

## 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)

### 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

### **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.