

KATH BRECKON'S

# Top tips

## FOR REDUCING FOOD WASTE IN A SCHOOL KITCHEN

“ Having worked in school catering for over 30 years, I have seen first-hand how much food can go to waste. Because of this, throughout my career, I have been working to create flavoursome, healthy and enjoyable dishes while actively maximising ingredients and reducing food waste. Therefore, I am thrilled to be working with Knorr Professional to share some of my top tips when it comes to reducing waste in school kitchens. ”



### Tip 1:

#### TAKE REGULAR NOTE OF YOUR STOCK

Know what is in your storeroom, fridges and freezers. This will help you to only order what you need, help with stock rotation, and keep stock within its best before/use by dates.

**TOP TIP:** keep large food orders to the first week of each term and order smaller amounts on the following weeks. This helps keep your stock down for easier stocktake and also helps reduce food waste as you know you are using stock items within their best before/use by dates.

## Tip 2: MAKE THE MOST OF YOUR PEELINGS



### DID YOU KNOW?

Potato skin can have up to **12 times** more antioxidants than the flesh alone

#### TO PEEL OR NOT TO PEEL...

Do you really need to peel those potatoes or vegetables? For example, roast potatoes look & taste great with the skins left on. This will provide extra fibre, vitamins & minerals which we would normally waste by peeling.

#### MAKE MORE FROM YOUR PEELINGS

Vegetable peelings, especially carrots, courgettes, butternut squash or pumpkin can be finely chopped and added to cake mixes or stir-fries. It's amazing where you can hide added vegetables and nutrients into dishes.

Potato peelings are brilliant for making homestyle crisps, baked with a drizzle of oil and topped with a season from the Knorr Professional Powder Bouillon range – you can't go wrong!

## Tip 3: MAKE YOUR STAPLE INGREDIENTS WORK HARDER

#### MAKING EGGS GO FURTHER

If you have any spare eggs left before the end of term, don't waste them! Make some wholesome favourites such as a sponge, traybake or a batch of Yorkshire Puddings. Simply freeze them ready to use the next term.

Remember to clearly label with the correct allergen information, date made and date frozen. This will not only help you reduce your food waste, but will also save you prep time in the new term.

#### USE LEFTOVER BREAD FOR BULK AND FLAVOUR

Bread is such a versatile ingredient, if you have any leftover then make sure you freeze and label with the correct allergen information – this can then be saved to use at a later date. I often blend mine with Knorr Professional Powder Bouillons to make breadcrumb toppings for Mac and Cheese, vegetable bakes and pasta bakes. The addition of Knorr Professional Bouillon to the mix gives an extra layer of flavour to the dish.





## Tip 4:

### TURN YOUR LEFTOVER VEGETABLES INTO MORE

If you have veggies left over that haven't been served as part of lunch, don't worry there's still time to turn them into something delicious.

Add some extra flavour to your lunch and turn your leftover vegetables into flavoursome chutneys, marmalades or salsas. They can also be pickled to add another flavour to any dish, why not try blend it into a pasta sauce?

Another option is to use them in curries, stews or pies to bulk out your dish and add nutrients. Simply add them to the end of the cooking time for an easy waste saving habit.

## THE BOUILLON

# Base

Built on a foundation of culinary excellence that spans decades, Knorr Professional Bouillons are trusted by chefs for consistency, depth of flavour and versatility. Never standing still, we continue to be the best by working with not only the best ingredients but the best chefs in the business.

We've teamed up with some of the best chefs in the business to bring you advice, skills tutorials, insight and menu inspiration that's tailored to your sector of foodservice.

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