. Lastly, if you're looking for an easy salad dressing option, you can simply use olive oil et voilà!

Directions

1. In boiling water, cook the broccoli for approximately 10 minutes
2. In the meantime, mix the mustard, balsamic and yoghurt in a bowl, season to taste
3. Drain the sweetcorn from the can and add to the dressing, followed by adding the diced ham
4. Cut the cucumber into desired size pieces, then add to the dressing
5. Once the broccoli is cooked, drain and let it cool down
6. Once cooled, add the broccoli and the pasta to the dressing, then give it all a good mix
7. Enjoy!

Ingredients

- 3 cups of cooked pasta
- 500 g (7 cups) broccoli
- 1 can (~285g) of corn kernels
- 80 g (1/2 cup) of ham cubes (or bacon bits if you prefer)
- 1 cucumber

Dressing:

- 1 tablespoon of honey mustard
- 2 1/2 tablespoon white balsamic vinegar
- 2/3 cups of plain yoghurt
- 3/4 teaspoon of salt
- A dash of pepper



Nutrients Content - Eggshells

(per 100 g of food sample)



POWDER IT UP!
變成粉狀!

Directions

1. Once you have saved a dozen or so eggshells, rinse them thoroughly in water (remove any excess whites)
2. Fill the saucepan or pot with water and bring to a boil
3. Place the shells into the boiling water for around 10 to 15 minutes to sterilise fully and to remove potential harmful pathogens
4. Drain the shells and spread them on a baking sheet
5. Bake for around 20 minutes at 110°C/225°F to dry the shells out
6. In a coffee or spice grinder, grind the shells into a very fine powder
7. NB: this recipe does not work as well with a normal blender as you will have larger eggshell pieces. The finer the powder, the better it can mix with drinks
8. Finally, add 1/2 a teaspoon of your calcium powder to any drinks of your choice like smoothies or juice. This will bring about 400-500mg of calcium. Adjust to your daily requirements and needs (*keep to a maximum of 1 teaspoon of calcium powder a day)
9. You can also add the calcium powder into any broths or soups, bread dough or pizza dough for an extra calcium boost



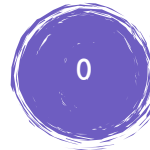
Total Carbohydrates
(g)



Total Protein
(g)



Total Dietary Fiber
(g)



Total Sodium
(mg)



Total Calcium
(mg)



Total Lipids
(g)

Ingredients + Supplies

- 10-12 eggshells
- Medium saucepan
- Baking sheet
- Coffee or spice grinder

If you are looking for an inexpensive and bioavailable source of calcium, then look no further than from your...eggshells! Easily accessible, zero-waste AND free (if you're buying eggs already that is for your morning breakfast). All you need is a coffee grinder and your clean shells.

Calcium is one of the most important minerals for our bodies. However, it's difficult to attain the daily requirement goal if we don't go out of our way to drink cups of milk, eat yoghurt or cheese constantly. Leafy greens and broccoli also contain calcium but them alone cannot act as the only source of the mineral for our daily needs (plus you will need to eat A LOT of them).

Eggshells are made almost entirely of calcium carbonate - similar to our bones, nails and teeth, and they are also packed with protein, magnesium and other compounds that are good for our health. Since DIY calcium powder is not a man-made supplement, consuming naturally grounded eggshells are even easier for our bodies to absorb them. It's really a win-win solution to your empty eggshells.

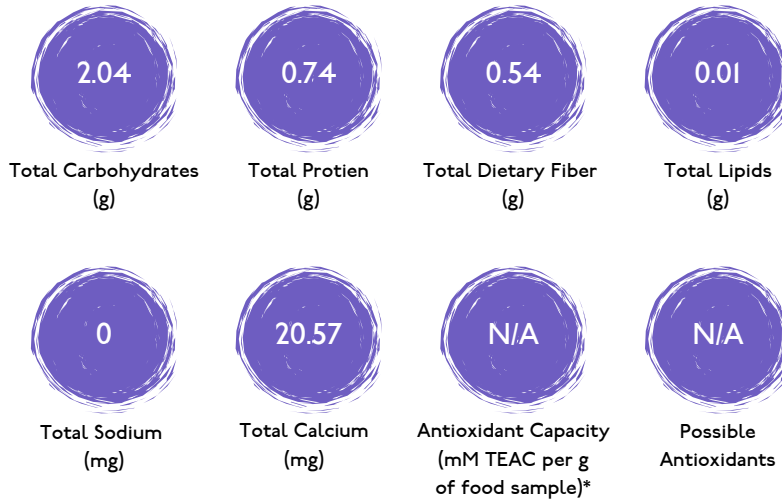
If you don't usually eat a lot of eggs in one sitting, you can opt for stockpiling the shells over time. Since you will be sanitising your eggs before grinding into calcium powder, store your clean empty eggshells in a container in the fridge while you build up your stock. You can also freeze them until you have enough saved up.

Then, simply toss a half a teaspoon's worth of calcium powder in your morning smoothie to give it a nutritional boost.



Nutrients Content - Cucumber Peels

(per 100 g of food sample)



Ingredients

- Cucumber peels
- Any wilted or unused vegetables
- Vegetables scraps

Directions

1. Look through your fridge/pantry for any veggies that are no longer in their peak condition (this includes the vegetables scraps you would have set aside like cucumber peels or onion skins, or any wilted vegetables)
2. Chop the wilted veggies into chunks or finer pieces.
3. Store the veggie chunks and veggie scraps into a storage bag and place the bag in the freezer. Keep adding to the bag until full
4. When you're ready to make a vegetable stock, take the veggie bag out of the freezer and boil your vegetables chunks and scraps for at least 30 minutes. Boil up to 2 hours to maximise the flavour
5. Strain the vegetable pieces, then add salt and pepper to taste
6. Use the delicious stock as a base for a soup or sauce. You can also pour the stock into an ice cube tray to freeze for later use



Ingredients

- Peels from 2 English cucumbers (or more depending on how much you have)
- 1/2 large red onion, very thinly sliced
- 1/4 cup of white wine vinegar
- 1 tablespoon of honey (or agave nectar)
- 1 teaspoon of sea salt
- 2 tablespoons of chopped fresh dill
- Chopped fresh chives, optional, for garnish
- Freshly ground black pepper

Directions

1. In a large bowl, toss together the cucumber, onion, vinegar, honey, and salt. Chill for 20 minutes
2. Transfer to a serving bowl, leaving any excess water behind. Sprinkle with the dill and chives, if desired. Season with several grinds of pepper and serve



CUCUMBER PEEL SALAD TOPPING (OR GARNISH) 青瓜皮沙拉配料 (或者是裝飾)



CUCUMBER PEEL SANDWICH SPREAD (OR DIP) 青瓜皮三明治醬 (或者是蘸醬)

Ingredients

- 1/2 cup of cream cheese, softened
- 2 teaspoons of Dijon mustard
- Peels from 1 (12-ounce) English cucumber, coarsely chopped
- 2 cups of arugula, finely chopped
- Optional: 2 slices of prosciutto, chopped (or 1/4 cup of bacon pieces)
- Salt and pepper

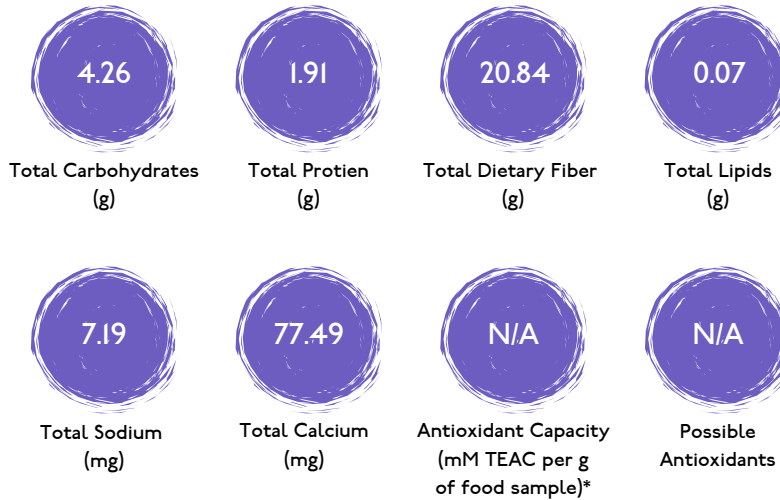
Directions

1. In a large bowl add the cream cheese and mustard until combined. Fold in the cucumber peel, greens, and prosciutto, if using. Fold in the greens and prosciutto, working them into the mixture
2. Add salt and pepper to taste
3. Serve on toast or a baguette with slices of fresh tomato



Nutrients Content - Lemon Peels

(per 100 g of food sample)



LEMON EXTRACT
檸檬提精油

Ingredients

- Lemon peels from 3 lemons
- 1 cup of vodka

Directions

1. Make sure you wash your lemons thoroughly with water and mild soap or vegetable wash to remove any dirt or pesticides
2. When peeling the lemons, try to only scrape the outermost peel layer (avoiding the white part as it can add a bitter flavour to the extract)
3. Using a sterilised jar with a lid, add the peels into it and submerge them entirely with the vodka. Give the jar a good shake
4. If you are using a metal lid, then use a parchment paper between the lid and jar to avoid corrosion. Alternatively, a plastic lid is safe to use
5. Place the jar in a cool, dark space for 4 to 8 weeks.
6. Shake it every few days to infuse all flavours
7. The longer the mixture stays, the stronger the extract becomes
8. After the mentioned period of time, strain the peel from the extract and place the infused liquid into a clean jar. You can keep this lemon extract for up to 5 years, provided it's stored properly (avoiding sunlight is key!)

You can also freeze the peels for later use or place them in the fridge to help deodorise your fridge.

Ingredients

- Lemon peels from 3 lemons
- 8 cups of cold water, or as needed
- 2 cups of white sugar, or as needed

Directions

1. Depending on what shape your lemon peels are in, cut them into thin strips
2. In a small pan, bring the water and the peels into boil. Drain the water and repeat this step three times to remove the bitterness from the lemon
3. After repeating the previous step, set the peels aside to cool
4. In the same pan, bring to boil 2 cups of water with 2 cups of sugar. Make sure to keep stirring to dissolve the sugar
5. Once fully dissolved (all the sugar crystals should disappear), reduce the heat to low
6. Mix in the citrus peels and let it simmer until the white pith becomes translucent
7. Pour all content (syrup and peels) into a jar and keep refrigerated
8. Alternatively, you can choose to coat the candied peels with sugar. In this case, strain the peels from the syrup (make sure to keep the syrup for other recipes!)



Ingredients

- Lemon peels from 6 to 8 lemons (if you don't have that many, save the peels in the freezer until you have enough)
- 1/2 cup of salt

Directions

1. First, we need to dry out the lemon peels. You can either dry out naturally in the sun, use a dehydrator, or place them on a baking sheet to bake in the oven at its lowest temperature for 6 hours
2. Dry the peels until they are crispy and tough
3. In a food processor or blender, blend the peels into a powder form
4. If you are looking to make lemon peel powder, then there you go! Follow the rest of the recipe for lemon peel salt
5. Mix one tablespoon of the lemon peel powder with half a cup of salt
6. Sprinkle it over any dish for a zesty citrus note!





Nutrients Content - Cherry Tomatoes

(per 100 g of food sample)



Total Carbohydrates
(g)



Total Protein
(g)



Total Dietary Fiber
(g)



Total Lipids
(g)



Total Sodium
(mg)



Total Calcium
(mg)



Antioxidant Capacity
(mM TEAC per g
of food sample)*



Possible
Antioxidants



Ingredients

- 30 cherry or grape tomatoes
- 3 tablespoons of fish sauce
- 6 tablespoons of rice vinegar
- 1/2 teaspoon of sugar
- 1 Thai chilli, finely chopped

Directions

1. To prep the pickling marinade, mix in all of the wet ingredients, the sugar and the chopped chilli in a bowl
2. Lightly prick the tomatoes with a toothpick all around.
3. Place the tomatoes in a container (that can be closed; either Tupperware or pickling jar) and pour over the marinade
4. Refrigerate for a minimum of a day before eating (to maximise the flavours) but no longer than 4 days





ROASTED CHERRY TOMATO SAUCE

烤車厘茄醬

Ingredients

- 1-1.5 kg or 2-3 lbs of cherry tomatoes (without stems)
- 1/4 cup of olive oil (also have a bit more for roasting)
- 1 large yellow onion, diced
- 1 tablespoon of fresh garlic, minced
- Handful of fresh basil leaves
- 3-4 sprigs, fresh thyme without stems
- Salt and pepper to taste

Ingredients

- Cherry Tomatoes

Directions

1. Place the tomatoes in the freezer until you need them.
2. Using a grater, grate the tomatoes into a bowl and use it in however ways you choose to!

Directions

1. Preheat the oven to 200°C/400°F
2. Lightly season and coat the cherry tomatoes in olive oil then spread them out evenly onto a large baking pan or dish
3. Roast for around 25-30 minutes when tomatoes have burst and starting to shrivel
4. Remove the tomatoes from the oven and cover it loosely with aluminium foil
5. In a deep-bottomed sauce pot, add the olive oil. Heat over a medium heat until the oil begins to simmer
6. Add the onions and cook them for 4-5 minutes, until they have softened
7. Stir in the garlic and cook for another few minutes, until the garlic is golden
8. Add the roasted tomatoes with the cooking liquid from the pan, the herbs and combine all the ingredients together. Season to taste
9. Lower the heat to low, and cover the pot partially with the lid to leave a small gap
10. Let it simmer for a minimum of 25 minutes and up to an hour, stirring every now and again
11. Remove the pot from the heat and let it cool for 15 minutes
12. Transfer the sauce to a blender and blend until the sauce is at your preferred consistency
13. Distribute the sauce into air-tight containers. The sauce can be kept for up to 1 week in the fridge or 3 months in the freezer



FROZEN CHERRY TOMATO GRANITA

車厘茄沙冰