

HELLO!

ENTERTAINING

Good to the last bite

Make the most of leftovers – and what’s already in your fridge and pantry – with these simple and delicious zero-waste recipes

Avocados, like apples and pears, are subject to oxidation and browning. If you are preparing these items ahead of time, place them in a large bowl of water with the juice of a lemon or lime.

AVOCADO BOATS WITH TURMERIC AIOLI

Makes 4 boats

INGREDIENTS

Turmeric Aioli

- ¼ cup mayonnaise or 1-Minute Mayo (below)
- 1 tbsp lemon juice, apple cider vinegar or white wine vinegar
- ½ clove garlic, minced
- 1 tbsp fresh finely chopped turmeric or 2 tsp ground turmeric
- salt and pepper

Roasted Veggies

- chopped vegetables (1 cup per person)
- oil to coat
- salt and pepper

1-Minute Mayo

- 1 egg
- 2 tsp white wine vinegar or fresh lemon juice
- 1 tsp Dijon mustard
- ½ tsp salt
- pepper
- 1 cup neutral-flavoured oil

Avocado Boats

- 1 cup each chopped grilled shrimp, and chopped grilled and roasted veggies
- ½ cup chopped fresh tomato
- zest and juice of half a lime
- 2 tbsp extra-virgin olive oil or avocado oil
- salt and pepper
- 2 just ripe avocados, cut in half and pit removed
- 4 leaves of leaf lettuce

Optional Garnishes

- 2 tbsp chopped cilantro, basil or parsley
- 2 tbsp seeds or chopped nuts

- 1. For the aioli:** In a medium-size bowl, combine all of the ingredients.
- 2. For the avocado boats:** In a medium-size bowl, combine the shrimp, veggies, tomato, lime zest and juice, and oil. Then season with salt and pepper to taste.
- 3. For the mayo:** Place the egg, vinegar, mustard, salt and pepper in a food processor or blender. Pulse a few times to combine. While the blender or food processor is running, slowly add the oil in a steady stream and count to 30 seconds or until the oil is completely emulsified and you have a thick, creamy mayo. Taste and adjust the seasoning, if necessary.
- 4. For the roasted veggies:** Preheat the oven to 425° F. Line or grease a baking sheet. Toss the vegetables in just enough oil to lightly coat. Then season with salt and pepper and add any other optional seasonings to taste. Transfer to the baking sheet and space out the vegetables so there is no overcrowding. Roast until the vegetables are tender and golden, about 20 minutes.
- 5. Take each avocado half,** and with your fingers carefully peel off the skin. Avocados that are just ripe will still be a little stiff and not too soft, so this will be easy. If your avocado is fully ripe and possibly a little on the mushy side, you can simply scoop out the avocado half with a large spoon.
- 6. Portion the stuffing on top of each avocado boat** (it may be overflowing) and place each boat on a lettuce leaf. Garnish, if desired.
- 7. Serve with the Turmeric Aioli or drizzle with your favourite salad dressing or a few dashes of hot sauce.**



CROQUETTES

Serves 6 (as a side)

INGREDIENTS

Béchamel Sauce

- 2 tbsp butter
- ½ onion or 1 shallot, finely chopped
- ¼ cup flour
- 1 cup milk or cream (any percentage of fat will do)

Filling

- 1½ cups mashed or riced potatoes (about 2 medium-size potatoes)
- 1 cup diced cooked protein
- pinch of ground nutmeg
- salt and pepper

Optional Add-Ins

- ½ cup finely chopped mushrooms
- ¼ cup shredded cheese
- soft herbs, chopped
- handful of chopped baby spinach

Crust

- 1 egg
- ¾ cup bread crumbs or Crispy Coatings (left)
- ¼ cup shredded hard cheese
- high-smoke-point oil, for frying

1. For the sauce: In a saucepan over medium heat, melt the butter. Add the onion and cook for about 3 minutes to soften. Stir in the flour until it absorbs the butter and let cook for 2 to 3 minutes.

2. While stirring, slowly pour in the milk until it fully incorporates and forms a smooth sauce. Reduce the heat if needed, and cook the sauce until it is thick and creamy.
- 3. For the filling:** Stir in the mashed potatoes, protein and nutmeg and season with salt and pepper. Stir in any optional add-ins. Transfer to a bowl or dish, cover and refrigerate until cold, a minimum of 2 hours. You can prepare the recipe up to this step the day before.
- 4. With floured hands,** shape 1 heaping tbsp of the mixture into a football-like round, and place on a tray or plate. Repeat.
- 5. For the crust:** In a small bowl, beat the egg. In another bowl, combine the bread crumbs and cheese. Dip each croquette in the egg, then roll in the coating, pressing the crumbs in. Fry right away or refrigerate for up to 12 hours.
- 6. To fry,** in a skillet over medium-high heat, preheat 1 inch of oil to 350° F. Measure the temperature with a thermometer or submerge the back of a wooden spoon into the oil. If the oil bubbles around the wood, it is ready.
- 7. Fry the croquettes in batches** to avoid overcrowding the pan (which reduces the temperature of the oil) until golden brown, 3 to 5 minutes on each side. Place on a paper towel-lined plate and serve warm.

CRISPY COATINGS FOUND IN UNUSUAL PLACES

Want to make fried chicken, fried onions or anything with a crispy coating but are out of bread crumbs?

Or maybe you're looking for a gluten-free option? Try these substitutions: cereal, crushed; chia seeds, whole or ground; coconut flour or shredded coconut; cornstarch, seasoned with salt, pepper, spices and/or herbs; crackers, ground or crushed; croutons, crushed; nutritional yeast; nuts or seeds, chopped or ground; oats, whole or ground; panko; Parmesan or pecorino cheese, grated; pork rinds, ground or crushed; potato or corn chips, crushed; potato flour; pretzels, chopped or ground.



In her new book, *Cook More, Waste Less*, Toronto food writer Christine Tizzard serves up 100 adaptable and leftover-friendly recipes, like a delicious pot roast that turns into a savoury pie or beefy black lentil stew, and a Maritime seafood chowder. Christine's tools and tips will help you save money and reduce your environmental impact while still bringing fresh and healthy meals to your family's table.



CUSTOM COLESLAW

Serves 6

INGREDIENTS
Not-so-Creamy Coleslaw Dressing

- ¼ cup oil
- 2 tbsp vinegar
- 2 tsp mustard or Dijon mustard
- 1 to 2 tsp sugar
- ½ clove garlic, finely chopped
- ¼ tsp celery seeds or dill seeds, or a handful of chopped celery tops/leaves
- salt and pepper
- ¼ cup chopped chives or green onions (optional)

- 1 to 2 tbsp chopped fresh soft herbs (optional)

Custom Coleslaw

8 cups shredded vegetables and/or their stems

- 1. For the dressing:** In a small bowl, whisk all of the dressing ingredients. Taste and adjust the seasoning.
- 2. For the slaw:** In a large bowl, add the shredded vegetables.
- 3.** Pour the dressing overtop and toss well.
- 4.** Taste and adjust the seasoning with salt and pepper.

For vanilla extract, you can substitute vodka with gin, brandy, rum or bourbon. You can also add a splash of one of these to the mix (just remember you've got to like the taste of the alcohol you use).



COCOROSE PUDDING

Serves 4 to 6

INGREDIENTS
Pudding

- 4 egg yolks (store egg whites for later use)
- ¼ cup cornstarch
- 1 cup light or table cream
- 1 14-oz can coconut milk
- ½ cup sugar
- pinch salt
- 1½ cups sweetened flaked or shredded coconut
- 1 tbsp pure vanilla extract

- 2 tsp rose or orange flower water
- 2 tbsp butter

Pure Vanilla Extract

- About 4 fresh vanilla beans and/or previously used and rinsed vanilla beans, cut lengthwise to expose seeds
- ½ cup unflavoured vodka (see substitutions above)

1. For the vanilla extract: Add the split vanilla beans to

- a clean bottle. Cover with vodka, using a funnel if necessary, and seal shut.
- Store in a cool dark place and shake daily for a minimum of 14 days.
- Use when needed, adding rinsed leftover pods from previous recipes and topping up with more vodka as it depletes.

4. For the pudding: In a medium-size bowl, whisk the egg yolks with cornstarch until well incorporated. Set aside.

- In a heavy-bottomed saucepan, combine the cream with the coconut milk, sugar and salt. Place over medium heat and bring to a bare simmer until the sugar has dissolved. Remove from the heat.
- Very slowly whisk 1 cup of the hot milk mixture into the egg yolk mixture to prevent curdling. Then add this back into the saucepan.
- Place back over medium heat, stirring occasionally to

- avoid burning on the bottom, until the mixture starts to simmer and thicken.
- Remove from the heat and whisk in the coconut, vanilla, rose water and butter. Transfer to a bowl to cool on the counter.
- Eat warm and creamy or transfer to small ramekins to cool in the fridge as pudding, or use as a pudding/custard filling for a cream pie, doughnuts, fruit tarts, etc.

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