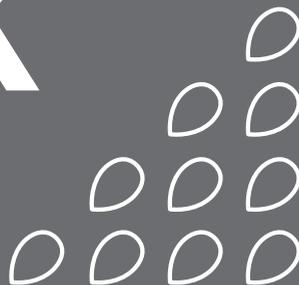


THE SCRAPS BOOK

A Waste-Less
Cookbook







INTRODUCTION

We believe the kitchen is the heart of the home. It's where we gather, share, and celebrate on a daily basis. So it's not surprising that, because of how much living we do there, the kitchen is where the most waste is produced — especially food waste. It's so easy for us to buy just a little too much food and have it end up in the compost or the trash. Almost everyone has done this at one time or another, so the kitchen tends to be a wasteful place. But it doesn't have to be.

That's why IKEA has created *The ScrapsBook*, in collaboration with chefs from across North America. This cookbook is dedicated to cooking with the little things we usually throw away. Or, as we like to call it, "scrapcooking."

Scrapcooking is about finding the beautiful possibilities in that banana peel, radish top, or even the chicken bones you're about to toss, and make the most of everything available to you. It's little things like these that can add up to make a big difference.

Our homes and the way we live have a huge impact on the planet, our health and well-being. This is why we're committed to creating a better everyday life for the many people, and why we believe those lives are truly better when they're lived sustainably. It's a principle that we've always strived to follow — from how we operate as a business, to how we create and evolve our products over the years. We believe it all comes down to the big difference that comes from small changes. And that's what this book is all about — the little things. So little, you might even call them "scraps."

Happy scrapcooking!

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BREAKFAST



SERVINGS

2-4

TIME

Prep • 20 min

Cook • 15-20 min

PLANTCAKES

Fisun Ercan | *Quebec*

This is the most aromatic and delicious pancake recipe ever, and a great way to use up scraps that are ready to be tossed. I like to keep this batter handy in my fridge to make a quick meal, served with a salad. It's also a versatile dish you can pair with a fried egg on top, or a piece of fish, or anything else you have on hand. The next time you are cleaning vegetables, greens, or herbs, before tossing the scraps into the compost think about this recipe. You won't regret it!

SCRAPS

Broccoli or cauliflower stems
Wilted greens
Leftover herb stems

IKEA 365+ Plate
ENTUSIASM Bowl



INGREDIENTS

3½ cups (500 g) leftover stems or stalks from broccoli or cauliflower, leaves of chard, kale, or spinach, fennel, carrot greens, leek greens, potato. Leftover or saved herb stems from parsley, dill, cilantro, tarragon, chives, chervil, etc.

1 medium onion, grated

1 cup (130 g) flour

1 tsp (5 g) baking powder

1 egg, beaten

Salt to taste

1 pinch chili flakes

2–3 tbsp (30–45 ml) water

2 tbsp (30 ml) vegetable oil

- 1 Rinse the stems, stalks, and leaves, and pat dry.
- 2 Grate the stalks into a large bowl and add the finely chopped herbs, stems, and leaves.
- 3 Add the onion, flour, baking powder, egg, salt, and chili flakes, and mix everything together. Add a few drops of water at a time until a pancake dough consistency forms. At this point, you can cook the batter right away or transfer it to a container with a lid and store in the fridge for up to 3 days.
- 4 Heat the vegetable oil in a shallow pan over medium heat, being careful to not let it smoke. Place a few heaping tablespoons of batter in the pan, not overlapping. Fry over low to medium heat for about 3 to 4 minutes, checking the bottom frequently to prevent burning. Flip to the other side and fry for another 3 to 4 minutes.
- 5 Prick with a fork or the tip of a small knife to check doneness. If no batter sticks to the utensil, the pancake is fully cooked.
- 6 Line a shallow plate with paper towel and transfer pancakes to it as they're done. They're best eaten when freshly cooked and the outside is still crunchy.
- 7 Serve with your favourite condiments such as pickles and sharp cheese. My favourite condiment is a dollop of natural yogurt mixed with minced garlic and salt.

NOTES

- If refrigerating the batter, mix well before cooking.
- This is a very aromatic pancake, so don't be shy; use as many herbs as you have available.
- This recipe can easily be doubled.



SCRAPS

Coffee grounds
Stale bread

SERVINGS

2-3

TIME

Prep • 1+ hrs
Cook • 12 min

KRUSTAD Plate
DRÖMBILD Mug
MITTBIT Place mat
KORKEN Bottle

FRENCH PRESS TOAST

Lindsay-Jean Hard | *Michigan*

Combine your morning coffee and breakfast in 1 flavourful dish. This recipe can potentially make use of up to 3 often discarded items: stale bread, leftover coffee, and spent coffee grounds. Of course, if you can't wait to make this dish, fresh coffee and fresh bread work, too. You're looking for the Goldilocks of bread; not too thick and crusty, not too thin and soft. I often opt for challah. If your bread isn't already stale, let it sit out overnight to dry out or lightly toast it. As for the spent coffee grounds, I use the leftovers from making French press coffee, which is a fairly coarse grind. As long as you start with flavourful coffee, the grind size doesn't matter, so save those grounds after making that pot of joe. And know that the coffee flavour in the final dish is mellow enough that non-coffee drinkers might enjoy it, too.

INGREDIENTS

3 tbsp (40 g) spent coffee grounds
1 cup (250 ml) whipping cream, 35%
½ cup (125 ml) strong coffee
3 Eggs
2½ tbsp (32 g) brown sugar
1 tsp (5 ml) vanilla extract or paste
1 pinch fine-grain sea salt
2 tbsp (28 g) unsalted butter, plus more for serving 4 to 6 slices
4-6 slices stale bread, ½-inch to 1-inch (1½-2 cm) thick
Maple syrup for serving
Cocoa nibs, optional

- 1 At least an hour ahead of time, combine the spent coffee grounds and whipping cream in a jar or other airtight container and refrigerate. This can be done up to 12 hours ahead of time—more time equals more flavour!
- 2 When you're ready to make the French toast, strain the infused cream with a fine-mesh sieve.
- 3 In a medium bowl, whisk together the coffee, eggs, brown sugar, vanilla extract, sea salt, and ½ cup (125 ml) of the infused cream.
- 4 Transfer the remaining infused cream to a small, deep bowl and whip using the whisk attachment on a hand mixer until stiff peaks form.
- 5 Melt 1 tbsp (14 g) of the butter in a large non-stick skillet over medium heat. Dip 2 or 3 slices of bread into the egg mixture. The goal is for them to be fully moistened, but not soggy or dripping. Place the dunked slices into the pan and cook until browned on the bottom, about 3 minutes. Flip the slices and continue cooking until browned on the second side, about 3 more minutes. Transfer the French toast to a plate and repeat with the remaining 1 tbsp (14 g) of butter and slices of bread.
- 6 Serve with additional butter, maple syrup, the coffee-flavoured whipped cream, and a sprinkle of cocoa nibs, if using.





SCRAPPY TIP



THINK OUTSIDE THE KITCHEN

There are all kinds of ways to make the most of your scraps, and they don't all have to happen in the kitchen. If you keep a garden in your backyard, on your balcony, or even in your home, here are a few ideas on how your scraps can help you grow.

- Sprinkle used coffee grounds throughout your garden as a simple composting tool.
- Drop a few banana peels into a bucket of water and let sit for a few days. This will become a potassium and phosphorus-rich "compost tea" for your garden and houseplants.
- Grind cleaned and cracked eggshells into a calcium powder that makes for a great natural fertilizer.
- Rub the soft side of a banana peel on the leaves of houseplants to shine them up and remove dust—this is great for plant health.

SCRAPS

Turnip greens
Wilted spinach

SERVINGS

2

TIME

Prep • 15 min
Cook • 13–18 min

IKEA 365+ Skillet

POKAL Glass

BESEGRA Bowl

SANDVIVA Tea-towel

SCRAPPY SKILLET

Lindsay-Jean Hard | *Michigan*

Turnip greens can be used just like any sturdy greens and they might be sweeter than you'd expect. Here they're added to a breakfast skillet that pays homage to one of my favourite brunch dishes at a local café. Turnip greens and sautéed spinach make a delicious nest for baked eggs and feta—one of my favourite ways to start the day. This works just as well for dinner. Don't forget the toast!

INGREDIENTS

1 tbsp (15 ml) olive oil
2 cloves garlic, minced
2 tsp (2 g) fresh thyme leaves, removed from stems
½ cup (125 g) turnip greens, leaves roughly chopped, stems finely chopped (about 1 bunch)
9½ cups (283 g) wilted baby spinach
to taste fine sea salt
½ cup (113 g) feta (block, not crumbled, ideally around ½-inch (1 cm) thick)
4 eggs

OPTIONAL GARNISHES

splash hot sauce
1 small heirloom tomato, sliced
1 small cucumber, sliced
¼ cup (45 g) kalamata olives

- 1 Preheat the oven to 350°F (175°C).
- 2 Heat the olive oil in a large skillet (ideally one that fits in your oven) over medium heat. Add the garlic and thyme leaves, cooking until the garlic is fragrant and starting to soften, about 1 minute.
- 3 Add the turnip stems and leaves, stirring occasionally until the stems start to soften and greens begin to grow tender, about 2 minutes. Add the spinach in 2 to 3 batches, stirring occasionally until softened, about 5 minutes. Lightly season to taste with the sea salt.
- 4 Make 5 indentations in the greens to create nests for the feta and eggs. Place the feta in 1, and carefully crack an egg into each of the other 4. Bake until the egg whites are set and the yolks are cooked to your liking, 5 to 10 minutes. If your skillet is too large for your oven, or isn't ovenproof, use a smaller skillet, split the ingredients between 2 skillets, or use another ovenproof dish.
- 5 To serve, divide the eggs, greens, and feta between 2 plates. If desired, sprinkle with hot sauce and garnish each plate with half of the tomato, cucumber, and olives.

NOTE

- Baking the single slab of feta results in a texture that's a little chewy on the outside, and soft and creamy on the inside. If you can only find crumbled feta, wait to add it until the very end of the baking time or right before serving.



SCRAPS

Brown banana
Wilted greens
Fennel fronds
Celery leaves
Cilantro stems

SERVINGS

2 cups (500 ml)

TIME

Prep • 10 min

RUNDLIG Bowl**FÖRTÄRING**

Drinking straws

IKEA 365+ Glass**PROPPMÄTT**

Chopping board

WILTED SMOOTHIE

Justin Cournoyer | Ontario

Starting new habits such as using up food scraps can be daunting, but starting first thing in the morning can kick things into motion. At home, and at the restaurant, we keep a bin for fruit and vegetable scraps. When I make my way to the kitchen in the morning, I check the bin and pull out wilted leafy greens and herbs to make a smoothie. It's important to start my day feeling nourished by a tasty and healthy breakfast, and a sense of satisfaction from using ingredients that might otherwise have been tossed.

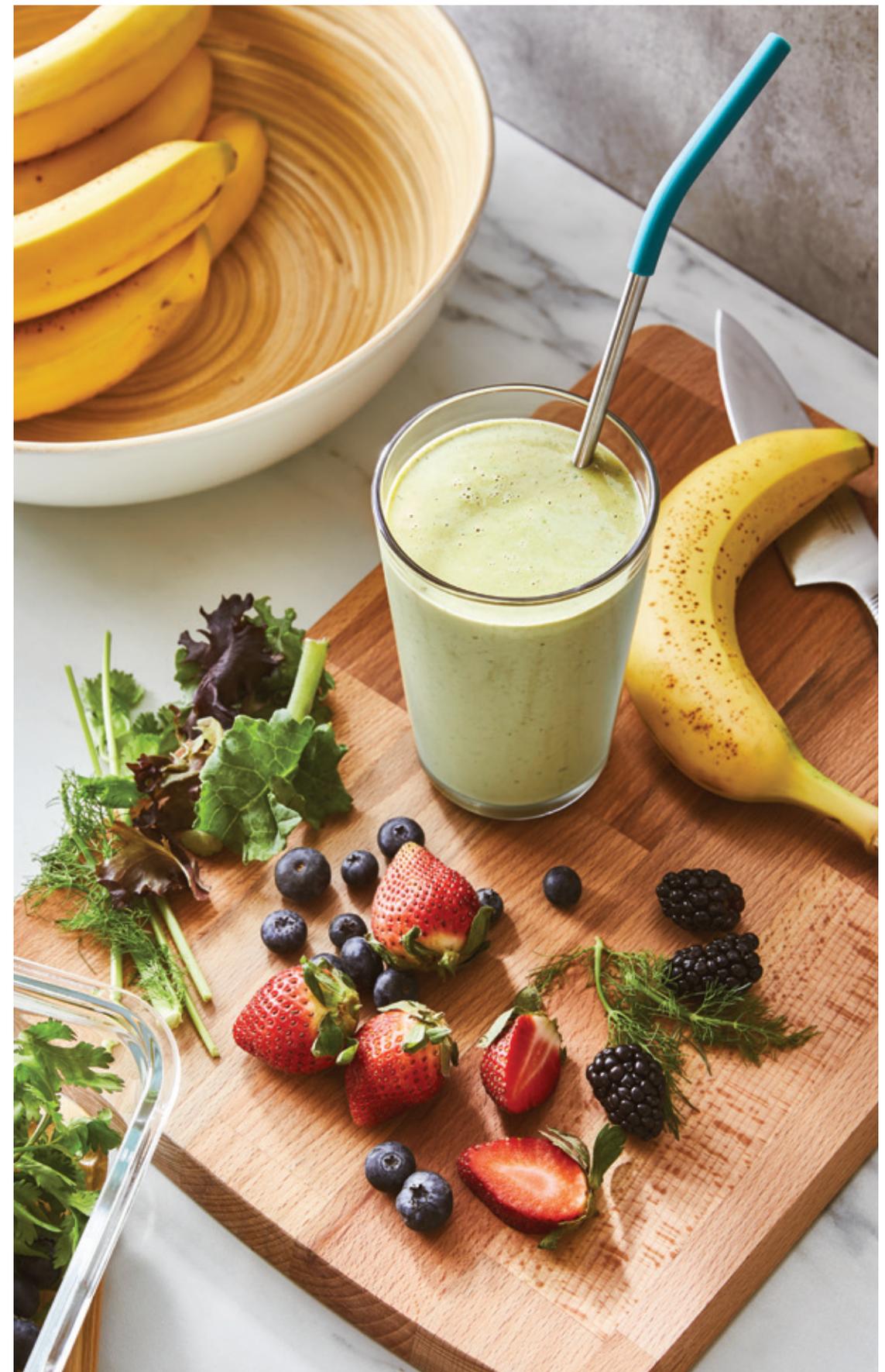
INGREDIENTS

1 tbsp (4 g) cilantro stems
½ brown banana
1 cup (30 g) wilted salad greens (romaine, kale, spring mix, etc.)
1½ tsp (3 g) fresh ginger, grated
2 tbsp (6 g) celery leaves
1–2 tbsp (5–10 g) fennel fronds
½ cup (95 g) berries (any type, fresh or frozen)
¼ cup (60 ml) plain yogurt
1 tbsp (15 ml) peanut butter
1 tbsp (10 g) hempseed
1 cup (250 ml) water or coconut water

1 Add all ingredients to a blender. Start on low and gradually bring to high. Repeat until desired consistency.

TIPS

- This recipe can easily be batched in large quantities and frozen. Just pour the smoothie into regular-sized muffin tins, filling halfway, and then freeze.
- Once frozen, remove the smoothie pucks from the muffin tins. If they stick, heat the pan until they come out. Store in a recyclable container.
- When you're ready to use, pop 2 pucks in the blender along with plain water or coconut water, and use the crush ice setting.
- The colour of the smoothie will vary based on the berries and greens used.



SCRAPS

Leftover cheese, meat, or fish
Yesterday's carrots, beets, broccoli, and/or potatoes
Wilted herbs, stems

SERVINGS

4

TIME

Prep • 15 min
Cook • 10–12 min

IHÄLLIG Place mat
KEJSERLIG Mug
GODIS Glass
DINERA Plate
IKEA 365+ Cutlery

NO-WASTE OMELETTE

Fisun Ercan | Quebec

I am crazy about eggs and will eat almost anything with them. When there is something that doesn't please my taste buds, my husband always says, "Crack an egg in it." So, I follow this practice to make the most of leftovers. You can crack an egg in almost anything and make an omelette to impress yourself and your loved ones.

INGREDIENTS

6 eggs

¼ cup (25 g) pieces of leftover cheese, cold cuts, or smoked fish, cut into ½-inch (1½ cm) cube pieces

¼ cup (35 g) cooked potato, beet, carrot, broccoli (whatever is available), cut into ½-inch (1½ cm) cubes

2 tbsp (2 g) + 1 tbsp (1 g) leftover herb stems from parsley, dill, cilantro, tarragon, chives, and/or chervil

Salt to taste

Black pepper to taste

1 tbsp (14 g) unsalted butter

1 tbsp (15 ml) vegetable oil

- 1 Preheat the oven to 375°F (190°C).
- 2 In a bowl, gently whisk the eggs. Fold in the leftover cheese, protein, cooked vegetables of choice and 2 tbsp (2 g) leftover herb stems with a rubber spatula or wooden spoon. Season with salt and black pepper.
- 3 Heat the butter and oil in a frying pan over medium heat. Pour the egg mixture evenly so that the filling is distributed equally.
- 4 After the bottom has cooked (about 2 minutes), put the pan into the preheated oven and cook until the omelette is set, about 7 to 10 minutes. Reduce cooking time if a softer omelette is your preference.
- 5 Loosen the edges and bottom with a spatula and slide onto a serving plate. Garnish with 1 tbsp (1 g) of the reserved herbs. Cut into wedges and serve.

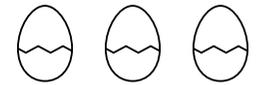
NOTE

- If you have separated egg whites or egg yolks from a previous recipe, use them first.





SCRAPPY TIP



HOW TO BEAT WHAT YOU CAN'T EAT

It's true—there are some food scraps that you just can't eat. Things like eggshells, coffee grounds, etc. But even they don't need to go in the trash. Here are some ideas on what you can do with the food scraps you can't eat but don't want to throw out.

- Grind eggshells into a calcium powder to remove limestone deposits in your bathroom.
- Place cucumber peels at entrance points in your home to deter ants.
- You can use a small, dried bread crust like an organic sponge. It can soak up oils and scrub hardened food from your cast iron pans.
- Make a homemade air freshener. You can take leftover fruit scraps and boil them in some water on the stove to make your home smell sweet and fresh.
- Use sliced lemon to rub coarse salt on a cutting board to clean it.
- Dry lemon or orange peels, then add them to your homemade vinegar cleaning solution. The citrus oils will help dissolve grease and add antibacterial power.
- Hold onto used, fine coffee grounds and use as an exfoliant—just whip up a DIY face or body scrub.

SERVINGS

4-6
11-15 Pancakes

TIME

Prep • 10 min
Cook • 20 min

BANANA PEEL BACON & WILD RICE PANCAKES

Christa Bruneau-Guenther | *Manitoba*

Saturday brunch is a big deal in our home. It's a great opportunity to spend quality time around the table with our 3 children after a busy week. When my eldest daughter was 16, she decided to eat vegan for 3 months, so I created this recipe to make a special brunch.

Wild rice is plentiful in Manitoba. It's the caviar of all grains and a definite staple in many Indigenous people's homes. Cook a big batch and freeze it to use for baking, or as a side, in soups, casseroles, or salads. I used leftover wild rice to make these pancakes. It adds nutrition and texture, and the nutty flavour pairs well with the sweet banana.

Who knew you could eat a banana peel? Although it is thinner than bacon, it has a balance of sweet, smoky, salty, and heat, plus with the hint of banana it is oh so delicious! Banana flesh can be used in pancakes or frozen to use for smoothies or baking. We still enjoy eating this banana bacon—a true star of this recipe and a great way to use up this food scrap.

SCRAPS

Yesterday's wild rice
Overripe bananas

DINERA Plate

IKEA 365+ Cutlery
IKEA 365+ Mug



**OVERRIPE BANANA
WILD RICE PANCAKES**

- 1½ cups (200 g) all-purpose flour
- 1 tbsp (13 g) white sugar
- 1 tbsp (15g) baking powder
- 1 tsp (6 g) salt
- 1¼ cups (185 ml) milk (dairy or plant-based)
- 1 egg or ground flax egg substitute
- 1 very ripe banana
- 1 tsp (5 ml) vanilla extract (optional)
- 3 tbsp (42 g) melted unsalted butter or avocado oil
- ½ cup (132 g) wild rice, cooked
- 1 tbsp (15 ml) grapeseed oil for cooking pancakes
- 1 cup (250 ml) mixed berry sauce (recipe below)

- 1 Combine the flour, white sugar, baking powder, and salt in a mixing bowl. Set aside.
- 2 In a separate bowl combine the milk, egg, banana, and vanilla extract, and whisk until fluffy with an electric mixer or hand whisk, about 1 to 2 minutes. Fold in the melted butter or avocado oil and wild rice using a spatula.
- 3 Add the milk mixture to the flour mixture and stir until well combined. Set aside for 2 minutes.
- 4 Heat the oil in a skillet over medium heat. Drop the batter into the skillet by large spoonfuls, 1 cup (250 ml) total.
- 5 Cook until bubbles form and edges become dry, then flip and cook until browned on the other side for 3 to 5 minutes. Repeat with remaining batter.

MIXED BERRY SAUCE

- 1 cup (190 g) frozen mixed berries
- 3 tbsp (45 ml) honey

- 1 Place ingredients into a small pot over medium heat. Cook for 5 to 10 minutes, stirring often, until berries are hot and mixture thickens.
- 2 Mash with a fork and serve over overripe banana wild rice pancakes.

BANANA PEEL BACON

- 2-3 very ripe bananas, still yellow, with lots of brown spots
- 3 tbsp (45 ml) soy sauce
- 1 tbsp (15 ml) maple syrup
- ¼ tsp (¾ g) chili powder
- ¼ tsp (1 g) smoked paprika
- ½ tsp (2½ g) garlic powder
- 2-4 tbsp (30-60 ml) grapeseed oil for frying banana bacon

- 1 Remove peels from the bananas (use bananas in baking or smoothies; can be frozen for later use). Scrape off the inside white material with a metal spoon and discard. Cut each peel into 4 long strips.
- 2 Put all marinade ingredients into a bowl. Immerse peels in marinade. Let sit for 10 minutes or up to 2 hours.
- 3 Heat a cast iron skillet over medium-high heat for about a minute, and add grapeseed oil to coat the pan. Place the banana peels evenly in the pan and fry for 2 to 3 minutes per side until golden and bubbles form. Remove from the pan and drain on a paper towel. As the banana bacon cools it will get crispy. Serve warm or at room temperature.

NOTE

- Banana peel bacon marinade can be stored in the fridge for up to 2 weeks in a sealed container.



SERVINGS

2 cups (500 ml) jam
Spread: 1 cup (150 g)

TIME

Prep • 1–2 hrs

WATERMELON RIND JAM & STRAWBERRY TOP FETA SPREAD

Jason Sheardown | *Ontario*

Nothing says summer more than watermelon and strawberries. Try this breakfast or afternoon snack option to use up the trimmings from a weekend picnic. The 2 condiments complement each other, and the sweet jam balances the saltiness of the feta.

SCRAPS

Watermelon rinds
Bruised apple
Strawberry tops

KEJSERLIG Plate

SMAKGLAD
Cutlery

KORKEN Jar



WATERMELON RIND JAM

4 cups (600 g) watermelon rinds, dark green skin removed, cut into small ¼-inch (½ cm) pieces

1 apple, seeds and stem removed, cut into small pieces

1 cup (210 g) white sugar

1 lemon, juiced

1 tsp (5 ml) vanilla extract

- 1 In a stainless-steel saucepan or Dutch oven, combine the watermelon rinds and apple pieces, white sugar, lemon juice, and vanilla extract. Bring to a boil. Stir until the sugar dissolves. Lower the heat and stir occasionally until the rind is tender and translucent, about 1 to 2 hours.
- 2 When the mixture is translucent, remove from heat to cool, then carefully emulsify in a food processor.
- 3 Spoon the jam into sterilized jars.
- 4 Wipe rims with a clean, damp towel and screw lids on securely, but not too tightly.
- 5 Bring a large pot of water to a boil, then submerge jars, processing each in the boiling water bath for 10 minutes.
- 6 Carefully remove jars using tongs. Use potholders to tighten the lids. Place jars upside down on a rack to cool. Store in the fridge or pantry, unopened for several months.

STRAWBERRY TOP FETA SPREAD

2 cups (170 g) strawberry tops, washed

1 cup (150 g) feta, crumbled

1 lemon, juiced

1 tbsp (15 ml) feta brine

- 1 Combine all ingredients in a food processor and blend until smooth. Transfer to a container and store in the fridge overnight. The spread tastes even better the next day. Can be stored in the fridge for about a week.

PLATING

Sliced sourdough bread

Olive oil to drizzle on both sides of each slice

1½ tbsp (22 ml) watermelon rind jam (recipe above)

1½ tbsp (22 ml) strawberry top feta spread (recipe above)

- 1 Preheat grill.
- 2 Drizzle the olive oil on both sides of the sliced sourdough bread, and grill until well marked on both sides.
- 3 Generously slather one side of the toast with the strawberry top feta spread and top with the watermelon rind jam. Enjoy!



MAINS



SERVINGS

4

TIME

Prep • 25–30 min

Cook • 30 min

FORGOTTEN VEGETABLE STEW

Fisun Ercan | *Quebec*

This is my favourite vegetable stew recipe. It helps clean out your fridge every few weeks and gives you a sense of satisfaction about not being wasteful. The best part is that there are no rules—it’s totally freestyle since you will use whatever you have available, and every time you will enjoy a different flavour.

Serve this versatile meal as lunch or dinner, or take it to go. It’s a meal as it is, but if you don’t have enough vegetables to make ample portions it makes a great side dish. With a little effort and creativity you can serve this meal and impress your guests. No one will know that you are serving from the bottom of your fridge.

SCRAPS

Wilted vegetables

Wilted greens

Leftover herb stems and leaves

PROPPMÄTT

Chopping board

SENSUELL

Saucepan



INGREDIENTS

6–8 cups (280–450 g) leftover or forgotten veggies such as eggplant, zucchini, carrots, potatoes, beans, squash, cabbage, cauliflower, broccoli, kale (whatever is available; the more bits the merrier)

1 bell pepper

½ pepper (chili or jalapeño for heat lovers)

1 medium fresh tomato, 2 tbsp (30 ml) tomato sauce, or 1 tbsp (15 ml) tomato paste

¼ cup (60 ml) vegetable oil

1 medium onion, sliced lengthwise about ¼ inch (½ cm)

1 clove garlic, peeled and smashed

1 tsp (6 g) or salt and black pepper to taste

¼ cup (12 g) leftover herb stems with or without leaves, chopped

- 1 Gather up forgotten, unused or half-used vegetables.

If using eggplant or potatoes, cut into 1-inch (2½ cm) cubes and soak in salted water for about 20 to 30 minutes before using. Rinse and pat dry.

If using zucchini or carrots, cut them the same size as the eggplant.

If using cabbage, cauliflower, broccoli, or kale, blanch separately in salted boiling water and cool in cold water. Cut stems to about 1-inch (2 to 3 cm) pieces.

If using a bell pepper (any colour available), slice lengthwise about ½-inch (1 cm) thick.

If using a jalapeño or chili, add a very small amount, or as much heat as you can handle.

If using a fresh tomato, peel and cut into about 1-inch (2½ cm) pieces.

If using tomato paste, dilute 1 tbsp (15 ml) with ½ cup (125 ml) water.

- 2 Heat a big pot over medium-high heat. Add the vegetable oil and onion slices, and sweat for about 2 to 3 minutes. Add the garlic clove and sauté for 2 more minutes. Stir in all vegetables except the tomato. Place the tomato pieces, sauce, or diluted tomato paste on top of the vegetables. Season with about 1 tsp (6 g) or to taste, of salt and black pepper. Cover the pot, lower the heat, and cook for about 30 minutes.
- 3 Check the vegetables for doneness with a fork. They should be soft but still holding their form. Add the herbs and stems.
- 4 Remove and cool with the lid on until the stew reaches room temperature. It's better to serve at room temperature with your favourite rice or slices of crusty bread to sop up the sauce.

NOTES

- This is a very aromatic, delicious meal that tastes even better the next day.
- Take it out of the fridge half an hour before serving.
- Gluten-free, vegan-friendly.





<p>SCRAPS Corn cobs Corn husks Corn silk</p>	<p>SERVINGS 2</p>	<p>TIME Prep • 1 hr Cook • 16 hrs</p>	<p>STRIMMIG Plate AVSKILD Place mat LISABO Chair FEJKA Artificial plant</p>
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CORN HUSK SMOKED CHICKEN

Jason Sheardown | Ontario

Corn is delicious, but creates more waste than what ends up on the plate. That's the inspiration behind this dish. This is a delicious dinner that uses all the parts that typically end up in the compost.

CREAMY POLENTA

- 5 corn cobs
- 1½ tsp (9 g) kosher salt
- ⅓ cup (90 g) coarse ground cornmeal
- 2 tbsp (30 g) freshly grated Grana Padano or Parmigiano-Reggiano
- 1 tbsp (14 g) unsalted butter

- 1 In a heavy-based saucepan, combine the corn cobs with enough water to cover them. Heat over medium-high heat just until it begins to boil. Reduce the heat to medium low and simmer for 1 hour, covered.
- 2 Strain and discard the corn cobs. Return the corn stock to the stove and simmer over medium-high heat. Add the kosher salt. Add the cornmeal and whisk the mixture as it comes to a boil. Continue whisking for an additional 3 minutes.
- 3 Reduce the heat to very low, cover the pan, and cook the polenta, stirring every 5 minutes or so (switch to a wooden spoon from this point forward), until the cornmeal is completely cooked and quite tender, 2½ to 3½ hours. It may seem too thin initially, but it will gradually thicken. As the polenta cooks, a skin will form on the bottom and sides of the pan (if you are not using a non-stick pan), which is proper and gives the polenta a slightly toasty flavour.
- 4 Fold in the cheese and butter until fully incorporated.

CORN SILK

2 cobs of corn worth of corn silk
 4 cups (1 L) canola oil
 ½ tsp (3 g) kosher salt
 ¼ tsp (1 g) smoked paprika

- 1 Preheat the oven to 165°F (75°C).
- 2 Discard any dark brown/black silk. Transfer the remaining silk to a parchment-lined baking sheet and dehydrate in the oven overnight.
- 3 Fill a heavy-bottomed pot with oil and bring to 400°F (205°C) over medium heat and fry the silk for 15 seconds, or until crispy and golden.
- 4 Transfer to a paper towel to drain, and season with kosher salt and smoked paprika.

CHICKEN

2 whole corn husks
 2 boneless chicken breasts, skin on
 2 tbsp (30 ml) canola oil
 1½ tsp (9 g) kosher salt
 2 tsp (2 g) rosemary, finely chopped
 3 cloves garlic, finely minced
 1 cup (125 g) chanterelle mushrooms, cleaned and torn

- 1 Submerge the corn husks in cold water and soak for 1 hour.
- 2 Preheat the oven to 325°F (163°C).
- 3 In a mixing bowl, combine the chicken with 1 tbsp (15 ml) of the canola oil, 1 tsp (3 g) of kosher salt, 1 tsp (1 g) of rosemary, and 2 cloves of garlic.
- 4 Drain the corn husks and place in an ovenproof pan. Warm the husks over medium-high heat until they begin to smoke. Immediately transfer to the bottom of the oven.
- 5 In a different ovenproof pan, warm the remaining canola oil over medium-high heat until it shimmers and runs easily across the pan. Add the chicken breasts, skin side down, and cook until skin turns a medium golden brown. Flip the chicken breasts over and transfer to the oven. Be sure to turn on your hood fan as the smoke from the corn husks will billow from the oven and potentially irritate your eyes. Roast for 15 to 20 minutes, until the chicken is cooked completely.
- 6 Transfer the chicken to a plate to rest. Return the pan to the stovetop over medium-high heat and add the chanterelle mushrooms. Once they begin to sizzle in the rendered chicken fat and juices, add the remaining rosemary and garlic. Cook for another minute and remove pan from heat.

PLATING

Place half the polenta in the centre of a plate and garnish with mushroom-rosemary-garlic mixture. Top with 1 chicken breast and finish with a nest of silk. Repeat with the remaining polenta and chicken breast.



SCRAPS

Wilted greens
Pumpkin seeds

SERVINGS

2
Pesto: 1¼ cups
(310 ml)

TIME

Prep • 20 min
Cook • 10 min

IKEA 365+ Glass

IKEA 365+
Frying pan

KORKEN Jar

SNOBBIG Place mat

CRISPER PESTO PASTA

Trevor Bird | *British Columbia*

I like to eat healthy. At least that is what I tell everyone, despite the wilted salad greens in my fridge. This pesto recipe is a wonderful complement to leafy greens—especially those on the edge of being composted. It can be used in any recipe where you would normally use pesto. Freshen it up with herbs and your friends won't even know they are eating salad that has been saved from the compost.

PESTO

2 cups (60 g) packed mixed greens, slightly wilted
2 cups (60 g) packed basil/herb stems
1 cup (118 g) pumpkin seeds
½ cup (125 ml) olive oil
1 clove garlic
Salt to taste

PASTA

7 oz (200 g) penne or any dried pasta
¼ cup (60 ml) olive oil
2 cloves garlic, minced
1 cup (150 g) cherry tomatoes
1 pinch salt
1 tbsp (15 ml) pesto (recipe above)
¼ cup (7½ g) arugula leaves
2 tbsp (30 ml) fresh lemon juice
¼ cup (60 g) parmesan cheese, grated

PESTO

1 Place all ingredients in a blender and let it rip. Set aside for pasta.

PASTA

- 1 In a large pot, boil water and cook the pasta according to package directions. Strain and set aside.
- 2 In the same pot, over medium heat, add the olive oil and sweat the garlic and cherry tomatoes with a generous pinch of salt.
- 3 Add the cooked pasta and toss, then add a large tablespoon of pesto and toss.
- 4 Season with salt, and stir in arugula leaves.
- 5 Transfer to a bowl and sprinkle with the lemon juice and grated Parmesan.

NOTE

- To prevent the colour of the pesto from browning, blanch the greens and herbs in boiling water for 45 seconds. Cool over an ice bath before using.





SCRAPPY TIP



THE 3 P'S

Pickle, preserve, and pesto. Think of this as a kitchen mantra (or a delightful tongue twister). For just about every fruit, vegetable, or herb you can think of, there's at least one pickle, preserve, or pesto you can turn it into. Turn your wilting greens into pesto. Save up your bruised fruit in the freezer and turn it into jam. Pickle your wrinkling veggies and enjoy them later.

You can also use herbs, garlic, chillies, and lemons to infuse cooking oil. Your taste buds will be most grateful. Use a simple jar or bottle like KORKEN and watch the magic happen.



SCRAPS

Takeout sauce packets
 Parmesan cheese rinds
 Stale bread

SERVINGS

6

TIME

Prep • 1 hr
 Cook • 1½ hrs

FLITIGHET Plate
FRASERA Glass
RINNIG Tea towel
IDOLF Chair

SAUCE PACKET MEATLOAF

Craig Wong | Ontario

This glazed meatloaf is kept moist and juicy with a panade that's made from day-old bread, and a zingy glaze from the leftover hot sauce and ketchup packets we all accumulate and never end up using.

The parsnip purée is flavoured with the earthiness of its own peels, and is given an umami kick from the rind of Parmesan cheese, which is packed with flavour and is usually discarded.

PARSNIP PURÉE

2 lb (900 g) parsnips, peeled, sliced in quarters lengthwise, peels reserved
 3 tbsp (45 ml) olive oil
 1 cup (250 ml) milk
 2 parmesan cheese rinds
 ¼ cup (56 g) butter, cold and diced
 Salt to taste

- 1 Preheat the oven to 325°F (163°C).
- 2 Line a baking tray with a large sheet of foil. Spread the parsnips across the foil and drizzle with olive oil. Wrap tightly and roast for 50 minutes or until very soft.
- 3 In a small pot, heat the milk, Parmesan cheese rinds, and reserved parsnip peels. Simmer for 30 minutes and strain.
- 4 Add the roasted parsnips to the bowl of a food processor. Purée with flavoured milk and add butter 1 piece at a time. Season with salt.

GLAZE

- 15 ketchup packets, or ½ cup (125 ml)
- 4 hot sauce packets, or 2 tbsp (30 ml)
- 1 tsp (5 ml) worcestershire sauce
- 3 tbsp (45 ml) honey

- 1 Whisk all ingredients together in a small bowl.

MEATLOAF

- 1 cup (100 g) day-old bread, crusts removed
- 1 cup (250 ml) milk
- 1 medium onion, diced
- 1 medium carrot, diced
- 2 eggs
- 5 cloves garlic, minced
- 1 tbsp (7 g) black pepper
- 2 tsp (12g) salt
- 2 tsp (4½ g) paprika
- 2 tsp (4 g) ground cumin
- 2½ lbs (1 kg) ground beef
- Glaze (recipe above)
- Parsnip purée (recipe on previous page)

- 1 Preheat the oven to 350°F (175°C).
- 2 To make the panade, place the bread in a bowl, cover with the milk, and soak for 10 minutes or until mushy in texture.
- 3 In a large bowl, combine the onion, carrot, eggs, garlic, black pepper, salt, paprika, and ground cumin.
- 4 Stir in the panade and carefully mix in the ground beef. Avoid squeezing the meat or the meatloaf will be compacted and tough.
- 5 Shape the meatloaf in a loaf pan or by hand, and then place it on a sheet pan lined with parchment paper.
- 6 Spread with a few tablespoons of the glaze, ensuring that the glaze does not mix with the meat.
- 7 Bake for 45 to 55 minutes or until an instant-read digital thermometer reads 155°F (69°C).
- 8 Brush with the remaining glaze several times during baking to build up layers of caramelized glaze.
- 9 Slice and serve over the parsnip purée.

NOTE

- Panade is made from bread and milk. This starchy paste is the secret to moist meatloaf.



SCRAPS

Cheese rinds
Stale bread

SERVINGS

4

TIME

Prep • 15 min
Cook • 45 min

SANDVIVA Tea-towel

TILLAGD Cutlery

LYCKAD Serving dish

MAC & RINDS

David Gunawan | *British Columbia*

We love having a bountiful cheese selection in our restaurant. With such offerings, we are always left with an excessive supply of cheese trims and ends. One day, I decided to make a béchamel with all those ends. It turned out rich and delicious.

INGREDIENTS

2 cups (500 ml) milk
1 cup (225 g) cheese trimmings
¼ cup (56 g) butter
½ cup (65 g) flour
Salt to taste
1¾ cups (250 g) macaroni
½ cup (120 g) cheddar or mozzarella
¼ cup (30 g) bread crumbs
¼ cup (60 g) parmesan cheese, grated (optional)

- 1 Preheat the oven to 400°F (205°C).
- 2 Gently simmer the milk over medium heat with the cheese trimmings in a medium-sized pot for about 15 minutes. Stir frequently to prevent the mixture from sticking to the bottom of the pot and burning. Strain and set aside.
- 3 In a separate medium-sized pot, melt the butter and add the flour.
- 4 Cook on low heat until the butter and flour comes together. Continue to cook for another 5 to 10 minutes until the raw flour taste disappears.
- 5 Slowly drizzle the infused milk and cheese mixture into the flour, whisking continuously to prevent lumps from forming. Simmer gently until the mixture comes together and looks smooth. Season with salt.
- 6 While the sauce is simmering, bring a large pot of lightly salted water to a boil. Add the macaroni, reduce heat, and gently boil until al dente, according to package directions.
- 7 Drain the macaroni, add to the sauce, and stir. Once the macaroni is well coated, transfer to an ovenproof dish.
- 8 Evenly sprinkle with cheddar or mozzarella, followed by the bread crumbs and Parmesan, if using.
- 9 Bake in the oven for 15 to 20 minutes until golden brown.

NOTE

- I like to use Parmesan rinds, ends of brie, or any soft cheese. The stronger the cheese flavour, the stronger the sauce flavour. Avoid blue cheese and goat cheese if you don't like the strong aroma.





SCRAPS

Leftover meat or fish
Leftover vegetables
Leftover herb stems

SERVINGS

6

TIME

Prep • 40–45 min
Cook • 35–40 min

VARDAGEN

Baking pan

FLOTSAM FILO PIE

Fisun Ercan | Quebec

Filo pie is known as *börek* in Turkish. It's a quintessential dish you can eat almost every day, with there being countless varieties that offer different shapes and fillings that will satisfy every taste. I love changing this recipe to make the best use of leftover food and still enjoy a tasty, pleasant meal. Serve it with tomato cucumber salad in summer and with mixed salad greens in winter.

INGREDIENTS

1 cup (150 g) leftover cooked protein such as fish, beef, lamb
1 cup (90 g) leftover vegetable bits (raw or cooked); can be a mixture, finely chopped
1 cup (200 g) leftover herb stems such as parsley, dill, cilantro, tarragon, chives, or chervil, finely chopped
Salt to taste
Black pepper to taste
1 cup (250 ml) milk
½ cup (125 ml) vegetable oil
1 package filo sheets
1 egg yolk
1 tbsp (9 g) nigella, sesame, caraway, or fennel seeds (optional)

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Mix all chopped ingredients, and depending on their original seasoning, add the salt and black pepper.
- 3 Combine the milk and vegetable oil in a small bowl.
- 4 Lay the filo sheets on the kitchen counter or a table and cover them with a slightly damp cloth to prevent them from drying and cracking.
- 5 Use 2 filo sheets per pie, brushing them with the milk and oil mixture. Spread 2 to 3 tbsp (30 to 45 ml) of filling on 1 long edge, about 1-inch (2½ cm) thick. Roll the filled portion of the sheet loosely to the other end, and then swirl it to create a snail shape. Repeat until all of the filling has been used.
- 6 Place them on the parchment-lined baking sheet.
- 7 In a small bowl, beat the egg yolk with a ½ tsp (2 ml) of water. Brush the mixture onto each pie and sprinkle them with the seeds.
- 8 Bake for 35 to 40 minutes. Let cool for 10 minutes, and enjoy!

NOTE

- Nigella and sesame seeds pair with any filling, while caraway seeds pair well with a meat filling. Fennel seeds complement any fish or seafood filling.

SERVINGS

4

TIME

Prep • 35 min

Cook • 40 min

BANANA PEEL CHUTNEY ON SHRIMP

Jason Sheardown | *Ontario*

Anyone who makes smoothies as part of their daily routine knows how quickly the banana peels accumulate in the organics bin. This dish is a delicious way to give those peels a better fate. It can be enjoyed as an appetizer or at a cocktail party. As an added bonus, banana peel contains even more nutrients than the flesh.

SCRAPS

Banana peels
Cilantro stems
Bruised apples

DINERA Plate



BANANA PEEL CHUTNEY

- 5 banana peels, trimmed and chopped
- 2 tsp (4 g) mustard seeds
- 1 tsp (4 g) cumin seeds
- 2 tsp (4 g) ginger, finely chopped
- 1 tsp (3 g) black peppercorns, freshly cracked
- ½ tsp (1½ g) turmeric
- ¼ tsp (0.75 g) ground cardamom
- 1 tbsp (15 ml) canola oil
- 1 tbsp (10 g) shallot, finely minced
- 1 serrano chili pepper, thinly sliced
- 2 cloves garlic, finely minced
- 1 green apple, with peel, chopped into ½-inch (1½ cm) chunks
- 3 tbsp (45 ml) rice vinegar
- 1 tbsp (1 g) cilantro, finely chopped

- 1 In a heavy-bottomed pot combine the banana peels with enough water to cover. Over medium-high heat boil the banana peels for 3 minutes. Drain and set aside.
- 2 In an unoiled heavy-bottomed saucepan, toast the mustard seeds and cumin seeds over medium-high heat for about 1 and a half minutes or until fragrant. Remove from heat and allow to cool. Crush coarsely using a mortar and pestle. Stir in 1 tsp (2 g) of the ginger, cracked peppercorns, turmeric, and cardamom, and set aside.
- 3 Add the canola oil to the pan and warm over medium-low heat. Add the shallot, serrano chili pepper, garlic, and the remaining 1 tsp (2 g) ginger, and cook for 5 minutes, stirring regularly. Add the toasted spices, boiled banana peels, and chopped green apple. Cook for an additional 15 minutes or until the apple is soft. Remove from heat and stir in rice vinegar and cilantro. Cool completely.
- 4 Transfer to a sterilized jar, cover and refrigerate for 1 day to allow flavours to develop.

PRAWNS

- 24 BC sidestripe prawns or 16/20 shrimp, shell on
- 24 6-inch (15 cm) bamboo skewers
- ¼ tsp (¼ g) dry oregano
- ¼ tsp (¼ g) ground ginger
- ¼ tsp (½ g) ground cardamom
- ¼ tsp (¾ g) garlic powder
- ½ tsp (1 g) cayenne pepper
- ½ tsp (3 g) flaked sea salt
- Banana peel chutney

- 1 Soak the bamboo skewers in cold water overnight.
- 2 Clean the prawns, leaving shells intact, and combine with all the spices and sea salt. Toss until prawns are evenly coated.
- 3 Preheat a grill to high.
- 4 Place 1 prawn on each skewer, inserting the skewer from tail to head. Once all prawns are skewered, grill for 3 minutes on each side, or until cooked through.



PLATING

Serve 6 prawns to a plate, with a ramekin of banana peel chutney for dipping (recipe above).



HOW TO BUILD YOUR OWN BACKYARD COMPOST

One way to cut out even more food waste from your life at home is to build your own compost system in your backyard. It takes a bit of work—having a totally sustainable kitchen isn't always easy. But we're going to try to break it down anyway! (That's a little compost joke. Get it? "Break it down." You'll get it.)

- 1 You can use either an open pile or a compost bin. Bins have the advantage of being neat, keeping animals out, and preserving heat. You can purchase compost bins from a variety of garden and home stores, or you can build your own.
- 2 First, choose a location with access to a water source, in an area that receives moderate sunlight. Too much sun can dry out the composting material, but the added heat from sunlight is necessary.

GREEN

- Vegetable and fruit scraps
- Fresh grass clippings
- Egg and nut shells
- Coffee grounds
- Tea bags
- Bread products
- Manure
- Flat beer

BROWN

- Cardboard products
- Dead leaves, branches, pine cones, and needles
- Paper egg cartons
- Sawdust and hay
- Untreated wood
- Tissues and newspaper
- Lint
- Shredded junk mail
- Wine corks

- 3 Assemble your greens and browns. You'll need both nitrogen-based (green) and carbon-based materials (brown) for a successful compost system. Maintain a ratio of green to brown at about 1:2.
- 4 Set up your bin on well-drained soil. Fill your backyard compost bin with a 6-inch layer of browns and a 2- to 3-inch layer of greens.
- 5 Water until moist, but not soggy. It should feel similar to a damp sponge.
- 6 Repeat the layering process by alternating layers of green and brown.
- 7 Now you're ready to add your scraps. Collect your kitchen compostables in a container in your kitchen. Find a handy place to store this container—on the counter, under the sink, or in the freezer. Whenever it's full, empty its contents into the compost bin. Whenever you add food scraps or yard waste, be sure to top it with a layer of browns. If you don't, your compost will stay wet and take forever to break down.
- 8 Mix the compost once a week to help break down and eliminate odour.
- 9 Within 4 to 6 months, you should have finished compost. Use it to sprinkle your lawn, feed your garden, and keep your kitchen as waste-free as possible.
- 10 Repeat steps 7 to 9 and enjoy!



SERVINGS

6

TIME

Prep • 3 hrs

Cook • 2 hrs

CRUMB-Y GREEN LASAGNA

Andrea Carlson | *British Columbia*

Fall bounty can get away from you and this recipe is a perfect chance to play catch-up. Preserve your fall garlic crop by confiting it and storing it in the fridge. Tired, blemished tomatoes can be trimmed to make a hearty sauce. Accumulate soft tomatoes in the freezer until you have enough to make a sauce. Wilted and neglected greens from spinach, chard, or kale can be sautéed into new life as a filling for this classic-style lasagna.

SCRAPS

- Soured milk
- Overripe tomatoes
- Stale bread
- Wilted greens

- KEJSERLIG** Plate
- MÄRIT** Place mat
- IKEA 365+** Cutlery



RICOTTA

12½ cups (3 L) soured milk, 3.25%
 1½ cups (350 ml) cream, 35%
 2 lemons, juice and zest
 2 eggs, beaten
 2 tsp (12 g) sea salt

- 1 Heat the soured milk and cream in a heavy-bottomed pot over medium-high heat, stirring often so it does not scorch on the bottom.
- 2 Bring to 195°F (90°C) and stir in the lemon juice and zest.
- 3 Remove from heat and stir for 2 minutes until curds form.
- 4 Line a large strainer with a clean towel or a piece of cheesecloth that is 4 layers thick.
- 5 Pour the mixture into the strainer and let sit for whey to drain for 1 hour.
- 6 Reserve whey for future use.
- 7 When the ricotta has drained, transfer to a small bowl and cover.
- 8 Refrigerate for 2 hours. When cool, mix the ricotta with the eggs and sea salt. Ricotta can be refrigerated for up to 5 days.

GARLIC CONFIT

12 large cloves garlic, peeled
 1¼ cup (300 ml) grapeseed oil

- 1 Submerge the garlic cloves in a small pot filled with grapeseed oil
- 2 Bring to a low simmer and reduce heat to lowest possible level. Simmer until garlic is soft when pierced with a fork, about 1 hour.
- 3 Remove from heat and cool. Store the garlic in the oil until ready to use. Garlic-infused oil can be used for cooking or to make salad dressing.

TOMATO SAUCE

½ cup (125 ml) olive oil
 ½ yellow onion, peeled and finely diced
 2 cloves garlic, thinly sliced
 2 lbs (900 g) tomatoes (can be spotty and soft), bad spots removed, chopped
 1 tbsp (2½ g) fresh thyme leaves, removed from stems
 1 tbsp (1½ g) rosemary, chopped
 2 tsp (12 g) sea salt
 1 tbsp (7 g) smoked paprika

- 1 Heat the olive oil on medium low in a medium-sized saucepan, and add the onion and garlic.
- 2 Cook for 5 minutes until translucent.
- 3 Add the tomatoes, herbs, sea salt, and paprika.
- 4 Simmer over low heat, stirring occasionally until the sauce coats the back of a spoon, about 30 minutes.
- 5 Adjust seasoning to taste and set aside.

OLIVE OIL CRUMB

2 slices stale bread
 1 tbsp (15 ml) olive oil
 1 pinch sea salt

- 1 Remove crusts from the bread if they are very hard.
- 2 Blitz bread in a food processor until crumbly.
- 3 Pour into a bowl and dress with the olive oil and sea salt.
- 4 Spread on a small sheet pan and toast in a 300°F (150°C) degree oven until dry.
- 5 Stir every 2 to 3 minutes to ensure even cooking.
- 6 Remove from the oven and set aside to cool.

LASAGNA ASSEMBLY

8 cups (240 g) wilted greens such as kale, chard, spinach, washed and dried
 2 tbsp (30 ml) olive oil
 4 cups (1 L) tomato sauce (on previous page)
 12 pieces cooked lasagna noodles
 2¾ cups (687 ml) ricotta (recipe above)
 12 cloves garlic from garlic confit (on previous page)
 1 cup (225 g) mozzarella cheese, grated
 1½ cups (300 g) pecorino cheese, grated
 Olive oil crumb (recipe above)

- 1 Sauté the greens in the olive oil.
- 2 In a 9x9-inch (22 cm x 22 cm) non-reactive pan, layer ⅓ of the tomato sauce on the base of the pan.
- 3 Top with ⅓ of the lasagna noodles, covering with an even layer.
- 4 Top with ½ of the ricotta mixture and 12 cloves of garlic, removed from the garlic confit.
- 5 Layer another ⅓ of the lasagna noodles on top.
- 6 Add another ⅓ of the tomato sauce and top with the final ⅓ of lasagna noodles.
- 7 Top with the remaining ricotta and then sautéed greens.
- 8 Finish with the remaining tomato sauce and sprinkle both cheeses and olive oil crumb on top.
- 9 Bake in a 375°F (190°C) oven for 45 minutes until hot throughout.
- 10 Divide into 6 portions and serve with crusty bread or a green salad.

SCRAPS

Fish collars
Fennel fronds
Carrot greens
Beet tops
Turnip greens
Celery leaves

SERVINGS

4

TIME

Prep • 20 min
Cook • 10–15 min

UPPLAGA Plate

SANDVIVA Tea-towel

SVALKKA Wine glass

FLÅDIS Basket

BBQ FISH COLLARS

Andrea Carlson | *British Columbia*

We love using fish collars for staff meals at our restaurant. They're some of the tastiest bits of the fish! Fish collars contain a high level of delicious fats and are a cut that can be easily and quickly grilled, which is key for staff meals. Temper the richness of the fish with a spicy and bright tomato chili sauce and fresh herbs.

BBQ FISH COLLARS

4 fish collars from fish such as salmon, ling cod, or sablefish
2 tbsp (30 ml) grapeseed oil
Sea salt to taste
¼ cup (60 ml) tomato chili sauce

FROND SALAD

9 cups (225–275 g) a mixture of any combination of the following, based on availability, washed and dried:

- Fennel fronds, separated into small pieces
- Baby turnip greens, cut into 1-inch pieces
- Carrot greens, separated into small pieces
- Baby beet greens, cut into 1-inch pieces
- Celery leaves, chopped

BBQ FISH COLLARS

- 1 Prepare a hot grill, charcoal is ideal.
- 2 Rinse and pat the fish collars dry, brush with the grapeseed oil, and season with the sea salt.
- 3 Brush the fish collars with the tomato chili sauce. Grill for 3 to 5 minutes per side or until the internal temperature is 135°F (55°C). Temperature of the grill may vary, so checking internal temperature is recommended.

FROND SALAD

- 1 Toss all ingredients together in a large bowl.

PLATING

- 1 Place the BBQ fish collars on a long platter and drizzle with the tomato chili sauce.
- 2 Scatter frond salad on top of fish and serve with rice if desired.





SCRAPS

Broccoli and cauliflower stems
Dill pickle brine

SERVINGS

2

TIME

Prep • 20 min
Cook • 15 min

DRAGON Cutlery

LINDRIG Knife
STORSINT Glass
FASCINERA Chopping board

STRIPLOIN & SCRAPPY SIDES

Justin Cournoyer | Ontario

It's easy to buy fresh ingredients that look and taste great. But it's challenging to come up with new dishes and flavours using by-products. As a chef, this is the creative task I enjoy. I start by looking at classic pairings such as steak and mushrooms, and create from there.

In this dish, the addition of miso brings out the umami flavour without the need for a sauce. I love mushroom stems. They're full of sweetness, yet soft and crunchy at the same time—be sure to dress them while they're warm. This dish is simple, but it works. It's both traditional and sustainable.

MUSHROOM MISO BUTTER

1 cup (227 g) butter, softened
3 tbsp (6 g) dried mushroom powder
2 tbsp (30 ml) miso

- 1 Mix all ingredients in a bowl.
- 2 Stretch the mixture along one end of food wrapping and roll into a log. Refrigerate or freeze. Makes 1 cup (250 ml).

PICKLE JUICE & STEMS

1 whole head of broccoli stems only, woody ends peeled
1 whole head of cauliflower stems only, woody ends peeled
3 tbsp (45 ml) pickle juice (yes, from your favourite jar of pickles)
1 tbsp (15 ml) canola oil
Salt to taste

- 1 In a saucepan, heat 8½ cups (2 litres) of water to boiling over high heat.
- 2 Add the cauliflower and broccoli stems and cook for 5 minutes or until vegetables are crisp-tender. Drain and return to the saucepan.
- 3 Add the pickle juice, canola oil, and salt to the cooked vegetables and toss to coat.
- 4 Set aside for plating.

CAULIFLOWER & BROCCOLI LEAVES

1 of each outer leaves of 1 head of cauliflower and 1 head of broccoli
 1 tbs (15 ml) olive oil
 Salt to taste

- 1 Set the oven to broil.
- 2 Toss the vegetable leaves in olive oil and salt. Place on a baking tray and broil for 2 minutes. Flip the leaves and broil for another 2 minutes, or until crispy.

STEAK

1 tsp (5 ml) canola oil
 ¾ lb (340 g) x 2 striploin or rib-eye steaks
 Salt and black pepper to taste
 1½ tsp (7 ml) mushroom miso butter (on previous page)
 Pickle juice and stems (on previous page)
 Cauliflower and broccoli leaves (recipe above)

- 1 Heat oil in a cast iron skillet on medium-high heat. If using a grill, oil and preheat to 395°F (200°C).
- 2 Pat the steaks dry and generously season with the salt and black pepper just before cooking.
- 3 Cook the steaks for about 3 to 5 minutes on each side, turning only once. Keep in mind that the thickness of your steak, the heat of your grill, and your desired level of doneness will impact the grilling time.
- 4 During the last minute, add 1½ tsp (7 ml) of the mushroom miso butter.
- 5 Transfer the steaks to a plate, cover, and let rest for 10 minutes.
- 6 Serve with the pickle juice and stems, and cauliflower and broccoli leaves divided equally, and a generous chunk of mushroom miso butter.

STEAK GRILLING TIPS

- 6 to 8 minutes (total) for rare (120–125°F) (49–51°C)
- 9 to 10 minutes (total) for medium-rare (130–135°F) (55–57°C)
- 11 to 12 minutes (total) for medium (140–145°F) (60–63°C)
- 13 to 14 minutes (total) for medium-well (150–155°F) (65–69°C)
- 15 to 16 minutes (total) for well-done (160°F and above) (71°C and above)

MUSHROOM DRYING TIPS

- The secret to drying mushrooms without a dehydrator isn't much of a secret. Just air-dry them. Or, keep them in a paper bag in the crisper and they will dry out in about a week.
- Clean them with a rasp and fry in butter.
- Any mushroom will do. Taste them when dry and adjust seasoning as needed.



SCRAPS

Radish tops

SERVINGS

4

TIME

Prep • 5 min
Cook • 30 min

SENSUELL Frying pan

RÖRT Spoon

RADISH TOP RISOTTO

Adrian Forte | Ontario

I often cook with radishes; sliced thinly in salads, on their own when pickled, roasted, or charred as a side, or cut into matchsticks to use as a garnish on canapés. I buy them from farmer's markets and oftentimes the tops end up in my stock or in the compost. It wasn't until carrot tops took the chef world by storm when I thought to myself, "I'll be a little different and use radish tops instead." I use them in pesto, herb oils, and in this rich, earthy, and delicious risotto.

INGREDIENTS

- ½ cup (50 g) packed radish tops
- 3 cloves garlic, whole
- ½ cup (125 ml) ice cubes
- ½ cup (125 ml) olive oil
- 1½ cups (270 g) arborio rice
- ¼ cup (25 g) shallots, diced
- 1 cup (250 ml) white wine
- 2 cups (500 ml) vegetable stock
- ¼ cup (56 g) butter, cold and cubed
- 1 cup (240 g) parmesan cheese, shaved

NOTE

This dish pairs well with grilled fish or chicken.

- 1 In a mixing bowl, pour boiling water over the radish tops until they're completely immersed. Let sit for 5 minutes to blanch.
- 2 Strain the radish tops, run cold water over them, and then drain excess water.
- 3 Add the blanched radish tops, garlic cloves, and ice cubes to a blender and pulse.
- 4 Drizzle in ½ cup (75 ml) of the olive oil while blending. When the mixture is free of lumps, you are finished. Set aside the radish top emulsion.
- 5 In a frying pan, over medium-high heat, add the remaining olive oil.
- 6 Add the arborio rice and stir continuously to coat with the olive oil.
- 7 Add the shallots and continue to stir.
- 8 Deglaze the pan with the white wine. Reduce heat to medium and simmer the liquid until it has reduced.
- 9 Add the vegetable stock ½ cup (125 ml) at a time until rice is cooked, al dente.
- 10 Remove from heat, add the cubed butter, and Parmesan.
- 11 Add the radish top emulsion and stir until all ingredients are fully incorporated.





SCRAPS

Kale stems

SERVINGS

4
Pesto: 1½ cup
(375 ml)

TIME

Prep • 10 min
Cook • 15 min

VANLIGEN

Tealight Holder
SMAKGLAD Cutlery
STRIMMIG Plate
IKEA 365+ Glass

KALE STEM PESTO TAGLIATELLE

David Gunawan | *British Columbia*

This idea came from a friend of mine who is an amazing Italian chef. We had a kale salad on the menu and always had a bounty of stems we didn't know what to do with. Once when we were short-staffed, he made this dish and we served it as a special.

PESTO

- ¾ cup (175 ml) olive oil
- 1 clove garlic, thinly sliced
- 1 shallot or ½ small onion, diced
- 1 pinch chili flakes (optional)
- 1 bunch kale stems, chopped into small pieces
- ¼ cup (30 g) walnuts, roughly crushed
- 1 lemon, zest and juice
- ¼ cup (60 g) parmesan cheese, grated
- 1 pinch salt

- 1 Heat a saucepan over medium heat and add ¼ cup (60 ml) of the olive oil.
- 2 Add the garlic, shallot or onion, chili flakes, and kale stems, and gently sweat.
- 3 Add the walnuts and continue to cook, toasting the walnuts in the process.
- 4 Once the kale stems are soft, remove from heat and allow to cool.
- 5 Purée the mixture in a food processor with lemon zest and juice, and Parmesan. If you like chunky pesto, simply pulse the mixture a few times or let it run another minute for a smoother consistency.
- 6 Drizzle with the remaining olive oil and check the seasoning. Adjust the consistency of the pesto to your liking.

PASTA

1¼ cups (300) grams of dried pasta or 1½ cups (400 grams) of fresh pasta (recipe below)

FRESH PASTA

2½ cups (325 g) flour
 4 large eggs
 1 tsp (5 ml) olive oil
 1 pinch salt

- 1 Place the flour in a large mixing bowl.
- 2 Make a well in the centre.
- 3 Break the eggs into the well and add the olive oil.
- 4 With a fork, lightly beat the eggs and olive oil, gradually mixing them with the flour. When the dough becomes too thick to work with the fork, continue with your fingertips and then your hands.
- 5 Knead the dough on a floured surface for about 10 minutes. The dough will become smooth and elastic. If the dough is sticky, dust it lightly with flour and continue kneading.
- 6 Let the dough rest for 30 minutes before rolling. If rolling the dough by hand, use a pasta rolling pin and roll it very thin. Cut tagliatelle 3/16 of an inch or 5 mm.
- 7 If you have a pasta machine, follow the manufacturer's instructions for rolling and cutting.

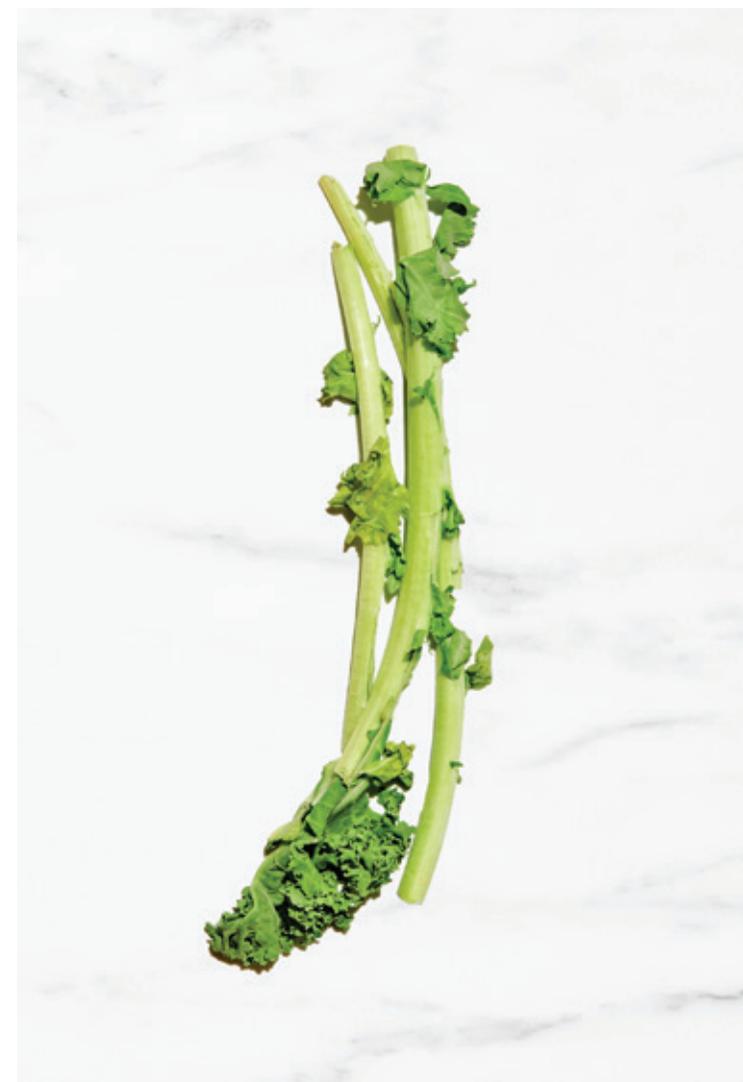
FINISHING

Fresh or dry pasta
 1 cup (250 ml) pasta cooking water
 to taste pesto
 to taste parmesan cheese, grated
 Black pepper to taste
 Lemon juice to taste

- 1 Bring a large pot of well-salted water to a boil. Add the pasta and cook until al dente, roughly 9 to 11 minutes for dried pasta and 2 to 3 minutes for fresh pasta.
- 2 Reserve 1 cup (250 ml) of the pasta cooking water, then drain the pasta in a colander. Add the pasta back to the pot and toss with the pesto and ½ cup (125 ml) of the pasta cooking water.
- 3 Once the pasta has absorbed the liquid and pesto, remove from heat. If the pasta seems dry, add more of the remaining cooking water.
- 4 Garnish with the Parmesan, black pepper, and lemon juice.

NOTE

- Try adding chopped green olives as an optional garnish.



SERVINGS

4-6
(24-26 meatballs)

TIME

Prep • 15 min
Cook • 30-35 min

SWEET & SCRAPPY MEATBALLS

Christa Bruneau-Guenther | *Manitoba*

As a mother of 3 young adults, meatballs have always been a fun way to encourage my kids to help in the kitchen. Who doesn't love a good meatball?

We've been juicing for years — a healthy practice and an economical way to use excess garden veggies. Although I compost the pulp, I decided to taste-test some from juicing carrots, ginger, apples, and beets; I use just a small beet cube. It was so delicious I decided to use it in these turkey meatballs. Turkey can be dry and lacks flavour since it's low-fat. Pulp is moist, full of fibre, nutritious, and flavourful, and took these meatballs to the next level. It just worked!

Apricots and peaches tend to spoil quickly, so I accumulate them in my freezer. They can be used in place of the preserves in this recipe. These fruits, along with berries, go well with turkey and this pulp combo is common among people who juice. Plus, I store parsley stems in the freezer so they are handy for soups, stuffing, and of course, meatballs. As a Cree Metis Indigenous woman, I appreciate recipes that make the most of produce to honour the sacred vegetables and plants of Mother Earth.

SCRAPS

Apple, carrot, beet, and/or ginger pulp
Parsley stems
Bruised apricots or peaches

ENTUSIASM Bowl

TREBENT Chopsticks

GRUPPERA Napkin



SAUCE

½ cup (125 ml) apricot or peach jam/preserves or use bruised, overripe apricots or peaches, cored and puréed in a blender (accumulate in freezer then purée from frozen)

½ cup (125 ml) chicken stock

1 tbsp (15 ml) white vinegar

1 tbsp (15 ml) soy sauce

2 tbsp (26 g) brown sugar 4 tbsp/60 g if using bruised fruit instead of jam)

1 tsp (5 ml) sriracha or any hot sauce

- 1 Combine all ingredients in a bowl, mix well, and put aside.

MEATBALLS

1 lb (454 g) ground turkey

¾ cup (175 ml) pulp of carrot, apple, ginger, beet

2 cloves garlic (finely minced or pressed) or ¼ tsp (1¼ g) garlic powder

1¼ tsp (7½ g) sea salt

1 pinch black pepper

2 tbsp (3 g) parsley stems or leaves, finely minced

1 egg

1 tsp (2 g) onion powder

1 tsp (1 g) ground thyme

½ cup (60 g) bread crumbs

- 1 Preheat the oven to 375°F (190°C).
- 2 Place all meatball ingredients into a mixing bowl. Mix by hand until well combined. Form mixture into 24 to 26, 1-inch (2½ cm) meatballs.
- 3 Meanwhile, preheat a large ovenproof pan or pot to medium high. Add 2 tbsp (30 ml) grapeseed, canola, or vegetable oil to the pan. Add the meatballs in a single layer, browning on all sides, 1 minute per side (2 to 3 minutes).
- 4 Pour the sauce over the meatballs.
- 5 Add the onion, bell pepper, and cranberries or blueberries to an ovenproof pan. Cover with an ovenproof lid and bake for 30 minutes. Remove the lid and bake for 10 more minutes.
- 6 Serve over rice or egg noodles.

NOTE

- Meatballs can be made on the stovetop. Follow the same steps. Cook in a pot with the sauce on medium to low heat, covered for 20 minutes, stirring gently until meat is cooked through and onion and bell pepper are soft. Then cook uncovered for 10 minutes until the sauce is thick.

REMAINING INGREDIENTS

2 tbsp (30 ml) grapeseed, canola, or vegetable oil for frying

1 onion, diced

1 bell pepper, cubed into 1-inch (2½ cm) pieces (yellow, green, red, or orange)

½ cup (95 g) frozen cranberries or blueberries (optional)





SCRAPPY TIP



GROW & REGROW

We all know better than to throw away a perfectly good vegetable, but what about the scraps? Aside from boiling them up as broth, did you know that spring onions, leeks, and many other vegetables can be completely regrown? Simply place the vegetable's rooted base into a jar filled with water, and watch it grow back right before your eyes.

Store-bought herbs are pricey, have a short shelf-life, and almost always come wrapped in layers of plastic. Even if you don't have a garden, a sunny windowsill is all the space you need to start growing your own. And your kitchen will look even lovelier for it.

Here's a list of 10 veggies you can easily regrow. Simply place these in a glass with a little bit of water to cover the bottom of the root or stalk—just don't submerge them!

- | | |
|-----------------|-----------------|
| 1 Bok choy | 6 Garlic chives |
| 2 Cabbage | 7 Green onion |
| 3 Carrot tops | 8 Leeks |
| 4 Celery stalks | 9 Lemongrass |
| 5 Fennel | 10 Lettuce |

Before something goes into the compost bin, give it a second look. If what you're about to toss has roots, you can probably regrow it.

You can regrow vegetables like green onions in any glass, like SÄLLSKAPLIG.

SERVINGS

2
(4–6 patties)

TIME

Prep • 15 min
Cook • 20 min

PULP BURGERS WITH DIY JALAPEÑO CHEESE

Christa Bruneau-Guenther | *Manitoba*

My garden always blesses our family with an abundance of veggies so juicing is often the best way to use them up. I freeze pulp, vegetable scraps, and skins so they are handy for making soup stock. After the stock is made, the scraps usually go into the compost. However, after straining the stock one day, I noticed that there was still so much colour and flavour in the pulp, and was convinced it could be used yet again, keeping it out of the compost altogether — zero waste! The pulp can be used in several recipes. Beet pulp pairs best with beans and as a result, we have this recipe.

I try to promote and maintain a meal balance for myself, my family, and my customers at my restaurant, using ingredients from all colours of the rainbow and food from land, water, and sky. This balance provides the body, mind, and spirit with optimal health. My weekly goal is to rotate animal proteins, vegetarian, vegan, dairy-free, and gluten-free meals, all while being mindful of the environment. This combination helps a person to feel good about what they are consuming from the inside out, and the practice provides balance to Mother Earth and appreciation for the nourishment she offers.

SCRAPS

Beet, carrot, apple,
and ginger pulp
Stale bread
Soured milk

FASCINERA

Chopping board



PULP BURGER PATTIES

1 can (540 ml) black beans, drained and rinsed
 2 cloves garlic, minced or pressed,
 or 1 tsp (2 g) garlic powder
 ½ tsp (1 g) onion powder
 ½ tsp (1½ g) cumin
 ½ tsp (1¼ g) chili flakes (optional)
 1 tsp (6 g) salt
 1 pinch black pepper
 ¾ cup (45 g) beet, carrot, apple, ginger pulp
 ¼ cup (30 g) homemade bread crumbs from
 leftover stale bread
 1 egg (or use flax substitute for vegan)
 2–3 tbsp (30–45 ml) Olive oil
 garnish homemade jalapeño cheese
 (on next page), crumbled feta, or any other
 white cheese
 2 tbsp (30 ml) ketchup or any BBQ sauce
 4 buns for serving

STOVETOP METHOD

- 1 Place all ingredients in a bowl, except the olive oil, garnishes and condiments. Using a fork or your hands, gently mix everything together, mashing the black beans slightly, leaving some whole. Mixture should appear chunky but well combined. Form into 4 to 6 patties.
- 2 Heat a pan over medium-high heat and add the olive oil.
- 3 Fry the patties for 7 to 8 minutes per side until golden brown and cooked through.
- 4 Garnish with homemade jalapeño cheese, crumbled feta, or any white cheese such as mozzarella or Swiss. Serve on a bun of your choice with sliced red onions, mayo, lettuce, tomato, dill pickle, and more BBQ sauce.

OVEN METHOD

- 1 Preheat the oven to 375°F (190°C).
- 2 Place the patties on a parchment-lined or tin foil-lined baking sheet. Brush each patty with olive oil.
- 3 Bake for 8 to 10 minutes on each side. Add your favourite BBQ sauce and bake for 1 more minute.
- 4 Garnish with homemade jalapeño cheese, crumbled feta, or any white cheese such as mozzarella or Swiss. Serve on a bun of your choice with sliced red onions, mayo, lettuce, tomato, dill pickle, and more BBQ sauce.

HOMEMADE JALAPEÑO CHEESE

8 cups (2 L) soured milk (homogenized or 2% works best)
 ¼ cup (60 ml) white vinegar
 2½ tsp (15 g) sea salt
 ½ fresh jalapeño pepper, diced small
 (ribs and seeds removed), or 2 tbsp (30 ml)
 pickled jalapeño
 1 tbsp (1 g) fresh herbs, such as dill, basil or
 oregano, finely chopped, optional

- 1 Pour the milk into a large pot and heat to medium high, stirring constantly until it reaches a boil. Once boiling, reduce heat to low and slowly pour in the vinegar while still stirring. The milk should immediately separate into curds and whey. If not, add more vinegar, 1 tbsp (15 ml) at a time until separation occurs.
- 2 Pour the mixture into a colander lined with cheesecloth, letting the whey (liquid) drain off. Rinse the cheese curds well with cold water, holding them in the cheesecloth.
- 3 Add the sea salt and jalapeño pepper (or fresh herbs such as dill, basil, or oregano, finely chopped). Mix with your fingers until evenly combined. Twist the cheesecloth around the cheese curds, tightly removing any excess liquid. Tie the bundle of cheese curds around a wooden spoon and let them hang over a pot for 1 hour, allowing whatever liquid that remains to drain.
- 4 Remove the cheesecloth and store the cheese curds in a covered container in the fridge for up to a week.



SCRAPS

Broccoli stalks
Cilantro stems

SERVINGS

6
(12 tacos)

TIME

Prep • 25 min
Cook • 45 min

SMÅÅTA

Chopping board
IKEA 365+ Glass
SANDVIVA
Tea-towel

STALK TACOS

Jason Sheardown | Ontario

We used to make this dish with broccoli in a restaurant where I was a young cook. It called for only florets — no stalks. We'd turn surplus stalks into the daily soup, but every once in a while I'd make a version of this taco for our staff meal. The broccoli stalk has a nice crunch to it, which complements the creamy hummus. Considering this dish is only made from vegetables, it is quite filling.

ROASTED BROCCOLI

2 pieces canned chipotle peppers in adobo
1 tbsp (15 ml) apple cider vinegar
1 tbsp (15 ml) honey
2 tsp (10 ml) olive oil
1 clove garlic, finely minced
1 pinch kosher salt
6 broccoli stalks

- 1 Preheat the oven to 400°F (205°C).
- 2 In a food processor, combine the chipotle pieces, apple cider vinegar, honey, olive oil, garlic, and kosher salt. Blend into a coarse purée. Set aside.
- 3 Peel the fibrous outer layer off the broccoli stalks and discard.
- 4 Slice the broccoli stalks on a bias and place in a large mixing bowl.
- 5 Add the chipotle purée and toss thoroughly until the broccoli stalks are evenly coated. Transfer to a parchment-lined baking sheet and spread in a single layer, allowing gaps between each piece.
- 6 Roast for 8 to 10 minutes.

BLACK BEAN HUMMUS

- 2 tbsp (30 ml) olive oil
- 1 jalapeño chili, stemmed and roughly chopped
- 1 cup (172 g) cooked black beans
- ¼ cup (60 ml) tahini
- 3 cloves garlic, smashed and roughly chopped
- ½ tsp (1¼ g) ancho powder
- ¼ cup (50 g) cotija cheese, crumbled
- ¼ cup (60 ml) lime juice
- Salt to taste

- 1 Add the olive oil to a large pan and set over medium heat. When the oil is shimmering, add the jalapeño chili and sweat for 2 minutes.
- 2 Add the black beans to the pan, along with the tahini, garlic, and ancho powder.
- 3 Stir the mixture and continue cooking for about 3 minutes until it steams.
- 4 Remove the bean-tahini mixture from the heat and transfer to a food processor with the cotija cheese and lime juice. Process until smooth. Taste the hummus and adjust the seasoning with salt.

RED CABBAGE SLAW

- 2 cups (140 g) red cabbage, thinly shaved on a mandoline
- 1 tbsp (15 ml) mirin
- 1 tbsp (15 ml) rice vinegar
- 3 dashes hot sauce
- 1 pinch kosher salt

- 1 Combine all the ingredients in a large mixing bowl. Toss well and set aside.

GARNISHES

- 12 corn or flour tortillas of your choice
- 2 cups (480 g) black bean hummus (recipe above)
- 1 hass avocado, cut into 24 slices, lengthwise
- Roasted broccoli (on previous page)
- 1 cup (250 ml) sour cream
- 1½ cup (140 g) red cabbage slaw (recipe above)
- 1 tsp (½ g) cilantro, roughly chopped
- ½ cup (100 g) cotija cheese, crumbled
- 2 limes, each cut into 6 wedges

ASSEMBLY

- 1 Cook the tortillas as per packaging instructions and place on a serving tray.
- 2 Spread a couple of tablespoons of the black bean hummus on each tortilla using the back of a spoon. Add 2 slices of avocado to each taco. Top with 3 or 4 pieces of the roasted broccoli.
- 3 Garnish with a couple of dollops of sour cream, red cabbage slaw, cilantro, and a sprinkling of cotija cheese. Squeeze a couple of the lime wedges over the tacos and serve the rest on the side.

NOTE

- If you can't find cotija cheese, feta is a suitable substitute.





**SCRAPS**

Leftover protein
Leftover or wilted
vegetables
Wilted greens

SERVINGS

2

TIME

Prep • 20 min
Cook • 10 min

ENTUSIASM Bowls
TREBENT Chopsticks
OUMBÄRLIG Wok

LÉGUMES OUBLIÉS FRIED RICE

Craig Wong | Ontario

A play on the French term for heritage breed or overlooked vegetables, *légumes oubliés* translates to forgotten vegetables. To clean out the fridge and minimize excess produce that could go to waste, combine this with the perfect vehicle: fried rice.

INGREDIENTS

¼ cup (60 ml) canola or grapeseed oil
8 oz (225 g) leftover cooked protein such as meat, tofu, seafood, etc., cut into small dice of about a ½-inch to 1-inch (1½–2½ cm) cubes
2 cloves garlic, crushed
Salt to taste
½ cup (155 g) leftover cooked veggies such as mushrooms, zucchini, bell peppers, etc., diced
3 eggs
2 cups (528 g) cooked rice, grains, or quinoa
1 cup (30 g) leafy greens such as spinach, arugula, bok choy, kale, etc.
2 tbsp (30 ml) soy sauce

- 1 Over high heat, add the canola or grapeseed oil to the pan. Sauté the protein for 2 to 3 minutes. Add 1 clove of crushed garlic and season with salt. Sauté for another minute. Transfer to a large plate and set aside.
- 2 Sauté and season the veggies the same way. Transfer to a large plate and set aside.
- 3 Lower the heat to medium and scramble the eggs. This is important: drag the cooked egg from the outside of the pan towards the centre, allowing the runny portion to make contact with the pan. Cook these eggs a little harder than scrambled eggs. If undercooked, they'll blend with the rice—I love big chunks of egg in my fried rice.
- 4 For the rice or other grains, don't overcrowd the pan. Turn the heat back to high and fry in batches to prevent it from turning mushy. Add more canola or grapeseed oil if needed.
- 5 Once the rice or grains have been fried and warmed through, add the leafy greens and soy sauce, and the cooked protein and veggies. Stir together and serve.

NOTE

- A non-stick or carbon steel wok is ideal, but a deep frying pan is also a good option. A well-seasoned cast iron pan also works, but it's heavy and might require more oil.

SCRAPS

Potato skins

SERVINGS

4

TIME

Prep • 15 min

Cook • 30 min

IKEA 365+ Frying pan

SANDVIVA Tea-towel**ÖRTFYLLD**

Oil & vinegar set

SKINNIES

David Gunawan | *British Columbia*

We have been working directly with small farms since the inception of our restaurants. To us, our connection goes beyond this weekly transaction of food purchases. We often bring our staff to the farms to help out, and occasionally celebrate together.

Due to this unique relationship, we feel morally obligated to respect the food that is given to us. We are always searching for new ways to utilize vegetable trims, and our love for French fries has led us to the delicious discovery of potato skins.

INGREDIENTS

3 potatoes worth of skins

4 tsp (20 ml) olive oil

1 tsp (3½ g) butter

1 lb (450 g) brussels sprouts, washed, cleaned, cut in half lengthwise

4 slices bacon, roughly chopped

Salt to taste

Black pepper to taste

1 lemon, zest and juice

1 pinch chili flakes

¼ cup (60 g) parmesan cheese, grated

- 1 Preheat the oven to 350°F (175°C).
- 2 Rinse the potato skins, pat dry, and season with salt. Coat with 2 tsp (10 ml) of the olive oil, lay evenly and flat on a baking tray, and place in the oven. Bake for 15 to 20 minutes until crispy and golden. Set aside.
- 3 Turn the oven up to 450°F (230°C).
- 4 Heat a sauté pan on high.
- 5 Once hot, add the butter and remaining olive oil. Once the butter starts to brown and gives off a nutty smell, add the Brussels sprouts, cut side down.
- 6 Add the bacon and turn the heat down to medium. Season with salt and black pepper. Cook for another 2 to 3 minutes.
- 7 Transfer the Brussels sprouts and bacon to an ovenproof tray and roast, uncovered, for 5 to 7 minutes. Toss the Brussels sprouts once or twice until cooked to your liking. I like mine with a little bite.
- 8 Remove the Brussels sprouts and bacon from the oven. Add the lemon zest and juice. Garnish with the crispy potato skins.
- 9 Finish with the chili flakes and Parmesan.



SERVINGS

4

TIME

Prep • 2½ hrs

Cook • 40 min

HONEY-ROASTED WHOLE CARROTS

Craig Wong | *Ontario*

What I love about this recipe is that it uses the entire carrot, including the tops, and it also uses my favourite part of the cilantro, the white roots. They're pungent and slightly peppery, which is a perfect complement to the carrot top chimichurri.

SCRAPS

Whole carrots with greens
Cilantro with white roots

STRIMMIG Plate

CHIMICHURRI

2 bunches carrots, with green tops
 1 clove garlic, minced
 1 shallot, minced
 1 tbsp (15 ml) red wine vinegar
 ½ bunch cilantro, white roots attached
 ¼ cup (60 ml) olive oil

- 1 Rinse the carrots well, then remove the tops and set the carrots aside.
- 2 In a food processor, pulse the garlic, shallot, red wine vinegar, cilantro, carrot tops, and olive oil until finely chopped (see notes).
- 3 Allow the chimichurri to sit refrigerated for at least 2 hours so the greens soften and flavour the olive oil.

ROASTED WHOLE CARROTS

1 cup (118 g) chopped walnuts
 2 carrots, tops and greens removed
 2 tbsp (30 ml) grapeseed oil
 Salt to taste
 Black pepper to taste
 1 cup (250 ml) yogurt
 ¼ cup (60 ml) sriracha
 ¼ cup (60 ml) honey

- 1 Preheat the oven to 400°F (205°C).
- 2 Toast the walnuts in the oven for 4 to 6 minutes. Set aside.
- 3 In a mixing bowl, coat the carrots with the grapeseed oil, salt, and black pepper.
- 4 Season the yogurt with salt if it's too thin. Strain it with a fine-mesh strainer, reserving the whey. Add the whey to the chimichurri for mild acidity.
- 5 Combine the sriracha and honey, and pour half the mixture over the carrots, coating them evenly. Arrange the carrots in an ovenproof pan. Bake uncovered for 20 to 30 minutes (depending on thickness), until tender and browned.
- 6 Remove the carrots from the oven and drizzle with the remaining sriracha and honey.
- 7 To finish, spread the yogurt on a plate and arrange the carrots on top. Spoon the chimichurri over the carrots and sprinkle with the toasted walnuts.

NOTES

- Young carrots are so fine and tender that I don't peel them. Instead, I prefer to scrub them with a brand new scouring pad. You'll remove less of the carrot than with peeling, and there won't be lines left on the carrot.
- If you prefer a more traditional, looser chimichurri, chop the carrot tops and cilantro by hand. Or you can blitz them in a food processor for a thicker consistency.



SCRAPS

Fish trim
Carrot pulp
Dill fronds
Watermelon rind

SERVINGS

2
(16 pieces)

TIME

Prep • 24+ hrs
Cook • 1 hr

IKEA 365+ Glass
IKEA 365+ Cutlery
ROMDRUP Rug
FORMEDLA Tray

SPARE FISH CROQUETTES

Andrea Carlson | *British Columbia*

I've always found the pulp waste from juicing to be troubling. Incorporating carrot pulp into a classic brandade mixture lightens up the potato element of this dish. Fish trimmings are an inevitable part of our kitchen. We love to salt, cure, dry, and ferment them. Serve these croquettes as a crispy canapé or appetizer. The tartar-style sauce features a juicy, pickled watermelon rind that was heading for the compost.

WATERMELON RIND PICKLE (FOR TARTAR SAUCE)

7 oz (200 g) watermelon rind, small diced
⅔ cup (160 ml) water
⅔ cup (160 ml) white wine vinegar
1 bay leaf
2 tbsp (26 g) white sugar
1 tbsp (18 g) sea salt
1 tsp (2 g) mustard seeds
1 tsp (2 g) fennel seeds
1 tsp (3 g) black peppercorns

- 1 Place the watermelon rind in a jar that will hold 2 cups (500 ml).
- 2 In a saucepan over medium heat, bring all other ingredients to a simmer then remove from heat. Pour the vinegar mixture over the watermelon rind while hot.
- 3 Cover and allow to cool to room temperature. Refrigerate for at least 24 hours.



CROQUETTES

1 russet potato, scrubbed and pierced
 ½ cup (125 ml) carrot pulp, from juicing
 2 shallots, finely diced
 2 tbsp (30 ml) grainy mustard
 ½ cup (100 g) poached salt fish (recipe below)
 3 tbsp (12 g) parsley, finely chopped
 2 tbsp (1 g) dill, chopped
 1 egg, beaten
 1 tbsp (18 g) sea salt
 Grapeseed oil

BREADING MIXTURE

½ cup (65 g) flour
 ½ cup (125 ml) milk, 3.25%
 ½ cup (60 g) panko or bread crumbs

- 1 Heat the oven to 400°F (205°C).
- 2 Roast the potato for 1 hour or until tender. Cool, then peel and grate.
- 3 Mix the grated potato with the carrot pulp and remaining ingredients, except the breading mixture.
- 4 Form into 16 croquettes, 1 oz (30 g), and chill for 1 hour.
- 5 Roll the croquettes in the flour, then dip in the milk, and then roll in the panko or bread crumbs, removing excess.
- 6 Heat a heavy pan or deep fryer with 4 inches (10 cm) of grapeseed oil to 365°F (185°C) and deep-fry the croquettes until golden brown and an internal temperature of at least 150°F (65°C) has been reached.

POACHED SALT FISH

3 ½ oz (100 g) fish trim,
 cut into 1-inch (2.5 cm) pieces
 Sea salt (enough to cover fish)
 ½ cup (250 ml) milk, 3.25%
 1 bay leaf
 1 shallot, thinly sliced

- 1 Arrange the fish trim in a non-reactive container and coat with all of the sea salt.
- 2 Cover and cure in the refrigerator for at least 24 hours.
- 3 When the curing period is complete, cover the fish trim abundantly with cold water and soak for 2 hours.
- 4 In a small pot over medium heat, cook the fish trim in the milk with the bay leaf and shallot until tender, about 15 minutes.
- 5 Drain the milk and flake the fish trim to serve.

TARTAR SAUCE

½ cup (125 ml) mayonnaise
 3 tbsp (15 g) watermelon rind pickle, small dice
 1 tbsp (4 g) parsley chiffonade
 1 tsp (3 g) black pepper
 1 tsp (5 ml) grainy Dijon

- 1 Mix all ingredients in a small bowl and set aside in the fridge.

PLATING

2 tbsp (1 g) dill fronds
 2 tbsp (7 g) parsley leaves
 Tartar sauce (recipe above)

- 1 Arrange the hot croquettes on a serving plate and garnish with the dill fronds and parsley leaves.
- 2 Serve the tartar sauce on the side as a dip.



SCRAPPY TIP



MISFIT SCRAPS

We all have our little misfit scraps—the ones that seem like an inconvenience to keep around. Things like that half-finished can of beans, or that half of a zucchini that's just a little too big or small to place in any of your containers. Our first instinct can be to reach for a single-use plastic food-wrap to help keep things fresh. But unusual scraps call for unusual solutions. Try wrapping your misfits in something like wax paper—the common kind you'd use for baking. Then, when you're done with it, don't toss it—give it a rinse and set it aside to use again.

Got oddly shaped bits of produce, beverages or runoff that you don't know what to do with? Don't let them wither away or get sent down the drain—try sealing them up with a reusable, washable cover like ÖVERMÄTT instead of single-use food-wrap.

SERVINGS

4

TIME

Prep • 15 min

Cook • 20–25 min

PEEL-CHOS

Christa Bruneau-Guenther | *Manitoba*

I still have visions of mounds of potato skins piled on top of the daily newspaper after watching my dad peel a whole bag of potatoes to make fries for our large family. Afterwards, he rolled up the newspaper full of skins and threw them in the garbage! As an adult, while researching and developing healthy meals and recipes for my daycare business (meal plans with focus on healthy, fresh, and holistic), I learned how much fibre and nutrition is in potato skins. Ever since then I don't peel potatoes, and if I do, I make this simple and totally addictive dish.

When developing the menu for my Indigenous restaurant I wanted to find ways to incorporate and highlight squash, one of the Three Sisters (beans, corn, squash). Squash is one of the most versatile, underused superfoods—a true ancestral vegetable among First Nation peoples' diets, with a long, interesting history. Once again, I was left with the peels we saved for making stock and once again, I came to realize that some squash skins are edible and tasty. I decided to add them to this recipe, a decision that gives this a unique, delicious twist on the basic potato skin.

Kale and green onions grow like mad in my garden, and the best way to use the often woody, hard stems or white bulbs commonly deemed as compost, is to turn them into pesto! It freezes well and lasts a long time in the fridge. Pesto can be used in pasta, soup, salads, meatballs, and sandwiches, and on eggs and steak, and the list goes on.

SCRAPS

Green onion stems

Kale stems

Potato peels

Squash peels

VARDAGEN

Frying pan

FASCINERA

Chopping board

KORKEN Jar

KALE & GREEN ONION STEM PESTO

½ cup (60 g) toasted pine nuts, walnuts,
or sunflower seeds

1½ cups (240 g) stems from 1 large bunch of
kale, roughly chopped into 1-inch (2½ cm) pieces

4 green onions, white stems included

2 cloves garlic

¼ cup (60 g) parmesan cheese, grated

1 cup (250 ml) olive oil

1 tbsp (15 ml) lemon juice

1 pinch salt

1 pinch black pepper

- 1 In a blender or food processor, pulse the
toasted nuts until they look like bread
crumbs. Add the kale and green onion
stems, garlic, Parmesan, olive oil, and lemon
juice. Pulse until a smooth paste forms.
- 2 Transfer to a storage container.
Add salt and black pepper, and mix well.
Store for up to a week in the fridge.

BAKED POTATOES & SQUASH SKINS

Peels from 6 red potatoes, yellow potatoes, or
russet potatoes scrub potato and skins well
before peeling)

Peels from 1 acorn squash, honeynut squash,
or delicata squash (scrub and wash squash
skins before peeling)

3 tbsp (45 ml) olive oil

2 tbsp (30 ml) maple syrup

1 tsp (5 g) garlic powder

2 tsp (12 g) sea salt

Pinch black pepper

1 cup (238 g) cheddar cheese or Monterey
Jack, or a combo of each, shredded

1½ cups (375 ml) kale & green onion stem
pesto (recipe above)

garnish toasted squash seeds (optional)

garnish sour cream (optional)

- 1 Preheat the oven to 425°F (220°C).
- 2 Place the potato peels and squash peels
on a baking sheet.
- 3 Mix olive oil, maple syrup, garlic powder,
sea salt, and black pepper together in
a small bowl. Pour this olive oil mixture
over the vegetable peels and toss by hand
to coat evenly. Ensure that the peels are
spread evenly on the baking sheet.
- 4 Bake for 15 to 20 minutes, watching
carefully so they don't burn.
- 5 Remove from the oven and add the
shredded cheese. Return to the oven for
5 minutes until cheese is melted.
- 6 Remove from the oven and drop spoonfuls
of kale & green onion stem pesto on top.
- 7 Serve immediately. Garnish with toasted
squash seeds and/or sour cream.



SERVINGS

2-3
(makes 6 cakes)

TIME

Prep • 15 min
Cook • 30-35 min

BOTTOM-OF-THE-BAG CHIP & CHEESE FRITTERS

Christa Bruneau-Guenther | *Manitoba*

In Canada, First Nation people harvested hazelnuts, acorns, and walnuts from the woodlands. Traditionally, these ingredients were ground into powder, blended with corn, berries, or bulbs, and then formed into cakes that were boiled or fried.

This recipe uses Old World and New World ingredients by introducing cheese from my French Metis background. Hazelnuts in my pantry often go stale, but I still use them. Once roasted and processed they taste fine. These cakes are dense but decadent, the creamed spinach is a perfect pairing. This vegetarian dish is packed with protein from the nuts, a healthy alternative to meat.

People tend to throw away the broken tortilla chips at the bottom of the bag, but these scraps work great in this recipe. No time spent baking, just crumbling fresh tortilla chips!

Spinach is available year round, but wilts and spoils faster than it can be eaten; however, this has no effect on its nutritional value or cooking use. Spinach is truly a versatile ingredient.

SCRAPS

Stale hazelnuts
Tortilla chip crumbs
Green onion stems
Parsley stems
Wilted spinach

DINERA Plate

STORSINT Glass

TILLAGD Cutlery



TORTILLA HAZELNUT CAKES

1 cup (120 g) stale or fresh hazelnuts (also known as filberts)

½ cup (50 g) broken tortilla chips from the bottom of the bag

3–4 sprigs fresh thyme leaves, removed from stems

2 green onions, white part included, thinly sliced

2 tbsp (7½ g) parsley stems and parsley leaves, finely minced

½ cup (120 g) asiago or Parmesan cheese, finely grated (use the small part of the cheese grater)

½ cup (120 g) mozzarella cheese, finely grated (use smallest part of cheese grater)

1 pinch salt

1 pinch black pepper

1 pinch chili flakes (optional)

½ lemon zest, plus juice, or use 1 tbsp (15 ml) lemon juice concentrate

1 egg

2 tbsp (30 ml) olive oil

- 1 Preheat the oven to 350°F (175°C).
- 2 Spread the hazelnuts on a baking sheet and bake for 7 to 10 minutes until golden brown. Transfer to a clean kitchen towel or paper towel and rub vigorously until most of the brown skins are removed.
- 3 Place the toasted hazelnuts and all remaining ingredients except the egg and olive oil into a food processor and pulse until mixture is coarsely chopped. Add the egg and pulse until well combined and mixture comes together (can use a mortar and pestle but food processor is best).
- 4 With your hands, form 6 equally sized cakes a ½-inch (1¼ cm) thick.
- 5 Heat a pan over medium heat. Coat the pan with 2 tbsp (30 ml) of olive oil. Fry the hazelnut cakes from 4 to 5 minutes on each side until golden brown and hot inside. Transfer to a plate, and cover to keep warm.

CREAMED WILTED SPINACH

1 tbsp (15 ml) olive oil

½ yellow onion, diced

3 cloves garlic, minced

1 cup (250 ml) heavy cream, 18%

¼ cup (60 ml) plain cream cheese or garlic and herb cream cheese

4–5 cups (120–150 g) wilted spinach

1 pinch salt

1 pinch black pepper

½ lemon, zest, plus juice or 1 tbsp (15 ml) lemon concentrate

GARNISHES

Sliced apple, any variety

Ground nutmeg (optional)

- 1 Add 1 tbsp (15 ml) of olive oil to the same pan that was used to fry the hazelnut cakes. Add the yellow onion and sauté over medium heat for 5 minutes until soft. Add the garlic and sauté for 1 minute. Add the heavy cream. Bring to a slight bubble and gently simmer for 5 to 6 minutes, stirring frequently to prevent scalding, until reduced by half.
- 2 Add the cream cheese (separate with a fork to easily combine with the cream). Add the wilted spinach, salt, black pepper, lemon zest, and lemon juice. Cook for 3 more minutes, stirring until spinach is soft.
- 3 Serve tortilla hazelnut cakes on top of the creamed wilted spinach. Garnish with sliced apple and a pinch of nutmeg. Creamed wilted spinach can be tossed in pasta or served as is with crusty bread or bannock.



SCRAPS

Leftover chicken

SERVINGS

4–8

TIME

Prep • 5–10 min

Cook • 15–20 min

TILLAGD Cutlery**PROPPMÄTT**

Chopping board

GLADELIG Bowl**POKAL** Glass

CHICKEN & BITS SANDWICH SPREAD

Fisun Ercan | *Quebec*

This one was originally a traditional meze spread recipe used in Turkey, and it is one of the essentials in their taverns, known as meyhanes, as well as for serving to guests at home. Meze is traditionally made with a whole chicken—or only the breasts—and walnut oil made from scratch by pounding the walnuts to squeeze the oil out of them. I modernized this recipe for everyday use and to make good use of leftover cooked poultry. It's easy and fast to make, and unbelievably delicious. Do not hesitate to try this recipe with leftover holiday turkey.

I enjoy designing versatile recipes so they can be used at different times of the day, and this is a perfect one for that.

INGREDIENTS

2 cups (280 g) leftover cooked chicken, finely chopped

½ cup (125 ml) reserved chicken juice, if available (otherwise use chicken stock)

¼ cup (30 g) bread crumbs

½ cup (59 g) walnuts or almonds, crushed

1 tsp (2½ g) chili flakes

Salt to taste

Black pepper to taste

2 tbsp (30 ml) vegetable oil

Leafy greens, if making a salad

1–2 radishes, chopped, if making a salad

Bread slices if making a sandwich

- 1 Mix all ingredients except chicken pieces in a bowl. You should end up with a loose paste. If it looks too thick, add a little more chicken stock.
- 2 Add the chicken pieces and mix with a rubber spatula or wooden spoon to coat them with the paste. Season with salt and black pepper to taste.
- 3 Transfer to a jar with a lid and refrigerate for at least few hours before serving. It will be even better next day.
- 4 If using as a spread, serve in small bowls with crackers and mini toasts on the side.
- 5 If making a salad, mix leafy greens, radishes, and other vegetables you have on hand with a simple salad dressing, and garnish with small spoonfuls of the chicken & bits sandwich spread.
- 6 If serving as sandwich, toast your favourite bread slices and spread them with your favourite condiments (mayo, mustard, sriracha), lettuce, tomato slices, and chicken & bits sandwich spread.





**SCRAPPY
TIP**



**SEE MORE OF WHAT
YOU STORE**

The first law of food waste: if you can see it, you'll eat it. That's why neat, transparent food storage is so important. It helps you to keep stock of what food you already have, so you'll use it before it expires and skip unnecessary extra trips to the supermarket. The fresh food can last a bit longer and you'll remember what to eat first.

Leftovers from dinner can go into a food container, rather than the bin. You can chill or freeze them for a quick and easy lunch on another day.

Glass containers like IKEA 365+ are ovenproof, so you can store, heat and serve all from the same dish. That cuts down on the washing-up too, which means you're also saving water.

**SCRAPS**

Stale bread
Wrinkled mushrooms

SERVINGS

4–6

TIME

Prep • 15 min
Cook • 40 min

APTITLIG Board
IKEA 365+ Fork
KAVALKAD Pan
GRUPPERA Napkin

NOT-SO-STALE BREAD PUDDING

Trevor Bird | *British Columbia*

Sourdough is all the rage these days. People are making so much of it they don't know what to do with it. The first rule is to never cover sourdough. Leave it uncovered without any exposed interior.

INGREDIENTS

2 tbsp (30 ml) olive oil
1 medium onion, diced
2 cloves garlic, chopped
1 pinch Salt
1 cup (125 g) wrinkled mushrooms, chopped
6 eggs
2 cups (120 g) day-old bread, cubed into bite-sized pieces
½ cup (125 ml) vegetable stock
1 cup (150 g) cherry tomatoes, cut in half
1 tbsp (15 g) chives, chopped
1 tbsp (1½ g) rosemary, chopped
1 tbsp (3 g) fresh thyme leaves, removed from stems and chopped
2 tbsp (14 g) goat cheese, crumbled (optional)

- 1 Preheat the oven to 375°F (190°C).
- 2 In a pan over medium heat, add the olive oil. Sweat the onion and garlic with a pinch of salt.
- 3 Add wrinkled mushrooms and cook for 4 to 6 minutes or until the mushrooms are soft. Set aside.
- 4 In a large bowl whisk the eggs.
- 5 Add all ingredients to the eggs, except the goat cheese.
- 6 Pour into an ovenproof dish and bake for 20 to 30 minutes, until eggs are set.
- 7 Remove from the oven and add the goat cheese.

SOURDOUGH LIFE CYCLE

Day 1: Enjoy with butter and jam.

Day 2: Make avocado toast—you've started to make your next loaf.

Day 3: Cut thickly and toast in a pan with butter. Make a sandwich.

Day 4: You are at the end. It's either going in the compost or you are making an amazing second life with it.



SOUPS & SALADS

SERVINGS

2

TIME

Prep • 1½ hr

Cook • 2 hrs

PUMPKIN BOWL SOUP

Craig Wong | *Ontario*

My grandmother and relatives in Jamaica pride themselves on their pumpkin soup. Each person has their own secret recipe and technique. The pumpkin is a beautiful vegetable, and it's a shame that many households only buy them for Halloween and they are eventually discarded. I wanted to create a recipe that shows off how versatile they are.

SCRAPS

Old jack-o'-lantern or other pumpkin or squash

IKEA 365+ Ladle**VARDAGEN** Pot**HEMMABAK**

Roasting pan



SPINNER DUMPLINGS

- 1 cup (132 g) all-purpose flour
- ½ cup (125 ml) water
- 1 tsp (6 g) kosher salt

- 1 Combine the all-purpose flour, water, and kosher salt in a mixing bowl. Mix thoroughly to form the dough.
- 2 Scoop up a 1½ tbsp (23 g) piece of dough and roll between your hands to form a long, thin dumpling, about the size of your index finger.
- 3 Bring a pot of salted water to a boil over high heat. Blanch the dumplings for 4 minutes. Reserve for soup.

SOUP

- 1 lb (454 g) sugar pumpkins such as kabocha squash or other types of pumpkin or squash (about 2 pumpkins)
- 2 tbsp (30 ml) grapeseed oil
- 1 tbsp (18 g) kosher salt
- 2 tsp (6 g) black pepper
- 2 medium onions, finely diced
- 6 cloves garlic, minced
- 2 tsp (6 g) pimento
- 1 tbsp (9 g) scotch bonnet pepper, chopped (it's milder if seeds and stem are removed)
- 2 tsp (1 g) fresh thyme leaves, removed from stems
- 2 cups (500 ml) water
- 1 can (400 ml) coconut milk
- 10–12 pieces spinner dumplings (recipe on previous page)
- 2 tbsp (30 ml) sour cream (optional)
- garnish toasted pumpkin seeds (step 4 below)
- garnish fresh cilantro

- 1 Preheat the oven to 325°F (160°C).
- 2 Cut off the pumpkin tops to form lids. Scrape out the seeds, rinse the goop off, and dry them thoroughly.
- 3 Roast the pumpkins and lids for 35 to 50 minutes, depending on their thickness, until the inner flesh can be easily penetrated with a knife. They are properly roasted if the shell is firm enough to hold its shape and remain upright. Remove from the oven to cool.
- 4 While the pumpkins are roasting, toss the pumpkin seeds with 1 tbsp (15 ml) of the grapeseed oil and season with the kosher salt and 1 tsp (3 g) of the black pepper. The pumpkin seeds can be toasted in the oven with the pumpkins, on a parchment-lined baking tray for 20 to 30 minutes. Remove the pumpkin seeds from the oven and cool before handling. Break open the toasted pumpkin seeds and remove the outer shell by pinching the side until it cracks open. The outer shell should break away easily. Reserve the seeds for garnish and discard their outer shells.
- 5 Scrape the flesh off the pumpkin shells, keeping the shells intact and being careful to not scrape too much flesh and lose the integrity of the pumpkin. The goal is to form a hollow bowl with each pumpkin shell.
- 6 In a medium-sized pot over medium heat, add the remaining 1 tbsp (15 ml) of grapeseed oil and sweat the onions until translucent, about 3 to 4 minutes.
- 7 Add the garlic, pimento, Scotch bonnet pepper, thyme leaves, and the remaining 1 tsp (3 g) of black pepper. Cook for another 3 to 5 minutes.
- 8 Add the water and coconut milk, and simmer for 20 minutes.
- 9 Add ¾ of the scraped pumpkin flesh to the liquid and blend until smooth. Stir in the remaining pumpkin flesh and season with a pinch of kosher salt, or to taste.
- 10 Ladle the soup into the 2 pumpkin bowls and add the spinner dumplings. Garnish with sour cream if using, toasted pumpkin seeds, and cilantro.

SERVINGS

4

TIME

Prep • 20 min

Cook • 1 hr

CORN COB SOUP

David Gunawan | *British Columbia*

Corn, also known as maize, is one of the vegetables I look forward to cooking with. I appreciate everything about it. The ancient Mayans identified with its vital force in such a way that they established a symbolic belief system indicating that man was made from maize.

I enjoy grilling corn cobs on the BBQ, or boiling them and lathering them with butter. They're also delicious when made into soup. I love to nixtamalize them to make tortillas, or make desserts with them.

Corn by-products were used early on in the restaurant. We experimented with corn ice cream and tried to extract as much corn flavour as possible. It was surprising just how much flavour was left in a cob after it had been simmered in milk. Since then, we have always utilized the cob for cooking. Corn silk can even be consumed as tea. It has an earthy and slightly sweet flavour.

SCRAPS

Corn cob
Corn husk
Corn silk

STRIMMIG Plate**STRIMMIG** Bowl**SMAKGLAD** Cutlery**SNOBBIG** Place mat**STORSINT** Glass

INGREDIENTS

4 corn cobs with the husk
 2 tsp (10 ml) olive oil
 4 cups (1 L) vegetable stock or chicken stock
 1 cup (250 ml) water
 ½ medium onion, small dice
 1 clove garlic, minced
 1 pinch salt
 1 pinch black pepper
 1 tsp (4 g) white sugar (optional, if corn is not sweet enough)
 ½ cup (125 ml) cream or milk for additional richness (optional)
 ¼ cup (60 ml) crème fraîche or sour cream (optional)
 ¼ vanilla bean (optional)
 ½ jalapeño (optional)

NOTES

Try adding ¼ of a vanilla bean to the soup stock for an added burst of flavour.

Try adding ½ a jalapeño when cooking the onions for more heat.

If the corn isn't sweet enough add more white sugar at the end.

- 1 Preheat the oven to 400°F (205°C).
- 2 Peel off the corn husks and gently remove the strands of silk. Keep the silk dry if you want to use it as a fried garnish; otherwise, simply add it to the stock. (corn silk recipe, pg.41)
- 3 Wash the corn husks and remove the kernels from each cob with a knife. You should yield roughly 3 cups (489 g) of corn kernels. Set aside.
- 4 Cut the corn cobs in half and rub with half of the olive oil. Transfer to sheet pan and roast in the oven for 15 minutes.
- 5 Combine the vegetable or chicken stock and cup of water, and heat in a pot over medium heat.
- 6 Once the corn cobs are slightly browned, remove from the oven. Submerge the husks and cobs in water and simmer for 15 minutes on low to medium heat. Strain and set aside.
- 7 In another pot, over medium heat, add the remaining olive oil, onion, garlic, and a pinch of salt and black pepper. It is important to season the soup in stages to allow the salt to dissolve evenly. Cover and cook on low until the onions are translucent, about 5 to 7 minutes.
- 8 Increase the heat to medium high. Add the corn kernels and sweat them for 2 to 4 minutes, or until the excess water evaporates and the natural sugar from the corn slightly sticks to the bottom of the pot. Once the corn kernels start to brown the bottom of the pot, add the heated vegetable or chicken stock and stir. Simmer for 15 to 20 minutes on medium-low heat.
- 9 Add the cream or milk (if using) and simmer for an additional 2 to 4 minutes.
- 10 The soup can be served as is or blended for a smooth and creamy texture, which is my preference. Allow the soup to cool slightly before transferring to a blender to purée.
- 11 Garnish with the crème fraîche, or sour cream (if using), or fried corn silk.



SERVINGS

4

TIME

Prep • 15 min

Cook • 30 min

LEFTOVER CHICKEN RAMEN

Trevor Bird | *British Columbia*

When I buy a roasted chicken from the grocer in a pinch, I remove one chicken thigh and both wings while it is still hot. Eventually, the rest of the meat makes its way into pastas, salads, soups, etc. Then we are left with the bones and the prized chicken jelly at the bottom of the tray. We can squeeze one more triumphant dish out of this chicken!

SCRAPS

Fennel stems
Roasted chicken bones, juice
Onion skins
Carrot peels
Daikon peels

IKEA 365+ Bowl**TREBENT** Chopsticks**TILLAGD** Cutlery

PICKLES

2 cups (425g) white sugar
 ½ cup (125 ml) rice wine vinegar
 ½ cup (45 g) fennel stems cut ¼ inch (½ cm) thick
 1 cup (110 g) carrot, grated (reserve peels for broth)
 ½ cup (58 g) daikon, grated (reserve peels for broth)

- 1 Bring white sugar and rice wine vinegar to a boil.
- 2 Pour over vegetables and let sit for 20 minutes.

RAMEN BROTH

Bones and juice reserved from 1 roasted chicken
 ½ cup (62 g) dried shiitake mushrooms
 4 cloves garlic, minced
 2 tbsp (12 g) ginger, minced
 ¼ cup (13 g) onion skins
 ¼ cup (30 g) carrot peels, from pickle preparation
 ¼ cup (30 g) daikon peels, from pickle preparation
 1 sheet kelp, nori or kombu
 21 cups (5 L) water

- 1 Place all ingredients in a pot and simmer for 45 minutes.
- 2 Strain and reserve.

SOY-STAINED EGGS

4 eggs
 1 cup (250 ml) low-sodium soy sauce
 3 tbsp (45 ml) rice wine vinegar
 1 tbsp (15 ml) mirin

- 1 Bring a pot of water to a boil, add eggs and boil for 6 minutes.
- 2 Cool eggs in an ice bath before peeling.
- 3 Pour the soy, rice wine vinegar, and mirin over the eggs.
- 4 Let sit in the fridge for 24 hours.

FINISHING (PER BOWL)

1 package (100 g) ramen noodles
 5½ cups (1¼ L) ramen broth (recipe on previous page)
 1 tbsp (15 ml) shiro miso
 1 tbsp (1 g) green onions, chopped
 1 tsp (3 g) sesame seeds
 1 tbsp (15 ml) pickles (recipe on previous page)
 1 soy-stained egg, cut in half (recipe above)

- 1 Cook the ramen noodles in a pot of boiling water for 2 minutes, or as per package instructions.
- 2 Strain the ramen noodles and transfer them to a large soup bowl.
- 3 Bring the ramen broth to a boil and pour over the noodles.
- 4 Stir in the shiro miso and garnish with all other ingredients.
- 5 Serve with chopsticks and a dumpling spoon.

**SCRAPS**

Wilted vegetables

SERVINGS

6

TIME

Prep • 15 min

Cook • 40 min

VARDAGEN Pot**FASCINERA**

Chopping board

JÄMFÖRA Knife

CLEAR-OUT-THE-CRISPER SOUP

Adrian Forte | Ontario

I often save food scraps throughout the week—everything from chicken parts and fish heads, to vegetable trimmings. Usually, these discarded scraps end up in my weekly soup stock. I took a different approach to food waste while working on my first cookbook. My philosophy around food has always been that if a living thing has given its life in return for sustenance, the least we can do as consumers is to make sure their sacrifice wasn't in vain. So, I started to conserve all my resources. After making my weekly vegetable stock, I decided to throw the whole thing in the blender and add some leftover cream, which was hanging around from recipe testing. Voila, cream of vegetable soup.

INGREDIENTS

2 tbsp (30 ml) vegetable oil

3 cloves garlic, minced

1½ cups (80 g) Onion, minced

4 cups (512 g) carrots, peeled, diced

2 cups (350 g) bell peppers, diced

2 cups (202 g) celery, diced

2 cups (280 g) yukon gold potato, peeled and cubed

4 cups (1 L) vegetable stock

½ cup (125 ml) heavy cream, 18%

Salt to taste

2 tbsp (6 g) chives, chopped

- 1 In a large pot, over medium-high heat, add the vegetable oil and garlic. Sweat the garlic until it becomes aromatic, about 3 to 5 minutes.
- 2 Add the remaining vegetables and sauté for about 10 to 12 minutes, or until the onion becomes translucent.
- 3 Reduce the heat to medium low. Add the vegetable stock and simmer for 20 minutes.
- 4 Remove from heat and cool for about 8 to 10 minutes.
- 5 Pour the soup into a blender, only filling the blender halfway to avoid overflow, and purée to a smooth consistency.
- 6 Return puréed vegetable soup to the pot and add the cream. Bring to a simmer and season with salt.
- 7 Garnish with chopped chives and serve.



SCRAPPY TIP



OLD BAG, NEW TRICKS

This is an obvious one, but it's always worth a reminder: an easy way to cut down on waste is to remember to use your reusable bags when you go grocery shopping. It's so easy to forget them if you keep them in places where they stay out of sight—at home, in the car, in the closet, under the sink. So instead, keep them in a place you'll always notice them on your way out the door.

And another thing: when you get to the grocery store, try not to use produce bags. They're one more single-use plastic that can be easily avoided—and besides, you've already brought plenty of bags anyway!

Try to bring more bags than you need. You can always leave the ones you don't end up using inside the bags you do.

You probably already have a FRAKTA at home. It's sturdy enough for your biggest grocery trips and pretty enough to use as storage for your other, more unsightly bags.

SCRAPS

Feta cheese brine
Parsley stems
Stale bread

SERVINGS

4

TIME

Prep • 15 min
Cook • 10 min

RUNDLIG Bowl

IKEA 365+
Serving set

SPARE PARTS PANZANELLA

Adrian Forte | Ontario

One staple you are guaranteed to find in my house is stale bread. I buy fresh bread from local bakeries, which tends to go stale more quickly than store-bought. After I complained about this to a chef colleague, who was born and raised in Italy, he introduced me to this salad — there was no going back. I made it my own by incorporating the feta brine dressing. Since Wednesdays are Greek night in my house, we always have multiple containers of feta (sans cheese) living rent-free in my fridge.

FETA BRINE VINAIGRETTE

½ cup (75 ml) feta cheese brine
¾ cup (175 ml) white wine vinegar
¾ cup (175 ml) olive oil

- 1 In a high-powered blender, combine the feta cheese brine and white wine vinegar. Blend for 1 minute on high, while slowly drizzling the olive oil into the mixture.
- 2 Stop blending once mixture has emulsified and thickened, about 3 to 6 minutes.

SALAD

1 cup (150 g) cherry tomatoes, halved
2 tbsp (3 g) basil leaves
2 tbsp (3 g) parsley
3 banana peppers, julienned
¾ cup (90 g) cucumber, seeded, cubed
½ red onion, diced
3 cloves garlic, grated
½ cup (125 ml) olive oil
1 cup (120 g) stale bread, 2 to 3 days old, cut into 1-inch (2½ cm) cubes
¼ cup (60 g) parmesan cheese, shaved
Salt to taste
Black pepper to taste
1½ cup (375 ml) feta brine vinaigrette (recipe above)

- 1 In a large serving bowl, combine the tomatoes, basil leaves, parsley, banana peppers, cucumber, red onion, and garlic.
- 2 In a preheated cast iron skillet, over medium-high heat, add the olive oil.
- 3 Once the olive oil is hot, add the stale bread cubes and fry. Use a wooden spoon to stir the bread cubes to ensure they are evenly fried on all sides.
- 4 Remove the bread cubes from the skillet when they're golden brown. Reserve on a parchment-lined baking tray and season with salt and black pepper.
- 5 Pour the feta brine vinaigrette over the vegetables and mix until well coated.
- 6 Stir in the fried bread cubes.
- 7 Let the salad sit for 5 minutes for the bread to absorb the feta brine vinaigrette.
- 8 Garnish with the Parmesan shavings and serve.



**SCRAPS**

Celery, heart, leaves
Dill pickle brine

SERVINGS

2–3

TIME

Prep • 10 min

FASCINERA

Chopping board
TILLAGD Cutlery
GLADELIG Bowl

WHOLE CELERY SALAD

Lindsay-Jean Hard | *Michigan*

Just so we're all on the same page, a whole head of celery is a stalk, a single piece is a rib, and the tender, innermost ribs are the heart. It's unfortunate that the supple, yellow hearts and leaves don't get much attention, because they pack the same celery flavour—just in a less-crunchy package. In this recipe we're using the heart and leaves from 1 stalk of celery in a vegetarian chickpea salad. Sometimes this might involve more leaves than ribs, and sometimes the opposite might be true. Either way is fine. Consider this recipe as a cross between tuna salad and egg salad. Enjoy it on a bed of greens, on a sandwich with crisp leaf lettuce, or with your favourite crackers.

INGREDIENTS

1 can (425 g) chickpeas, drained and rinsed
1 whole celery stalk, heart and leaves, finely chopped
3 tbsp (29 g) dill pickle, minced
1 tsp (5 ml) dill pickle brine
½ tsp (2½ ml) soy sauce
½ tsp (2½ ml) dijon mustard
2 tsp (10 ml) fresh lemon juice
½ tsp (1 g) dill, finely chopped
2 tsp (2½ g) nutritional yeast
1 tbsp (15 ml) mayonnaise
Salt to taste
Black pepper to taste
dash hot sauce (optional)

- 1 Add the chickpeas to a medium bowl and smash with a fork until almost all are broken up.
- 2 Add the remaining ingredients and mix until combined.
- 3 Taste and adjust seasoning as necessary. The type of chickpeas you use will make a difference. You might want to add a touch more lemon juice or dill pickle brine. If you like a little kick, add a few dashes of your favourite hot sauce.

SERVINGS

4-6

TIME

Prep • 20 min

Cook • 5 min

AGED VEGGIE SALAD

Justin Cournoyer | *Ontario*

Watching people use prime leaves of lettuce, celery, and fennel stalks only to then throw the hearts and cores into the compost almost breaks my heart. So, I created this salad to save the delicate hearts and bitter cores. This dish is a staple for me, sometimes appearing as a staff meal or a side dish at home. I've also been known to do a fridge raid in the middle of the night. This meal is colourful, full of texture, and warming.

SCRAPS

Day-old bread
Lettuce cores
Fennel fronds
Celery leaves

UPPLAGA Plate**SNOBBIG** Place mat

PICKLED ONIONS

½ (26 g) onion, thinly sliced

1½ tsp (9 g) salt

3 tbsp (45 ml) vinegar (white or red wine)

- 1 Place onion in a small bowl. Add salt and vinegar, mix well. Set aside for a minimum of 10 minutes.

HERB OIL

5 tbsp (75 ml) olive oil

½ cup (10–15 g) fresh herbs such as parsley, basil, sage, thyme, rosemary, etc.

- 1 In a frying pan, over medium-low heat, add olive oil and herbs. Gently warm for about 3 to 5 minutes. Set aside in a bowl.

SALAD

¼ cup (60 ml) herb oil (recipe above)

1 small zucchini, sliced into rounds

½ cup (75 g) tomatoes, chopped, or use cherry tomatoes

1 tbsp (9 g) chili pepper, sliced

Salt to taste

Black pepper to taste

⅔ cup (100 g) green beans, trimmed and blanched

½ cup (60 g) day-old bread, torn into pieces about 1-inch (2½ cm)

2 cups (150 g) lettuce cores such as romaine, iceberg, radicchio, chopped

¼ cup (32 g) cucumber, chopped

to taste fennel fronds, chopped

to taste celery leaves, chopped

Any other vegetables you might enjoy

½ cup (125 ml) pickled onions, reserve the vinegar (recipe above)

1 oz (30 g) feta cheese

- 1 In the same frying pan, over medium-high heat, add 2 tbsp (30 ml) of the herb oil. Add the zucchini and sauté for 3 minutes. Add the tomatoes and chili pepper, season with salt and black pepper, and sauté for 3 minutes. Add the green beans and sauté for another 3 minutes or until warmed. Cover to keep warm and set aside.
- 2 In a frying pan, heat 2 tbsp (30 ml) of the herb oil over medium heat. Add the bread, season with salt and black pepper and fry for 5 to 7 minutes or until golden and crispy.
- 3 In a serving bowl, arrange the lettuce cores, cucumber, fennel fronds, celery leaves, and any other vegetables you prefer. Sprinkle with the pickled onions and reserve the vinegar. Top with the warm, sautéed zucchini mixture and herbed croutons.
- 4 Drizzle with the remaining herb oil and reserved vinegar from the pickled onions. Sprinkle with feta cheese.
- 5 Serve warm.



SERVINGS

4-6
45-50 dumplings

TIME

Prep • 40 min
Cook • 3 hrs

DON'T-THROW-OUT-A-THING DUMPLING SOUP

Justin Cournoyer | Ontario

I'm fortunate that my family enjoys all aspects of food as much as I do. This ultimate comfort soup is inspired by visits to my in-laws, Barbara and Raimondo. After roasting a chicken or turkey, they use the carcass to make stock, and then pick off every last bit of meat to create dumplings. This recipe taught me that there's so much more to find when looking closely. You have to put in the effort, but this is what I call sustainable eating.

SCRAPS

Whole chicken bones
Wilted carrot and/or celery
Parsley stems
Day-old bread
Wrinkled mushrooms
Leftover cooked chicken

VARDAGEN

Tablecloth

TILLAGD Cutlery

GLADELIG Bowl



STOCK

2 lb (1 kg) chicken carcass (leftover from a roast)
 8½ cups (2 L) water
 3 wilted celery stalks, roughly chopped (tops included)
 2 wilted carrots, roughly chopped (tops and peels included)
 ½ onion, roughly chopped (skins included)
 6 parsley stems
 2 bay leaves

- 1 Place the chicken carcass in a large pot and add the vegetables, parsley stems, and bay leaves. Cover with water.
- 2 Cover the pot and bring to a boil over high heat. Once boiling, reduce the heat to simmer for 3 to 4 hours, skimming any foam from the surface as needed.
- 3 Strain the stock through a mesh strainer or cheesecloth and set aside. Discard bones and vegetables.

DUMPLINGS

½ cup (60 g) day-old bread, torn
 ⅓ cup (80 g) parmesan cheese, grated
 ¼ cup (6 g) parsley stems, chop and reserve leaves for garnish
 1 tsp (6 g) salt
 ¼ cup (60 ml) cream
 4–6 wrinkled mushrooms (any kind)
 ¼ cup (13 g) onion bits and pieces
 1½ cups (210 g) leftover cooked chicken, chopped
 1 egg, beaten
 ¼ cup (60 ml) olive oil

- 1 In a food processor, combine the bread pieces, Parmesan, parsley stems, and salt. Pulse until a crumb-like texture forms. Transfer to a small bowl.
- 2 Add the cream to the crumb mixture. Stir and set aside.
- 3 Pulse the mushrooms, onion, and chicken in the food processor until finely chopped. Transfer to a large bowl.
- 4 Mix the crumb mixture and chicken mixture together. Fold in the beaten egg.
- 5 Heat 1 tbsp (15 ml) of the olive oil in a large frying pan over medium-high heat.
- 6 Scoop the mixture into balls small enough to fit on a soup spoon, and place them in the pan a few centimetres apart. Lightly fry on all sides (3 to 5 minutes total) or until golden.
- 7 Remove the dumplings to rest on a platter, and start another batch, using only 1 tbsp (15 ml) of the olive oil per batch.
- 8 Reheat the stock and add the dumplings. Serve hot, garnished with the chopped parsley leaves.

TIPS

- Store in the fridge for 3 days or freeze for 3 months.
- You can also freeze the stock and the dumplings individually.



**SCRAPS**

Turnip tops
Leftover cooked chicken
Green onion, stems

SERVINGS

1

TIME

Prep • 2 hrs 10 min
Cook • 6–10 min

IKEA 365+ Mug

IKEA 365+ Coaster

LIVNÄRA Cutlery

SINNESRO Dish

GODDAG Place mat

MORSEL MISO SOUP

Andrea Carlson | *British Columbia*

Sake kasu is the by-product of making sake. Made of spent yeast cells, this lees is high in amino acids and beneficial nutrients. Update a Japanese-style soup with leftover roasted chicken from the grocer and garlic salt fermented turnip tops. Makes a quick on-the-go snack or lunch when paired with another item.

GARNISH

2 turnip tops or other vegetable greens such as beet, carrot, radish

¼ clove garlic, smashed

1 pinch Sea salt

1 oz (15 g) cooked chicken meat, roughly chopped to ½ inch (1 cm) cubes

¼ green onion, thinly sliced

1 tbsp (15 g) tofu, diced

- 1 Prepare the greens by massaging them with the smashed garlic and sea salt.
- 2 Cover and let sit for up to 2 hours at room temperature, or refrigerate for up to 48 hours.
- 3 Set aside the prepared garnishes in the fridge while the greens are fermenting.
- 4 After the greens have fermented, prepare the broth.

BROTH

1 cup (250 ml) instant dashi

4 tsp (20 ml) sake kasu (or miso paste)

- 1 Prepare the instant dashi according to package instructions.
- 2 Whisk the sake kasu or miso paste into the dashi.
- 3 Stir in the fermented greens and top with the garnishes

SNACKS & DESSERTS



SERVINGS

One 2-layer, 8-inch
cake (20 cm)

TIME

Prep • 1½ hours
Cook • 20 min

CHOCOLATE & BANANA PEEL CAKE

Lindsay-Jean Hard | *Michigan*

This cake highlights the classic flavour combination of chocolate, bananas, and peanut butter, except that no bananas are used—just banana peels! The peels have a surprising amount of banana flavour, not to mention potassium, fibre, and antioxidants. They also help to ensure an incredibly moist cake.

SCRAPS

Banana peels

VARDAGEN

Tablecloth

SMAKGLAD Cutlery

KEJSERLIG Plate



PEANUT BUTTER FROSTING

4 large eggs, whites separated and reserved

½ tsp (3 g) fine-grain sea salt

1 cup (210 g) white sugar

1¼ cup + 2 tbsp (310 g) unsalted butter, room temperature, broken into pieces

2 tsp (10 ml) vanilla paste or extract

¼ cup + 1 tbsp (83 g) smooth peanut butter

- 1 In the bowl of a stand mixer or a metal mixing bowl, combine the egg whites, sea salt, and white sugar, and mix to combine. Transfer the mixture to a double boiler and heat until the sugar is completely dissolved and the temperature reaches 180°F (80°C). This can take a while—be patient!
- 2 Using the whisk attachment on the stand mixer (or a hand mixer), whip the egg white and sugar mixture on high speed until it doubles in volume and becomes thick and shiny. Continue whipping until the mixture is cool. Check the temperature by placing your hand against the bottom of the bowl.
- 3 Lower the speed of the mixer to medium, and add pieces of butter, 2 or 3 at a time, until all of the butter is incorporated.
- 4 Beat on high for 1 minute to ensure the butter is completely combined.
- 5 Add the vanilla paste or extract and peanut butter, and whip until completely combined, about 1 minute. If the kitchen is warm and the frosting is too soft to work with, transfer it to the fridge to firm up.

ASSEMBLY

- 1 Invert 1 cake pan on a serving plate and peel off the parchment paper.
- 2 Spread about ⅓ of the peanut butter frosting evenly over the top.
- 3 Repeat step 1 to remove the second cake from the pan and set it on top of the frosted bottom layer.
- 4 Spread the remaining frosting over the top and sides of the cake.

NOTES

- Use peels from very ripe bananas—the kind you would use for banana bread. Using peels from eating-ripe-but-not-really-ripe bananas will work, but you'll get less of a pronounced banana flavour. As always, when eating the typically discarded outer layers of produce, choose organic if possible, and scrub well.
- Freezing and thawing the banana peels enables you to soften them without cooking. You can store the peels in an airtight container in the freezer for months, and you'll be prepared to bake this cake whenever the mood strikes. It will take about 3 hours for the peels to freeze and about 1 hour for them to thaw at room temperature.

BANANA PEEL CAKE

Peels from 2 very ripe bananas, frozen and thawed, stem and bottom discarded (see Notes)

½ cup (125 ml) buttermilk

½ cup (120 g) unsalted butter, room temperature

1⅓ cup (280 g) white sugar

2 large eggs, separated

1 tsp (5 ml) vanilla paste or extract

1½ cup (200 g) cake or pastry flour

¼ cup (17 g) cocoa powder

1 tsp (5 g) baking soda

¼ tsp (1¼ g) baking powder

½ tsp (3 g) fine-grain sea salt

- 1 Heat the oven to 350°F (175°C).
- 2 Line the bottom of 2 8-inch (20 cm) cake pans with parchment paper and spray the sides and bottoms with no-stick cooking spray.
- 3 Roughly chop the banana peels. Add the peels and the buttermilk to a tall, narrow container and purée with an immersion blender until completely smooth—you'll still see black flecks, and that's fine (a blender or a mini-food processor would do the trick, too).
- 4 In the bowl of a stand mixer fitted with the paddle attachment, cream the butter and white sugar until pale and fluffy, about 3 to 5 minutes. This can be done by hand with a wooden spoon; it will just take more time. Add the egg yolks one at a time, mixing until incorporated, scraping down the sides of the bowl after each addition. Add the banana peel mixture and the vanilla paste or extract, and mix until well combined. It will look curdled and that is normal.
- 5 In a medium bowl, whisk together the flour, cocoa powder, baking soda, baking powder, and sea salt. Add the dry ingredients to the butter mixture and stir gently, just until combined.
- 6 Whisk the egg whites in a clean, dry bowl until soft peaks form, either by hand or with the whisk attachment on a hand mixer or immersion blender. If using an electric mixer, start slowly and gradually increase the speed to medium high. The egg whites are ready when you pull out the whisk or beater and a soft peak is formed, and then immediately collapses. Gently fold the stiffened egg whites into the batter and divide the batter evenly between the 2 prepared pans.
- 7 Bake for about 20 minutes, rotating the pans 180° halfway through. Insert a toothpick into the centre of each cake and if it comes out dry, the cakes are done. If the toothpick is sticky with wet dough, return the cakes to the oven for 5 or 10 minutes and check them again. Let them cool completely in the pans before transferring to a plate (see assembly instructions).

SCRAPS

Whole radishes

SERVINGS

2-3

TIME

Prep • 20 min

Cook • 10 min

SINNESRO Plate**TILLAGD** Fork

WHOLE RADISH PISTOU

Craig Wong | Ontario

When I was a young cook, for 3 years I lived in France where I soaked up the culture and trained in some of the best restaurants in the world. One of my favourite snacks is the simple combination of radishes, butter, and salt. The fiery, peppery flavour of the radishes is tempered by the creaminess of cultured butter, which is further emphasized with crunchy flakes of *fleur de sel*. Nothing brings out the sweetness of butter like this perfect pairing, which is greater than the sum of its parts.

INGREDIENTS

1 bunch radishes with greens

½ cup (120 g) unsalted butter

2 tsp (12 g) *fleur de sel*

2 tbsp (18 g) pine nuts

1 tbsp (15 g) parmesan cheese, grated

1 jalapeño pepper

½ clove garlic

1 tbsp (15 ml) lemon juice

3 tbsp (45 ml) olive oil

- 1 Cut the large leaves from the radishes and set aside, while leaving the small, tender leaves and green stems attached.
- 2 Wash and dry the radishes well and return to the fridge to chill.
- 3 Cube and microwave the butter on the low setting for 30 seconds and give it a stir to check the consistency—it should look like melted chocolate. This is the most important part of this dish. The butter will separate if it's heated too much, and if it's too cold it won't be smooth enough to adhere to the radishes in the next step. Microwave it in 10-second intervals until it's the right consistency. If the butter does separate, allow it to cool down for a few minutes to room temperature and then whisk it to a smooth consistency.
- 4 Dip and coat the chilled radishes (ensure they are free of any moisture from refrigeration) with the softened butter. It may take several layers to build up a light coating. Sprinkle them with the *fleur de sel* and place on parchment paper to allow the buttery coating to firm up, about 5 to 7 minutes.
- 5 Preheat the oven to 350°F (175°C).
- 6 Toast the pine nuts on a baking tray for 5 to 7 minutes, or until slightly golden, stirring occasionally.
- 7 Add the toasted pine nuts, radish greens, Parmesan, jalapeño pepper, garlic, and lemon juice to a food processor.
- 8 With the machine running, slowly drizzle the olive oil into the mixture to form a smooth pesto-like consistency.
- 9 To serve, arrange spoonfuls of the pistou on the plate, interspersed with the radishes.



SCRAPS

Beet tops

SERVINGS

4

TIMEPrep • 15 min
Cook • 6–8 hrs**KEJSERLIG** Plate**SANDVIVA** Tea-towel**IKEA 365+** Bowl**IKEA 365+** Coaster

BEET BIT CHIPS

David Gunawan | *British Columbia*

Even with the best of intentions, beet greens routinely end up in the compost bin. Beets are not something I ate as a child, and no matter what I do with them, I don't enjoy them. The greens are especially bitter and intense. Discovering how wonderfully delicious these hearty greens can be in chip form was a revelation. They are a tasty snack and a fantastic garnish for soups and salads.

INGREDIENTS

- 1 bunch beet tops, roughly 20 leaves
- 1 tsp (5 ml) shio miso or any white miso
- 1 tsp (5 ml) olive oil
- 1 tsp (5 ml) water, warm
- 1 Zest of lemon (optional)

- 1 Cut off the beet tops and wash them well.
- 2 Trim the stems from the leaves, discard the stems and pat the leaves dry.
- 3 In a bowl, whisk the miso, olive oil and warm water together to form a paste. Add lemon zest to the paste if desired.
- 4 Arrange the beet tops on a dehydrator tray or oven tray and brush each one with the miso paste.
- 5 Dehydrate at 175°F (80°C) for 6 hours or until crispy. If using an oven, set it to 200°F (95°C) and dry them until crispy, about 4 to 6 hours.

NOTE

- These are a super tasty snack and a fantastic garnish for soups and salads.



**SCRAPS**

Squash seeds

SERVINGS

1-2

TIME

Prep • 10 min

Cook • 30 min

LIVNÄRA Spoon**KORKEN** Jar**LOCKBETE**
Cookie sheet**RINNIG** Pot holder**DIREKT** Spatula

JACK-O'-LANTERN LEFTOVERS

Trevor Bird | *British Columbia*

When I was a kid, my parents always roasted the pumpkin seeds that had been discarded from our jack-o'-lanterns. It was not a great experience—they were terrible. Understandably, I put this method out of my mind. Well, throw in more than 20 years of professional cooking experience and a project offering an excuse to make them amazing, and this is the result.

INGREDIENTS

1 cup (118 g) squash seeds

1 tbsp (15 ml) honey

Salt to taste

- 1 Preheat the oven to 375°F (190°C).
- 2 Clean the pulp from the squash seeds and wash them well.
- 3 Roast them on a pan in the oven for 15 minutes until fragrant, stirring once to roast evenly.
- 4 Remove them from the oven, and drizzle with honey and sprinkle with salt.
- 5 Return to the oven to roast for another 15 to 20 minutes. Let cool.

SERVINGS

8

TIME

Prep • 15 min

Cook • 3¼ hours

PINEAPPLE CROWN BUDINO

Jason Sheardown | *Ontario*

A tropical twist on an Italian classic. The skin imparts the pudding with a delicate pineapple flavour while the crown adds a light herbal floral note. The core is too fibrous to be eaten on its own, but cooked slowly over low heat transforms it into a delicious garnish.

SCRAPS

Pineapple crown
Pineapple core
Pineapple skin

ROMANTISK Tray**TILLAGD** Spoon**VARDAGEN**

Ramekin

SKÄGGÖRT Fabric

BUDINO

3 cups (750 ml) heavy cream, 18%
 1½ cups (375 ml) milk
 1 cup (165 g) pineapple crown, roughly chopped
 1 cup (165 g) pineapple skin, roughly chopped
 ½ cup (125 ml) water
 1 cup + 2 tbsp (210 + 26 g) dark brown sugar
 1½ tsp (9 g) kosher salt
 1 large egg
 3 large egg yolks
 5 tbsp (40 g) cornstarch
 5 tbsp (72 g) unsalted butter
 2 tbsp (30 ml) dark rum
 Maldon sea salt for serving

- 1 In a heavy-bottomed pot, combine the heavy cream, milk, and pineapple crown and skin. Cover and steep the mixture over low heat for 30 minutes.
- 2 In a large, heavy-bottomed pot over medium-high heat, add ½ cup (125 ml) of water, and stir in the brown sugar and kosher salt to dissolve. Cook until the sugar is melted and smells caramelized, about 10 to 12 minutes. Immediately whisk in the cream and milk mixture (the mixture will steam and the butterscotch will seize, but will become smooth again during whisking). Bring the butterscotch mixture to a boil, lower the heat to medium.
- 3 In a medium bowl, whisk the egg, egg yolks, and cornstarch. Add 1 cup of the prepared butterscotch, whisking constantly. Whisk in the remaining butterscotch, transfer to a small pot and then boil, whisking constantly, until the custard is very thick, about 2 minutes.
- 4 Remove from heat and whisk in the unsalted butter and dark rum. Strain the custard through a fine-mesh strainer to remove any lumps, and divide among 8, 6 oz ramekins or serving bowls.
- 5 Cover and refrigerate until completely chilled, for several hours or up to 3 days.

CANDIED PINEAPPLE

1 pineapple core
 ½ cup (105 g) sugar
 1 tbsp (15 ml) dark rum
 1 tbsp (15 ml) lemon juice
 1 tsp (5 ml) vanilla extract

- 1 Using a mandolin, thinly slice the pineapple core. Combine with the other ingredients in a heavy-bottomed saucepan and cook over medium heat until liquid has dissolved the core and the sugar has caramelized.
- 2 Transfer to an airtight container and reserve.

PLATING

Garnish the budino with 5 or 6 pieces of candied pineapple, maldon sea salt and serve.





SCRAPPY TIP



THE RIGHT SORT OF WASTE

Food packaging is responsible for about one third of all Canadian household waste. That's a lot of packaging, and much of it ends up going to the dump because we so often throw everything into one big recycling bin. But not all packaging is created equal—what can actually be recycled depends on your municipality. Consult your local guidelines to make sure that the pieces that can be recycled, are, instead of going right to the landfill. Then you can keep your home neater and make a positive environmental impact by sorting your packaging material across several receptacles.

Sort your waste with a bin system like HÅLLBAR to keep your kitchen neat and your food scraps and other waste separated.

SCRAPS

Shrimp shells

SERVINGS

4

TIME

Prep • 10 min

Cook • 5 min

STORSINT Glass**IKEA 365+** Plate**HEMMABAK**

Roasting pan

PRAWN PIECE CHIPS

Trevor Bird | *British Columbia*

When spot prawns are in season in British Columbia they are the province's pride. One tradition is to eat the heads and suck out the insides. I personally cannot do this—it's not for the faint of heart. However, if you dredge the shells with rice flour, fry them like potato chips, and toss them in sour cream and onion powder, they make an addictive snack.

SOUR CREAM & ONION POWDER

2 tbsp (15 g) milk powder

2 tsp (8 g) onion powder

1 tsp (5 g) garlic powder

½ tsp (3 g) salt

½ tsp (2½ g) citric acid

1 Mix all ingredients in a bowl and set aside.

SHRIMP SHELLS

1 lb (454 g) shrimp shells

2 cups (500 ml) canola oil for frying

1 cup (170 g) rice flour

- 1 Dry the shrimp shells in the fridge for 12 hours, uncovered.
- 2 Heat the canola oil to 350°F (175°C) in a pot.
- 3 Mix the shells with the rice flour and dust off any excess.
- 4 Fry the shells in batches for 1 to 2 minutes each batch, or until crispy.
- 5 Toss the shells in a bowl with the sour cream and onion powder.
- 6 Transfer to a bowl and enjoy.



**SCRAPS**

Spent tea bags

SERVINGS

4

TIMEPrep • 5 min
Cook • 30–40 min**GRANBODA** Table**SINNESRO** Dish
KEJSERLIG Bowl

SECOND STEEP PUDDING POTS

Lindsay-Jean Hard | *Michigan*

While it's standard practice to steep a tea bag and then toss it, we shouldn't — it still has flavour left to give. Every time you enjoy a cup of chai tea, save the bag. Store them in the fridge during the week, or in the freezer for months. Once you have accumulated four, you're ready to turn them into a tea-riffic rice pudding. With a modest amount of sugar, this dish is just as fitting served warm for breakfast as it is served chilled for a not-too-sweet dessert.

INGREDIENTS4 cups (1 L) milk (whole, 2%,
or unsweetened almond)

4 spent chai tea bags

1 cup (211 g) short-grain white rice such as
sushi, bomba, or arborio

1 cinnamon stick

 $\frac{1}{4}$ cup (50 g) muscovado or light brown sugarpinch ground cinnamon for garnish,
1 pinch per serving (optional)

- 1 Add all ingredients except the ground cinnamon to a medium saucepan and bring to a simmer, uncovered over medium-high heat. If the tea bags have paper tags attached clip them off with scissors.
- 2 Reduce heat to maintain a gentle simmer, stirring occasionally to prevent the rice from sticking. Simmer until the rice is completely tender and the liquid has reduced, about 30 to 40 minutes. Remove the tea bags and cinnamon stick, and discard.
- 3 Serve immediately, with a sprinkle of ground cinnamon (if using) or transfer to 4 small serving dishes and refrigerate for 3 hours, or until fully chilled. If you're anti-pudding skin, place some plastic wrap or a reusable food cover over each dish, gently smoothing it directly over the surface of the rice pudding.

SERVINGS

6

TIME

Prep • 30 min

Cook • 2 hrs

BRUISED APPLE BUTTER CAKEAndrea Carlson | *British Columbia*

I'm a huge fan of warmly scented cardamom apple cake—there may be some childhood nostalgia there. During late summer, we buy large batches of mixed heirloom apples from our favourite local gulf island growers. Some varieties store brilliantly while others need to be processed sooner. These can be easily transformed into a butter to add richness to this lightly scented cardamom cake. Sour cream that's been sitting around unused makes for a rich ice cream for this cake.

SCRAPS

Bruised apples

STRIMMIG Plate**SMAKGLAD**

Cutlery

PROPPMÄTT

Chopping board

VANLIGEN

Tealight holder



APPLE BUTTER

2 lbs (1 kg) blemished or withered apples, peeled, cored, chopped

¼ cup (60 ml) water

¼ cup (60 ml) honey or white sugar

- 1 In small pot over medium-low heat, add all ingredients. Cover and simmer for 10 to 15 minutes.
- 2 When apples are soft, remove from heat and allow to cool for 10 minutes, then use a hand blender (or regular blender) to purée.
- 3 Return to heat and cook. Cook over low heat for 1 hour until sauce is reduced by 25% and darkens in colour, taking on a slightly caramelized aroma.

TOPPING

2 tbsp (26 g) brown sugar

2 tbsp (26 g) turbinado sugar

2 tsp (4 g) ground cardamom

5 tbsp (30 g) almond flour

¼ cup (32 g) flour

⅓ tsp (2 g) salt

¼ cup (56 g) unsalted butter

- 1 Mix all ingredients in a food processor until it has a crumb-like texture and then set aside.

CAKE

½ cup (110 g) unsalted butter, room temperature

½ cup (105 g) brown sugar

2 egg yolks

½ cup (120 g) apple butter (recipe above)

¼ cup (75 ml) buttermilk

1 tsp (2 g) ground cardamom

1 tsp (2½ g) ground cinnamon

2 cups (265 g) flour

1 tsp (5 g) baking powder

1 tsp (6 g) salt

- 1 Preheat the oven to 375°F (190°C).
- 2 In the bowl of a stand mixer with a paddle attachment, cream the unsalted butter and brown sugar for 3 minutes.
- 3 Add the egg yolks, apple butter, and buttermilk, and mix for 2 minutes to blend.
- 4 Add all the dry ingredients and mix on low until smooth, about 2 minutes.
- 5 Pour the batter into a buttered 8½-inch x 8½-inch (22x22 cm) cake pan or Bundt pan.
- 6 Mix topping ingredients in a food processor until it has a crumb-like texture and spread it over the top of the cake.
- 7 Bake at 375 °F (190 °C) for 35 to 40 minutes until a cake tester probe comes out dry.
- 8 Remove the cake from the oven and unmold onto a plate to cool.

CARAMEL SAUCE

1 cup (210 g) white sugar

6 tbsp (84 g) butter, cut into 6 pieces

½ cup (125 ml) cream, 35%

1 tsp (6 g) sea salt

- 1 Heat the white sugar in a saucepan over medium heat, stirring constantly with a wooden spoon. The sugar will melt into an amber-coloured liquid as you stir. Be careful not to burn it.
- 2 Once the sugar has completely melted, add the butter 1 spoonful at a time until combined, about 3 to 4 minutes. Be careful — the caramel will bubble when adding the butter.
- 3 Very slowly, stir in the cream, which will also bubble when added.
- 4 Remove from heat and stir in the sea salt. Allow the caramel sauce to cool slightly before using. It will thicken as it cools.
- 5 Cover tightly and store for up to 1 month in the fridge. Reheat in the microwave or on the stovetop to desired consistency.

TO SERVE

- 1 Serve the cake warm. If it has cooled, gently reheat in the oven at 325°F (160°C) for 5 minutes.
- 2 Slice the cake, drizzle with warm caramel sauce, and top with a dollop of sour cream.

NOTE

- Use any extra apple butter on toast or in a smoothie.



SCRAPPY TIP



STAY FRESH

This book is full of recipes that provide suggestions for exactly what to do with produce that's past its prime — but how can you keep your produce fresh for longer? Well, you need 2 things: moisture and air. Leave a bowl of water on the windowsill, and hang naturally ventilated baskets and nets above it for storing fruit and vegetables.

There's a unique method to keep carrots at their freshest — store them in moist sand to preserve their crispness.

Store produce in mesh containers like KUNGSFORS, to allow air to circulate around it.

**SCRAPS**

Broccoli stalks

SERVINGS4
(24 crackers)**TIME**Prep • 10 min
Cook • 15 min

STEM & CHEESE CRACKERS

Adrian Forte | Ontario

One of my favourite things to make at home is broccoli mac and cheese. As a result, I always have numbs of cheddar cheese and hearty broccoli stalks hanging out in the bottom of my fridge. This recipe began as a failed attempt at a play on zucchini bread. The broccoli stems were too fibrous and the cheese melted and crisped before the bread could bake properly. So, I pivoted this recipe into something that highlighted the ingredients.

INGREDIENTS

4 cups (530 g) whole wheat flour
 2 tbsp (26 g) white sugar
 1¼ cup (298 g) sharp cheddar cheese, grated
 2½ cups (437 g) broccoli stalks, grated
 ¼ cup (60 ml) olive oil
 1 cup (250 ml) water
 Salt to taste

- 1 Preheat the oven to 450°F (230°C).
- 2 In a mixing bowl, whisk together the whole wheat flour, white sugar, cheddar, and broccoli stalks.
- 3 Add the olive oil and water to the mixture and stir until soft, sticky dough has formed.
- 4 Sprinkle a work surface with flour and divide the dough into 2 equal halves.
- 5 Working from the centre of the dough, roll it into a rectangle that's about ¼-inch (3 mm) thick.
- 6 Using a chef's knife or pizza cutter, cut the dough into individual crackers about 1x2 inches (1½x3 cm). Alternatively, cut the crackers into squares or diamonds, or use cookie cutters.
- 7 Transfer the crackers to a parchment-lined baking sheet.
- 8 Using a dinner fork, prick each cracker a few times to prevent puffing during baking and sprinkle with salt.
- 9 Bake the crackers in the oven for 12 to 15 minutes, until the edges are browned.
- 10 Transfer the crackers to a wire cooling rack and cool completely. The crackers will crisp further as they cool. Store them in an airtight container for 3 to 5 days.

**SCRAPS**

Bacon fat
Bruised pear

SERVINGS

10–12

TIME

Prep • 40 min
Cook • 1 hr, 40 min

IKEA 365+

Cake server
KEJSERLIG Mug
SMAGGLAD Cutlery

POST-WEEKEND PEAR & COFFEE CAKE

Justin Cournoyer | *Ontario*

We buy a lot of fruit when it's in season and there always seems to be a few pears left in the bowl that are past their peak.

They're the perfect ingredient to sweeten and moisten a cake. To offset the sweetness, I add bacon fat collected from weekend fry-ups, instead of butter. Although cake is typically served as dessert, I think the bacon qualifies it as a breakfast item with a nice cup of coffee.

TOPPING

1 cup (118 g) walnuts, toasted
½ cup (105 g) brown sugar
2 tbsp (16 g) all-purpose flour
1 tsp (3 g) ground cinnamon
3 tbsp (3 g) fresh thyme, leaves picked
2 tbsp (30 ml) bacon fat

- 1 Blend the toasted walnuts, brown sugar, all-purpose flour, ground cinnamon, and fresh thyme in a food processor until the walnuts are finely chopped.
- 2 Add the bacon fat and pulse to blend. Transfer to a bowl, cover and chill.

PEAR FILLING

3 cups (360 g) bruised pears, peeled and chopped into $\frac{3}{4} \times \frac{3}{4}$ -inch (2x2 cm) cubes

1 tbsp (13 g) white sugar

1 tbsp (12 g) ground cinnamon

2 tbsp (30 ml) lemon juice (reserve lemon to juice and zest for use in the cake)

- Mix pears, white sugar, ground cinnamon, and lemon juice in a bowl. Set aside.

CAKE

$\frac{3}{4}$ cup (175 ml) sour cream

$\frac{1}{4}$ cup (60 ml) + 3 tbsp (45 ml) milk

3 cups (395 g) all-purpose flour

1 tsp (5 g) baking powder

1 tsp (5 g) baking soda

1 tsp (6 g) salt

1 cup (250 ml) bacon fat

1 cup (210 g) white sugar

$\frac{3}{4}$ cup (160 g) brown sugar

2 eggs, beaten

1 zest of a lemon

2 tbsp (30 ml) lemon juice

1 tbsp (15 ml) vanilla extract

3 cups (750 ml) pear filling (recipe above)

$\frac{3}{4}$ cup (190 ml) topping (recipe on previous page)

$\frac{1}{2}$ cup (66 g) icing sugar

- 1 Preheat the oven to 350°F (175°C). Butter a 10-inch (25cm) springform cake pan.
- 2 In a small bowl, whisk the sour cream and $\frac{1}{4}$ cup (60 ml) milk together.
- 3 In a medium bowl, sift the all-purpose flour, baking powder, baking soda, and salt.
- 4 In a large bowl, beat the bacon fat, white sugar, and brown sugar together until creamy.
- 5 Add eggs to the sugar mixture one at a time, beating well after each addition.
- 6 Mix in the lemon zest, lemon juice, and vanilla extract.
- 7 Beat the dry ingredients into the sugar mixture, alternately with the sour cream mixture in 3 separate additions, mixing just until smooth.
- 8 Spread half of the batter in the prepared springform cake pan.
- 9 Spoon the pear filling on top of the batter.
- 10 Spread the remaining batter over the pear filling.
- 11 Sprinkle with the topping.
- 12 Bake the cake until a cake tester probe inserted into the centre comes out clean, about 1 hour and 40 minutes.
- 13 In a small bowl, mix the icing sugar and 3 tbsp (45 ml) milk. Drizzle over completely cooled cake.



**SCRAPS**

Overripe bananas

SERVINGS4
1 cup (250 ml) each**TIME**

Prep • 5 min

KEJSERLIG Bowl**MITTBIT** Place mat**KALAS** Spoon

LAST-CHANCE BANANA & PB ICE CREAM

Adrian Forte | Ontario

I buy a bunch of bananas twice a week, and usually eat one before hitting the gym. When I don't have time to work out, there are a lot of overripe bananas sitting on my kitchen counter. So, I freeze them to slow the oxidation process. Frozen bananas make great post-workout smoothies and because I like the taste so much, I adapted this recipe into guilt-free ice cream.

INGREDIENTS

5–6 overripe peeled bananas, frozen

 $\frac{1}{4}$ cup (67 g) peanut butter

2 tbsp (30 ml) coconut oil

 $\frac{1}{4}$ tsp ($\frac{1}{2}$ g) grated nutmeg

- 1 Remove the bananas from the freezer and cut them into $\frac{1}{4}$ -inch ($\frac{1}{2}$ cm) medallions.
- 2 In a blender or food processor, blend the bananas, peanut butter, coconut oil, and nutmeg for 1 to 2 minutes.
- 3 Let sit for 2 to 3 minutes, and then continue blending to a smooth consistency.
- 4 Pour the mixture into an enclosed container and put in the freezer for 1 hour.
- 5 Scoop and enjoy.



TREVOR BIRD

Award-winning Chef Trevor Bird is an entrepreneur based in Vancouver, British Columbia. In 2012, he was runner-up on *Top Chef Canada* before returning to the screen in 2017 when he was a finalist on *Top Chef Canada: All-Stars*. Outside of competitions, Trevor has ascended to the highest professional level as a chef and has worked at and been a guest chef for various prestigious restaurants on the world stage in Canada, Singapore, Hong Kong, the United States, and more.

In 2012, Trevor successfully opened Fable Kitchen in Kitsilano, Vancouver. Fable Kitchen provides diners with a farm-to-table experience by serving quality dishes and drinks using only the freshest, locally sourced ingredients. Trevor is operating an innovative virtual cookery class venture. His virtual schools offer guests an immersive online opportunity to increase their skills and confidence in the kitchen and prepare delicious meals and drinks. Much of the proceeds from these events have been donated to charities in need of financial support.

Trevor is also a passionate leadership coach for entrepreneurs and youth. He draws from his past experiences to create space for people to bring their feelings to light so they can find healing and happiness. He believes that with this goal and the right tools, people can emerge as the individuals they are truly capable of being. Trevor lives with his wife and their two children. He lives an active lifestyle and enjoys mountain biking, running, and anything physical. He enjoys engaging in conversations about higher consciousness and bigger life insights because he is forever committed to elevating himself and journeying towards self-mastery.

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Not-So-Stale Bread Pudding	p. 120
Leftover Chicken Ramen	p. 131
Jack-O'-Lantern Leftovers	p. 164
Prawn Piece Chips	p. 171

LOCATION

Vancouver, British Columbia

CHRISTA BRUNEAU-GUENTHER

“Feast’s menu stems from my heart, home, and garden. To see my recipes become a favourite to many is humbling.”

Born and raised in Winnipeg, Manitoba, and a proud member of the Peguis First Nation, Chef Christa Bruneau-Guenther has spent more than 20 years refining her cooking and gardening skills, while expanding her knowledge of Indigenous cuisine. In 2015, she opened Feast Café Bistro (Feast) in Winnipeg, serving modern dishes rooted in traditional First Nation cuisine. She is a home cook turned restaurateur, whose passion and creativity are woven into the fabric of Feast.

Christa’s journey started in 2001, when she opened a licensed daycare in Winnipeg’s inner city. She witnessed the positive impact traditional cuisine and cultural practices had on health and wellness. Thus, her passion for reconnecting with her First Nation heritage was sparked and culminated in Feast Café Bistro.

Christa started Feast with a focus on community and the goal of becoming a pillar in Winnipeg’s West End. Feast prides itself on providing job opportunities, mentorship, and work experience for many, especially those with barriers to employment. Christa’s restaurant honours and respects the earth, and pursues sustainable environmental business practices wherever possible.

Since the opening, Christa’s recipes have been featured in publications such as *Canadian Living* and *Chatelaine*, as well as on *Food Network Canada*. Christa and Feast Café Bistro have received multiple awards, most recently the 2019 Manitoba Woman Entrepreneur of the Year Award for a Business with a Community Purpose. During the past few years with Feast, Christa’s heart for her people and community has continued to expand and she eagerly anticipates the adventures that lie ahead.

RECIPES

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Pulp Burgers with DIY Jalapeño Cheese	p. 83
Peel-Chos	p. 107
Bottom-Of-The-Bag Chip & Cheese Fritters	p. 111

LOCATION

Winnipeg, Manitoba





ANDREA CARLSON

For more than a decade, Chef Andrea Carlson has left a resounding legacy on Vancouver's dining scene. Her commitment to homegrown ingredients and active support of local food systems has led to strong relationships being forged with farmers and growers, including previously unknown producers who have now caught the attention of chefs city-wide.

Born and trained in British Columbia, Andrea studied organic farming and landscape design before making her mark on some of the best restaurants in Vancouver. One of these was Sooke Harbour House on Vancouver Island, where organic ingredients are grown on-site. The wealth of menu possibilities this introduced inspired Andrea and motivated her to dive further into the world of small-scale organic gardening. The close connection between food and nature became a foundation of Andrea's culinary philosophy, which she carried with her to Vancouver Island where she created a scratch kitchen garden for Tofino Botanical Gardens.

When she relocated to Vancouver to accept the role of chef de cuisine at Raincity Grill, Andrea developed Vancouver's legendary 100-mile menu and became a driving force behind the city's locavore movement. She then assumed the position of executive chef at Bishop's, and during her time there, led the restaurant to win *Vancouver Magazine's* Best Regional Restaurant award, twice.

As chef/owner at Burdock & Co, Andrea's love for the land surfaces through organic, seasonal plates influenced by British Columbia's diverse environments. Her signature style of cooking — delicate, earthy, and vibrant — captures the essence of farm-to-table dining, and is a tangible reminder of her lasting impact and leadership within the culinary community.

RECIPES

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Bruised Apple Butter Cake	p. 175

LOCATION

Vancouver, British Columbia

JUSTIN COURNOYER

Chef Justin Cournoyer is challenging the way we eat and think about Canadian cuisine. He challenges himself and his kitchen to always turn to the land, and to employ Canada's rich multicultural heritage to guide his Toronto restaurant, Actinolite. While using ingredients that are grown during the unique Canadian seasons, and while collaborating and employing techniques from the distinct cultures that have built this country, he is redefining the Canadian cuisine experience.

The experience is about more than just creating a delicious meal, although that still remains at the heart of Justin's dishes. It is about living his philosophy each and every day. He believes that "food is the seed to a more sustainable way of life." With locality at his core, the natural progression is to operate his kitchen/restaurant in an environmentally sustainable way. Not only through managing food waste and employing passive energy techniques, but through sustainably foraging and growing what he can in his urban garden and country forest.

While reflecting on where he came from and where he was headed, it became clear that the place that is infused with childhood memories, senses, and a deep connection to the land was leading him to forge his own path. The namesake of the restaurant is his hometown of Actinolite in Eastern Ontario, and the restaurant itself is the embodiment of his philosophy and evolution.

Chef Cournoyer continues to grow and mature as a creative, industrious, innovative cook and restaurateur. It is his passion, thoughtfulness, and collaborative spirit that sets him apart and drives his curiosity. However, it is truly Justin's family and children who continually propel him to advance Canadian gastronomy.

RECIPES

Wilted Smoothie	p. 19
Striploin & Scrappy Sides	p. 68
Aged Veggie Salad	p. 143
Don't-Throw-Out-A-Thing Dumpling Soup	p. 147
Post-Weekend Pear & Coffee Cake	p. 184

LOCATION

Toronto, Ontario





FISUN ERCAN

Chef Fisun Ercan was born and raised in a small town on the west coast of Turkey near the Aegean Sea. After studying and working in finance and computer programming, she decided to pursue her childhood passion, cooking. Fisun soon realized that Turkish cuisine was not well-known in Canada, her adoptive country, and decided to open her restaurant, Su, in 2006 to share her way of eating with Montrealers.

She published her cookbook of the same name in 2011, participated in the development of numerous cookbooks, and made a number of TV show appearances over the years. Between 2013 and 2018, Fisun was executive chef and co-owner of Barbounya in Montreal. She teaches cooking classes and represents Turkish cuisine at culinary events. Her passion for cooking starts with responsibly produced ingredients and sustainability; in 2018, she bought a small farm to supply organic vegetables for her restaurant. Fisun organizes gastronomic events and cooking workshops at her farm restaurant Bika, just outside of Montreal.

RECIPES

Plantcakes	p. 9
No-Waste Omelette	p. 21
Forgotten Vegetable Stew	p. 35
Flotsam Filo Pie	p. 54
Chicken & Bits Sandwich Spread	p. 115

LOCATION

Montreal, Quebec

ADRIAN FORTE

Chef Adrian Forte is a consultant and TV personality based in Toronto, Canada, whose passion for food is part of his DNA, literally, with 2 Jamaican chef grandmothers in his family.

Adrian's experience in the culinary industry has paved a clear road of excellence in restaurant management and menu development. Adrian has worked with and consulted for some of the most notable restaurant establishments in Toronto. From conceptualizing the renowned burger joint, Aunty Lucy's, to becoming chef de cuisine and co-founder at The Dirty Bird Chicken + Waffles, not to mention his super successful Jamaican pop-up, YAWD, Adrian is no stranger to discovering new food trends and bringing them to fruition.

It's this mosaic of flavours, histories, and recipes that make him a contemporary chef in the truest sense, creating delicious harmonies with local ingredients, time-honoured techniques, and traditions. Adrian has appeared on Food Network Canada's *Top Chef Canada* (semifinalist), *Chef In Your Ear*, *Chopped Canada*, and *Hogtown BBQ* on Bell, as well as making several noted national television appearances that demonstrated his skill and creativity.

Adrian has been featured in the *Toronto Star*, the *National Post*, and *Toronto Life*, and was voted *NOW* magazine's Best New Chef. He is currently working on the first of 2 cookbooks, which will be released in 2022 under Appetite by Random House, the award-winning boutique food and lifestyle imprint of Penguin Random House Canada.

RECIPES

Radish Top Risotto	p. 71
Clear-Out-The-Crisper Soup	p. 136
Spare Parts Panzanella	p. 139
Stem & Cheese Crackers	p. 182
Last-Chance Banana & PB Ice Cream	p. 188

LOCATION

Toronto, Ontario





DAVID GUNAWAN

Chef David Gunawan began his culinary career working in the kitchen of a West Lafayette brewpub in Indiana while pursuing his degree in environmental engineering at Purdue University. He earned his stripes in back-of-house roles under acclaimed chefs such as Chris Nugent at Les Nomades and Carrie Nahabedian at Michelin-starred Naha in Chicago before landing in Vancouver, British Columbia, where he made stops at West and Maenam. In 2011, he travelled to Europe and worked in several progressive establishments such as In De Wulf in Belgium, and Relae and Dragsholm Castle in Denmark.

In 2011, he returned to Vancouver and launched the farm-to-table staple known as Wildebeest and in 2012, the acclaimed Farmer's Apprentice. David's abiding affinity for sourcing the best fresh, seasonal ingredients by supporting local farms, pastures, and providers led Farmer's Apprentice to be ranked No. 2 on *enRoute* magazine's list of Canada's Best New Restaurants 2014, the same year the restaurant also swept the podium with nods for Best New Restaurant, Best Casual Restaurant, and Restaurant of the Year at *Vancouver Magazine's* 25th Annual Restaurant Awards. In 2015, David opened South Granville wine bar Grapes & Soda next door to Farmer's Apprentice, and Royal Dinette in Downtown Vancouver. Each restaurant further reflected his innovative, artisanal, and locavore-forward focus. In 2016, David was named Chef of the Year at *Vancouver Magazine's* Annual Restaurant Awards, and in 2018, the same magazine named Grapes & Soda as Best Bar.

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Kale Stem Pesto Tagliatelle	p. 74
Skinnies	p. 95
Corn Cob Soup	p. 127
Beet Bit Chips	p. 161

LOCATION

Vancouver, British Columbia

LINDSAY-JEAN HARD

Chef Lindsay-Jean Hard's education at the University of Michigan — Go Blue! — and passion for sustainability informed and inspired her in many ways, whether through gardening and artwork, home and community life, or writing, in the case of her cookbook, *Cooking with Scraps* (Workman Publishing Company, October 30, 2018). Lindsay's cookbook was a labour of love inspired by her *Food52* column of the same name. Today, she strives to convince everyone she meets to try eating banana peels and works to build and connect new communities as a marketer at Zingerman's Bakehouse in Ann Arbor, Michigan.

RECIPES

French Press Toast	p. 13
Scrappy Skillet	p. 17
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Chocolate & Banana Peel Cake	p. 155
Second Steep Pudding Pots	p. 174

LOCATION

Ann Arbor, Michigan





JASON SHEARDOWN

Chef Jason Sheardown's culinary career began early on, with summers spent on his grandparents' farm, which inspired his love for quality and tradition. After graduating from George Brown College in Toronto, Jason sought opportunities to further develop his knowledge and creativity.

He developed and refined his culinary techniques under Chef Roger Mooking and business partner Hanif Harji at Nyood Restaurant, followed by 3 years assisting Chef Jason Bangerter as his chef de cuisine. He proceeded to work for some of Toronto's top restaurant groups, including Chase Hospitality Group, INK Entertainment, and the Food Dudes.

Most recently, Jason can be found drawing on his global travels to Mexico, Spain, France, Indonesia, Columbia, Portugal, and more, collaborating on food concepts like Kupfert & Kim, Calii Love, and Farm'r.

RECIPES

Watermelon Rind Jam & Strawberry Top Spread on Toast	p. 29
Corn Husk Smoked Chicken	p. 40
Banana Peel Chutney on Shrimp	p. 55
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LOCATION

Toronto, Ontario

CRAIG WONG

Chef Craig Wong cooks with soul. Described as Asian meets Caribbean soul food, when it comes to what he loves to cook, Craig is less focused on geographic borders and more focused on delicious food.

His cuisine incorporates his Jamaican-Chinese heritage along with techniques and discipline he acquired from years working in Michelin-starred restaurants such as Alain Ducasse au Plaza Athénée in Paris, and Heston Blumenthal's The Fat Duck in England.

Craig's family lived in Jamaica for more than 3 generations. His father was from Kingston and his mother was from Ocho Rios, and they decided to immigrate to Canada in the early 70s. His childhood upbringing is a unique but classic representation of a diverse city like Toronto.

Like Jamaica's national language, his restaurant, Patois Toronto, features the merging of great food ideas from various cultures, executed with respect for the ingredients. Craig was born and raised in Scarborough, Ontario.

His parents enrolled him in a school where he learned to speak French fluently. After high school, he followed his passion for cuisine and moved to Lyon, France. He graduated with top honours from Institut Paul Bocuse, worked in Europe for 3 years, and then returned to Toronto to spend the next decade working in some of the city's top fine dining establishments.

In 2014, Craig opened Patois Toronto, a fun and vibrant restaurant that pairs traditional Chinese family-style dining with the bold flavours of Asia and the Caribbean. In 2020, he opened Bar Mignonette, a seafood wine bar with a focus on natural wines. He is currently executive chef of Ting Irie, Dubai's first Jamaican restaurant. Craig co-hosts the iconic television series *Cook Like A Chef*, which broadcasts on CTV Life Channel in Canada and multiple platforms in the United States, Singapore, and South America.

This fusion of flavours has garnered Chef Craig Wong rave reviews and features in international publications such as *Eater*, *Food & Wine*, *Food Fanatics*, *The Cleaver Quarterly*, and homegrown publications such as *Toronto Life*, *Zagat*, *The Globe & Mail*, and *PORTER* magazine.

RECIPES

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LOCATION

Toronto, Ontario





FOOD SAFETY

Whether you're scrapcooking or just regular-cooking, it's important to stay safe and make smart decisions in the kitchen, especially when handling food. Here are a few things to keep in mind.¹

REHEATING IN A MICROWAVE

- Use only containers and plastic wrap designed for use in the microwave.
- Loosen the lid or wrap to allow steam to escape.
- Stop the microwave midway through reheating and stir the food so that the heat is evenly distributed.
- Rotate the plate several times during cooking if your microwave does not have a rotating tray.

DEFROSTING IN A MICROWAVE

- Before defrosting, remove food from any packaging or containers not identified as microwave-safe (such as plastic wrap, freezer cartons, and Styrofoam trays). Only use containers and wraps that are labelled as microwave-safe.
- Use the defrost setting of your microwave and make sure leftovers are completely defrosted before reheating.
- Use or eat the leftovers immediately after defrosting. Don't refreeze foods that you've defrosted in the microwave.

HANDLING LEFTOVERS

- Before and after handling leftovers, wash your hands with hot, soapy water, as well as all utensils, dishes, and work surfaces.
- For added protection, you may want to sanitize utensils, dishes, and work surfaces. Normal household sanitizers or a mild bleach solution (5 ml/1 tsp. bleach per 750 ml/3 cups water) may be used.
- Keep foods between 4°C (40°F) and 60°C (140°F) to prevent the growth of harmful bacteria.
- Never rely on your nose, eyes or taste buds to judge the safety of food. You cannot tell if food is contaminated by its look, smell or taste.
- Throw away any cooked food left out at room temperature for more than 2 hours.
- Even though it's important to do everything we can to avoid throwing out food, sometimes there's no scrappy solution to save something that's spoiled. Use your judgment and throw something out if you have to.

COOLING LEFTOVERS

- Refrigerate all leftovers promptly in uncovered, shallow containers so they cool quickly.
- Very hot items can first be cooled at room temperature. Refrigerate once steaming stops.
- Leave the lid off or wrap loosely until the food is cooled to refrigeration temperature.
- Avoid overstocking the fridge to allow cool air to circulate freely.

REHEATING LEFTOVERS

- Reheat leftovers to a safe internal temperature of 74°C (165°F).
- Use a digital food thermometer to check the temperature.
- Bring gravies, soups and sauces to a full, rolling boil and stir during the process.
- Discard uneaten leftovers after they have been reheated.

DEFROSTING LEFTOVERS

- Thaw frozen leftovers in the refrigerator or in the microwave. Ensure food is properly sealed.
- Consume or cook the leftovers immediately after they have thawed.

FRIDGE

- Place the container or platter on the bottom shelf of the fridge to avoid leakage on other foods during thawing.

STORING LEFTOVERS

- Always use a clean container to hold the leftovers, or wrap the leftovers in leak-proof plastic bags to prevent cross-contamination. Keep different types of leftovers separate.
- Eat refrigerated leftovers within 2 to 3 days, or freeze them for later use.
- Date leftovers to help identify the contents and to ensure they are not stored too long.

¹ Sourced from <https://www.canada.ca/en/health-canada/services/general-food-safety-tips/food-safety-tips-leftovers.html>

Got scraps? Use this index to help determine what you can cook next with what's already in your kitchen.

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Design by Rethink Communications
Proofreading by Davina Haisell
Photography by Maya Visnyei
Printed & Bound in Canada by
Lowe Martin Group

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Sixty-three percent of the food that is thrown out every day can be eaten. So why not get a little scrappy? Cook your way to a more sustainable kitchen with The ScrapsBook from IKEA. Produced in collaboration with chefs from across North America, this cookbook is dedicated to cooking with the little things we usually throw away.

