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Devontalk

Exeter
Edition

Winter 2008 The magazine for people in the county of Devon

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Devon
County Council

DevonTalk Winter 2008

CELEBRITY chef Paul Da-Costa-Greaves has joined forces with Devon County Council's Don't let Devon go to waste to launch a new campaign offering top tips and recipes to make families' Christmas fayre go further.

Masterchef of Great Britain Paul has pulled together a selection of his favourite Christmas recipes with a twist for the *Love Christmas, Hate Waste* campaign. All contain some sort of easy waste-saving idea to help combat the estimated 230,000 tonnes of festive food thrown away each year.

From cutting down on peelings by leaving the jackets on roast spuds to recycling extra mincemeat and satsumas into a Boxing Day bread and butter pudding, Paul, who co-owns The Galley in Topsham, is keen to help Devon families get the most from their cupboards, wallets and their time.

Paul said: "The campaign includes a selection of my personal recipes as far as Christmas fayre is concerned. I'm pleased to join together with Don't let Devon go to waste in the *Love Christmas, Hate Waste* campaign to give people ideas on how to reduce food waste with an alternative twist.

"For example we show you how to make a crunchy topped sprouts dish using leftovers from the Christmas nut selection – so tasty the kids will be asking for more." Other recipes include an

Let's do it for Devon

Chef's top tips to cut the waste

easy way to bypass the Bisto and create your own gravy and make the most of your turkey leftovers with delicious curries and simple soups.

Paul describes one of his Christmas recipes: "It happens every year: you've made such a wonderful job with the main meal that the family can only manage a mouthful of pudding. Don't bin it – download my online recipe to show you how to make Christmas Pudding Ice Cream. All you need is your leftover pud, some custard and your freezer!"

Food goes further

Councillor Margaret Rogers, Devon County Council's Executive Member for the Environment said: "We're delighted to have Paul on board for *Love Christmas, Hate Waste* which is designed to offer Devon families ideas to make their food go further this Christmas.

"Nationally, around a third of all the food we buy ends up being thrown in the bin costing the average family around £420 a year and this increases by 80% during Christmas.



Masterchef
Paul Da-Costa-Greaves

"With our busy lifestyles, there are many reasons why food might not get eaten: we don't know what we have in the cupboard, we cook too much and forget to freeze it to use later and we sometimes lack the knowledge on how to use up our leftovers. Our initiative is not here to judge, just to help with getting perfect portions, how to be a good fridge manager

and offer tasty recipes from leftovers."

Visitors to recycledevon.org will be able to sign up to *Love Christmas, Hate Waste* and get future advice on reducing food waste at Easter, BBQs and summer parties as well as a free book called *Eat Well, Waste Less* by Devon-based author Bish Muir.

Bish shows that anyone can achieve great results with leftovers by keeping a stock of simple ingredients in the cupboard. The book also contains advice on 'sell by' and 'use by' dates, an A-Z of leftover ingredients and how to use them, as well as quick and easy recipes.

Sprouts with a crunchy topping will have the kids asking for more

