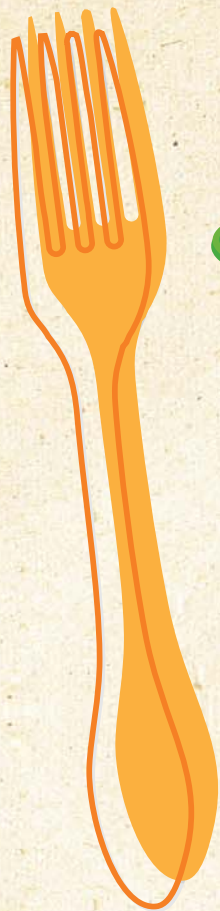


Second Time Round Recipe Book



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Breakfast

TOASTED EGG LEFTOVER WRAP

Ingredients: leftovers such as savoury mince, taco mince, steak, roast meat/vegetables – cut into 1–2cm cubes; 2 to 3 eggs (beaten); wrap bread; oil for frying.

Heat oil in frypan and add leftovers to heat through. Add beaten eggs and cook, stirring continuously until eggs are cooked to your liking. Place mixture on slice of wrap bread, roll with ends turned in. Toast wrap in a sandwich press.

Ms Joseph, Corrimal



Lunch

OMELETTE

Whip up an omelette with some eggs, a little milk and add leftover tomato, zucchini, mushrooms and onions.

Ted, West Wollongong

ROAST LAMB LEFTOVER

Leftover lamb roast is delicious with some sliced tomato and onion on toast. Drizzle leftover gravy on the top.

Mr McLeod, Unanderra

PIZZA

Place any leftover vegetables and meat on a frozen pizza base. Sprinkle with cheese and cook at 180 ° C until browned.

Mrs Harris, Bulli



Second Time Round Recipe Book

Lunch

PIZZA PINWHEEL

Ingredients: Frozen puff pastry, leftover tomato sauce, cheese and any deli meats, capsicum, mushrooms or pineapple from making pizzas the night before.

Spread tomato sauce on puff pastry sheet. Lay out all leftover ingredients equally on each sheet (as flat as possible). Cover in cheese. Roll the pastry into a log as tightly as possible without breaking the pastry. Slice the log (cross section) into 1cm thick slices, lay them flat on some baking paper and brush lightly with milk. Cook in a hot oven (230 – 250 ° C) for about 10 minutes or until golden brown.

Ms Carrall, West Wollongong

VEGETABLE PANCAKE

Fry an onion & garlic in olive oil. Throw in leftover chopped vegetables & mashed potato and spread over pan like a pancake. Turn over until it gets a nice crust on it. Serve for lunch with salad.

Ms Nolan, Figtree

SOUP SURPRISE

Make up a soup at the end of the week with all your old vegetables. Just add some garlic, an onion and any leftover sausage, chicken or mince. Blend into a cream soup or add a chicken or beef stock cube. Sprinkle with some grated cheese and serve hot.

Ms Nolan, Figtree

TOASTED SANDWICHES

Use any leftover items including spaghetti, baked dinner, macaroni and cheese and place in between bread and toast, or put in a sandwich press.

Ms Wright, Lake Heights



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Dinner

FRIDAY SMORGASBORD

All leftovers over the week get frozen on a daily basis. On a Friday evening they are all defrosted and cooked up together for a Friday Smorgasbord. You will just need to add a few garnishes, sauce or some salad on the side.

Ms Casey, Wollongong

APPLE SAUCE

Chop up old apples and boil till soft. Add spice, basil, cinnamon and even pineapple, then puree. Lovely on top of pork.

Mrs Johnstone, Wollongong

SALAD DELIGHT

Use leftover apples, orange and salad from school lunch box and add some olives, oil, vinegar, tuna and sauce from pasta the night before. Top with some chopped nuts.

Mr Ruiz, Keiraville

VEGETABLE PATTIES

Old potatoes and leftover vegies are great for this meal – boil and mash together. Then add an egg and some fresh breadcrumbs if mash is too moist. You can add either leftover chicken, salmon or tuna. Roll in seasoned breadcrumbs or stuffing mix and fry in a little olive oil until golden or oven bake.

Ms Grimim, Unanderra



Second Time Round Recipe Book

Dinner

BITZA SOUP

Keep all your leftovers in the fridge. When you have enough, put them in a saucepan with some stock cubes and water. Let boil until softened.

Ms Rauscher

PINEAPPLE RICE

Add leftover pineapple to a stirfry with fresh ginger. Cook for about 10 minutes and add soy sauce. Cook for another 5 minutes. Thicken the pineapple juice with flour and add vegetables. Place on top of cooked rice.

Ms Devlin, Wollongong

PASTA FRITTATA

Mix beaten eggs and parmesan cheese together with leftover pasta noodles. Place some butter in a pan and cook one side. When set, turn over and cook the reverse side. Enjoy eating while hot.

Mr Farina, Towradgi

BUBBLE & SQUEAK

A traditional UK dish for using up leftover vegetables – usually from a roast dinner. The vegetables should include potatoes but apart from that pretty much anything can be added, such as cabbage, cauliflower, carrots, pumpkin etc. Quantities are not important except you'll probably want about 50% potato. After that, the more leftovers you have the bigger the helping of bubble and squeak. Firstly, vegetables should be cold (they don't cook well if they're not). Mash the potatoes, then coarsely chop the other vegetables. Mix everything together. Heat about a tablespoon of oil in a frying pan. When hot add the mixture and spread out, pressing down into the pan. The aim is to get a crispy brown coating. Once this is achieved flip the mixture over to do the other side. Excellent served with cold meat and your favourite sauce or chutney.

Ms Saunders, Kanahooka



Second Time Round Recipe Book

Dinner

CHICKEN MORNAY

A delicious meal using leftover roast chicken.

Ingredients: cooked chicken; 1½ cups milk; 1½ cups water; 1 onion; 1 Tbs butter; 2 Tbs flour; 1 chicken stock cube; ½ cup grated cheese; salt & pepper; 1 tsp lemon juice; 2 Tbs breadcrumbs.

Fry onion until clear, take off the heat. Slowly add milk then return to heat. Dissolve stock cube in water & slowly add, stirring continuously. Bring to the boil on low then add chicken, cheese, lemon juice and season to taste. Simmer for a few minutes until it thickens.

Ms Bishop, Mount Ousley

SILESIA DUMPLINGS

This is a traditional recipe from Poland using leftover cooked potatoes, pumpkin or sweet potato.

Press leftover cooked potato through a potato press into a bowl. For every 4 parts potato add 1 part potato flour to bowl. Add pinch of salt. Knead together with hands. Divide and roll into small balls. Cook in a pot of boiling water until they surface. Allow to boil for 3 minutes. Serve immediately with melted butter or a mushroom sauce. Leftover dumplings can be sliced and fried in butter as a side to a meat dish.

Mr Werakso, Corrimal

FISH & POTATO CAKES

Ingredients: 2 cups cold mashed potato; medium piece of fish which is flaked and deboned; leftover vegies such as peas, corn or broccoli; 1 egg; salt to taste; flour to roll cakes in; oil to fry.

Mix all ingredients well. Roll into patties and cover with flour. Fry until browned on each side. Drain on paper towel. Enjoy with a salad.

Ms Dicalfas-Hall, Farmborough Hts

GARLIC SOUP & PASTA SAUCE

Add some chicken stock and garlic to leftover chicken and heat through. Add some rice or pasta to the broth and heat until soft. Leftover chicken is also delicious mixed with some garlic and cream. Reheat gently and use as a pasta sauce.

Ms Hawkesford, Towradgi



Second Time Round Recipe Book

Dinner

THREE MEALS IN ONE – CHICKEN STOCK; NO STIR RISOTTO; BAKED RICE BALLS (ARANCINI)

CHICKEN STOCK

After you have enjoyed a roast chicken, remove any 'good' leftover meat and store in the fridge in a sealed container. Place all the other bits – bones, skin, offcuts and especially the scrapings from the baking pan – into a large saucepan. Add 2 litres of water; a quartered onion; carrot, celery or any leftover vegetables. Cover and bring to the boil. Add a few whole peppercorns. Once boiling, reduce heat to low and simmer as the stock goes cloudy and tastes bitter. Remove from heat after 2 – 3 hours.

NO STIR RISOTTO

Ingredients: 1 litre chicken stock (above); 2 Tbs olive oil; 1 onion halved and finely chopped; 2-3 garlic cloves crushed; 1½ cups Arborio rice; ½ glass white wine; ¼ cup grated parmesan; salt & ground black pepper; a few twigs of thyme or bay leaf; leftover vegetables in the fridge – corn, mushrooms, capsicum or eggplant; leftover chicken.

Heat oil in a heavy based saucepan over medium heat. Add the onion and garlic and soften for 5 minutes. Add the other leftover vegetables and stir for a minute or two. Add rice and stir for 1 minute then pour in the wine and stir until the liquid is completely absorbed. Add the stock and stir for a minute. Make sure you have

enough liquid to cover 2cm above the mixture. Add salt, pepper and herbs then cover with a tight fitting lid. Simmer on very low heat for 25 minutes. No need to stir. Add chicken and parmesan and stir well. Add a dash of water if sticking. Then cover again for 5 minutes. Serve with extra parmesan cheese.

BAKED RICE BALLS (ARANCINI)

Ingredients: Leftover Risotto; 1 cup breadcrumbs; 150g – 250g cheese – Colby, Mozzarella or Swiss cheese work best; 2 Tbs olive oil; salt and ground black pepper.

Place breadcrumbs on a plate and add salt and pepper. Cut cheese into 1cm cubes. Make golf size balls with the leftover risotto with a cube of cheese inside. Then roll in the breadcrumbs. Place onto an oiled baking tray then drizzle a little more oil over top. Place into an oven at 180 ° C for 20 minutes. Serve with a salad or as a pre dinner snack.

Mr Park, Thirroul



Second Time Round Recipe Book

Dinner



PASTA BAKE

Mix left over bolognaise pasta with 12 eggs, 300g parmesan cheese and salt and pepper to taste. Once well mixed, place into an oven proof dish and bake at 150°C until set. Serve with rocket salad.

Ms James, Woonona

PASTA SAUCE

Use BBQ chicken leftovers, bacon, mushrooms, mustard (hot English/seeded) and cream. Heat gently. This makes a delicious sauce to be added to gnocchi or your favourite pasta.

Ms Winter, North Wollongong

FRIED RICE

Add a little oil to the pan and throw in any leftover cooked rice, vegies or meats and splash in some soy sauce.

Ms Galea, Theresa Park

STIR FRY

Throw any leftover vegetables and meats in a large pan with a bit of oil. Add some chilli, garlic and soy for taste.

Ms Saye, Kelvin Grove

PEA AND HAM SOUP

Soak 1-2 cups of dried peas overnight. Next morning boil some water and then add peas, leftover pieces of Christmas ham, carrots and an onion. Simmer until warm and thick in texture.

Ms Monk, Albion Park

KI-SI-MIN

Place any leftover boiled rice, leftover vegetables and chicken noodle soup. Add a little butter to fry pan and add all ingredients and mix together. Serve hot.

Ms Wright, Lake Heights

VEGETABLE MEAT PIE

Mix any leftover vegetables or meat with a gravy mix. Add some curry powder or Worcestershire sauce and pour into a pie base. Bake in 180°C oven for 30 minutes.

Ms Wright, Lake Heights

TIP - BROCCOLI STALKS

Don't forget to use your broccoli stalks. Make sure you peel them first and then add to a stir fry or mash.

Ms Morris, West Wollongong

Second Time Round Recipe Book

Dessert

BREAD AND BUTTER PUDDING

Ingredients: sliced bread; butter; sugar; egg; milk. Flavours of your choice. Sultana & orange peel with nutmeg is traditional. Saffron is a nice alternative. Even chocolate chips can be added.

Butter a casserole or pyrex dish. Do a layer of buttered bread (slices and in quarters) keeping crusts on. Sprinkle with sugar and flavouring. Repeat until all bread is used up. Do not put any dried fruit on the top. Beat egg and milk together. Pour over bread and squash it down a bit, sprinkle with cinnamon. Leave it for approximately 2 – 3 hours. Make sure it is all wet. Place in a 180 ° C oven for about 1 hour until risen and golden brown. Serve hot or cold with cream, custard or ice cream.

Ms Gupta, Fairy Meadow

