

LEFTOVERS RECIPES

& Cooking Tips for a Greener Kitchen



Photo Credit: "Waste No Food" Recipe Book

Braised Chicken Wing with Pomelo Peel 柚皮炆雞翼

Using leftovers

- Pomelo Peel ---- from ½ Pomelo

Other Ingredients

- Chicken Wings ----- 1 pound
- Garlic ----- moderate amount
- Shallots ----- moderate amount
- Ginger ----- a few slices
- Diced green onions -- moderate amount

Seasoning

- Salt ----- ½ tsp
- Sugar ----- 1 tsp
- Oyster Sauce ---- 1½ tsp
- Dark Soy Sauce -- ½ tsp
- Corn Starch ----- 2 tsps

Procedures

1. Shave off the green yellow surface of pomelo peel.
2. Cook pomelo peel in boiling water for a few minutes (can be processed with pomelo membrane).
3. Soak in clean water for a few minutes. Take out and squeeze water out of it.
4. Repeat the second step 3-4 times to remove the bitter taste. Use clean water for each time.
5. Dice garlic, shallots and ginger. Set aside.
6. Heat up a little oil in a wok. Put in chicken wings and fry till they turn golden brown. Add shredded ginger, shallots and garlic and stir-fry till fragrant.
7. Pour in hot water. Add processed pomelo peel and seasoning. Braise over medium heat for 20 minutes.
8. Thicken sauce with corn starch then sprinkle with diced green onion. Ready to serve.

Source from "Waste No Food" Recipe Book published by Friends of the Earth (HK) in Dec 2013. Available: <http://www.foe.org.hk/recipe>.

中文版本



Classic Hash Browns 金煎薯餅



Photo Credit: FoodEver WasteNever Cook Book

Using leftovers

- Potatoes from Soup -- 3 - 4 pcs

Seasoning

- Corn Flour ----- 4 tsps
- Table Salt ----- small amount

Procedures

1. Mash the potatoes, keep them dry.
2. Mix with corn flour.
3. Shape the mashed potatoes into small round shapes.
4. Deep fry the hash browns in low heat, until golden.
5. Sprinkle with table salt, then serve.

Source from "FoodEver WasteNever Cook Book" published by the Hong Kong Women Professionals & Entrepreneurs Association.
Available: <https://goo.gl/geqQe2>.

中文版本



Top Tips to Cook Green

- Try induction stoves and ovens. They get hot faster and are more than twice as efficient at transferring heat than gas burners.
- Cover a boiling pot. It can boil in half the time.
- Use a flat-bottomed pan. It can maximize heat transmission.
- Don't use large pots for small meals.

Source:
Green World 365. *Cooking Green: 15 Eco Tips for the Kitchen* by Barbara Holbrook.
Available: <https://goo.gl/zTNu4j>.

More Leftovers Recipes:

- *Everyday Leftover Recipes*. Source: Allrecipes.com.
Available: <https://goo.gl/Rv1ehD>.
- *"Waste No Food" Recipe Book*. Source: Friends of the Earth (HK).
Available: <http://www.foe.org.hk/recipe>.



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