

Our Environmentally Friendly Recipe Booklet

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(Part 2)

5. Leftover smoothie popsicles

Ingredients:

Leftover smoothie

Optional add-ins; granola with dried fruit removed, shredded

Unsweetened coconut

Fresh berries or kiwi

Method:

After getting your smoothie and deciding on add-ins, pour in any amount of leftover smoothie into popsicle molds and insert sticks before freezing.

Allow about 45 minutes for each layer to set before adding another layer of smoothies.

Once popsicle molds are full, freeze for at least 3-4 hours until frozen solid. Run under warm water over molds to release.



6. Pasta bake

Ever heard of 'your eyes are bigger than your stomach'? Well don't worry we have the perfect solution for using that leftover pasta that you cooked!

Ingredients

800g leftover short pasta

1/4 cup (60ml) olive oil

2 left over onions, finely chopped

5 garlic cloves, crushed

1/2 bunch parsley, finely chopped

4 1/2 cups pure thin cream

650g mixed cheese

2 eggs, lightly beaten

METHOD

1. Preheat the oven to 200°C.
2. Boil pasta in a large saucepan of salted water for 11 minutes or until tender. Drain. Or you could use any leftover pasta you had cooked from the night before.
3. Meanwhile, heat oil in a frypan over medium-high heat. Add onion, parsley stalks and garlic, and cook, stirring occasionally, for 8 minutes or until onion has softened. Transfer onion mixture to a bowl, add

cream, egg, 500g cheeses, 1 tsp salt flakes and 1/2 tsp freshly ground black pepper, and stir to combine.

4. Combine pasta and cheese mixture in a large baking dish and top with remaining 150g of cheese. Bake for 50 minutes or until golden and bubbling. Stand for 10 minutes, then serve.



7. Nordy bars

A homemade version of the famous Nordy Bars recipe from Nordstrom. This easy magic bar recipe combines chocolate chips, butterscotch, and marshmallows into a delicious cookie bar that is perfect for a crowd.

Ingredients

1/2 cup butter (1 stick)

1 package butterscotch chip (12 oz)

1/2 cup brown sugar packed

2 eggs, beaten room temperature

2 tsps pure vanilla extract

1 1/2 cup whole wheat pastry flour

2 tbsp vital wheat gluten

2 tsp baking powder

1/2 tsp salt

1 package chocolate chips (12 oz)

2 cups mini marshmallows

Instructions

1. In a medium saucepan, melt butter over medium-low heat. Add butterscotch chips, brown sugar, and stir until melted. Remove from heat. Allow to cool for 10 minutes.
2. In a small bowl, combine flour, vital wheat gluten, baking powder, and salt. Stir. Set aside.
3. Add the eggs to the butter mixture and stir to combine.
4. Add the flour to the butter mixture, and stir until combined. Add in the 5. Lightly grease a 9x13 baking pan, and lay parchment in, allowing some to hang over the sides.
6. When the butter and flour mixture has cooled, stir in chocolate chips, marshmallows. Spread in the baking pan.
7. Bake in a preheated 350-degree oven for 28 minutes. Remove from the oven and let it cool completely before cutting into squares.



8. Potato Bread

Ingredients:

- 1 medium starchy potato
- $\frac{1}{2}$ cup reserved potato water
- $\frac{3}{4}$ cup warm water
- 2 tablespoon of sugar
- 2 $\frac{1}{4}$ teaspoon active dry yeast
- 2 teaspoon salt
- 3.5 cups bread flour, plus more for kneading #

Method:

1. Preheat the oven to 375 degrees and grease a 9x5" bread pan.
2. Peel and chop potato and place it in a small saucepan. Cover with water and boil potatoes until tender, about 10-15 minutes. Allow to cool until warm before proceeding with the recipe.
3. Once the potato is cooled down, remove it from the pan of boiling water and mash, reserving cooking water. Mash potato until smooth and then measure one cup of that mash.
4. Place in a large mixing bowl along with $\frac{1}{2}$ cup of the reserved potato water, sugar, and $\frac{3}{4}$ cup warm water. Mix together until uniform and then sprinkle on the active dry yeast. Stir to combine and allow it to proof for 5-10 minutes or until bubbles begin to form.
5. Stir in the salt and then the flour, starting with three cups. Stir with a wooden or metal spoon until the dough comes together into a shaggy mass, as in the photos. Turn the dough onto the floured work surface and knead for 5-10 minutes, adding flour as needed to keep it from sticking, until the dough is soft and the gluten has developed.

6. Place back into the mixing bowl and cover. Allow to rise for about 1-1.25 hours, until doubled in size.
7. Punch down the dough and flatten the dough on a lightly floured work surface, creating a rectangle. Fold the dough onto itself like an envelope, to form a loaf shape.
8. Gently move the dough to the prepared bread pan and dust with flour, cover with a towel and leave to rise for an additional 30-35 minutes or until doubled in bulk. Transfer bread into the oven and bake for approximately 40-45 minutes or until golden brown. You can find out if the bread is fully baked by turning it out of its pan and thumping the bottom of the loaf. If it sounds hollow, it is done.
9. Transfer the bread to a cooling rack and leave to cool for at least 20 minutes before slicing.



We hope you enjoy!
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