

Food stylist Christine Tizzard spent years working on film and commercial sets and cringing at the food waste they produced. Her new book, *Cook More*, *Waste Less*, transforms those lessons into flexible recipes for thrifty, delicious meals.

Bong Bong Chicken

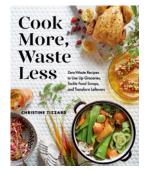
SERVES 4 The best way to rescue last night's leftovers is to send them to some faroff land where nobody will recognize them, in witness protection if you will. Here leftover roast chicken (but you could also use pork, duck or turkey) and cool crispy cucumber are smothered in a spicy Szechuan sauce that you can serve on top of simple greens or a sprout salad, nestle in lettuce cups, or roll up in corn tortillas.

BONG BONG DRESSING

- 1 clove garlic, finely chopped
- 1 tsp finely chopped or puréed fresh ginger
- 2 Tbsp red wine or rice vinegar
- 2 Tbsp toasted sesame oil
- 1 Tbsp chili oil or paste
- 6 Tbsp soy or tamari sauce
- 2 tsp ground or crushed Szechuan peppercorns
- 2 tsp sugar

BONG BONG CHICKEN

- 4 cups (about 1 lb) pulled cooked or roasted chicken (see substitutions)
- 2–3 green onions, chopped
 - 1 cucumber, cut lengthwise into 2-inch sticks



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OPTIONAL GARNISHES

- 1/4 cup chopped cilantro, mint, or basil
- /4 cup toasted sesame seeds
 Handful of peanuts,
 cashews, or any other
 nuts or seeds
 Handful of sprouts or
 microgreens e.g., pea
 shoots, alfalfa, bean,
 or broccoli sprouts

Step 1

For the Dressing: In a small bowl, whisk all of the dressing ingredients together. Taste and adjust the seasoning if necessary. If it's not sweet enough, add more sugar. If it's not spicy enough, add more chili oil.

Step 2

For the Chicken: Plate the salad by stacking pulled roast chicken and green onions on top of the cucumber sticks. Drizzle with the dressing and garnish to your liking.

Nan's Fish Cakes

MAKES 12 Newfoundland cod cakes were and still are a staple growing up on the East Coast of Canada. Traditionally made with salt cod and crumbled saltine crackers, now they have advanced to fresh cooked fish and potatoes. I'm picky about my cod cakes though, for two very specific reasons. They often have: 1) WAY too much potato and not enough fish. 2) Not enough seasoning, making for bland fish cakes. These down-home favorites, on the other hand, are

packed with fish seasoned to perfection—a match made in heaven for leftover fish and potatoes.

- 2 cups (about ¾ lb) cooked mashed potatoes
- 1/4 cup finely chopped onions
- 1/4 cup finely chopped celery tops
- 2 Tbsp chopped fresh parsley and/or parsley stems
- 2 Tbsp chopped fresh dill
- 1 tsp smoked paprika
- 1/8 tsp ground or freshly grated nutmeg
- 1 egg, beaten
- 2 good pinches of salt Pinch pepper
- Ib cooked boneless skinless salmon, cod, trout (any white fish really), flaked
- 1/4 cup oil or butter

OPTIONAL ADD-INS

2 tsp ground sumac Chili powder Citrus zest Favourite hot sauce

Step 1

In a large mixing bowl, combine the mashed potatoes with the onions, celery tops, parsley, dill, paprika, nutmeg, and any optional add-ins.

Step 2

Mix in the egg, salt, and pepper. Fold in the flaked fish.

Step 3

Using your hands, portion out about ¼ cup of the mixture. Form it into a fish cake about 2 to 3 inches in diameter and 1-inch thick and place on the baking sheet. Repeat with the rest of the mixture. If you have the time, place in the fridge for 20 minutes to allow them to firm up and hold their shape better during frying.

Step 4

Preheat a large cast-iron pan or sauté pan over medium heat. Add the oil and fry the cakes until well browned on both sides, 7 to 9 minutes total. Make your meal a real East Coast one and serve the fish cakes with some Chow Chow and Tartar Sauce.

The Great Risotto

SERVES 4 Not enough rice to make for your guests or family? Have a mishmash of assorted grains—some rice here, some farro there—hanging out in the back of your pantry? Here's the answer—a great risotto recipe you make with rice, farro, barley, or whatever grains you have!

- 4 cups vegetable, poultry, or meat stock
- 2 Tbsp olive oil
- onion or 2 shallots, finely chopped
- 2 cloves garlic, finely chopped
- ½ cup white wine
- 1–2 Tbsp chopped fresh or 1–2 tsp dried herbs, e.g., thyme, sage, or parsley stems
 - 1 cup mixed grains, rinsed
 - 1 Parmesan rind (optional) Salt and pepper
- ½ cup chopped celery leaves and tops
- 1 cup cooked vegetables Grated Parmesan cheese, to taste

Step 1

In a medium-size saucepot, bring the stock to a simmer and then set aside on a back burner to keep warm.

Step 2

In a medium-size saucepot over medium heat, add the oil and sauté the onion and garlic until translucent, being careful not to burn the garlic, about 3 minutes.

Step 3

Add the white wine and allow it to reduce until almost dry, about 2 minutes.

Step 4

Stir in the herbs, grains, Parmesan rind, if using,



FOOD 911



Turn risotto into cheesy baked risotto balls. Preheat the oven to 350°F and line a baking sheet. Place the leftover risotto in a bowl, add some grated cheese, and roll into golf-ball-size balls. Dip each ball in beaten egg, roll in breadcrumbs, and bake until golden-brown, about 20 minutes.

and the salt and pepper. Let the oil coat the grains. Sauté for about 2 minutes.

Step 5

Ladle in 1 cup of the hot stock and let simmer and reduce until the bottom of the pot is no longer very wet, stirring occasionally.

Step 6

Ladle in more stock and continue to cook, stirring occasionally so the grains do not stick to the bottom. As the liquid at the bottom is absorbed, keep adding more until the grains are tender, about 15 minutes. Add the celery and cooked veggies. Remove the Parmesan rind. Taste and adjust the seasoning with salt and pepper.

Step 7

Sprinkle with the grated cheese and serve immediately.

Slow Cooker Apple Butter

YIELDS 3-4 JARS Having a few jars of this healthy, no-added-sugar silky-sweet buttery fruit spread has been a lifesaver. Plus it's a great way to use up the apples we picked every fall. No butter, peeling, or stirring involved. Using a slow cooker means you can sit back and relax while this is stewing. Eat it with a spoon, spread it on toast or pancakes, or pair it with something savoury.





- 4 lb apples (about 12), quartered, with stems, cores, and seeds removed (use a combination of sweet and tart apples like Granny Smith with Honeycrisp)
- 1/4 cup water
- ½ cinnamon stick
- vanilla bean, cut in half and sliced lengthwise Pinch salt

OPTIONAL ADD-INS

- 2 star anise pods
- 1 tsp ground ginger
- 1/2 tsp ground nutmeg
- ½ tsp ground cardamom
- 1/4 tsp ground cloves Lemon juice or orange juice

Step 1

Add the apples, water, cinnamon, vanilla bean and salt to your slow cooker. Set the slow cooker to high and cook for 5 hours, stirring and mashing the fruit halfway through the cooking time.

Step 2

Open the lid of the slow cooker and cook for an additional 45 minutes to 1 hour until the mixture darkens and most of the liquid evaporates. It should look nice and saucy. Check and stir occasionally.

Step 3

Let cool slightly, remove the vanilla pod (save and wash for another use), cinnamon stick, and star anise (if using). Transfer to a food processor or blender. Blend until you have a buttery silky-smooth purée, emulsifying all those skins. Taste and adjust the seasoning with lemon juice if you like.

Step 4

If your apple butter is watery after puréeing, put it back in the slow cooker with the lid open for an extra 15 to 20 minutes (or in a saucepot over medium-low heat), stirring occasionally until thick. Transfer to clean jars, seal, label, date, and refrigerate.

My Top Zero-Waste Tips to Get You Started

FOOD 911



To sterilize your jars, boil in a boilingwater canner for 10 minutes or run them through the hot cycle in a dishwasher. Heat the new lids in a pot of warm water. setting aside the jar bands. Keep the jars and lids warm until ready to use. Ladle your preserves with appropriate headspace (see bernardin.ca). Wipe the rim with a damp clean cloth. place the warm lids on the jars, and screw the jar bands on until you just meet resistance. Carefully submerge the jars in the boiling-water canner and process for the appropriate amount of time (see bernardin.ca). Transfer jars to a clean tea towel and do not disturb for 24 hours. Place any unsealed jars (top of the lid pops when pressed) in the fridge and use within the week. Note that canning jars and bands/rings can be reused, but the lids need to be new.

There are many tips scattered throughout my book to help you reduce your food waste on the daily. To get your creative juices flowing, let's kick off with these:

FIRST IN, FIRST OUT

A simple food rotation system where you eat up what was bought earliest and has the shortest shelf life remaining. In other words, most perishable foods gets eaten first. This is one of the first rules you learn in chef school.

REVIVE BENDY VEGETABLES

Firm up limp veggies like celery or broccoli in a fiveminute cold water bath or cook them up ASAP.

RETHINK OVERCOOKED **VEGETABLES**

Don't despair if you overcooked the carrots again: Overly soft vegetables make for an easy and tasty mash or purée.

GET SOUP- AND SAUCE-ING

Leftover vegetables make great soups and sauces. Just blend them with a cup of liquid, like coconut milk, along with some stock and a little seasoning.

PEELING IS OVERRATED

Edible thin peels like on potatoes really just need a good scrub. And you can add more fibre and nutrients to your diet by leaving these on.

THINK BIG PICTURE

Use the overlooked tops, stems, peels, skins, and rinds of fruits and vegetables as they have many uses!

RE-CRISP STALE CHIPS AND CRACKERS

Just pop them in your oven at 350°F for a few minutes until toastv.

SAVE THE BONES

Gather up leftover bones and store them in a container in the freezer until you have enough to make a big batch of stock. The bones are already roasted, which means more flavour, and you can quickly rinse any heavily seasoned (hot and spicy) bones first. If eating others' scraps sounds icky, remember that the bones end up being boiled for hours. Why toss such a valuable source of essential amino acids, minerals and collagen?

UTILIZE FAT

Store leftover bacon fat or pan drippings in a sealed container in your fridge for use throughout the week. Bacon fat or schmaltz (rendered chicken fat) can be used instead of oil or butter.

PLAN YOUR PORTIONS

Knowing how much to buy and cook can be daunting, but it goes a long way to reduce waste. There are many free online portion planning tools and other helpful resources, such as from Love Food Hate Waste Canada (lovefoodhatewaste.ca).