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HANDOUT 3, pages 1-3

Creative Food Waste Reuse Assignment task

Topic: Turn Kitchen Leftovers into New Dishes

Learn to reduce food waste by transforming leftover ingredients and cooked food into **new, delicious creations** using smart kitchen techniques.

Task Description: You are a chef-in-training working in a zero-waste kitchen. Your mission is to **create new recipes** by reusing leftover food items and basic raw ingredients.

Part 1: Reuse These 15 Ingredients

Here is a list of commonly leftover or half-used ingredients. Choose **at least 10 of them** and invent a new way to use them:

- Cooked potatoes
- Boiled rice
- Overripe bananas
- Day-old bread
- Cooked pasta
- Cooked oatmeal
- Carrot peels
- Apple cores and skins
- Cabbage leaves
- Cheese rinds
- Eggshells (cleaned and dried)
- Vegetable stems (broccoli, kale, etc.)
- Citrus peels
- Coffee grounds
- Herb stems (parsley, coriander, dill)



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Example ideas:

- turn stale bread into croutons or bread pudding
 - use overripe bananas to bake muffins or pancakes
 - dry citrus peels to make natural flavoring or tea
 - grind coffee grounds into a spice rub for meats
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Part 2: Reinvent These 10 Leftover Dishes

Below are 10 common leftover foods. Your task is to **transform each into a new creative dish**. You may use other basic pantry ingredients, but the focus should be on **reusing the leftover item**.

- Mashed potatoes
- Cooked rice
- Plain pasta
- Vegetable soup
- Roasted vegetables
- Leftover meat (chicken, beef, pork, etc.)
- Cooked oatmeal
- Scrambled eggs
- Stir-fried vegetables
- Baked beans

Example Transformations:

mashed potatoes → bake into crispy potato pancakes or croquettes

rice → shape into **arancini** (stuffed rice balls) or use in fried rice

cooked oatmeal → bake into granola bars or use in muffin batter

stir-fried vegetables → blend into a savory pancake batter or soup base



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Part 3: Recipe Development & Documentation

For at least **5 of your new creations**, write a mini recipe that includes:

- Ingredients (including leftover item)
 - Tools and techniques used (baking, frying, pickling, etc.)
 - Step-by-step instructions
 - Storage suggestion (how long can it be stored, and how)
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Extra Criteria for the Assignment:

- Try to use **at least 3 different cooking techniques** (e.g., fermenting, baking, frying, blending, drying).
 - At least **1 idea should be suitable for take-away packaging** (snack or portable lunch idea).

 - At least **1 item should be vegan** (no animal products).
 - Bonus: Include a photo or sketch of the finished product.
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Why This Matters:

This task encourages young chefs to:

- Think critically and creatively.
- Reduce food waste through skillful reuse.
- Improve their practical recipe development skills.
- Explore new textures and flavors using familiar items.