

Thank you to the Clonakilty Women's shed for sharing your recipes!

'Waste Not, Want Not' is a community wide, collaborative effort with all local stakeholders, including Clonakilty Tidy Towns and Clonakilty Community Resource Center to reduce our food waste from farm to fork.

Find out more  
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created with  
**The Clonakilty Women's Shed**  
as a part of:



Introduction - If you open a recipe book nowadays you might, like me, feel daunted by the sheer amount of instruction. Here you will find 5 recipes, only a few lines each, with no measurements & plenty of room for you to add and adjust ingredients. Let's rediscover the old way - cooking as more of a language than a set of strict building plans - fluid & adaptable!

## Stale Bread :

### Garlic Bread

**Ingredients:** Stale Bread, Garlic, Butter, Veg Oil

**Directions:** Melt some butter & oil, add crushed garlic. Dip stale bread into the mix and then grill until crisp!



**Bread Pudding**  
**Ingredients:** Stale Bread, Sugar (to taste), Milk, Eggs, Cinnamon, any fruit that is turning - chopped into pieces, Butter

**Directions:** Mix together milk, egg, sugar, cinnamon. Add bread into mixture, layer in fruit, put some butter + sugar on top. Bake until brown.

## Leftover Potatoes :

### Potato Cakes

**Ingredients:** Leftover potatoes, Onion/scallion/garlic (your choice), salt, pepper, cooking oil, (optional breadcrumbs, egg)

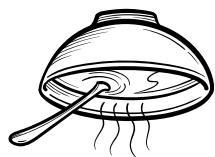
**Directions:** Mash potato, combine in with onion/scallion/garlic. Add salt & pepper to taste (optional - add some breadcrumbs and an egg). Make patties. Shallow Fry until crisp on both sides. Delicious!

## Meat & Veg :

### West Cork Mulligavanny Soup

**Ingredients:** Pieces of leftover veg & mixed meats, chopped onion, garlic, cayenne pepper, other herbs/spices as desired, stock, leftover rice/pasta (optional)

**Directions:** Add all to stock. Cook and adjust flavor to taste!



## Bone broth soup

**Ingredients** - Chicken bones, stale bread, leftover vegetables, garlic, herbs of your choice.

**Directions** - Simmer bones for about 12 hours. Take bones out, use as stock with leftover vegetables. Add cubed, fried

stale bread (see garlic bread), garlic & herbs. Freeze any use' sized containers or in ice cube trays.