



# A Special Cookbook



20 Secondary School of Chalkis



Erasmus+  
Ανοίγει δρόμους, αλλάζει ζωές.



Co-funded by  
the European Union

«Το σχέδιο 2024-1-EL01-KA122-SCH-000234595 συγχρηματοδοτείται από την Ευρωπαϊκή Ένωση. Το περιεχόμενο του υλικού (όπως δείχνει τύπου, ανατύπωση και δημοσίευση) είναι αποκλειστική ευθύνη του δικαιούχου 2ο ΗΜΕΡΗΣΙΟ ΓΥΜΝΑΣΙΟ ΧΑΛΚΙΔΑΣ και ούτε η Ευρωπαϊκή Επιτροπή ούτε η Εθνική Μονάδα Συντονισμού Erasmus+ IKY είναι υπεύθυνες για τη χρήση που μπορεί να γίνει των πληροφοριών που αναφέρονται.»

# Managing Foodwaste

Recipes  
for  
Waste  
Reduction



Erasmus+



# Recipes for Leftovers

About one third of all the food produced for human consumption is lost or wasted.

North America, Europe and industrialised Asia are the biggest contributors to food waste.

South and Southeast Asia is where we find the least waste.

A lot of food is wasted when it is grown, sold or eaten, but the biggest source of food waste is consumers. In the USA 31% of the food bought in households is never eaten.

In the European Union according to 2020 data, the average European inhabitant produces 70 kilos of discarded food per year and households are the main contributors to food waste.

---

Making sure we eat all of the food we prepare is an important way to reduce waste, conserve resources, and save money. Start showing your **left overs** some **love** today.

Have fun!



# Left over meat with Lemon - Mustard Sauce



Greeks love to eat grilled meat so they often have barbeques, especially in the summer, when eating outdoors is very common. so we often end up with a lot of leftover grilled meat.

## Method

1. Sauté the onions and garlic in the olive oil, add the wine and the mustard.

2. Add the grilled meat, some water, salt, pepper, thyme and the green peppers and let it simmer for 15 -20 minutes.

3. Add the lemon juice with the corn starch and stir.

## Tip

You can serve with a side dish of mashed potatoes, pasta, rice or roast potatoes

## Ingredients

- 1 kg of left over meat
- 1 chopped onion
- 2 -3 cloves garlic
- 2 diced green peppers
- ½ glass of olive oil
- 1 glass of white wine
- Juice of 1 lemon with 1 teaspoon corn starch
- 2 tbsps mustard
- Thyme , oregano
- Salt and pepper

# Lettover meat with Lemon - Mustard Sauce



# Lettover Roast Meat with Greens



Another idea for leftover grilled meat.

## Method

1. Sauté the meat, the green vegetables and the spring onions in the olive oil.

2. Add a little water, salt and pepper.

3. Simmer for a few minutes and add the lemon juice.

## Ingredients

- Leftover meat (in room temperature)
- Olive oil
- Leafy greens (endives, dandelions, lettuce, etc)
- Spring onions
- Lemon juice
- Salt and pepper



# Lettover Roast Meat with Greens



# Pitogyro (Meat in Pita Bread)



*What about this idea?*

## Method

1. Put some olive oil in a deep trying pan.
2. Add the meat and all the other ingredients and let it simmer on low heat for 10 –15 minutes.
3. Let the mixture cool and roll into the tortillas or pita bread together with some French fries.

## Ingredients

- Small pieces of leftover meat
- 1 sliced onion
- 2 sliced tomatoes
- 3 -4 tbsps mustard
- 3 –4 tbsps white vinegar
- 5 –6 slices of pita bread (you can also use tortillas)
- French fries



# Pitogyro (Meat in Pita Bread)



# Omelette in the Oven with Leftover Potatoes



Potatoes are a very common side dish, as they pair well with meat. Here are a few things you can do if you have leftover boiled, fried or roast potatoes.

## Method

1. Beat the eggs with the milk and add the potatoes, the ham and the mushrooms

2. Add salt and pepper.

3. Pour the mixture

4. Oil a baking tray and bake the omelette in the oven.

## Ingredients

- Diced leftover roast / fried potatoes
- 100 gr sliced mushrooms
- 2 –3 slices of turkey, ham or luncheon meat in small pieces
- 5-6 eggs
- 2 –3 tbsps milk
- Salt and pepper

# Omelette in the Oven with Leftover Potatoes



# Patatou (Roast Potatoes with Sausages)



Another idea for leftover  
boiled potatoes.

## Method

1. Slice the potatoes and place them on an oiled baking tray.
2. Sauté the sausages and mushrooms in a pan and add rosemary.
3. Add them to the potatoes and place the grated cheese on top.
4. Pour in the cream and sprinkle with paprika
5. Put it in the oven, at 180C for 10-15 minutes, until golden.

## Ingredients

- 2 large boiled potatoes
- 200 gr sliced sausages
- 200 gr grated smoked cheese
- 250 gr sliced mushrooms
- 200 gr cream
- 2 -3 tbsps olive oil
- Some paprika
- Salt and pepper
- A little rosemary



# Patatou (Roast Potatoes with Sausages)





# Skordalia (Garlic Dip)



Do you have leftover bread in your kitchen that you don't want to go to waste? Put your worries to rest; bread can be reused in many creative ways. Here are a few of them

## Method

1. Soak the bread in water.
2. Then squeeze to drain the water
3. Put it in the blender with all the other ingredients.
4. Mix until you get a soft cream.

## Tip

*It pairs well with cod and fried courgettes.*

## Ingredients

- 4 –5 slices of stale bread
- 2 –3 cloves of garlic
- 3 tbsps olive oil
- 1 tbsp vinegar
- salt

# Skordalia (Garlic Dip)



# Papara (Bread soaked in milk)



*This is what the older generations of Greeks had instead of breakfast cereal.*

## Method

1. Dice the bread and put it in a large bowl.
2. Add milk and sugar
3. Try it instead of breakfast cereal, it's more filling and neatny

## Ingredients

- Stale bread
- Milk
- Sugar

## Tip

You can also add cocoa or cinnamon if you like.

# Papara (Bread soaked in milk)



# Croutons



*Another smart idea!*

## Method

1. Spread the pieces of bread on a baking tray
2. Sprinkle with a little water
3. Then sprinkle with salt, olive oil and oregano
4. Roast until they turn golden at 180C.

**Tip**

You can add them in salads or soups.

## Ingredients

- Diced pieces of stale bread
- Olive oil
- Salt
- Oregano



# Croutons



# Leftover Cheese



*If you are left with small pieces of cheese that you can not eat...*

## Method

1. melt them in a frying pan with some butter
2. Add some milk
3. Stir the mixture until the cheeses are melted
4. Add some pepper and nutmeg

## Tip

Use the mixture as a delicious sauce for pasta.

## Ingredients

- Small pieces of cheese
- Butter
- Milk
- Pepper
- Nutmeg

# Leftover Cheese



# Leftover Spaghetti



*Don't waste your leftover spaghetti...*

## Method

1. Sauté the leftover spaghetti in very hot olive oil.
2. Add the grated cheese, sprinkle with pepper and oregano.
3. Serve warm.

## Ingredients

- Leftover spaghetti (at least one portion)
- Grated mizithra cheese (or any type of hard goat cheese)
- Pepper
- Oregano (if you like the taste)



# Leftover Spaghetti





# Vegetable Soup



Most vegetables taste great when grilled or roasted, so this is an excellent way to use left over veggies.

## Method

1. Boil the vegetables and then mash them in the blender.
2. Put back in the pan and add a little yoghurt, cream or grated cheese.
3. Add salt, pepper and a little mustard

You've got a delicious  
velouté soup!

## Ingredients

- A little broccoli
- a couple of carrots
- an onion
- a couple of potatoes
- Grated cheese
- cream or yoghurt
- Salt, pepper, mustard

# Vegetable Soup



# Marmalade with Leftover Fruit



*If you have cut up fruit that you cannot eat, don't throw it away.*

## Method

1. Weigh the fruit and add 150 grless sugar.
2. Boil until they become marmalade.

## Ingredients

- Diced leftover fruit from the weekly groceries.
- Sugar

# Marmalade with Leftover Fruit



# Fresh Fruit with Yoghurt and Honey



*Another delicious really  
simple idea for leftover  
fruit:*

## Method

1. Put leftover diced fruit in a large bowl add yoghurt
2. Add yoghurt
3. Add a large helping of noney and some nuts if you wish.

## Tip

This is a delicious  
and healthy  
dessert or snack.

## Ingredients

- Diced leftover fruit.
- yoghurt
- Honey
- Some nuts



# Marmalade with Leftover Fruit



# Make tomato powder



## Method

1. Take 1 cup tomato peels and sundry them by spreading them over a tray
2. Grind them into a fine powder
3. Add 1 tea spoon garlic powder along with 1 tea spoon red chili powder

## Tip

Store this powder and add it to soups, stews or even salads to add tomato flavour and colour

## Ingredients

- 1 cup tomato peels
- 1 tea spoon garlic powder
- 1 tea spoon red chili powder

# Make tomato powder



# Chips from potato peels



## Method

1. Wash the potato peels, place them in a bowl of water and leave in the refrigerator for one hour.
2. Drain the peels very well and season with salt and pepper.
3. In a pan, add the sunflower oil. Once the oil is hot, add a few of the peels and fry for 30 seconds. Remove the peels and place them on a plate with paper towels to drain well.
4. Serve and sprinkle with fresh oregano, cumin and salt.

FROM:

Kavari Nima, refugee  
student from Afghanistan

## Ingredients

- 1 cup potato peels
- salt and pepper
- fresh oregano
- cumin

# Chips from potato peels





# Sorbet from lemon peel



## Method

1. Remove the peels from the lemons and boil them for two to three minutes.

2. Repeat the procedure two more times.

3. Then put the boiled peels in a blender with sugar and water and blend for 1 minute.

4. Then put the mixture in the freezer.

FROM:

Yosouf Royat – Tung, refugee student from Turkey

## Ingredients

- 1 cup lemon peels
- sugar

# Sorbet from lemon peel



# Cake with Orange Peel

**TIP!**

Don't throw orange peels away!

Wash them, grate them and add the grated peels to the cake batter.

Your cake will be even more delicious!!

**FROM:**

Imam Zanda Yasar, refugee student from Afghanistan



# Cake with Orange Peel



# Pickles from leftover salad



## Method

1. Cut the salad into small pieces
2. Put it in a jar
3. Add salt, lemon and vinegar and close it airtight
4. Keep it closed for a week.

FROM:

Subi Tami, refugee student  
from Turkey

## Ingredients

- Leftover salad
- Salt
- Lemon
- Vinegar



# Pickles from leftover salad



# Sources

- ♦ <https://www.seattle.gov/utilities/protecting-our-environment/sustainability-tips/waste-prevention/at-home/stop-food-waste>
- ♦ <https://www.vecteezy.com/vector-art/>
- ♦ <https://www.chefspencil.com/tigania-greek-pork-with-lemon-mustard-sauce/>
- ♦ <https://www.argiro.gr/recipe/choirino-frikase/>
- ♦ <https://www.reporter.gr/Eidhseis/Oikonomia/576765-Akribo-edesma-kai-to-soyblaki-Xeperna-kai-ta-%E2%82%AC4-sta-nhsia>
- ♦ <https://pngtree.com/>
- ♦ <https://www.allrecipes.com/recipe/15051/baked-omelet/>
- ♦ <https://www.youtube.com/watch?v=OkPeXdyIlvg>
- ♦ <https://www.foodbymaria.com/skordalia/>
- ♦ <https://cookpad.com/gr/sintages/6999843-almuri-papara-me-gala-kai-zumoto-psomi>
- ♦ <https://mamatsita.com/2014/11/12/makaronada-skordati/>
- ♦ <https://tasteofmaroc.com/moroccan-pureed-vegetable-soup/>
- ♦ <https://gr.dreamstime.com/>
- ♦ <https://glutenfreeandmore.com/blog/2014/06/simple-fruit-herb-jam-recipe.html>

# Sources

- <https://depositphotos.com/>
- <https://tsanos.gr/syntages/savoury-recipes/pos-na-ftiaxoyme-ta-kalytera-kroyton-apo-to-perissio-psomaki/>
- <https://www.in.gr/2018/07/11/life/geysi/saltsa-apo-tyri-tsentar>
- <https://www.thatslife.gr/gourmet-2/cooking-tips-gourmet-2/oi-pio-lachtaristoi-syndyasmoi-gia-na-synodefsoume-to-giaourti-mas/>
- <https://www.ebay.co.uk/itm/186096678380>
- <https://thomassixt.com/recipe/potato-skins/>
- [https://celebrate-creativity.com/my\\_weblog/2023/07/lemon-sorbet.html](https://celebrate-creativity.com/my_weblog/2023/07/lemon-sorbet.html)
- <https://www.vecteezy.com/vector-art/2238315-lemon-with-leaves-from-a-splash-of-watercolor-hand-drawn-sketch-vector-illustration-of-paints>
- <https://in.pinterest.com/>
- <https://www.southernliving.com/pickle-jar-tomato-cucumber-salad-8697956>
- <https://www.kitchensanctuary.com/orange-drizzle-cake-candied-orange-peel/>

# Managing Foodwaste

Yum





**Erasmus+**  
Ανοίγει δρόμους, αλλάζει ζωές.



**Co-funded by  
the European Union**

«Το σχέδιο 2024-1-EL01-KA122-SCH-000234595 συγχρηματοδοτείται από την Ευρωπαϊκή Ένωση. Το περιεχόμενο του υλικού (όπως δελτίο τύπου, ανακοίνωση και δημοσίευση) είναι αποκλειστική ευθύνη του δικαιούχου 2ο ΗΜΕΡΗΣΙΟ ΓΥΜΝΑΣΙΟ ΧΑΛΚΙΔΑΣ και ούτε η Ευρωπαϊκή Επιτροπή ούτε η Εθνική Μονάδα Συντονισμού Erasmus+ IKY είναι υπεύθυνες για τη χρήση που μπορεί να γίνει των πληροφοριών που αναφέρονται.».



