

# LEFTOVERS

## Bread -

- Toast it
- Fry it
- Croutons
- Breadcrumbs (i freeze slices then grind frozen)
- Bobotie (Hannah)
- Bread lasagna (recipe)
- Bread kvass (recipe)
  - Rye
  - Spelt
- Tuscan bread
  - Panzanella
  - Any salad
  - Pappa al pomodoro
  - Soups in general
    - Bread slice, parmesan, broth, more cheese or egg

## Egg whites -

- Meringues (Rachael: Recipe from NT, used xanthan gum OR arrowroot)
- Angel food cake
- Coconut macaroons (Nourishing Traditions for Children)
- Pavlova (meringue with berries, New Zealand dessert?)

## Milk kefir grains and Tibicos grains

- Eat them (SMALL amounts to start)
- Freeze them
- Give sets away
- Some people give them away or even sell them on Facebook
- Put into smoothies
- Bokashi!
- I have always wonder if you can "candy" them like kombucha scoby

## Kombucha scoby

- Feed small bits to pets
- Cut small pieces to lay over wounds for probiotic wound care
- Blend (in a stiff blender!!!) into a paste and apply to face for probiotic skin treatment
- Cut into strips and marinade in teriyaki/meat type marinades, dehydrate, just like jerky
- Cut into strips or small pieces/cubes and candy them (link in show notes)

## Whey - Different types of whey (cheese episode)

- Putting in bread - Rachael uses whey from kefir or yoghurt, 1:1 swap for water in recipes. She bakes all sourdough, fresh milled, and I think all spelt right now (loving your book). She said it takes slightly longer to raise but oh, so good. I have heard it keeps bread moist, longer
- Grandmother Bread is made with ricotta whey which is much more sour; I haven't made this (link in cheese episode show notes), the recipe uses yeast. I am unsure how sourdough would do with the lemon juice + vinegar in ricotta whey?

#### Oatmeal/Porridge

- Scottish put it in drawer
- Cold - heat it up with more liquid
- Add an egg and fry
- Mix it into pancake batter
- Cream soups
- Use it in bread as a 'scald' (follow recipe in spelt book)
- Rachael mixed leftover porridge into an egg quiche
- Make leftover cooked oatmeal into Oat Crunchies (Children's NT), mix oats with butter and maple syrup if you like, and spread on a tray and dehydrate, then crumble and eat like cereal
- A Cabin Full of Food has recipes for leftover oats made into .... Crunchy Oatmeal and Fruit, Oatmeal Yeast Bread, Just a Bit of Oatmeal Muffins (for using up tiny scraps of cooked oats), Fruit and Oatmeal Cake, Mrs. Bauman's Lazy Oatmeal Cake from Leftover Oatmeal

#### Millet/Rice (leftover or made-ahead!?)

- See our millet episode!

#### Sour milk (cheese episode)

- Sour milk is high in lactic acid, so when you gently warm it, it will form a curd! You can use this to your advantage to make cheese! See cheese episode
- Definitely a favorite for baking quick breads, as the lactic acid reacts well with baking powder and you get a nice rise

#### Leftover milled flour (roux)

- In fridge for lining tins
- Making roux, and then freezing it (From Adriana!)

#### Cheese rind

- Add to soup! Also any hard pieces of cheese your kids left out overnight or put in the fridge without a container

#### Egg shells

- Baking sheet in oven, bake, crush for chickens; can also put in garden
- Some people wash shells and boil to make a calcium water. I've never done this

#### Podcast listeners contributions and questions

Hannah - Tamar Adler's Everlasting Meal recommendation! Specifically mentioned using leftover soup to make little panfried cakes.

Devorah - asked about using leftover breading that had chicken or meat dredged through it (could make the roux?); and using leftover fermented fruit from tibicos etc

Heather asked about using egg yolks - egg yolk coffee and cocoa, temper and whisk into soup to enrich the broth, mayonnaise, ice cream, lemon/lime curd (Ellen), pudding, creme brulee, smoothies, custards

Ella - leftover bits of fruit from jelly/juice etc (fermented fruit too maybe?) in baked goods (the leftover Crunchy Oatmeal and Fruit!). Making vinegar with scraps/peelings/cores!

Also - cracking cherry pits and using for "almond" extract!

Katie asked about using leftover veg/meat/bones from broth: make great baby food; bones can be dehydrated and ground for bone meal in gardens (I haven't done this, only been told this). We feed bowls to the dogs.

Kelly noted: save veggie scraps for broth (I keep in container or bag in freezer)

Javagoddess - usually feeds juicing pulp to chickens; after juicing oranges, decided to try saving pulp for orange Julius (frozen)

Bridget - strained seeds from jelly, adds to cracker recipe. She also makes SCOBY candies! Also - how we use seeds from jelly (you could do both! Triple the mileage!)

KalaEvelyn - fat trimmings from steak? We render them. Or dice into soup  
Bridget said she makes cracklins and renderings

Deb - remember composting! (Bokashi! Even on the counter top!) Wash water dumped around plants. (We used dishwater for chickens! Extra food scraps, yay!)

Another Bridget - knows someone who uses egg whites for marshmallows? I have never tried that

Jaycie - WHEY! Drinks sweet whey (electrolytes!! Protein!!!), drinks half a gallon a day! Uses whey from butter to make ricotta, then whey reduced to caramel sauce or myosotis cheese (see cheese ep!). Uses whey as an udder sanitizer and teat dip.

Ella - stale bread in French toast casserole, can be sweet/spiced, or savory/ham/cheese

Hanna - too far gone fruit is used for kombucha 2nd ferment; chickens recycle her scraps!

Bridget - Another thing I like to use fruit scrap for especially pits and seeds, is infusing alcohol. I like to do fruit cake and panettone for the holidays, and soaking your dried fruit in cherry pit infused brandy is sooo good.

Katie - adds whey to soup! Subtle sour flavor is yum

Amy - picks off bits of fat/meat after making broth, adds to soup and blends it (genius)

Kelly - dehydrate tomato skins and use to blend into tomato powder

Katie - uses whey for golden milk, often uses instead of milk in recipes