



University of Mauritius
Faculty of Agriculture



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Valorising Food Leftovers and Imperfect Fruits & Vegetables

A collection of **45** original recipes





Valorising Food Leftovers and Imperfect Fruits & Vegetables

A collection of 45 original recipes

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We would like to express our heartfelt appreciation to all those who have contributed to the recipe book. It will be available online, free of charge, to reach a maximum of individuals.

The recipe book owes its success to all the thirteen contributors who ingeniously created and generously shared their recipes, tips, and culinary wisdom. Their creativity, passion and willingness to experiment with ingredients that might have otherwise been discarded, have transformed food waste into delicious meals. No doubt, their contribution to this book will inspire countless individuals to view food waste as an opportunity for culinary adventure. We are immensely thankful for their collaboration.

We would like to extend our gratitude to the European Union for providing funding under the DeSIRA project which made the compilation of this recipe book a reality. The recipe book is a deliverable of the Work Package 3 of the DeSIRA project which aims to enhance food safety, food waste reduction and food innovation in the Republic of Mauritius.

We would like to acknowledge the support of the University of Mauritius, in particular the UoM Press for contributing to the design and printing of the book.

The research team would like to express its sincere appreciation to Miss Lakshaya Beeharee, trainee project assistant, for her hard work, perseverance and professionalism for completion of this book.

Finally, we want to express our gratitude to the readers of this book. By choosing to explore the recipes and ideas presented here, you are taking an important step towards reducing food waste from food left-overs and embracing the beauty of imperfect foods. Your engagement and willingness to make a difference are the driving force behind the change we hope to inspire.

With heartfelt appreciation

The Research Team

Associate Professor Daya Goburdhun

Associate Professor Arvind Ruggoo

Dr Deena Ramful Baboolall

Dr Roshini Brizmohun Gopaul





PREFACE

Welcome to “**Valorising food leftovers and imperfect fruits & vegetables**” a compilation of recipes dedicated to unlocking the potential of food leftovers and imperfect fruits and vegetables and transforming them into delicious meals.

According to the Food and Agricultural Organization, about one third of the food produced is lost or wasted. Food waste equates to waste of precious and limited resources like land, water, energy, human resources, and money. It also exacerbates food insecurity and entails adverse climate change, environmental pollution, and loss of biodiversity. By exploring the potential of redesigning leftovers and inventing creative ways to minimize waste from imperfect fruits and vegetables and food scraps, we can contribute to a more sustainable lifestyle while improving nutrition security.

The Faculty of Agriculture of the University of Mauritius, with the financial support of the European Union under the DeSIRA project, has been actively engaged in an awareness campaign on food waste reduction and is now proud to launch a collection of recipes entitled “Valorising food leftovers and imperfect fruits and vegetables “. Within these pages, you will discover how yesterday’s meals, imperfect fruits and vegetables and food scraps can be ingeniously transformed into today’s mouthwatering starters, main dishes and desserts, while embracing the principles of affordability and sustainability. This collection of family-friendly and easy-to-prepare recipes is a collaboration between various contributors, ranging from renowned chefs to passionate and enthusiastic individuals who share a common concern: food waste reduction. Their expertise, knowledge and culinary skills have harmoniously blended to bring this book to life.

We wholeheartedly encourage you to view these locally developed recipes as a starting point for your own culinary adventures. Don’t hesitate to experiment, substitute ingredients and tailor the recipes to suit your personal taste. Arouse your creativity and infuse each dish with your own unique touch.

Join us on this gastronomic journey as we embark on the path to valorise food leftovers and imperfect fruits & veg. May this endeavor not only tantalize our taste buds but also leave a positive imprint on our planet. Let us revel in the joy of repurposing leftovers and celebrate our efforts in reducing food waste!

Warmest regards,

Associate Professor Daya Goburdhun

Dr Deena Ramful Baboolall

Beeharee Lakshaya

Associate Professor Arvind Ruggoo

Dr Roshini Brizmohun Gopaul

September 2023



FAO guide to Food waste reduction

Nine tips to reduce food waste



Tips on Food Waste Reduction (Food and Agricultural Organisation)

1) Ask for smaller portions

Make sure you start your meals with a small portion on your plate. You can always go back for more if you're still hungry.

2) Love your leftovers

Instead of scraping leftovers into the bin, use them as ingredients for tomorrow's meal, or simply reheat them as the same meal again. Remember, if you want to use leftovers, it's very important to store them in the fridge or freezer within two hours of preparing your meal.

3) Shop smart

We often buy more food than we can eat before it goes off. To avoid over-shopping, try to plan ahead, make a shopping list, and don't go shopping on an empty stomach!

4) Buy “ugly” fruits and vegetables

Many shops and farmers' markets offer irregularly shaped fruit and vegetables, which are just as good to eat as regularly shaped and coloured ones. Buy “ugly” fruits and vegetables to show that you do not want any food wasted!

5) Check your fridge

To make sure that food is properly stored and kept fresher for longer in your fridge, set it to the right temperature (between 1 and 5 °C), store products in the right places in the fridge, and follow the instructions on the packaging or the fridge manual. Don't pack the fridge too full: you will use less energy and you'll be less likely to forget to use the food you bought.

6) Practice FIFO: First in, first out!

When you put your shopping away, rotate the food in your fridge and cupboard so that the older food comes forward and the most recent shopping – which will keep the longest – goes to the back. But keep an eye on the use-by and best-before dates – some of the new food you have bought may need to be eaten quickly.

7) Understand dates on your food

After the “use-by” date has passed, food is not safe to eat anymore. “Best-before” dates, on the other hand, only show when the food is at its best quality in terms of smell, texture, and taste. If well stored, most of non-perishable food is still edible after the “best-before” date!

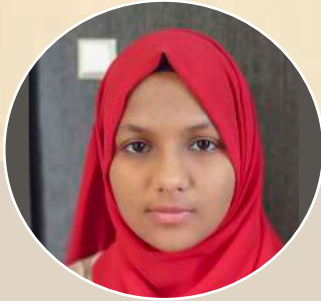
8) Turn waste into compost

If you do end up wasting some of your food, recover it by turning it into garden food: instead of throwing it in your regular bin and contributing to the greenhouse-gas emissions connected to the transport and disposal of waste, why not set up a compost bin for food waste and fruit and vegetable peelings?

9) Sharing is caring: Give to help

Give your surplus to help those who need it. When hygiene and sanitary conditions and traceability requirements are ensured, it's easy to give your surplus food to those in need. Learn about existing initiatives in your cafeterias, your stores, and your city to give a boost to food aid associations and reduce waste.

Meet our Contributors



Miss Abdoola Asilah

Asilah is the youngest contributor to this recipe book. She is a student at Doha Secondary School. She studies Food and Nutrition and is now in Grade 12. With her inquisitive nature, she came up with an adaptation of an Italian recipe and proposed recipes regarding use of leftover rice. She proposed variations in stuffing such as pieces of cooked chicken or frankfurters. Asilah also does crafting as a hobby.



Mr Bachu Dhamendra

Mr Bachu is a well-respected chef who started his career as head waiter in the Royal Palm Beachcomber in 1985. He holds a Diploma in Cookery (1986/88) from the Republic of Cyprus with mention Very Good. He has worked as a cook in Novotel Grand Gaube, Trou aux Biches Beachcomber and Pullman Grand Baie . Mr Bachu has been a trainer, on part time basis, at NSI Training Center, Curepipe, in Kitchen/Pastry, Reception, German, Restaurant/Bar course from 1990 to 1994 and has also given an online course in Indian Cooking for the members of the Mauritian Chefs Association in 2021. From 1999 till 2021, Mr Bachu has been employed as Sous-chef and Indian Speciality Chef at Shandrani Beachcomber.



Meet our Contributors



Mrs Chedumbarum Pillay Kobashini

Kobashini, a human resource professional recently won the Africa's Women Leaders award, from an international institution that aims to reward women who play leadership roles around the world. She is very passionate about cooking and baking and has been the winner of two national culinary competitions - Super Chef 2014 and Le Chef 2019. She believes that it is her passion which drives her both in her work and in her cooking. She loves to create fusion dishes and shares all her recipes and cooking tips on her facebook page. Kobashini is a mother of three beautiful children for whom she is always trying new recipes and making them discover new tastes!



Cook with Moris

I know it may sound clichéd, but I have always been passionate about food. I have been creating and sharing recipes under the name Cook With Moris since 2020. What started as a passive hobby during the confinement period of the first COVID-19 pandemic wave has now become an integral part of my life. The Cook with Moris platform has also given me the opportunity to connect with like minded individuals who share a passion for cooking and have an unwavering love for Mauritian Cuisine. It has been an absolute pleasure to bring a small contribution to this European Union-University of Mauritius project DeSIRA on Food waste reduction.



Meet our Contributors



Mr Hookoomally Sabeer

Mr Sabeer Hookoomally, Baking Specialist at Les Moulins de la Concorde Ltee (LMLC), provides aftersales support to bakers and manages La Fournée des Moulins, our integrated Training Centre. He has long and wide experience in the bakery field both as an entrepreneur and in his present position.

With his experience and know-how, he participated in the international competitions – including Coupe de Monde de la Boulangerie in France in 2016 – which enhanced Sabeer’s skills and competences with avant-garde techniques. Through his visits abroad, he has built an international network, allowing for sharing of savoir-faire.



Mrs Issany Mensoorah

Mrs Mensoorah Issany hails from a family of gifted cooks. She is a household name in Mauritius, best known as a celebrity culinary artist, associated with culinary excellence. Since her childhood, she cherished a deep passion for the noble art of cooking. Mensoorah is the first woman in Mauritius to have her own TV cooking show, *SaveursPlus*, on the MBC. She pioneered the concept of ‘cooking shows’ in Mauritius and has been on the MBC for over 30 years. She has also launched numerous cookbooks.

Mensoorah uses her public status in many charitable causes. She has won many accolades, including Member of the Order of the Star and Key of the Indian Ocean (M.S.K), by the Mauritian Government. Through her hard work, Mensoorah has earned respect and admiration from Mauritians. She is today seen as an inspiration to many. Mensoorah recently launched her brand on her social media platforms, focussing on Instagram (@mensoorah_issany). Her followers have been growing exponentially, with a great amount of support from her fans. Mensoorah encourages a zero-waste food culture.



Meet our Contributors



Mrs Puchoo Dhammika and Dr (Mrs)
Jankee-Puchoo Janvee

Dhammika, originally from Sri-Lanka, is a dedicated housewife and a wonderful mother. Over the years, she developed a huge passion for cooking and since she has been in Mauritius, she has been able to find a perfect blend of Sri-Lankan and Mauritian cuisines that she continues to experiment with.

Janvee, a medical practitioner, has only been part of the family for a year, but her love of food has allowed a strong bond to develop with Dhammika. She equally loves cooking and finds joy in trying out innovative recipes.

Janvee and Dhammika both believe in a zero-waste food culture, and they have been finding creative ways to avoid waste by recycling left-overs. Some of their newfound original recipes are described in this book, and they hope that these will serve as inspiration to create new dishes while reducing food waste.



Mrs Lubaynah Sahabun

Lubaynah is a graduate of Food Science and Technology from the Faculty of Agriculture at the University of Mauritius. She has been working as a Food and Nutrition teacher at the Doha Secondary School since 2013.

Lubaynah is passionate about nutrition and recipe development using local produce. Recently she and her students have been awarded the first prize for the InnovEd challenge 2022, an annual competition organised by the National Productivity and Competitiveness Council, NPCC, to promote an innovation culture among students, where they used local breadfruit flour to make tagliatelle.



Meet our Contributors



**Mrs Sangeeleemootoo
Marie Laura Christina**

Laura is an administrative secretary but has a deep interest in cooking so much so that she has participated brilliantly in several competitions. She has been a finalist in the national cooking competition, LE CHEF (First Season), organised by the MBC in September 2019. She has also been awarded the MariCHEF Certificate of Excellence and has been the 2nd Runner up of COCKTAIL category (May 2021) and Winner of 'Plus belles recettes de Noel 2021' by Defi Media.

Laura has participated in the Kitchen Battle 2022 (First Edition) by Defi Media; and the International Chef Day 'Growing a Healthy future', through a live cooking presentation in October 2022. She is also the finalist of LottotechSeeds Edition 3, 2022 'Women Entrepreneurs Development Programme: Building a Sustainable Business' by We Empower for the project Anti Waste Kitchen Lifestyle.

She has also been nominated Women of the Year 2022, as Emerging Influential Woman in Hospitality, Tourism & Culinary, by Train2Gain. She has an ongoing collaboration with Pick & Buy Ltd/Winners, for the Food Anti-Waste Campaign, with leftover ingredients recipes proposals and other recipes through live cooking on a national and social media platform.



Dr (Mrs) Soocheta Vaidya Anagha

Anagha is a senior lecturer in the Department of Applied Sustainability and Enterprise Development, Faculty of Engineering at the University of Mauritius. Born in India, she grew up in a family which had imbibed a culture where food was never wasted. As kids, they drooled over the taste of the grandmother's cuisine, only to learn that the 'Chapatti laddoos' were made from leftover chapattis. A quick nutritious meal or crispy snack was presented in a few minutes and there was no more leftover! The trick was to convert leftover food into something that was filling, appetizing and nutritious. This frugal sort of approach was schooled into her mind-set since childhood. Similarly, sun drying was the most common method used to preserve excess agricultural produce and is also used today. With a drive to reduce food waste and a keen interest in 'Food Sustainability' and 'Solar Cooking', she is happy to present some age-old leftover food recipes.



Meet our Contributors



Mrs Veerapen Yovanee

Yovanee is a dietitian & nutrition consultant. She is the founder of NutriSmart Consultancy Ltd.

She graduated from the Faculty of Science at the University of Mauritius with a Degree in Nutritional Sciences Sp. Dietetics. she is also an MBA holder from the Open University of Mauritius. Nutrition and Dietetics is her passion. She has been practising as a freelance dietitian since 2013. She focusses on helping people to create sustainable healthy lifestyle changes through mindful eating with a non-diet approach. She believes that nutrition is not just about food, but an individual's entire lifestyle as well. Yovanee helps people achieve their goals through an overall lifestyle approach that is unique to each individual. As the founder and director of NutriSmart Consultancy Ltd, she rejects all strict dieting concepts and cookie-cut meal plans. I want people to be smart by bringing clarity to all health myths and jargons. After all, it's all about YOU. She is an international cookbook author and she has also authored several books.



Prabhu Sanatana Dharma Das

Prabhu Sanatana Dharma Das has been one of the very first celebrity TV chefs in Mauritius showcasing inspiring vegetarian main dishes, bakes and desserts in his show 'Mangeons Veg' where he became popular with his saying "Siperrrrrrr sa!". He is a pious priest of the ISKCON Sri Krishna Balam Mandir, Bon Aceuil, Mauritius and was never trained as a chef or even traveled abroad in his early years, which makes all his achievements really stand out. His meals have touched the hearts of the Mauritian population following which he launched his first recipe book in Creole language. He is also a teacher at L'Ecole Hotelière and coaches at Women Centres to help women to be more at ease in their kitchens with simple recipes and to be less stressed.



Meet our Contributors



Dr Deena Ramful-Baboolall

Deena is a senior lecturer in Food Science and Technology at the Faculty of Agriculture, University. She is a spiritually inclined person who firmly believes in leading a life in harmony with nature and God's creation and applies the motto 'Simple living, High living' in her life. Being a vegetarian and a cooking enthusiast, she adores concocting nutritious and delicious vegetarian dishes for her two sons, to their great delight! At home, the kitchen turns into her 'lab' where she spends her free time experimenting with new recipes. Professionally, Deena is involved in research and training in new food product development aiming to valorise local under-utilised fruits and vegetables. Among the functional food products she has developed are fruits powders, fruit leathers and fruit-based infusions.





VALORISING STALE BREAD





Stale bread, chocolate chip and orange zest cookies



45 minutes

Mrs Sangeeleemootoo Marie Laura Christina



Ingredients

- 180 g stale bread
- 100 g semi-salted butter softened
- 45 g powdered sugar
- 3 tablespoons brown sugar
- 1 egg
- 1 teaspoon baking powder
- 1 tablespoon vanilla extract
- 90 g chocolate chip
- Zest of an orange

Preparation steps

1. Cut the stale bread (dry) cut in small pieces and blend into breadcrumbs.
2. Reserve the breadcrumbs in a container.
3. Preheat the oven to 160°C.
4. In a separate bowl, mix the breadcrumbs and baking powder. Set aside.
5. Cream together butter and sugar until combined.
6. Beat in eggs and vanilla until fluffy.
7. Mix in the dry ingredients (bread with the baking powder) until combined.
8. Add the chocolate chips, orange zest and mix well.
9. Roll 2-3 tablespoons (depending on how large you like your cookies) of dough at a time into balls and place them evenly spaced on a baking tray lined up with baking paper or use a scoop to make your cookies. Then slightly flatten the cookies.
10. Bake in a preheated oven at 160°C for approximately 12 - 15 minutes. Take the cookies out when they are just starting to turn brown.
11. Let them sit on the baking pan for 2 minutes before transferring to the cooling rack.
12. Store cookies in an airtight box when completely cool.



Mauritian style bread pudding (poudine dipain) with strawberry coulis

Cook with Moris



120 Minutes



Ingredients

For the bread pudding

- 200 g stale bread
- 60 g milk powder
- 500 ml water
- 3 eggs
- 40 g sugar
- 1 tablespoon vanilla essence
- 2 tablespoons desiccated coconut
- 1 tablespoon lemon-juice

- Butter to grease the pan
- Optional to sprinkle on top: Desiccated coconut, chopped Almonds & Muscovado Sugar

For the strawberry coulis

- 200 g frozen strawberries
- 40 g sugar
- 1 tablespoon lemon juice

Preparation steps

1. Mix the water and milk powder.
2. Cut the bread in small pieces and soak it for around 20 minutes in the milk.
3. Beat eggs and sugar then add vanilla essence and desiccated coconut. Pour into the soaked bread and mix well.
4. Transfer to a greased pan and cook at 200°C for 1 hour 20 minutes or till a toothpick comes out clean.
5. Invert onto a serving plate and sprinkle with desiccated coconut, minced almonds & Muscovado sugar on top.
6. In a pan, add the frozen strawberries, sugar and the lemon juice.
7. Cook for around 5 minutes on low flame or until each strawberry is soft.
8. Pulse the strawberries completely till you get a purée. Let it cool and transfer to a squeeze bottle.
9. Serve bread pudding with the coulis.

Chef's Notes

*3-days old bread was used.
This is a sugar-reduced recipe.*



Chicken hot sub (using stale baguette)

Mrs Sahabun Lubaynah



25 Minutes



Ingredients

- Stale French baguette (2 to 4 days old)
- 100 g roasted chicken, shredded
- ¼ small green capsicum, sliced
- ½ small onion, thinly sliced
- 50 g Cheddar cheese, grated
- 50 g Mozzarella cheese, grated
- 2 tablespoons mayonnaise
- 2 tablespoons ketchup
- ¼ tablespoon garlic powder

Preparation steps

1. Make a sauce by mixing the mayonnaise, ketchup and garlic powder. Preheat the oven at 180°C.
2. Prepare the ingredients (chicken, capsicum, onion, cheddar cheese) for the topping.
3. Mix all toppings with sauce.
4. Slice the bread to remove the top part.
5. Using a pastry brush, apply water on the crusty surface of the baguette. (A better alternative is to spray the crust with water, using a spray bottle.)
6. Spread the chicken filling with the sauce on the baguette. Top with mozzarella cheese. (Do not let the sauce drip on the side of bread to prevent burning).
7. Wrap the baguette in aluminium foil, leaving only the top part open.
8. Place the baguette in the hot oven and bake for 10 minutes, or until the cheese has melted.

Chef's Notes

Remember to brush the crust with water and wrap in aluminium foil. This will help the stale bread which is dry and stiff to regain moisture and softness, upon cooking.



Biscuits with breadcrumbs



30 minutes

Mr Hookoomally Sabeer



Ingredients

- 25 g icing sugar
- 25 g cornstarch
- 125 g breadcrumbs
- 140 g butter
- 1 tablespoon vanilla extract

Preparation steps

1. Mix the butter and icing sugar and then add the vanilla essence.
2. Grind the stale bread into crumbs.
3. Stir the breadcrumbs and cornstarch into the butter-sugar mixture.
4. Pipe with a fluted nozzle on a baking sheet lined with parchment paper.
5. Bake for 10 to 15 minutes in an oven previously heated to 160°C.



Bread crumbs nankhatai

Mr Hookoomally Sabeer



40 minutes



Ingredients

- 150 g breadcrumbs from stale bread
- 100 g self- raising flour
- 160 g unsalted butter
- 60 g sugar
- 7 cardamom pods

Preparation steps

1. Mix the sugar and the cardamom seeds.
2. Cream the sugar and butter.
3. Gently stir in the flour and breadcrumbs to obtain a cookie dough.
4. Form small balls and flatten them slightly. Place them on a baking sheet.
5. Bake for 15 to 20 minutes in an oven previously heated to 180°C.



Savoury bread muffins

Mrs Issany Mensoorah



50 minutes



Ingredients

- 100-125 g leftover bread
- 1 cup water
- 2 eggs
- 1 tablespoon ginger-garlic paste
- 1 tablespoon salt
- 1 tablespoon black pepper
- Greens (Spring onions, thyme, coriander)
- 1 chili
- 1 medium onion, chopped
- 1 tablespoon melted butter
- 50 g cheddar cheese
- 1 teaspoon baking powder
- 1 - 2 tomatoes (garnish)

Preparation steps

1. Preheat the oven at 180°C.
2. Soak bread in water, then mash the soaked bread.
3. Beat 2 eggs and add to the bread.
4. Add in ginger-garlic paste, salt, black pepper, greens, chili, chopped onions, melted butter, and cheese.
5. Mix well until a smooth batter is obtained.
6. Fill the batter in small muffin cups using a spoon.
7. Bake for 25 mins in the preheated oven at 180°C.
8. Let cool and then unmould.
9. Use tomatoes for garnishing.



Leftover bread and overripe banana crumpets

Mrs Issany Mensoorah



20 minutes



Ingredients

- 75 g leftover bread
- 1 cup of milk
- 2 mashed overripe bananas
- 1 tablespoon custard powder
- 1 tablespoon sugar (Optional)
- 1 tablespoon melted butter
- 3 tablespoons coconut powder
- 1 tablespoon vanilla essence
- 1 tablespoon lemon peel or dried raisins
- 1 egg
- 1 tablespoon milk powder

Preparation steps

1. Soak the bread in the milk.
2. Add in the mashed bananas, custard powder, sugar, melted butter, coconut powder, vanilla essence, lemon peel or dried raisins and mix well.
3. Add the egg and mix well.
4. Add 1 tablespoon of milk powder and mix well to obtain a thick batter.
5. Heat a pan and brush with a little oil.
6. Take 1 scoop of the mixture and place it on the pan.
7. Let it cook for 50 seconds on each side.
8. Serve with chocolate, honey or maple syrup.



Easy bread pudding

Mrs Veerapen Yovane



45 minutes



Ingredients

- 750 g stale bread, soaked and drained
- 6 tablespoons milk
- 2 tablespoons custard powder
- 2 tablespoons sugar
- 1 tablespoon vanilla essence
- ½ teaspoon cinnamon powder

Preparation steps

1. Mix all the ingredients together and cook in a bain marie for 30 to 40 minutes.
2. Unmould.
3. Best when served cold.



Vegetarian bread pudding

Prabhu Sanatana Dharma Das



60 minutes



Ingredients

- 2 stale breads
- 2 cups of milk
- ½ cup sugar
- 2 teaspoons vanilla essence
- 1 teaspoon cardamom powder
- 1 teaspoon chopped almonds (Optional)
- 1 teaspoon dried raisins (Optional)
- 1 sachet powdered jelly or jelly strands

For strawberry jam

- ½ cup strawberries
- ½ cup sugar
- ¼ cup water

Preparation steps

1. Preheat the oven at 180 °C.
2. Soak the jelly until it softens then remove the water and strain the jelly.
3. Place the jelly in milk in a vessel and boil for 5 -8 minutes.
4. Add in the bread followed by sugar, vanilla essence, and cardamom powder.
5. Let the ingredients simmer in the milk and the jelly for about 5 minutes on low heat.
6. Place all the mixture in a mould and top it with almonds and raisins.
7. Cook the pudding in the preheated oven for about 30 minutes.
8. Once cooled, put the pudding in the fridge for 2 to 3 hours.

Strawberry Jam Preparation

1. Chop the strawberries.
2. Add sugar and water.
3. Let cook for 20-25 minutes until the mixture is thick.
4. Serve the pudding with the jam.



Pizza bread

Prabhu Sanatana Dharma Das



30 minutes



Ingredients

- 1 stale bread
- 1 can tomato purée
- 1 tablespoon thyme
- 1 tablespoon chopped parsley
- 1 teaspoon grated ginger
- 3 tablespoons olive oil
- 1 teaspoon black pepper powder
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon rosemary
- 1 teaspoon of salt
- ½ cup water
- 1 cup grated cheese

Preparation steps

1. In a pan, add the tomato purée and water and let cook for 5 minutes.
2. Add 1 teaspoon of salt and cook until the paste thickens.
3. Add the thyme, parsley, oregano, basil, rosemary, pepper and ginger. Mix well and simmer for a few minutes.
4. Preheat the oven at 180 °C.
5. Slice the baguette and spread the tomato sauce on the slices followed by the grated cheese.
6. Cook in the preheated oven for 10 minutes.

A top-down view of a bowl filled with white, fluffy rice. The rice grains are well-separated and glistening. Overlaid on the center of the rice is the text 'VALORISING LEFTOVER RICE' in a bold, red, serif font. Below the text is a decorative horizontal line with ornate, symmetrical flourishes at both ends. At the bottom center, there is a small red circle containing the number '13' in white.

**VALORISING
LEFTOVER RICE**



Leftover vegetables and curry leaves fried rice



35 minutes

Mrs Sangeeleemootoo Marie Laura Christina



Ingredients (4 persons)

- 300 g leftover cooked rice from the fridge
- 2 carrots cut into small dices
- 2 eggplants cut into small cubes
- 1 cup shredded cabbage/ optional
- ½ cup corn
- ½ cup green peas
- 1 chopped onion
- 2 garlic cloves finely minced
- 2 tablespoons soy sauce
- 1 tablespoon fish sauce/ optional
- 2 scrambled eggs/optional
- 2 tomatoes
- 1 dry chilli/optional
- 2 branches curry leaves
- 1-2 branches fresh thyme
- Chopped spring onion
- Sunflower oil
- Salt
- Pepper

Preparation steps

1. In a wok, deep fry the diced eggplant until slightly golden and keep aside.
2. Remove the excess oil from the wok, keeping around 2 tablespoons of oil.
3. On a medium heat, add the chopped onion, curry leaves and thyme and stir.
4. Add the carrot, cabbage, minced garlic and chopped dry chili.
5. Stir often until the vegetables are crisp-tender, for about 4 minutes, then add the chopped tomatoes.
6. Stir fry until slightly softened.
7. Add the cooked chilled rice, corn, peas, fried egg plants and gently mix with the vegetables.
8. Pour the sauces over the top of the rice and mix.
9. Season with salt and pepper as per taste.
10. Keep on stirring and frying until fragrant and add the scrambled eggs (optional).
11. Garnish with chopped spring onion and serve.



Rice cake ring

Mrs Issany Mensoorah



60 Minutes



Ingredients

- 200 g cooked white leftover rice
- 2 eggs
- ½ cup greens (mint, coriander)
- 1 teaspoon ginger-garlic paste
- 1 tablespoon ghee or oil
- 1 medium chopped onion
- ½ cup fried onions
- 1 teaspoon garam masala
- ½ teaspoon turmeric powder
- 1 red bell pepper cut into cubes
- 1 tomato cut into cubes
- 1 carrot cut into cubes
- 1 potato (about 150 g) cut into cubes (already cooked in microwave for 2 mins)
- ¾ cup yoghurt
- 1 teaspoon salt

Preparation steps

1. Preheat the oven at 180 °C.
2. In a bowl add yogurt, beaten eggs, ginger-garlic paste, chopped onions, garam masala, turmeric and fried onions. Mix well.
3. Add in melted ghee or oil, bell pepper, tomato, carrot and potato. Mix well.
4. Pour in the rice and mix well.
5. Pour the mixture in the ring shaped mould.
6. Bake for 30 mins.
7. Let cool and unmould.



Thepla

Mrs Puchooa Dhammika and Dr (Mrs) Jankee Puchooa Janvee



30 Minutes



Ingredients

- 2 cups leftover cooked rice
- 1 cup flour
- 2 tablespoons powdered besan
- 1/2 teaspoon chili powder
- 1/2 teaspoon coriander powder
- 1/2 teaspoon cumin seed powder
- 1/4 teaspoon turmeric powder
- 1 teaspoon sugar
- 1/2 teaspoon garlic and ginger paste
- 2 tablespoon yoghurt
- 3 tablespoons kasoori methi or chopped coriander leaves
- Salt to taste
- 2 tablespoons warm water
- Oil for cooking

Preparation steps

1. Reduce the size of the leftover rice in a blender until a paste is obtained.
2. Add all the ingredients except for the flour and mix.
3. Lastly add the flour little by little until a dough good enough to roll like a roti is obtained.
4. Divide the dough into small balls that is sufficient to make a roti.
5. Flatten the balls and roll into a flat disc on a floured board and cook in a springly oiled non-stick pan.
6. Enjoy with chutney or curries.



Rice balls arancini

Miss Abdoola Asilah



15 minutes



Ingredients

- 500 g leftover cooked rice
- 2 egg yolks
- 1 onion, chopped finely
- 1 small carrot, grated
- Chopped parsley
- 2 tablespoons flour
- Chicken
- Spices and seasonings (Salt, pepper, paprika or chili powder)
- Oil for frying
- Stuffing: 50 g cheese, diced or diced cooked
- Breadcrumbs
- 2 eggs beaten for coating

Preparation steps

1. Mix leftover rice, parsley, spices, seasonings and egg yolks.
2. Add onion and carrot.
3. Mix and mash well.
4. Take a small portion, add stuffing -Cheese or chicken or any of your choice and shape into balls.
5. Freeze rice balls for about 20 minutes for the balls to set.
6. Mix the flour with the spices and seasonings.
7. Coat the frozen rice balls with the seasoned flour, then coat with beaten egg followed by breadcrumbs.
8. Deep fry until golden brown in colour.
9. Serve hot with a chutney.



Vegetarian fried rice

Prabhu Sanatana Dharma Das



30 minutes



Ingredients

- 4 cups leftover cooked rice
- 1 square of tofu cut in cubes
- ½ cup cabbage
- ½ cup green/red pepper
- ½ cup broccoli
- 1 cup cauliflower
- 1 cup sweetcorn
- 1 cup green peas
- 3 tablespoons oil
- 1 teaspoon spring onions
- 1 cup bok choy greens
- 1 teaspoon soy sauce
- 1 teaspoon black pepper powder
- ½ cup finely chopped watercress (including the sticks and roots)

Preparation steps

1. In a wok, add 1 tablespoon of oil, fry the tofu cubes until they become golden.
2. Add the cabbage, green / red pepper, broccoli, cauliflower, sweetcorn and green peas and sauté all the ingredients for 5 minutes.
3. Add in the bok choy greens, pepper and salt and mix well.
4. Add in the leftover rice and soy sauce.
5. Cook for 3 minutes and add the watercress and let cook for another 4 minutes.
6. Top with the spring onions and serve.



Kitchari

Dr Ramful Baboolall Deena



45 minutes



Ingredients

- 5 cups leftover cooked rice
- 4 cups mixed diced vegetables
- 1 cup red lentils, washed and soaked for at least 30 minutes
- 800 ml water
- 2 teaspoons salt
- Whole spices: 2 bay leaves, 7 whole cloves, 5 cardamom pods, 1 inch cinnamon stick, ½ teaspoon methi seeds, 2 dried red chillies (optional)
- 2 teaspoon turmeric powder
- 1 large onion, peeled and sliced
- 4 cloves garlic, peeled and crushed
- 1 inch fresh ginger, grated
- 10 curry leaves
- 3 tablespoons tomato purée
- 1 tablespoon ground spice mix of your choice (Briani mix, daube mix, kalia mix)
- 3 tablespoons vegetable oil + 2 tablespoons ghee
- Chopped coriander and parsley leaves for garnish

Preparation steps

(5-6 persons)

1. Drain the soaked lentils and transfer to a pressure cooker.
2. Add the water, chopped vegetables, salt, turmeric powder, bay leaves, cloves, cardamom pods and cinnamon stick.
3. Mix well and pressure cook until 2 whistles.
4. Heat ghee and oil in a large pan.
5. Sauté the grated ginger and methi seeds for a few seconds and then add the curry leaves and dried chillies.
6. Add the sliced onions and sauté until slightly brown. Add the crushed garlic and tomato purée and cook until the oil/ghee separates from the mix.
7. Add the ground spice mix and sauté for 2 mins.
8. Pour in the cooked lentils and vegetables, mix well and simmer for 5 mins.
9. Adjust the liquid if necessary and add the leftover cooked rice. Stir well to mix and simmer on low heat for 10-15 mins.
10. Garnish with chopped parsley and coriander leaves and serve hot with a grilled tomato chutney.



Riz au lait à la cannelle et cardamone

Mr Bachu Dhamendra



35 minutes



Ingredients

- 200 g leftover cooked rice
- 200 ml whole milk
- 150 ml cooking cream
- 50 g brown sugar
- 1 cinnamon stick
- 5 cardamom pods (for decoration)
- Pistachios (for decoration)

Preparation steps

1. In a saucepan, combine the milk, cream, and sugar.
2. Add the cardamom pods and cinnamon stick, then place the saucepan over low heat.
3. Add the cooked rice and stir with a spatula.
4. Cook for 20 to 25 minutes, stirring constantly.
5. Allow the mixture to cool.
6. Pour the rice pudding into individual glasses.
7. Decorate with a cinnamon stick, cardamom pods, and pistachios.
8. Enjoy your rice pudding with cinnamon and cardamom.



**VALORISING
LETFOVER COOKED DISHES**





Leftover roasted chicken and olive cake



50 minutes

Mrs Sangeeleemootoo Marie Laura Christina



Ingredients

- 200 g flour
- 1 small packet baking powder (10 g)
- 4 eggs
- 100 g shredded leftover roasted chicken breast
- 10 cl hot milk
- 100 g grated cheese
- 100 g green olives cut into rings
- ½ cup red capsicum cut into small dices
- Spring onion, parsley
- ½ teaspoon paprika powder
- ½ teaspoon cumin powder
- 1 tablespoon olive oil
- Salt
- Pepper

Preparation steps

1. Preheat the oven to 180°C.
2. In a salad bowl (or in the bowl of the food processor), put the flour, yeast, eggs, salt, pepper, paprika, cumin powder and oil.
3. Mix well, then add the hot milk, grated cheese, drained olives and shredded chicken, the chopped spring onion, parsley and stir.
4. Grease a cake tin, line it with baking paper and pour the mixture into it. Else you may pour mixture in silicone moulds.
5. Garnish with diced red capsicum.
6. Put in the oven for about 45 minutes, covering with aluminum foil halfway through cooking if the cake browns too quickly.
8. Let cool in the cake mould and serve warm or cold.



Leftover tuna cream pasta

Mrs Sangeeleemootoo Marie Laura Christina



15 Minutes



Ingredients

- 300 g leftover pasta
- 1 can of tuna
- 1 onion
- 1 -2 garlic cloves
- 150 ml cooking cream
- 100 g grated parmesan or cheddar cheese
- Olive oil
- Salt
- Pepper
- Garnish: fresh herbs of your choice

Preparation steps

1. On low heat, pour one or two teaspoon(s) of olive oil into a pan.
2. When it is hot, add the minced onions and sauté them, just long enough for them to soften.
3. Add the drained tuna, minced garlic and mix quickly with a spatula.
4. Add the cooking cream, while reducing the heat to prevent it from cooking too quickly.
5. Add the cooked pasta and stir, followed by the grated cheese.
6. Season with pepper and salt as per taste.
7. Finish off with some chopped parsley, stir into the pasta, take it off the heat and serve immediately.



Lentil soup using home-made chicken broth from leftover chicken bones (Part 1)

Cook with Moris



90 minutes



Ingredients for the chicken broth

- 400 g chicken bones (frozen/fresh)
- 1 leek (separate the leaves & the stalk. Slice the stalk)
- 100 g carrots (chopped into smaller pieces)
- 3 garlic cloves (sliced into 3 parts each)
- 80 g onion (coarsely sliced)
- 10 g ginger (thickly sliced)
- Celery leaves (3-4 leaves)
- A handful of spinach leaves
- Around 10 peppercorns
- 1 star anise
- 2 teaspoon oil
- Salt
- 1.8 L of water

Preparation steps

1. In a pan, add the frozen/fresh bones and add water.
2. Boil on high heat for around 20 minutes. This is done so as to remove the chicken gunk (Scum). Skip this step if you are using cooked bones.
3. In a pressure cooker, heat oil and add garlic, ginger & thyme. Cook for 10-15 seconds or till fragrant.
4. Add the chicken bones, carrots, the leek (both the leaves & stalk), onion, celery leaves, spinach leaves, star anise, 1 teaspoon salt (flat) and 1.8 L of water.
5. Close the pressure cooker and cook for a minimum of 60-75 minutes on a medium low flame.
6. Strain the mixture and keep the liquid, that is the chicken broth.
7. Use the chicken broth immediately in soups or cool to room temperature and freeze for later use.



Lentil soup using home-made chicken broth from leftover chicken bones (Part 2)

Cook with Moris



20 minutes



Ingredients that go in the pressure cooker:

- 100 g small brown lentils (sorted & washed)
- 60 g carrots (thinly sliced, grated or diced)
- 1 garlic clove (sliced in two)
- 2 pinches salt
- 500 ml of chicken broth

Ingredients for tempering:

- 80 g tomatoes (diced or thinly sliced)
- 2 tablespoons onion (minced)

- 2 teaspoons garlic (grated)
- $\frac{3}{4}$ teaspoon ginger (grated)
- 2 teaspoons thyme
- 4-5 curry leaves
- 1 tablespoon coriander leaves (thinly minced)
- 1 dry chilli (optional)
- 4 pinches of cinnamon powder
- 4 pinches of clove powder
- 100 ml chicken broth
- 2 tablespoons oil
- Salt to taste

Preparation steps

1. In a pressure cooker, add the lentils together with the carrot, leek, celery, garlic, chicken broth & two pinches of salt. Let the pressure cooker whistle 3-4 times until the lentil is soft.
2. In a pan, heat the oil, add the thyme & curry leaves. Cook for 10-15 seconds.
3. Then add the grated garlic & ginger and cook while stirring for 10-15 seconds or till fragrant.
4. Add the onion & cook for 10-15 more seconds or till the onions are translucent.
5. Add the tomatoes, dry chilli & one pinch of salt. Cover and cook for around 3 minutes until the tomatoes are mushy.
6. Add the cooked lentils in the pan (or you can add the tomato stew in the pressure cooker).
7. Add the chicken broth, about 100ml, depending on the consistency you want.
8. Add the clove powder and cinnamon powder. Cover & let the mixture reach its boiling point.



Cutlet from leftover pasta

Mrs Issany Mensoorah



20 minutes



Ingredients

- 1 medium boiled potato
- 1 cup of corn kernel
- 150 g of leftover cooked pasta
- 1 cup of grated cheese
- Breadcrumbs
- Oil for frying

For batter

- 1/2 cup water
- 2 tablespoons wheat flour

Preparation steps

1. Mash the boiled potato.
2. Add corn kernel and cheese.
3. Then add the leftover pasta.
4. Mix all together.
5. Divide into balls.
6. Dip in a light batter.
7. Coat in breadcrumbs.
8. Deep fry or air fry until balls become golden brown.



Dholl pitta from leftover farata



45 minutes

Mrs Issany Mensoorah



Ingredients

- 3 leftover faratas cut into cubes
- 100 g yellow split moong dal soaked in 2 cups of water
- 1 small chopped onion
- 1 teaspoon mustard seeds
- 2-3 curry leaves
- 3 crushed garlic
- 1 teaspoon salt
- 1 teaspoon cumin powder
- 1 teaspoon turmeric powder
- 1 medium chopped tomato

Preparation steps

1. Heat the ghee or oil on medium heat in a pressure cooker.
2. Add the curry leaves, chopped onions, and crushed garlic.
3. Leave them to brown for a few minutes, then add the chopped tomatoes.
4. Let cook for 5 to 7 minutes.
5. Add turmeric and cumin powder.
6. Pour in soaked dal with water.
7. Mix well and let boil.
8. Let cook for about 30 mins.
9. Switch off the heat
10. Add the pieces of the faratas and the greens.
11. Accompany with coconut chutney.



Spaghetti cups from leftover spaghetti

Mrs Issany Mensoorah



40 minutes



Ingredients

- Leftover spaghetti bolognese - 350 g
- 1/2 cup milk
- 1 egg
- 2 tablespoons corn flour
- Cheese (grated)

Preparation steps

1. Beat 1 egg and whisk together with milk.
2. Add corn flour to the liquid mixture and mix well.
3. Pour the mixture into the leftover spaghetti and mix well.
4. Spoon the mixture into muffin cups (Silicon ones).
5. Top up with cheese.
6. Bake for 20 mins at 180°C in a preheated oven.



Chips croquette

Mrs Issany Mensoorah



20 minutes



Ingredients

- 250 g leftover fried chips stored in the fridge, chopped
- Salt to taste
- 1 teaspoon black pepper powder or crushed black pepper
- ½ bell pepper (red or green)
- Chili (optional)
- 1 tablespoon corn flour
- 1 tablespoon potato starch
- 2 small thyme branches
- 1 small bunch chopped parsley
- 100 ml water (enough to make the croquette batter)

Preparation steps

1. Chop bell peppers finely.
2. To the chopped chips, add the bell pepper, chili, thyme, parsley and mix well.
3. Add 1 tablespoon of corn flour and 1 tablespoon of potato starch and pour water to make the batter
4. Mix well to obtain the croquette batter.
5. Deep fry and serve as a snack.



Khichdi with leftover lentils

Mrs Issany Mensoorah



45 minutes



Ingredients

- 200 g cooked lentils
- 150 g rice (Soaked in water)
- 1 cup of water
- 1 or 2 baby potatoes
- 1 carrot
- 1 medium green bell pepper
- Chopped greens – Spring onions and coriander
- 1 teaspoon ghee
- Fried onions
- 1 pinch of saffron (turmeric)
- 1 pinch of ground cumin seeds

Preparation steps

1. Cut the green bell pepper, baby potatoes and carrot into cubes.
2. Mix soaked rice with leftover lentils, add vegetables and water.
3. Cover and cook on low heat.
4. When it is nearly cooked, sprinkle with the saffron, ground cumin seeds and fried onions.



Chana puri from leftover gram dhal



30 minutes

Mrs Puchooa Dhammika and Dr (Mrs) Jankee Puchooa Janvee



Ingredients

- 2 cups leftover cooked split gram dhal curry
- 2 cups flour
- 1 teaspoon instant yeast
- 1/2 tablespoon sugar
- 1 onion diced
- Coriander leaves chopped
- 1 teaspoon garam masala
- Salt to taste
- Oil for frying
- 2 cups warm water

Preparation steps

1. Mix flour, yeast, sugar and add warm water to make a sticky dough.
2. Put it into a bowl, cover and leave in a warm place for 6 hours or overnight to ferment.
3. Fry the onions until translucent and add the channa dhal to it .
4. Cook until the mixture is thick and add garam masala and salt. Simmer for a while and leave it to cool down.
5. Make small balls with the dhal.
6. Heat oil into the deep frying pan.
7. Once the dough is ready, dip the dhal ball one at a time into the dough and allow to coat well.
8. Fry on low heat to allow the Chana puri to be cooked evenly without getting burnt.
9. Enjoy with a coriander chutney.



Ladoo with leftover roti or chapatti

Dr (Mrs) Soocheta Vaidya Anagha



15 minutes

A tasty sweet made by mixing leftover powdered chapatti or roti with jaggery(brown sugar) & nuts.



Ingredients (for 10 small ladoos)

- 6 small roti or chapattis (8 inches in diameter)
- 3 tablespoons jaggery powder (as per taste)
- 2 tablespoons ghee melted
- 1½ tablespoons chopped almonds (optional)
- ¼ teaspoon cardamom powder

Preparation steps

1. Take leftover roti or chapatti and tear them roughly.
2. Transfer to a dry mixer jar and blend into a coarse mixture.
3. Add powdered jaggery to the mixer jar and blend well.
4. Transfer to a mixing bowl.
5. Add ghee, chopped almonds and cardamom powder and mix the ingredients thoroughly.
6. Take the mixture and shape into ladoos of desired size.
7. Store the ladoos in a clean dry container.



Masala roti

Dr (Mrs) Soocheta Vaidya Anagha



20 Minutes

A healthy way to use up leftover Roti or Chapattis. Addition of vegetables even makes it healthier.



Ingredients

- 5 leftover roti or chapatti (8 inches in diameter)
- 2 tablespoons oil
- 2 green chillies
- 1 small onion
- 1/2 cup mixed vegetables (peas, carrots, maize, french beans)
- A pinch asafoetida (hing)
- 1 teaspoon salt
- 1 teaspoon red chili powder (optional)
- 1/2 teaspoon turmeric powder
- 1 teaspoon mustard seeds
- 1/2 teaspoon cumin seed powder
- 1 tsp coriander seed powder
- 1/2 teaspoon sugar
- 1 tablespoon roasted peanuts (optional)
- 1 teaspoon lemon juice

Preparation steps

1. Break the roti or chapatti roughly into pieces.
2. Put the pieces into a food processor or mixer jar and grind till it gets into a coarse crumbly texture.
3. Remove the roti or chapatti crumble in a separate dish.
4. Heat oil in a pan.
5. Add mustard seeds and allow them to sputter.
6. Add cumin seeds and let them sizzle. Add asafoetida, turmeric, red chilli powder and mix.
7. Add onion, curry leaves and green chillies.
8. Mix well and saute the onions till transparent.
9. Add assorted vegetables like peas, carrots and saute till cooked.
10. Add the roti or chapatti crumbles, salt and sugar to taste.
11. Add a drizzle of lime juice.
12. Mix well.
13. Garnish with coriander leaves. Serve hot.



Crispy chips from leftover roti or chapatti



10 minutes

Dr (Mrs) Soocheta Vaidya Anagha

Flavourful and delightful roti chips made from leftover roti or chapatti.



Ingredients

- 3 leftover rotis or chapattis
- 1 tablespoon chaat masala or salt and pepper
- Oil for frying

Preparation steps

1. Using a scissor, cut the roti or chapatti into strips of ½-inch x 3 inches or into small diamond or triangular shapes.
2. Heat the oil and deep fry the strips on medium flame until golden.
3. Transfer the fried chapattis on an absorbent paper and sprinkle chaat masala or salt and pepper.
4. Serve with tomato ketchup, mayonnaise or coriander chutney.

Variations

Any type of roti or chapatti can be used for this recipe either frozen roti, leftover roti, fresh roti, leftover paratha or tortilla.



Vegetarian halim using leftover split chickpea dhal

Mrs Puchooa Dhammika and Dr (Mrs) Jankee Puchooa Janvee



30 minutes



Ingredients

- 200 g crispy vegetarian lamb
- ¼ cup leftover chickpeas
- ¼ cup yellow lentils
- ¼ cup brown lentils
- ½ cup of rolled oats
- 1 tablespoon ghee
- 1 medium onion (diced, fried until brown)
- 1 medium onion (diced)
- 1 tablespoon ginger and garlic paste
- 1 teaspoon of garam masala
- Haleem spice (Mix 1 tablespoon of cumin powder with ½ tablespoon of cinnamon powder and ½ tablespoon of coriander powder)
- 1 tablespoon Briani powder
- 1L water
- Salt to taste

Preparation steps

1. Wash and drain the lentils and let them soak for at least 30 minutes.
2. Add all the soaked lentils in a pressure cooker and add enough water to cover it. Let it cook on medium heat for 4 whistles.
3. Stir fry the crispy lamb with briani powder and salt.
4. In a pan, add ghee, onion, garlic and ginger paste and let it stir for 1 minute.
5. Then add the halim spice mixture and let it stir fry for some time without letting it burn.
6. Then add the crispy lamb, all the lentils, leftover split chana dal, rolled oats, water and salt and let it simmer for at least 20 minutes.
7. Garnish with coriander leaves, lemon juice and fried onions.



Chicken and spinach muffins



55 minutes

Mrs Issany Mensoorah



Ingredients

- 125 g of leftover chicken chopped
- 250 g spinach (blanched in water)
- 250 g flour (self raising)
- 75 g cheddar cheese grated
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 egg
- ½ cup of milk
- 100 ml oil or 2 tablespoons melted butter
- Chili chopped (Optional)

Preparation steps

1. Blanch spinach then put in cold water.
2. Press it and drain all the water.
3. In a bowl, add the leftover chicken, spinach, cheddar cheese and mix well.
4. Then add in flour, salt, pepper and chilli.
5. In another bowl, whisk the oil and milk together then add the egg and whisk again.
6. Pour the mixture into the bowl and mix well until a sticky batter is obtained.
7. Spoon in silicon muffin cups.
8. Bake in a preheated oven at 180°C for 15-20 minutes.



Macaroni fritters

Mrs Issany Mensoorah



15 minutes



Ingredients

- 150 g leftover cooked macaroni
- 1 egg
- ½ cup sweet cream corn
- 100 g flour
- 25 g semolina
- Oregano
- Parsley chopped
- Chilli
- ½ tablespoon baking powder
- ½ teaspoon salt
- 1 small onion chopped

Preparation steps

1. In a large bowl, add leftover macaroni, egg, sweet corn cream, flour, semolina, oregano, parsley, baking powder and the chopped onion.
2. Mix all the ingredients well
3. Heat oil in a pan.
4. Take one scoop of the mixture and deep fry it.

A photograph of several bitter melons (Momordica charantia) resting on a white plate. The melons are green with characteristic bumps and ridges. One melon on the left is cut open, revealing a yellowish-orange interior. The text 'VALORISING IMPERFECT FRUITS & VEGETABLES' is overlaid in red, bold, serif font in the center of the image.

**VALORISING
IMPERFECT
FRUITS & VEGETABLES**



Jus margoze (Bitter gourd juice)

Mrs Chedumbarum Pillay Kobashini



5 minutes



Ingredients

- 1 cup bitter gourd flesh
- 2 teaspoons honey
- 2 teaspoons lemon juice
- 1 tablespoon chopped coriander
- 1 tablespoon chopped mint
- 1 cup water
- Salt to taste

Preparation steps

- In a blender or juice mixer, add all ingredients and blend until smooth.
- Filtering is optional.
- Serve chilled.

Chef's Notes

Imperfect bitter gourd can be used



Chatini Margoze (Bitter gourd seeds chutney)

Mrs Chedumbarum Pillay Kobashini



15 Minutes



Ingredients

- 1-2 tablespoons oil
- 2 tablespoons bitter-gourd seeds
- 1 tablespoon urad dhal
- 1 tablespoon chana dhal
- Chillies – to taste
- Curry leaves
- 1 cup grated coconut
- 1 teaspoon sugar
- 1 tablespoon tamarind paste
- Coriander leaves
- ½ cup water
- Salt and pepper to taste

Ingredients to pour over the chutney

- 1 tablespoon oil
- ½ teaspoon grated ginger
- ½ teaspoon mustard seeds
- ½ teaspoon urad dhal
- ½ teaspoon chilli flakes
- Curry leaves

Chef's Notes

Don't throw away bitter gourd seeds!

Preparation steps

1. In a pan, heat the oil and roast the urad and channa dal until it turns golden brown.
2. Then add the bitter gourd seeds, curry leaves, chillies and sauté on medium flame, until the seeds turn crunchy.
3. Allow to cool completely and transfer to a blender.
4. Add 1 cup grated coconut, sugar, tamarind paste, coriander and salt and blend, adding the ½ cup water.
5. Transfer the chutney in a bowl.
6. Heat the oil, add the mustard seeds, urad dal, grated ginger, chilli flakes and curry leaves and pour the hot oil mixture over the chutney and mix well.



Carrot Barfi using deformed carrots

Mrs Issany Mensoorah



45 Minutes



Ingredients

- 100 g grated carrot (sun-dried or microwaved for 2 mins)
- 100 g milk powder
- 1 tablespoon butter or ghee
- 1/4 cup condensed milk
- Cardamom powder (a pinch)
- 1 cup almond chips

Preparation steps

1. Heat a pan.
2. Roast milk powder lightly.
3. Add butter and stir.
4. Then add condensed milk followed by grated coconut and let cook until all moisture is evaporated.
5. Add cardamom powder and 1/2 cup of almond chips.
6. Cook on low heat until barfi thickens for about 7-8 minutes.
7. Mix well and turn off the stove.
8. Remove it to a greased prepared pan, smooth out the surface as evenly as possible.
9. Sprinkle almond chips and lightly press it so the almonds stick to the barfi.
10. Let it cool down completely and let it set.
11. Then cut the pieces using a sharp knife.



Chatini la peau pipengaille (Ridge gourd peel chutney)

Cook with Moris



30 minutes



Ingredients

- 80 g ridge gourd peel
- 120 g tomatoes (chopped)
- 30 g onion (20 g to add in blender, 10 g sliced)
- 1 garlic clove
- Chili (optional)
- 4 to 5 curry leaves
- 40 ml water
- 1 teaspoon oil
- Salt

Preparation steps

1. Remove the rough edges from the ridge gourd and peel the ridge gourd.
2. Wash the peels, add in a pan with a little water & cook for around 5-8 minutes on low flame. Stir often.
3. In a blender, add the peels, tomatoes, 20 g onion, garlic, chili & water. Blend well into a paste.
4. In a pan, heat 1 tsp oil. Add curry leaves and cook until fragrant, for around 10-15 seconds.
5. Add 10 g thinly sliced onions. Cook for 1-2 minutes or until translucent.
6. Add the ridge gourd paste, salt and stir. Cook for 5-8 minutes, stirring frequently.
7. The chutney is ready when it changes to an orange-brownish colour or when the water dries up.
8. Add salt to taste and mix well.
9. Serve as a side dish.



Margoze Curry (Bitter gourd curry)

Mrs Chedumbarum Pillay Kobashini



15 minutes



Ingredients

- 2-3 tablespoons oil
- One sliced onion
- One cup of karela (bitter gourd) without pith and seeds
- 1 teaspoon ginger-garlic paste
- A mix of spices (mustard and cumin seeds, chilli flakes, coriander powder, garam masala, turmeric powder)
- 2 medium sized chopped tomatoes
- Freshly chopped coriander leaves
- Green chili (optional)
- One teaspoon sugar
- Salt to taste

Preparation steps

1. In a pan, heat 2 tablespoons of oil and add the mix of spices and lightly sauté.
2. Add the sliced onion, 1 teaspoon ginger-garlic paste and sauté on low flame until colour changes slightly and the spices turn aromatic.
3. Then add the chopped tomatoes and sauté until soft and mushy.
4. Add 1 cup of bitter gourd (karela), 1 teaspoon of sugar and mix well.
5. Add $\frac{1}{4}$ cup of water and let it cook for 5 minutes or until the skin is cooked well.
6. Lastly, add finely chopped coriander and serve with rice.



'Empty Fridge' Vegetable Soup

Mrs Sangeeleemootoo Marie Laura Christina



30 minutes



Ingredients (4 persons)

- 3 potatoes
- 3 carrots
- 250 g pumpkin
- 3 chayote/chouchou
- 1 zucchini – medium
- 2 branches celery, leek
- 2 onions
- 2 cloves minced garlic
- 2 tomatoes
- 1 vegetable or chicken stock cube/optional
- Thyme, parsley
- 2 tablespoons olive oil
- Salt, pepper
- Garnish: Coriander leaves, paprika powder

Preparation steps

1. Wash, peel and cut all vegetables into medium dices. Keep aside.
2. On a medium fire, heat 2 tablespoons of oil in a pot and sauté the onion, thyme, parsley, celery, leek, tomatoes until tender.
3. Add the minced garlic and all the other vegetables, stir well and leave to cook for 10 minutes, stirring occasionally.
4. Pour in water until the vegetables are all just covered.
5. Season by adding the stock cube or salt, pepper and put on the highest heat.
6. Bring to a boil, then put back on low heat and cook until the pieces of vegetables are tender.
7. Mix everything in a blender until you get a smooth soup.
8. Serve hot with a pinch of paprika and topped with fresh coriander leaves as garnish.

Chef's Notes

Do not throw away imperfect or wrinkled vegetables!



Bottle gourd kheer

Mrs Issany Mensoorah



30 minutes



Ingredients

- 250 g bottle gourd (Calebasse) grated
- 75 g sago (Soaked in 1 cup of water)
- 1 cup water
- 1 cup coconut milk
- ¼ cup condensed milk
- 1 pinch of saffron
- 2 cardamom pods
- 1 cinnamon stick
- almonds

Preparation steps

1. In a pan, boil the bottle gourd in 1 cup of water.
2. When the bottle gourd is nearly cooked, add the sago and a little water.
3. Let cook until the sago becomes transparent.
4. Add the cardamom pods, cinnamon, coconut milk, condensed milk and almonds.
5. Sprinkle saffron on top.
6. Mix well and cook on low heat.
7. Serve hot or chilled.

Chef's Notes

Go for the imperfect bottle gourd!



Gluten free galette from over-ripe bananas

Mrs Issany Mensoorah



15 minutes



Ingredients

- 200 g over-ripe bananas peeled
- 250 g sugar
- 1 cup coconut milk
- 50 g coconut powder
- ½ cup ground rice
- Vanilla essence or cinnamon powder
- 1 tablespoon maizena
- 2 tablespoons coconut oil or sunflower oil or any vegetable oil
- 1 teaspoon baking powder

Preparation steps

1. Mash the bananas.
2. In a bowl, add mashed bananas , sugar, coconut milk, coconut powder, vanilla essence or cinnamon powder, maizena, oil and baking powder.
3. Mix all ingredients well.
4. Heat a pan.
5. Brush the pan with a little bit of oil.
6. Add the batter to the pan.
7. Cook on both sides until golden brown



Salade la peau melon d'eau et poisson salé (Salted fish with watermelon rind)

Mr Bachu Dhamendra



25 minutes



Ingredients

- 200 g blanched and fried salted fish
- 150 g watermelon rind cut into julienne strips
- 30 g minced onions
- 2 tablespoons lemon juice
- 1 tablespoon white pepper powder
- 15 g tomato julienne
- Some parsley leaves and a slice of lemon for garnish

Preparation steps

1. Blanch the watermelon rind juliennes in boiling water for 5 to 8 minutes.
2. Transfer the rind into a bowl of ice water.
3. Remove the watermelon rind juliennes with a slotted spoon and transfer to a mixing bowl.
4. Add the salted fish, onion, lemon juice, and season with white pepper.
5. Arrange on a plate, garnish with tomato juliennes, lemon slice, and parsley leaves.



Bottle gourd (Calebasse) Pancake

Mrs Issany Mensoorah



25 minutes



Ingredients

- 150 g ugly and withered calebasse finely grated
- ½ teaspoon salt
- ½ teaspoon turmeric powder
- ½ teaspoon cumin powder
- ¼ cup yogurt
- 2 tablespoons ground rice (Approx 25g)
- 1 ½ teaspoon baking powder
- 75 g besan (Gram flour)
- 1 medium onion chopped
- Greens - spring onions, mint and coriander
- Chili
- Bell pepper (red or green) chopped
- 2 tablespoons oil

Preparation steps

1. To the grated bottle gourd, add ¼ cup of yogurt and mix well.
2. Then add salt, turmeric powder, cumin powder, ground rice, baking powder, gram flour, onion, greens, bell pepper and oil.
3. Mix all the ingredients well.
4. Let rest for approximately 20 minutes.
5. Brush a pan with a little oil.
6. Scoop 1 tablespoon of the mixture and place it on the pan.
7. Cook on both sides.
8. Serve with tomato chutney.

Chef's Notes

To make it vegan, replace ¼ cup yogurt with ¼ cup coconut milk and 1 tablespoon white vinegar



Eggplant wrap

Mrs Issany Mensoorah



30 minutes



Ingredients

- 85 g withered and ugly eggplant chopped
- ½ cup yogurt
- ½ teaspoon salt
- 1 medium onion chopped
- 1 green chilli
- Black pepper
- 1 egg
- Greens- spring onion and coriander
- 2 tablespoons oil
- ½ cup water
- 1 pinch turmeric powder
- 75 g flour
- 25 g semolina

Preparation steps

1. In a blender, add eggplant, yogurt, salt, onion, chili, black pepper, egg, greens, oil, water and turmeric powder and blend.
2. Add flour and semolina to the mixture and mix well to obtain a batter.
3. Brush a pan with a little bit of oil.
4. Spread the batter evenly.
5. Cook on both sides.
6. Serve with chutney.



Pumpkin seed soup

Mr Bachu Dhamendra



20 minutes



Ingredients

- 80 g pumpkin seeds
- 40 g pumpkin cubes
- 30 g butter
- 25 g minced onion
- 1 sprig of thyme
- 20 g leek
- 250 ml water
- 4 g salt
- 3 g white pepper
- A few parsley leaves

Preparation steps

1. Heat a pot over low heat.
2. Add the butter and sauté all the ingredients for 5 minutes.
3. Season with salt and pepper.
4. Add water.
5. Let it cook for 20 minutes.
6. Blend the soup in a blender.
7. Serve in a bowl.
8. Garnish with pumpkin seeds and parsley.



Mango Sorbet

Mrs Issany Mensoorah



20 minutes




Ingredients

- 500 g of ugly and overripe mangoes
- 1 tablespoon of agar agar
- 1/2 cup water

Preparation steps

1. Purée the mangoes.
2. Boil 1/2 cup of water and add the agar agar powder.
3. Add water and agar agar mixture to the mango puree.
4. Mix well.
5. Pour the mixture in a sorbet mould.
6. Place it in the freezer overnight.



Are you tired of seeing food go to waste?

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