

cube trays.

use, sized containers or in ice

leftover bone broth in, easy to

garlic & herbs. Freeze any

stale bread (see garlic bread),

vegetables. Add cubed, fried

use as stock with leftover

about 12 hours. Take bones out,

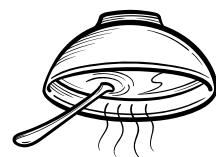
Directions - Simmer bones for

garlic, herbs of your choice.

stale bread, leftover vegetables,

stale bread - Chicken bones,

Bone broth soup



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

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

West Cork Mulligawney Soup

Meat & Veg :



created with
The Clonakilty Women's Shed
as a part of:



Waste not, want not
A whole community approach to food waste
VOICE

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

www.voiceireland.org/wastenotwantnot

allison@voiceireland.org

sides. Delicious!

Shallow fry until crisp on both sides. Make patties.

(optional - add some breadcumbs and an egg). Make patties.

Add salt & pepper to taste

Directions: Mash potato, combine

oil, (optional breadcumbs, egg)

choice), salt, pepper, cooking onion/scallion/garlic (your

choice), salt, pepper, cooking

Potato Cakes

Leftover Potatoes :

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!

top. Bake until brown.

Layer in fruit, put bread into mixture. Add

sugar, cinnamon, egg,

together milk, egg,

Directions: Mix

Butter

chopped into pieces,

that is turning -

Cinnamon, any fruit

taste), milk, eggs,

Bread Pudding

Ingredients: Stale

Garlic 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!

