

Scottish households waste around £410 of food a year.

Wasted food is not only a waste of money, it's also a major contributor to climate change.

For handy hints, tips and recipe ideas, or to share your ideas to reduce food waste, visit us online at:

www.wasteawarelovefood.org.uk

**LOVE
FOOD**
hate waste

TIP ONE

Buying seasonal food is another way to reduce food waste.

TIP TWO

To freeze berries, spread them out on a baking tray and then bag them when they are frozen. This stops them sticking together.

TIP THREE

Berries make a great filling for a baked apple or hot puddings like crumbles.

 **Waste Aware
Scotland**



Berry Fruit Coulis *by Berry Scotland*

350g mixed berries, fresh or defrosted
2 tablespoons caster sugar

1. Blend the fruit, sugar and a little water with an electric whisk or food processor.
2. Sieve the mixture into a saucepan, using a wooden spoon to press through all the fruit until there are only seeds left in the sieve.
3. Bring to the boil for one minute until smooth and glossy.
4. Cool then refrigerate. Serve with fruit or ice cream of your choice.



Blairgowrie Summer Fruits Gratin *by Tom Kitchin, Chef*



100g Perthshire raspberries
100g Perthshire brambles
100g Perthshire strawberries
100g Perthshire blueberries
300ml red fruit coulis
3 egg yolks
3 tbsp white wine
100g caster sugar

1. Warm red fruits in red fruit coulis and transfer to a baking dish.
2. Beat egg yolks, white wine and sugar until creamy and thick.
3. Pour over warmed fruits and grill until golden.
4. Serve with vanilla ice cream.

You can use your leftover egg whites to make delicious meringues.

Recipes and tips

If we stopped wasting our food it would be the same as taking 1 in 4 cars off the road.

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TIP ONE

A handful of berries is equal to one of your five portions of fruit and vegetables a day.

TIP TWO

Strawberries are best frozen when covered in a berry puree or when pureed themselves.

TIP THREE

For the freshest berries why not visit your local farmers' market or pick your own.



Dark Chocolate Raspberry Tart with Crème Fraiche

by Martin Wishart, Chef

Serves approx 6

Pastry base

300g plain flour
90g icing sugar
105g butter
1 egg

Chocolate tart mix

200g fresh raspberries
300g dark chocolate (60% cocoa solids)
100g milk
270g double cream
1 egg

1. Mix the icing sugar and butter together until pale in colour. Add the flour a little at a time. Add the egg and mix until it all comes together as a dough. Wrap the pastry in cling film and rest in the fridge for 2-3 hours.
2. Roll pastry out to about 3 mm in thickness. Prick the pastry with a fork and line tart rings (9.5cm wide and 2.5cm deep). Bake 'blind' in an oven at 190°C for 8-10 minutes.
3. Put the milk and cream into a pan and bring to the boil. Add the chocolate using a whisk, mix until the chocolate melts completely. Beat the egg into the chocolate mix whisking vigorously.
4. Place 8-10 whole raspberries in each pastry case and then pour the warm tart mix into the moulds. Bake in an oven at 150°C for around 8 minutes. When cooked the mix should set like a custard and have a smooth shiny surface.

To serve the tart

Once cool, remove the tart ring, dust with some icing sugar and top with crème fraiche and fresh mint.



Recipes and tips

In Scotland, we throw away a third of the food we buy – over half of this could have been eaten.

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TIP ONE

Scottish strawberries are in season from May to September and other berries from June to August.

TIP TWO

Store your berries in the fridge but take out at least 30 minutes before serving to enjoy their flavour at its best.

TIP THREE

Yoghurt and chopped berries make a delicious and healthy snack.



Strawberry Smoothie by Berry Scotland

Serves 6

8 strawberries

2 bananas

700ml semi-skimmed milk

200ml low fat strawberry yoghurt

6 ice-cubes

1 teaspoon honey (optional)

1. Place the ice-cubes in a blender then add all the fruit. Blend for approximately 5 seconds.
2. Add the milk and yoghurt. Blend for approximately 5-15 seconds depending on how smooth you like it.
3. Pour into tall glasses and serve with a straw.



Iced Berries with White Chocolate Sauce by Nell Nelson, Food Writer

Serves 4

"This is a wonderful pud that is so easy to make and you can have all the ingredients in your store cupboard - if you can resist the white chocolate!"

Nell Nelson

400g white chocolate

400ml double cream

750g frozen red and blackberries

1. Melt chocolate and double cream in a double boiler until molten.
2. Take berries out of the freezer five minutes before serving and divide into four bowls. Pour hot white sauce over berries and serve.



Buying seasonal food is just one of the ways you can help reduce the amount of food waste you produce.

Seasonal best buys

The next time you are planning your food shopping why not take advantage of the fresh, Scottish seasonal produce on offer. Seasonal food tends to be fresher and tastier. What could be more delicious?

Make the most of food in season by visiting www.wasteawarelovefood.org.uk for delicious hints, tips and recipe ideas from Scotland's top chefs and food writers.

www.wasteawarelovefood.org.uk



Why not visit your local farmers' market or farm shop this summer? They offer a variety of locally grown food, fresh from the producer.

TIP ONE

Your local bakers, butchers, delis, greengrocers and fishmongers all offer a range of local, seasonal produce.

TIP TWO

Look out for Scottish seasonal produce at your local supermarket.

TIP THREE

Simple Steps to Reduce Food Waste

Planning

Planning your meals and food shopping is a great way to get organised in the kitchen and avoid food waste.

Storage

Knowing how food waste should be stored and how long it can be stored for, means you can always enjoy your food at its best.

Portioning

Thinking about your portions sizes is a great way to help you plan how much food you need and avoid cooking too much.

Recipes

Love food? Love your leftovers as well. There are lots of ways to make delicious meals from leftovers. Visit our website for recipe ideas.

www.wasteawarelovefood.org.uk



PLANNING

Take five minutes to think about the meals you would like for the week ahead.

STORAGE

Try rotating the food in your cupboards, fridge and freezer so you don't forget what food you have at the back.

PORTIONING

Try buying your fruit and vegetables loose so you can buy exactly how much you need.

RECIPES

There are lots of ways to make delicious meals from leftovers. Visit our website for recipe ideas.