

**5e EURO**

# **STOP WASTING FOOD**

## **Recipe Book**



**July 2021**



Yes! It's lychee season!

## Pickled Lychees

### INGREDIENTS:

- Water
- Sugar
- Lemon
- Lychee

### COOKING TOOLS:

- A pot
- A spoon
- A measuring cup
- A citrus press
- A knife



### STEPS:

1. **Cut** the lemons and **squeeze** them into the pot.
2. **Add** sugar and water to the pot.
3. **Mix** and **put aside**.
4. **Peel** the lychees.
5. **Pit** the lychees and **add** them to the pot.
6. **Close** the jar tightly and let stand for one day minimum.

**What a treat!**

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## What can I do with my vegetable scraps?

### Veggie chips

#### Ingredients

Sweet potatoes, zucchini, squash, taro, potatoes, fine sea salt, olive oil

#### Method

- 1- **Preheat** oven to 300°C.
- 2- **Line** two baking sheets with parchment paper, and set aside.
- 3- **Wash** vegetables, and then **peel**.
- 4- Using a knife, **slice** the vegetables into thin slices
- 5- **Lay** the veggie slices in one layer on paper towels.
- 6- **Sprinkle** with sea salt.
- 7- **Set aside** and allow to sweat out excess moisture for 15 minutes.
- 8- When 15 minutes is up, use paper towels to **dab off** the extra moisture.
- 9- Transfer to the prepared baking sheets in one layer, then **brush or spray** with olive oil.
- 10- **Place** the baking sheets in the oven and bake for 15 minutes.
- 11- After 15 minutes, **rotate** the pans (including switching racks).
- 12- **Bake** an additional 15 minutes, then **rotate** again.
- 13- **Bake** an additional 5-10 minutes, or until chips are brown and feel slightly crisp.
- 14- Some chips might crisp up earlier than others—**remove** those as they finish.



**Bon appétit!**

## Stop wasting food!

### Papaya roll ups

#### Ingredients:

- 1 kg papaya
- 75gr of brown sugar or honey or agave syrup
- 50 ml of lemon juice

#### Preparation:

1. **Preheat** the oven to 60°C maximum
2. **Wash** the papaya and **cut** it into pieces.
3. **Mix** it for about a minute to filter it.
4. **Pour** on a baking sheet.
5. **Cut** in strips of 1 cm width and 3 mm height.
6. **Dry** for about 12 hours.
7. **Remove from** the oven, **let** them **cool** and gently **peel off**.  
*In case of difficulty, **moisten** the back of the paper with a damp sponge.*
8. **Let stand** 1 minute- the paper will come off very easily.



**Enjoy this fruity snack!**

Any oranges left in your kitchen?

## Orange and Mint Summer Recipe



### Ingredients:

- orange
- water
- mint

### Recipe instructions:

1. **Take** an ice cube mold.
2. **Pour** the water into it,
3. Then **add** a mint leaf,
4. **Put** in the **freezer** for 2h30 minimum.
5. **Wash** and **slice** the orange.
6. **Place** the orange slices in the pitcher.
7. Then **add** the water.
8. **Place** the water to flavor in the fridge for 30 minutes.
9. **Add** the ice cubes to the orange water and serve fresh chilled to cool off in summer.

**So Fresh!**

Tired of eating raw carrots? Bake...

## ...Healthy Carrot Muffins Recipe

### Ingredients:

- 2 eggs
- 1 tablespoon of sugar
- ½ teaspoon salt
- 1 ¾ cups of flour
- 2 cups peeled and grated carrot
- ⅓ cup melted coconut oil
- 1 ½ teaspoons baking powder



### Instructions :

1. **Preheat** oven to 425 degrees Fahrenheit. (=220°C)
2. In a large mixing bowl, **combine** the flour and baking powder.
3. **Add** the grated carrots
4. **Add** the eggs and **beat** well
5. **Pour** the wet ingredients into the dry and **mix** with a big spoon, just until combined (a few lumps are ok)
6. **Divide** the batter evenly between the 12 muffin cups
7. **Bake** muffins for 13 to 16 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean
7. **Place** the muffin tin on a cooling rack to **cool**.

*If you have leftover muffins, store them, covered, at room temperature for two days, or in the refrigerator for up to 4 days. Freeze leftover muffins for up to 3 months.*

**ENJOY as a dessert or a snack!**

## Don't waste fruit! Make ... ...Colorful Fruit cubes

### Ingredients:

- water
- lemon
- fruit: raspberry or lychees
- sugar

### Equipment:

- a bowl
- a little square mold



### Instructions:

- **Step1:** Mix a little water, sugar and lemon in a bowl.
- **Step2:** Make a fruit puree with your leftover fruit.
- **Step3:** Mix your fruit puree with the contents of your bowl.
- **Step4:** Pour your fruit puree in a little square mold with the contents of your bowl.
- **Step5:** Put it in your freezer.
- **Step6:** Wait for at least three hours.
- **Step7:** Take your cubes out of your freezer and serve them in a glass.



ENJOY your FRUIT CUBES in...

...a cocktail or wine



....still or sparkling water



...kids drinks



## Don't let delicious fruit go to waste! Blend them in a .... Raspberry Banana Smoothie

### Ingredients:

- 3 bananas
- 1 cup raspberries.
- 1 cup milk.
- 1/2 cup orange juice
- 2 tablespoons honey



### Recipe instructions:

1. Cut the bananas and add them in the bowl.
2. Add the raspberry, the milk, the honey and the orange in the bowl.
3. Mix in the blender .
4. Leave in the fridge for 24 hours.



Taste it when it's sunny!





It's lemon season, make...

## Lemon Popsicles

### Ingredients:

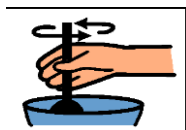
- Lemon zest
- $\frac{1}{4}$  cup sugar
- 3 cups cold water

### Equipment:

Popsicle mold and stick



### Preparation:



1. **Mix** together the lemon juice and sugar until the sugar has completely dissolved into a syrup.
2. **Add** the syrup to the cold water and mix thoroughly.
3. **Pour** into popsicle molds.
4. **Freeze** for 1 hour, place the sticks and then freeze overnight.

**FRESH and HEALTHY!**

Your watermelons are too big! Turn them into...

## ....Watermelon ice cream



### Ingredients:

- $\frac{1}{2}$  cup fresh watermelon
- 1 teaspoon vanilla
- 1 cup coconut milk
- 1 cup cream or milk
- $\frac{1}{4}$  cup honey
- Pinch salt



### Instructions:

1. **Wash** the watermelon.
2. **Cut** it in half.
3. With a spoon, **scoop out** chunks of watermelon and **juice** them in a juicer until you have  $\frac{1}{2}$  cup of juice (or **puree** the chunks of watermelon in your blender until you have  $\frac{1}{2}$  cup of watermelon juice).
4. **Add** the watermelon juice, vanilla, milk, cream, honey and optional salt to your blender.
5. **Blend** on a lower setting just until smooth and combined, about 5 seconds.
6. **Pour** the liquid watermelon ice cream mixture into the ice cream maker.
7. **Turn** the ice cream machine **on** and **mix** according to your ice cream maker's instructions.
8. **Enjoy!**

Too many papayas in your garden? Bake...

## ...Papaya muffins

### Ingredients

- 2 cups flour
- 1/2 cup light brown sugar
- 1 tablespoon baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 cup freshly grated coconut
- 1 cup papaya puree (*you can leave it a bit chunky*)
- 1 egg
- 1/4 cup oil
- 1/4 cup milk
- 1/2 teaspoon vanilla



### Directions

- **Preheat** oven to 375°F and line or grease or cupcake pan.
- **Mix** together flour, sugar, baking powder, cinnamon, and salt.
- **Mix** in the grated coconut.
- **Add** the papaya puree, egg, oil, vanilla, and milk.
- Gently **mix** together until just combined.
- **Bake** for about 15 minutes or until a toothpick inserted into a muffin comes out clean.

**Yummy!**

Too many mangos in your garden? Enjoy...

## ....Mango popsicles

### Ingredients:

- 500ml (2 cups) mango puree.
- 75 ml (1/3 cup) sugar.



### Preparation:



1. In a bowl, **combine** the mango puree and sugar until the sugar is dissolved.
2. **Pour** into popsicle molds.
3. **Place** in the **freezer** for about 6 hours before unmolding.

***Tip:** To facilitate demolding, let a little hot water run over the base of the molds.*

**Stop wasting food!**