

# **LEFTOVERS & OLD FOOD TO DELICIOUS RECIPES**

**AND CARBON EMISSIONS SAVED**



**A COOKBOOK BY  
MYP GRADE 10 SCIENCE  
SEISEN INTERNATIONAL SCHOOL**

# How to use leftover bread crust to make a tasty treat!

Servings: 1

Prep time: 2 min

Cook time: 8 min



## INGREDIENTS

6 cups of bread crust

60 g butter

5 tbsp sugar

1 tsp cinnamon

## DIRECTIONS

1. Preheat oven to 180°C
2. Cut crusts into 3cm/1.5 pieces
3. Place bread crusts in a large bowl. Drizzle over butter, tossing the bread crusts as you go (with your other hand) to evenly distribute as best as possible.
4. Sprinkle over 4 tbsp of sugar and cinnamon, and toss through.
5. Spread out over 2 baking trays.
6. Bake for 5 to 8 minutes until golden brown and crunchy. The tray on the top shelf will be ready first. The bottom tray will take a couple of minutes longer.
7. While hot, sprinkle over the remaining 1 tbsp of sugar.

Carbon Emission: 634 gCO<sub>2</sub>e

Harumi, Mao, Judy



# KEEP THOSE VEGGIES!

2 servings

🕒 1 hour

*Do you have a lot of vegetables piling up in your fridge and have no idea what to do with it? Well, we have a solution just for you! You can make a nice ratatouille like our dear friend Remi<3*



## Ingredients

Vegetables

--> such as carrot, zucchini,  
eggplant, capsicum

Seasoning

--> such as salt, oregano, basil

Olive oil

Two cans of tomatoes

## Instructions

1. Cut up all of your veggies. Be careful with the sharp knife and watch your fingers!
2. Pour oil into a pan and stir your veggies
3. Add seasoning then two cans of tomatoes
4. Put your lid on top and wait 40 minutes

Then boom! Your ratatouille is ready :)

Enjoy your healthy and delicious meal!!





# DON'T THROW AWAY OLD BANANAS!

## Make some banana bread!

1 loaf

🕒 65 minutes

*Do you have bananas which are going bad in your kitchen? If you do, you should make some delicious banana bread so that you don't have to throw it out!*



### Ingredients

- 2 to 3 medium, mashed, ripe bananas,
- 1/3 cup (76g) of melted butter
- 1/2 teaspoon baking soda
- 1 pinch of salt
- 3/4 cup (150g) sugar
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 1/2 cups (205g) all-purpose flour

### Method

1. Preheat the oven to (175°C), and butter a 4 x 8-inch loaf pan.
  2. Mash your bananas with a fork, and stir in the melted butter
  3. Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.
  4. Pour the batter into your loaf pan. Bake for 50 minutes to 1 hour at 175°C
  5. Remove from oven and let cool in the pan for a few minutes, then you're done!
- Enjoy the banana bread!



# Fruit Sandwich

Servings: 4

Prep time: 10 min

Cook time: 10 min



## INGREDIENTS

4 slice bread  
1 cup heavy whipping  
cream  
1.5 tbs of sugar  
14 strawberries

## DIRECTIONS

1. Wash and prep the strawberries. Dry thoroughly and cut off the stems. Set aside.
2. Using a handheld mixer, whip the heavy cream and sugar until it forms stiff peaks.
3. Spread the whipped cream on a slice of bread about 1/2 inch thick. Arrange the strawberries so that it reveals your design when cut.
4. Spread more whipped cream on top of the strawberries to fill in the gaps. Top with another slice of bread.
5. Tightly wrap the sandwich in plastic wrap and let it set in the fridge. I recommend at least 20 minutes for easier slicing.
6. Unwrap the sandwich and remove the crust. Cut the sandwich in half. Serve immediately.

Carbon Emission: 1023 gCO<sub>2</sub>e

Harumi, Mao, Judy





# HOW TO COOK TOMATO AND EGG

**Most people don't like eating tomato. Here is a Chinese way of cook it with egg. I hope this dish can make you like tomato.**

**1**

First, cut the tomato into small pieces and Whisk eggs. One egg for one tomato. Add some salt to the egg.

**2**

Stir fry the eggs and take them out.  
Pan fried tomatoes and crush them.

**3**

Fry them together. Find a cool dish and place the dish on it.  
Now you have a tomato and egg.

**4**

One Tomato (150g) is equivalent to 0.17m<sup>3</sup> of CO<sub>2</sub> Gas. One egg produce 0.225 kg of CO<sub>2</sub>.



## Eco-friendly Egg Porridge

SERVINGS: 1

COOKING TIME: 15 MIN

CF TOTAL: 241 GCO2E

ORIGINAL: 403 GCO2F

### Ingredients

120 g leftover rice  
1 egg  
300 ml water  
1/2 tbs white stock  
1 tsp soy sauce

1 tsp mirin  
5 g spring onion  
2 g seaweed

Food	Weight (g)	Emissions (gCO <sub>2</sub> e)	%GPE
Rice	120	0.05	4.0%
Egg	50	0.02	0.8%
Water	300	0.00	0.0%
White stock	150	0.01	0.4%
Soy sauce	5	0.01	0.4%
Mirin	5	0.01	0.4%
Spring onion	5	0.00	0.0%
Seaweed	2	0.00	0.0%

### Directions

1. First, crack one egg into a clean bowl and stir.
2. Put all of the water, white stock, soy sauce, and sweet sake in a pot and heat it at medium heat.
3. After it boils, put the 120g rice in the pot and continue to heat it.
4. After it boils again, change it to low heat and heat it for around 5 minutes.
5. When the rice becomes soft, change it to medium heat again and add the egg from step 1.
6. Continue to mix all of the ingredients in the pot at medium heat.
7. Stop the heat when the egg has solidified a bit and serve it on an appropriate bowl.
8. Sprinkle the green onion and seaweed to your liking.







## Environmentally friendly Kinpira Gobo

SERVINGS: 3

COOKING TIME: 15 MIN

CF ORIGINAL: 284 GCO2E

CF TOTAL: 112 GCO2E

### Ingredients

Leftover carrots 1 1/2 tbs soy sauce  
Leftover Gobo (Burdock Roots) 1/2 tbs sesame seeds  
1/2 Dried Red Chillies (optional)  
1 tbs sugar  
1 tbs mirin

Food	Weight (g)	Emissions (gCO <sub>2</sub> e)	%POE
Chili flakes	2	2	0.0%
Sugar - white	15	10	0.8%
Mirin	15	2	0.0%
Soy sauce	22	5	0.2%
Sesame seeds	22	10	0.8%



### Directions

1. Cut the carrots and gobo into strips
2. Put oil preferably sesame oil in the frying pan and put the cut vegetables
3. Cook until the vegetables become soft, then pour mirin and mix
4. Pour the other seasonings (sugar and soy sauce), and let it cook down till it macerates
5. Cut the dried red chillies into round slices then mix them in the same frying pan
6. Lastly, put it in a dish and sprinkle sesame seeds.



# + Leftover + + + + + + Potato Peels + +



# + + + + + + Potato Peel + + + Chips +

## YOU'LL NEED

2 potato peelings  
2 table spoons of olive oil  
Sea salt  
• Black pepper

Fresh Ingredients

**Total CF: 0.8kg**

Eco-friendly

**Total CF: 0.4kg**

## ALL YOU HAVE TO DO

1. Preheat oven to 425. Line a rimmed baking sheet with parchment paper or non-stick foil.
2. Preheat oven to 425. Line a rimmed baking sheet with parchment paper or non-stick foil.
3. Bake for about 15 to 20 minutes or so, watching carefully through the door to make sure they don't get too brown. Remove when they are crispy and serve at once.

## LEFTOVER BRUSSEL SPROUTS

# ROASTED BRUSSELS SPROUTS WITH GARLIC

### Ingredients

1 pound brussels sprouts  
4 to 6 tablespoons extra virgin olive oil  
5 cloves garlic, peeled  
1 tablespoon balsamic vinegar

### Carbon Footprint

<i>Fresh Ingredients</i>	<i>Eco-friendly</i>
0.26kg	0.19kg
0.09 kg	0.09 kg
0.95 kg	0.95 kg
0.25 kg	0.25 kg
<b>Total CF: 1.55 kg</b>	<b>Total CF: 1.48 kg</b>

### Steps

1. Heat oven to 400 degrees. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper.
2. Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Roast, shaking pan every 5 minutes, until sprouts are quite brown and tender, about 10 to 20 minutes. Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar, and serve hot or warm.







# HOW TO TRANSFORM OLD INGREDIENTS INTO SIMPLE JAPANESE BREAKFAST

Menu : Rice, Miso Soup, A piece of cooked fish, Pickled radish, Tamagoyaki

## Old radish into pickled radish

Carbon footprint : 228gCO<sub>2</sub>e/ 7.5% FDFE (Fair Daily Food Emissions)

Ingredients: Old radish, vinegar, salt, sugar, jar

### Recipe :

1. Chop up the old radishes into bite- size pieces.
2. Stuff them into a jar.
3. In a measuring cup, combine apple cider vinegar, salt, sugar, and warm water.
4. Stir to dissolve the sugar and salt.
5. Pour this pickling mixture over your sliced radishes and let them set for an hour. After an hour, cover and store in the fridge for up to three weeks.

## Old rice into fine delicious rice

Carbon footprint : 276gCO<sub>2</sub>e/ 8.9% of FDFE

Ingredients: Old rice, vinegar, pieces of dried kelp (Konbu), rice cooker

### Recipe :

1. Pour the rice into a bowl and wash it several times.
2. Put some (NOT TOO MUCH) vinegar and put the rice into the rice cooker.
3. Pour water according to the amount of rice, and add to pieces of dried kelp (Konbu) in it.
4. Cook it until the rice cooker says it is done.





# BANANA-OAT CHOCOLATE CHIP PANCAKES

DON'T THROW AWAY THAT BROWN BANANA! MAKE  
DELICIOUS PANCAKES INSTEAD!

**Carbon emission  
difference:**

**With fresh bananas:  
801 gCO<sub>2</sub>e**

**With ripe bananas:  
593 gCO<sub>2</sub>e**

**208g difference!**

## Recipe

1. WHISK THE BANANAS AND MILK IN A MEDIUM BOWL.
2. WHISK THE FLOUR, OATS, BAKING POWDER, AND SALT IN ANOTHER BOWL.
3. ADD THE WET INGREDIENTS INTO THE DRY INGREDIENTS AND STIR GENTLY TO COMBINE. STIR IN THE CHOCOLATE CHIPS.
4. HEAT A NONSTICK PAN OVER LOW HEAT. FOR EACH PANCAKE, POUR  $\frac{1}{2}$  CUP BATTER ONTO THE GRIDDLE AND SPREAD GENTLY. COOK FOR 2 TO 3 MINUTES, UNTIL THE PANCAKES LOOK SLIGHTLY DRY ON TOP AND ARE GOLDEN BROWN ON THE BOTTOM, AND RELEASE EASILY FROM THE PAN. FLIP AND COOK FOR 2 TO 3 MINUTES MORE.
5. REPEAT WITH REMAINING BATTER, WIPING OFF THE PAN BETWEEN BATCHES. SERVE HOT WITH FRESH FRUIT.



Charlotte, Erica, Yuko





## EXPIRING YOGURT PITA BREAD

*Easy, tasty, and sustainable!*

SERVINGS: 12

PREPPING TIME: 20 MIN

COOKING TIME: 5 MIN

### INGREDIENTS

- 3/4 cup** warm water
- 2 1/4 tsp** active dry yeast
- 1 tbsp** sugar
- 3 3/4 cups** bread flour
- 1 1/2 tsp** sea salt
- 3 tbsp** extra-virgin olive oil
- 3/4 cup** Greek yogurt  
(3-10 days past expiration date)

### DIRECTIONS

1. In a medium bowl, combine the water, yeast, and 1 teaspoon of sugar. Let the mixture sit until it's foamy on top, about 5 minutes.
2. In a large mixing bowl or stand mixer fitted with a paddle attachment, combine the flour, salt, and remaining tablespoon sugar. Add the yeast mixture, oil, and yogurt, and mix to combine. Knead the dough, either in the stand mixer or on a clean work surface, adding more flour if needed, until it's soft and slightly sticky, 7 to 10 minutes. Transfer the dough to an oiled bowl, cover with a towel or plastic wrap, and let rise until it's doubled in size, about 2 hours.
3. Preheat the oven to 500°F and line two baking sheets with parchment paper.
4. Turn the dough out onto a clean work surface and divide it into 12 equal balls. Cover and let rise an additional 20 minutes.
5. Roll the balls out into circles that are 1/4 to 1/2-inch thick. Place them onto the baking sheets an inch apart, then bake, one sheet at a time, until they're puffy and lightly browned on top. Begin checking at 5 minutes. We bake them for about 8 minutes, rotating the pan after the 5 minute mark if one side of the sheet is puffing up more than the other. Transfer the pitas to a wire rack to cool.

### ECOLOGICAL FOOTPRINT

**CO<sub>2</sub> SPENT: 683G CO<sub>2</sub>**

#### Why is our Carbon Footprint Important?

Our Carbon Footprint is important because carbon emissions from burning fossil fuel accumulate in the atmosphere if there is not enough biocapacity dedicated to absorb these emissions.

RECIPE SOURCE:

LOVE AND LEMONS. "HOMEMADE PITA BREAD - LOVE AND LEMONS." LOVE AND LEMONS. 28 MAY 2020. WEB. 16 MAR. 2022.

<[HTTPS://WWW.LOVEANDLEMONS.COM/PITA-BREAD-RECIPE/](https://www.loveandlemons.com/pita-bread-recipe/)>





## Leftover Steak Hash

*Delicious and sustainable!*

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

### INGREDIENTS

**2 or 3** large potatoes cubed  
(baked)

**about 1 cup** Leftover steak

**2 tbsp** butter

**2 tbsp** olive oil

**1 medium onion**, diced

**2 cloves** of garlic, minced

red pepper flakes, to your taste

**1 sprig** of fresh rosemary,  
chopped

**1 tsp** parsley, chopped

**1/2 cup** heavy cream

**1 egg** per person

### DIRECTIONS

1. Melt butter and heat olive oil in a large cast iron skillet over medium heat, and add potatoes, stirring them from time to time, until they have turned golden, about 10 minutes.
2. Add the onions, and cook them until they have turned translucent, and the potatoes are beginning to crisp: another 10 minutes or so.
3. Add the steak, garlic, red pepper flakes, and whatever herbs - rosemary, or whatever else - you have chosen to use.
4. Season with salt and freshly ground black pepper. Cook for another minute or two: you don't want to burn the garlic, but you do want to cook the raw bitterness out.
5. Finally, pour the cream over the entire skillet. Stir it about, and then use your spatula to press it all down firmly, and turn up the heat, slightly. This will enable you to form a final crust. When the cream has disappeared into the hash, in about 8 minutes more, your hash should be done.
6. Top each serving with an egg, fried sunny side up, and season again with salt and pepper.

### ECOLOGICAL FOOTPRINT

CO<sub>2</sub> SPENT: 1938G CO<sub>2</sub>

#### Why is our Carbon Footprint Important?

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# CROUTONS

*Goes well with your salad*

TOTAL CARBON FOOTPRINT: 35GCO<sub>2</sub>E

\*WITH THE BREAD: 122 GCO<sub>2</sub>E

## INGREDIENTS

Bread  
A Tablespoon of Oil  
Seasoning of Choice



## DIRECTIONS

1. Dice the bread into cubes (by cutting or by tearing them)
2. Put the bread into a large bowl and drizzle the oil and put in the seasoning
3. Toss them together so that the oil and the seasonings are fairly even
4. Put parchment paper on, and put all the bread on a baking sheet (make sure they're more spread out)
5. Bake the croutons until they are at your desired crispness (make sure to flip the croutons halfway through)

\*Try to lower the heat and bake them slower (less brown and overcooked)

1. Put the croutons out and wait until they reach room temperature

## NOTES

To store the croutons, put them into a container and seal it up (The croutons last up to 2 weeks)  
Baking them slower with lower heat would create a better result (crispy but not burnt)

# WHAT CAN YOU DO WITH AN OVERRIPE APPLE?

## The ingredients are simple:

- 2 1/2 cups (225g) plain flour, sifted
- 1 teaspoon mixed spice
- 2 tablespoons icing sugar, sifted
- 200g chilled unsalted butter, roughly chopped
- 600g (about 3) Granny Smith apples, peeled, cored, roughly chopped
- 1/2 cup dulce de leche, plus extra to serve
- 1 egg, lightly beaten
- 2 tablespoons caster sugar
- Custard, to serve



## Toffee Apple Pies With Dulce De Leche



This recipe uses overripe apples and **reduces food waste!**  
Carbon emissions: 3673 g  
3133g with ripe apple (~400g of carbon emissions!!)

~Enjoy a yummy sweet treat while helping the planet!!~

## Recipe

1. Place flour, mixed spice, icing sugar and 150g butter in a food processor, and whiz until the mixture resembles fine breadcrumbs.
2. Add 2-3 tablespoons chilled water and whiz until the mixture comes together to form a smooth ball. Enclose in plastic wrap and chill for 30 minutes.
3. Meanwhile, place the apple in a pan with the remaining 50g butter and 3 tablespoons water.
4. Place over low heat and cook, stirring occasionally, for 15-20 minutes or until the apples are soft and the liquid has been absorbed. Cool slightly then stir in the dulce de leche.
5. Preheat the oven to 180°C. Grease a muffin pan, then line the holes with baking paper.
6. Roll out the pastry on a lightly floured surface and cut out six 12cm circles. Bring the remaining pastry together and roll out again. Cut out six 6cm circles. Press larger pastry circles into the lined muffin holes. Fill with the apple mixture.
7. Brush edges with egg, then top with the smaller pastry circles and gently press together the pastry edges to seal the pies.
8. Bake for 20-30 minutes or until golden.
9. Stand for 10 minutes in the pan, then turn out pies and serve with custard and extra dulce de leche.





# MAKE BROWNIES USING AVOCADOS!!

## INGREDIENTS:

- 1-3/4 OVERRIPE AVOCADO
- 1/2 CUP SUNFLOWER SEED BUTTER
- 4 EGGS
- 1 TEASPOON VANILLA
- 4 OZ. NONDAIRY CHOCOLATE CHIPS, MELTED
- 2 TABLESPOONS COCONUT PALM SUGAR
- 1 TABLESPOON RAW HONEY
- 2 TABLESPOONS RAW CACAO POWDER
- 1 TEASPOON CORN-FREE BAKING POWDER
- 1/4 CUP GLUTEN-FREE FLOUR OR FINELY GROUND GLUTEN-FREE OATS OR SEEDS

## CARBON EMISSIONS BY USING THIS RECIPE:

3586g

Using avocado  
you already  
have: 3394g

SAVE 196G OF CARBON  
EMISSIONS AND REDUCE  
FOOD WASTE!!!



## DIRECTIONS:

1. FOOD-PROCESS THE AVOCADOS UNTIL CREAMY AND NO LUMPS REMAIN.
2. PREHEAT OVEN TO 350 DEGREES AND GREASE AN 8X8 INCH PAN WITH COCONUT OIL.
3. MELT NONDAIRY CHOCOLATE CHIPS OVER A DOUBLE BOILER OR IN THE MICROWAVE, STIRRING UNTIL FINE WITH NO LUMPS.
4. ADD ALL INGREDIENTS TO FOOD PROCESSOR, WHIPPING FOR OVER A MINUTE.
5. POUR INTO PAN AND BAKE FOR 30 MINUTES. LET COOL FOR A MINUTE OR TWO ON A WIRE RACK, AND SERVE WARM.

# Banana Bread

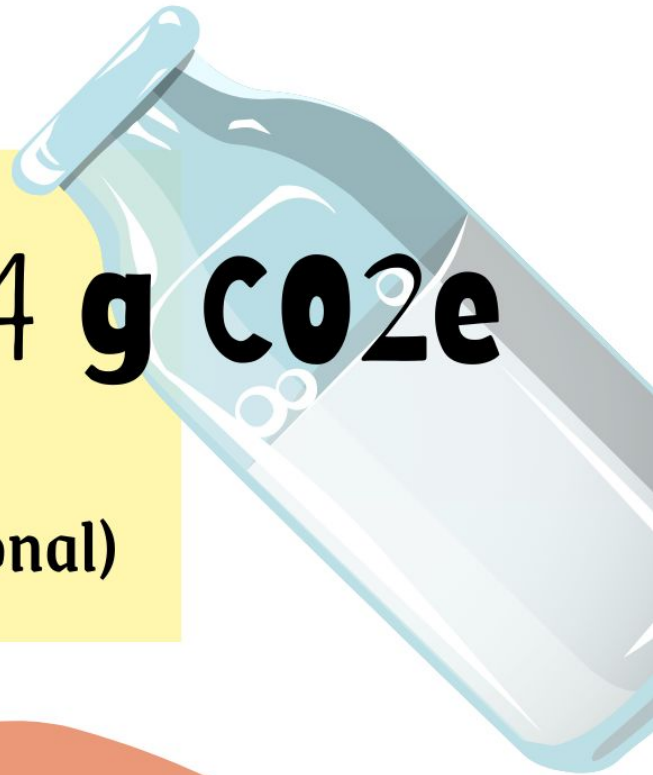
Old bread and Older Banana



## Ingredients

- Old bread
- Old banana
- Milk
- Cinnamon Powder(optional)

554 g coze



## How to make:

- Tear up the bread into palm-sized pieces
- Mash up the bananas and add to the torn-up pieces of bread
- Now mix them and add a little milk to give it a thick but semi-liquid consistency
- Keep in a baking pan or tray (and top it with cinnamon powder if you prefer that)
- Bake till it looks baked

Yui, Lizzy, Janani





# Fried Rice

Wilted Leafy Greens and Old Rice



## Ingredients

- The old or leftover rice
- The wilted leafy greens (Spring onions, spinach, cabbage, coriander)
- Kidney beans
- Tomato juice

776 g CO<sub>2</sub>e



## How to make:

- Simmer the old rice in tomato juice in a frying pan.
- After most of the juice has evaporated, chop up the cabbage, spinach and coriander that you have and sautee in the frying pan with the rice.
- Add the kidney beans that could've been cooked beforehand (probably just boiled) and then add a generous amount of salt and some olive oil.
- Keep sauteing till the rice seems fried and the leafy greens have been cooked well.

Yui, Lizzy, Janani



# Re-using Orange Peels!!

MAKING OUR WORLD MORE SUSTAINABLE



## The carbon foot print of oranges :

0.08 to 0.33 kg CO<sub>2</sub>-eq./kg oranges harvested.



## Bread, Butter and Marmalade

1 \* 3 grams => 12 gCO<sub>2</sub>e  
Source: FACCWTHA

## MARMALADE RECIPE



1. Cut 2 lemons and 4 oranges and lemons crosswise, discard any seeds and put the fruits in a pot.
2. Add 8 cups of water to the pot and bring it to a boil, stirring as you go. Add 8 cups of sugar and stir until it dissolves.
3. Let it stand overnight at room temperature.
4. The next day, bring the mixture back to a boil and reduce the heat to low and simmer for 2 hours. Turn the heat up and stir for another 30 minutes
5. Take off any foam and cook until it hits 220 degrees.
6. Test if it is ready and if so, put it in jars.

## Ingredients:



**2 Lemons**



**4 oranges**



**8 cups of Sugar**



**8 cups of water**



# Orange pound cake

RE USE THE ORANGE PEEL AND  
THE MARMALADE!



## Pound cake

1 × 119 grams => 352  
gCO<sub>2</sub>e Source:  
FACCWTHA

## Ingredients:



## Recipe:

- In a medium sized bowl, use a whisk to sift together flour, baking powder, baking soda and salt. Set aside.
- Using an electric mixer, cream together butter, 2 ½ cups sugar and vanilla for 2-3 minutes until fluffy.
- Add eggs one at a time, beating well after each addition. Add zest, beating until combined.
- Mix together ½ cup marmalade with milk. Lower the speed of the mixer and add alternately with dry ingredients, beginning and ending with flour. Stop and scrape the sides of the bowl periodically.
- Spread batter evenly in pan. Place into oven and bake for 75-80 minutes or until a cake tester inserted into the center comes back clean. Check halfway through baking and lay foil on top to prevent over browning, if needed.



# Egg fried rice

3 servings

🕒 20 minutes

**USE COLD RICE AND MAKE  
YOUR MEALS NICE**

## Ingredients

---

Leftover/cold rice

2 tbsp. Peanut Oil

5 Garlic Cloves, smashed

1 Shallot, sliced from the  
middle

1 Egg

1 Spring Onion, sliced

1 Red Chili, sliced or chopped

About 4 tbsp. Soy Sauce

About 2 tbsp. Sesame Oil

About 4 tbsp. MSG

## Method

---

1. Whisk the egg in a bowl and set it aside.
2. Coat a wok or a deep pan with oil and heat over medium. Once it starts smoking, get rid of the excess oil (or keep it so you can use it for frying)
3. Add garlic and shallot. Fry it for 3 minutes.
4. Add eggs and stir until it's almost solid.
5. Add the cold rice and mix it with all ingredients.
6. Add the soy sauce and sesame oil. Flatten it onto the rice with the back of the spoon.
7. Add optional chicken flavoring, spring onion, and chili, mix everything in the wok to combine.



**Don't waste mushy bananas, make  
muffins for your nana!**



# Banana Muffins

## INGREDIENTS

3 soft brown bananas  
85 grams melted butter  
(unsalted)  
1 egg  
2 tablespoons of honey  
30 ml milk  
1 ½ cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
A pinch of salt  
OPTIONAL: berries,  
chocolate, nuts

## STEPS! INSTRUCTIONS!

1. Mash bananas with a fork.
2. Preheat oven to 165°C (330°F).
3. Combine bananas, sugar, egg, and butter together in a bowl.
4. In a separate bowl, mix flour and baking soda. Stir into the banana mixture.
5. Add salt then pour into the mould.
6. Bake in the oven for about 1 hour.





# Brown Banana-Licious Pancakes!

Have you ever bought some **bananas**, but shortly after, **they went bad and brown**? Well, now Kate and Natsuki's Brown Banana-licious pancake recipe will help you **limit your food waste** by teaching you a fun recipe that can be used whenever!



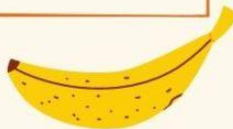
**This recipe takes around 30 total minutes to make and serves 6 (12 pancakes in total)!**

## INGREDIENTS TO MAKE THE BANANA-LICIOUS PANCAKES!

Ingredient	Amount
<b>Brown Bananas</b>	2 medium sized
Flour	1 + 1/2 cups (180g)
Sugar	2 tablespoons (25g)
Baking Powder	2 + 1/2 teaspoons
Salt	1 pinch of salt
Egg	2 large sized
Milk (or sour leftover milk ;D)	1 cup (240 mL)
Vegetable or Canola Oil	1/4 cup (60ml)



## STEPS:



1

In a medium bowl, whisk together all-purpose flour, sugar, baking powder, and salt. Set aside.

2

In a separate bowl, mash the bananas with a fork (it's ok if small chunks remain). Add the eggs and pour in the milk and canola oil, mixing until combined.

3

Pour the dry ingredients (**first bowl**) into the wet ingredients (**second bowl**), and mix until just combined (do not overmix). Let it sit for a couple of minutes.

4

Heat a large skillet or fry pan to medium heat. For each pancake, use about 1/4 cup of the batter onto the skillet/pan. Cook until bubbles form over the surface of the pancake, then flip with a spatula, and cook for 1 to 2 additional minutes.

5

Remove pancake off of heat and serve warm with maple syrup drizzled on top or extra toppings of your choice (maybe more bananas!)

CO2  
Emissions



2.21kg CO2e





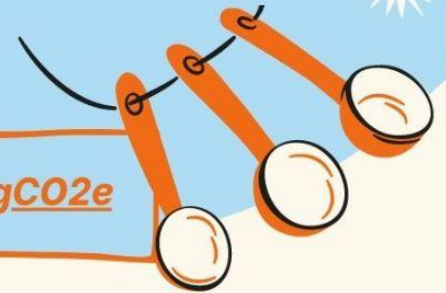
# Sour Milk Nutty Way Cake!



CO<sub>2</sub>  
Emissions



2.96kgCO<sub>2</sub>e



Have you ever bought some milk, but **it went bad and sour**? Well, now, Kate and Natsuki's Sour Milk Nutty Way Cake, Amish Edition recipe will help you **limit your food waste** by teaching you a fun recipe that can be used whenever!

## INGREDIENTS

Ingredient	Amount
Sour Milk	1 cup (137g)
Flour	2 cups (473g)
Brown Sugar	1 + 1/2 cups (355g)
Eggs	2
Peanut Butter	1/4 cup (59g) + 2 tablespoons (30g)
Soft Margarine	1/4 cup (59g)
Warm Water	1/2 cup (118mL)
Salt	1 teaspoon (5g)
Baking Soda	1 teaspoon (5g)
Butter	2 tablespoons (30g)
Chocolate Chips	1 cup (137g)
Powder Sugar	1 cup (137g)

## STEPS:

### Cake

1. Mix together flour, brown sugar, peanut butter(1/4 cup (5g)), 2 eggs, warm water, baking soda, sour milk, salt, and soft margarine in a large mixing bowl for several minutes.
2. Pour into two greased and floured 9 inch layer pans or a 9 x 13 pan.
3. Bake at 350 for 25 to 30 minutes.

### Frosting

1. Melt butter, peanut butter, and chocolate chips over low heat.
2. Blend in other ingredients until thick and creamy.
3. Spread on a cool cake.





# Orangettes

*Into the bin to favorite snack!!*

## Ingredients:

- Orange peels from 4 oranges
- 2 cups sugar
- 1  $\frac{3}{4}$  cups water
- 6 Tbsp sugar
- 6 oz 60% dark chocolate roughly chopped

## Directions:

1. Slice the oranges into 3-inch strips.
2. In a saucepan of boiling water, dip the orange strips for 2 minutes. Repeat this twice then drain the strips.
3. In a saucepan, heat powdered sugar with water. Bring to a boil for 5 minutes then lower heat. Put the peels in and cook for 30 minutes, stirring regularly. Let the peels cool.
4. Melt the chocolate and dip the orange strips in. Place them on parchment paper and let dry.







## Banana Cake (no oven!!)

*Carbon Footprint : 2145*

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: ~45 MIN

### INGREDIENTS

2~3 Bananas  
Vegetable Oil (or  
Butter)  
Sugar  
1 Egg  
Milk  
Vinegar  
Vanilla Extract  
Cake Flour  
Baking Power  
Frying Pan (preferably  
cake size)

### DIRECTIONS

1. Cut the bananas into 2~3cm thick slices
2. Take out the frying pan and thinly cover the surface with vegetable oil to prevent sticking
3. Sprinkle 1,5 tbsp of sugar on the frying pan
4. Fill the frying pan with the cut bananas, the flat surface touching the surface of the pan
5. Crack 1 egg into a bowl and add 1/3 (70g) cup of sugar
6. Whisk it until the egg is mixed (don't worry about the sugar not dissolving)
7. Next, add 40g of vegetable oil and 120ml of milk, 10g of vinegar, and 1tsp of vanilla extract to the mixture
8. After mixing it well, sieve 140g of cake flour and 1,5tsp of baking powder before pouring into the bowl
9. Whisk until it's well mixed
10. Pour the batter into the frying pan and place it onto the stove
11. Leave it at low heat for 30 minutes with lid closed
12. After 30 minutes, flip the cake and cook it for another 8 minutes in low heat



# Kimchi Fried Rice

*Carbon Footprint : 65*

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

## INGREDIENTS

500g of pork belly meat.  
300g of sour/old/over fermented kimchi.  
One small onion.  
One red pepper.  
One green pepper.  
1 tablespoon of perilla oil.  
1 tablespoon of oil.  
2 spoons of red pepper paste.  
2 tablespoons of fine red pepper powder.  
1 tablespoon of sugar.  
1 tablespoon of oligosaccharide.  
2 tablespoons of minced garlic.  
1 tablespoon of Cheongju.  
1/2 teaspoon of salt.  
1/4 teaspoon of pepper powder.

## DIRECTIONS

1. Cut pork belly into bite-size pieces, make pork belly seasoning, mix well, and marinate for at least 30 minutes.
2. Shake off the insides of the sour/old kimchi, chop the onions, and cut the green peppers diagonally.
3. Put oil on a heated pan, add the marinated pork belly and stir-fry it.
4. When the pork belly is half cooked, add sour kimchi and stir-fry it.
5. Add onions and stir-fry them.
6. Lastly, add green pepper and perilla oil and stir-fry quickly over high heat.



