

CORNERSMITH

Waste Free recipes from Cornersmith

WASTE FREE PINEAPPLE

Pineapple Cake (gluten free)

A real favourite from our café!

- 1 pineapple
- 150g almond meal
- 250g desiccated coconut
- 1stb baking powder
- 6 eggs
- 250g caster sugar

Preheat oven to 160 C and line a 30cm loaf tin with baking paper.

Take the skin off the pineapple and set aside, cut the flesh and core into small cubes and blitz them in a food processor until smooth. You'll need 400g of pineapple puree for the batter.

Whisk together almond meal, coconut and baking powder in a large bowl and set aside. Then in a stand mixer with the whisk attachment, mix eggs and sugar on medium speed until pale and fluffy (alternatively you can do this in a large bowl with a hand whisk). Add in the pineapple puree to the egg mix and whisk for another minute. Slowly add in dry ingredients in batches, whisking well after each addition. Pour mixture into prepared cake tin and bake for 50- 60min, or until golden brown. Leave the cake to cool in the tin on a wire rack for ten minutes before turning out. Can be served straight away or will keep in the fridge for up to a week. Best served warmed or toasted with pineapple skin syrup, toasted coconut and yoghurt.

Pineapple hot sauce

This recipe is also great with peaches and green tomatoes. If you are using pineapple, make sure you save the skins for pineapple skin syrup.

Make this as hot as you like, start with 6 chillies and then add more if needed

50-150 g long red or green chillies
35 g ginger, grated
2 garlic cloves, grated
zest and juice of 1 lime or lemon
800g of skinned pineapple chopped into 3 cm chunks, or use
Peaches
Mangoes
Green tomato
1 cup apple cider vinegar
3 tablespoons caster sugar
1 tablespoon salt

Place the chilli, ginger, garlic, lime or lemon zest into the food processor and blitz to a paste. With the motor running slowly pour in the lime or lemon juice.

Add half the chopped pineapple and blitz until smooth, then add the remaining pineapple and blend again to form a smooth paste.

Pour the paste into a saucepan and stir through the vinegar, sugar and salt. Bring to a gentle simmer and cook 15-20 minutes, until you have a thick sauce.

Pour the sauce into sterilized bottled and keep in the fridge for up to 8 weeks.

Pineapple skin syrup

Place washed and roughly chopped pineapple skins and core in a saucepan with 2 cups water, 1 cup caster sugar, 1 star anise, 4 all spice berries, 2 cloves, and ¼ teaspoon black peppercorns. Set over a low heat and simmer for 15-20 minutes, then strain. If you want a thicker syrup, place it back on the heat and reduce further. Pour into a clean jar or bottles and store in the fridge for up to 1 month.

WASTE FREE SALAD GREENS AND SOFT HERBS

Soy pickled lettuce

Inspired by the Korean condiment, this is a great recipe to use up excess lettuce and it even works with tired lettuce. It takes only 15 minutes to make and is best served with stir fries, grilled fish, fried rice and noodles.

Put 4 cups of chopped lettuce (cos are iceberg work the best) into a bowl and sprinkle with 1 tablespoon of sugar and 1/2 teaspoon of salt and let sit for 10 minutes or so. In a jug mix

1/3 cup of soy and 1 tablespoon of rice wine or apple cider vinegar, two teaspoons of grated ginger and a pinch of chilli flakes and mix well.

Over the sink, use your hands to squeeze out moisture from the lettuce. You can be quite rough with it! Put the lettuce into a jar or container and cover with soy/vinegar mixture, pressing down the lettuce to ensure it is completely covered in liquid. This is ready in 15 minutes, but will be even better in a few days time. Store in the fridge for up to a month or more.

Chimichurri

Is an Argentinian herb sauce used in cooking and as a table condiment for grilled meat. At Cornersmith we make a version when we have a big load of coriander, dill and parsley herb stems that we don't want to throw out. Drizzled over roasted vegetables, to marinate chicken in or serve with grilled fish. Add a few tablespoons to a salad dressing for your next slaw.

Place 80 g herb leaves and stems in a food processor with ½ teaspoon cumin seeds, 1 chopped garlic clove, 2 tablespoons red wine vinegar, ¼ teaspoon salt, and a pinch of chilli flakes. Blend into a paste, then with the motor running, add 100 ml olive oil until combined. Pour into a jar or container, cover with oil and seal. Store in the fridge for up to 2 weeks.

WASTE FREE BREAD

Crackers from old bread

Transform inedible old bread into the best crackers for cheese and dip. Preheat oven to 120 degrees. Slice stale bread into 1 centimetre slices and set aside. Mix 2 tablespoons of olive oil, a teaspoon of salt and 2 teaspoons of dried herbs such as rosemary. Brush each side of the bread with the oil mix and place on a baking tray. Dry in the oven for 30- 40 minutes until the bread is crisp. Store in an airtight container for 3 days.

Croutons

Another way to use up stale bread is to turn them into crispy fried croutons for salads, soups and snacks.

Preheat the oven to 180°C (350°F/Gas mark 4). Heat in a frying pan over 3 minced garlic cloves and cook, stirring, for a few seconds making sure the garlic doesn't burn. Throw in 1–2 cups (50–100 g) bread chunks and a good sprinkling of sea salt, then stir well to coat the bread in the garlicky salty oil. Once the bread is starting to crisp, transfer to a baking tray and bake for 3–5 minutes, until crisp but not hard. Allow to cool completely, then store in an airtight jar or container for 3 days.