

Love Food Hate Waste – Christmas Treats

Cheesy Feet



These are best made and eaten the same day, but equally freeze well. They are great for using up odds and ends of cheese from the fridge, use any strong smelly cheese like goat's, Gruyere, Stilton cheese for maximum 'sniff' effect, try them - they're Grrrrreat!!

Prep time: 10 min
Cook time: 20 min
Makes 6 smelly feet!

375g self-raising flour
1/4 tsp ground cayenne pepper
1 1/2 tsp salt
90g butter, melted, plus a little extra for brushing
125ml milk
125ml water
120g cheese, grated
Oil for greasing tin
Filling
100g cream cheese or Boursin
2 tbsp chopped chives

1. Preheat the oven to 220C (425F) mark 7. Hold sieve well above a large a bowl and sieve the flour with the salt, cayenne pepper.
2. Make a dent in flour, tip in melted butter, milk, water, half the grated cheese, water and mix with a fork until it makes a dough. Pull carefully together.
3. Sit the dough on a lightly floured board. Knead lightly for a few seconds till just smooth. Using one hand flatten the dough until it is an even 2cm thickness. Using a foot cutter or a round cutter, cut out the dough. Place the 'feet' on a lightly buttered baking tray.
4. Brush the 'feet' with butter; sprinkle with remaining cheddar. Bake, uncovered, in hot oven about 20 minutes or until browned lightly; turn onto a wire rack.
5. To fill, mix the cream cheese with the chives. Split the cheesy 'feet' horizontally in half. Spread with cream cheese and serve warm.

To freeze ahead: Complete the recipe up to the end of step 4. Cool and pack into airtight containers for up to 3 months.

To use: Put the frozen 'feet' on a baking tray and cook at 180C (350F) mark 4 for 10 minutes or until thawed through and warm. Complete the recipe.



Loaded Baby Potato Bites



New potatoes make the perfect base for any number of delectable savoury nibbles. Here are three great topping ideas but use up any leftover ready cooked potatoes that you have. Each filling recipe makes enough for 24 tiny new potatoes. They can be made ahead of time and cooked from frozen.

Prep time: 30 min
Cooking time: 25-30 min
Makes 24

12 new potatoes

1. Boil, steam or roast the potatoes until just tender, drain and set aside until cool enough to handle.
2. Halve and use the handle end of a teaspoon to make a little indentation into the flesh of the cooked potato. Save any scraps of potato to mix into the filling.
3. Mix together your chosen filling (see below) and use a teaspoon to top each potato with a little filling.
4. Preheat the oven to 200C (400F) mark 6. Place the potatoes in an oiled oven tray. Cook uncovered, for about 15-20 minutes or until golden brown and hot, remove and serve warm.

To freeze ahead: Complete the recipe up to the end of step 3. Put onto a flat tray and freeze until solid. Gather the potatoes up and pack into an airtight container. Label and freeze for up to 3 months.

To use: Cook the potatoes from frozen and complete the recipe from step 4. Allow 5 minutes extra cooking time.

Cook's Tip

If time is short another way of serving new potatoes as a party nibble is to roast them in the oven with olive oil, sea salt flakes, garlic cloves and leaves of rosemary, cook at 200C (400F) mark 6 for 30-35 minutes. Tip into a bowl and serve with sour cream, Tzatziki or Raita yoghurt sauce to dip.

Turkey and Corn Topping

This is ideal for using up the leftover turkey from Christmas, if you don't have quite enough turkey used cooked chicken.

Prep time: 15 min
Cook time: 15 min



250g cooked turkey, cut into small pieces

125g can of sweet corn

2 tbsp cream cheese

25g grated strong hard cheese

3 spring onions, finely chopped

Salt and ground black pepper

1. Combine the reserved potato flesh with the chopped turkey meat and remaining ingredients in a medium bowl.
2. Spoon the filling onto the potatoes. Continue as instructed above.

Bacon and Cheese Topping

Prep time: 15 min

Cook time: 25 min

150g bacon

25g butter

1 tbsp wholegrain mustard

50g strong hard cheese, grated (use whatever you have got in the fridge)

3 tbsp sour cream or crème fraîche

2 spring onions, finely chopped

Ground black pepper

1. Cook the bacon in a large frying pan until crisp, drain on kitchen paper and chop finely.
2. Add the reserved potato flesh in a medium bowl with butter, mustard, half the cheese and sour cream; stir in bacon and spring onions. Season with black pepper.

Spoon the filling onto the potatoes; sprinkle with the remaining grated cheese. Continue as instructed above.

Quick Pizza Tortilla Chips



This is a good recipe for using up odds and ends from the fridge, you could top the corn chips with leftover cooked sausage and great for using up any leftover cheese. This is a last minute snack that is best made just before eating.

Prep time: 10 min
Cook time: 5-10 min
Makes 25 pieces

130g large corn chips

5 tbsp pizza sauce

50g leftover cooked meat such as ham, sausage, salami, frankfurters, sliced thinly

50g Cheddar cheese, cut into small chunks

1. Preheat the grill. Top large whole corn chips with teaspoons of pizza or pasta sauce, thin slices of sausage and small pieces of Cheddar cheese.
2. Arrange on a baking tray and grill until the cheese just starts to soften. Arrange on serving plates and eat whilst still warm. If they start to cool off, just pop them under the grill to reheat them, watching that they don't burn.

Bacon and Onion Flaky Pastry Rolls



These are flat flaky, palm-shaped little bites that can be made ahead of time and frozen. Even if the pastry is ready- rolled make sure you roll it out a bit thinner.

Prep time: 20 min
Cook time: 25 min

2 sheets of ready-rolled puff pastry or 200g frozen puff pastry rolled out thinly

1 tbsp olive oil

1 garlic clove, crushed

200g bacon rashers, chopped finely

2 tbsp pesto, basil or sun-dried tomato

2 tbsp finely chopped basil

2 tbsp grated Parmesan

1. Make the filling; Heat the oil in medium frying pan; cook garlic and bacon, stirring, until bacon is crisp. Add onion and pesto, stirring for 2 minutes.
2. Stir in basil and cheese into bacon mixture and allow to cool, this could be down the night before.
3. Lay the pastry on the work surface and roll out to very thin rectangle. Cut the pastry down the middle lengthways and spread half the filling on each piece of pastry; fold two opposite sides of the pastry inward to meet in the middle; press gently to flatten slightly. Roll each side in half again to meet in the middle: press gently to flatten.
4. Wrap in cling film and put into the freezer for about 1 hour.
5. Preheat the oven to very hot about 220C (400F) mark 7. Lightly oil two baking trays.
6. Cut the pastry rolls into 1.5cm slices using a sharp knife. Place the slices flat on prepared trays about 1.5cm apart. Bake uncovered in a very hot oven for about 12 minutes or until the pastries are browned lightly.

To freeze ahead; complete the recipe and store the cooked pastry rolls in an airtight container. Freeze for up to 3 months.

To use; Defrost the pastry rolls at room temperature for 1 hour, and warm through on a baking sheet in the oven at 180C (350F) mark 4 for 5 minutes.

Chicken and Bacon Skewers with Chinese Dip



LOVE
FOOD
hate waste

If you want to push the boat out cubes of beef filet would be good too wrapped in bacon, as would roasted new potatoes, and for anyone who loves seafood, scallops and prawns work well too.

Prep time: 25 min
Cook time: 15 min

Makes 16
500g chicken breast cut into 2cm cubes

5 rashers of streaky bacon
Cocktail sticks

For the dipping sauce;

2 tbsp soy
1 tbsp honey
1 garlic clove, crushed

1. Preheat the grill.
2. Stretch the bacon using a large knife then cut the slice in half about 10cm x 3cm lengths. Wrap a piece of bacon around a cube of chicken and thread onto a cocktail stick. Repeat with the remaining bacon and chicken.
3. Heat a frying pan until hot and add the chicken and bacon skewers, brown on both sides for 2 minutes, then remove and place on a lined baking tray. Cook under the hot grill for a further 8 minutes or until cooked through.
4. Meanwhile, mix together the marinade ingredients and serve immediately.

To freeze ahead: Complete the recipe up to the end of step 2. Lay on a flat tray and freeze until solid, then gather them up and package in airtight container and return to the freezer for up to 3 months.

To use: The skewers can be cooked from frozen. Complete the recipe and allow 5 minutes longer cooking in the oven.