

PRESTON WALKER'S

Top tips

FOR REDUCING FOOD WASTE IN A CARE KITCHEN

" Food waste is a challenge each and every kitchen faces. However, over my career, I have picked up some top tips for helping fellow chefs minimise waste where possible within a care kitchen and make the most of every ingredient. Working with Knorr Professional, I am happy to be sharing these top tips and inspiration on how you can cost-effectively save on food waste but also make menu items work harder for you. "



Tip 1:

ARE YOU SERVING THE RIGHT PORTION SIZES?

Once you get to know your residents, a great waste-saving tip is to ensure each portion size is appropriate for the individual, particularly considering this if they have a low appetite. Larger portions can be off-putting and overwhelming which will increase plate waste.

From my experience, I have seen that many people will be embarrassed to leave food on a plate, and so having overly large portions could impact resident self-esteem.

Portions should be appropriate to each resident and nutritionally boosted where necessary.

Tip 2: UTILISE ALL INGREDIENTS



Before you throw any food items away, double check that they cannot be used for anything else. For example, if you're peeling potatoes, consider what meals or snacks you could create using the leftover peels – home-style crisps or to blend into a soup?

A common tip for this that I've used many times in my care kitchen is saving cooked pastry off-cuts from pies and using them in texture-modified dishes. After trimming pastry from pies it can be processed to a fine crumb, then texturised with KNORR Professional Powder Bouillon to create IDDSI* Level 4 pastry purée for different dishes.

In order to ensure the pastry is not too sticky, I add in an onion purée – this makes it easier to comply with the IDDSI guidelines.

ONION PURÉE

INGREDIENTS

- 400g Onions
- 20g Rosemary
- 20g Thyme
- 15g Knorr Professional Garlic Purée
- 20ml Vegetable oil
- Salt and pepper, to taste

METHOD

1. Exclude the skin from the onion and garlic, then finely slice. Remove any tough stalks from the thyme and rosemary.
2. Heat a pan with the vegetable oil on a medium heat. Add the onion, garlic, thyme, rosemary and salt and pepper.
3. Sweat over a medium heat until soft and completely tender, stirring occasionally to ensure the onion doesn't stick to the pan. Continue to cook until onions are light brown and have a sweet, caramelised flavour.
4. Finely process in a blender until completely smooth, check seasoning then pass through a sieve to remove any lumps.

Pastry Purée

When puréeing I'm always looking to add in flavours to match the final dish. This recipe works brilliantly with a beef and onion pie, amplifying all the flavours you would expect!

INGREDIENTS

- Shortcrust Pastry (cooked)
- Knorr Professional Beef Powder Bouillon (per pack instructions)
- Onion purée (see separate recipe)
- Salt and ground white pepper

METHOD

1. Blend the cooked pastry to a fine crumb.
2. Continue to blend and add the onion purée and KNORR Professional Beef Powder Bouillon until a smooth texture is achieved.
3. Season to taste, then complete the IDDSI* spoon tilt test and fork drip test to check consistency.

*Visit the IDDSI website to check how to test different levels of purées

Tip 3: HAVE A HARD-WORKING MENU

Make sure that the menu items you're choosing are hard-working and flexible, this will save in kitchen complexity and mean you're getting the most out of each ingredient you purchase. Use dish components from menus to create snacks or treats for in-between meals – menu items can be incorporated into different snacks throughout the week.

For example:

Beef bolognese could be used for a jacket potato topping the following evening.

Whipped cheesecake filling makes a great snack piped into small dishes with fruit purées as a simple snack between meals.

Roast meats can be used for sandwich fillings, pasta dishes and salads.

Unused vegetables can be used in soups. Tasty and comforting soups are great way to use vegetables and other ingredients you have lying around in the kitchen. Using a core base ingredient, like Knorr Professional Bouillons mean you can achieve great flavour soups with few ingredients.

Used day-old bread crusts to make crusts and toppings for a whole host of dishes such as garlic breadcrumbs for mac and cheese, baked vegetable dishes and herb breadcrumbs for fish and chicken.

This is an easy dish that can be created in the kitchen within a matter of minutes. It's versatile and can act as a great starter or evening meal option.

Creamy Chicken Penne Pasta

INGREDIENTS

- 1.3kg Penne pasta, cooked
- 500g Chicken, cooked, skin and bone removed
- 600g Double cream
- 300g Water
- 200g Mushrooms, sliced
- 200g Spinach
- 150g Peas
- 150g Sundried tomatoes
- 100g Parmesan cheese
- 30g Knorr Professional Chicken Bouillon Paste
- 20g Butter
- 15g Garlic paste
- 3g Lemon Juice
- Salt and pepper, to taste

METHOD

1. In a pan heat the butter and fry the mushrooms for 2 minutes until golden brown.
2. Add the cream, water, garlic paste and KNORR Professional Chicken Bouillon Paste together and bring to the simmer.
3. Add the chicken and gently cook for a couple of minutes to heat the chicken.
4. Add the pasta, peas and sundried tomatoes and continue to cook reducing the sauce so it coats the pasta.
5. Remove from the heat and stir in the baby spinach and Parmesan cheese.
6. Season to taste with lemon juice, salt and pepper.



This is a simple yet delicious herb breadcrumb recipe

Herb Breadcrumb



INGREDIENTS

200g Parsley
20g Thyme sprigs
20g Rosemary sprigs
2 Garlic cloves
300ml Olive oil
500g Breadcrumbs
20g Knorr Professional Vegetable Bouillon Powder
5g Cayenne pepper

METHOD

1. Remove the tough stalks from the herbs and roughly chop the herbs.
2. Combine all the ingredients except the olive oil and blend together to a fine green crumb.
3. Gradually add the oil to slightly bind the crust.
4. Season to taste with KNORR Professional Vegetable Bouillon Powder and cayenne pepper.

Chef Tips

Discarded herb stalks can be used in soups or sauces.
Herb crust can be stored in the freezer for future use.

Tip 4:

USING LEFTOVERS TO CREATE DELICIOUS SOUPS!



As chefs, we know that sometimes fresh produce can go to waste due to not being used before spoiling. A top tip of mine to reduce this is to look at what potentially might go to waste, and before it spoils see if I can create a simple soup.

For example, if you over ordered carrots, why not cook down and blend with Knorr Professional Vegetable Powder Bouillon to create a deliciously comforting soup?

This could be applied and adapted to most vegetables!

Knorr Professional is a great base product to have in your kitchen, it can take the simplest ingredients and enhance them to create great tasting soup dishes, delivering a depth of flavour with ease.