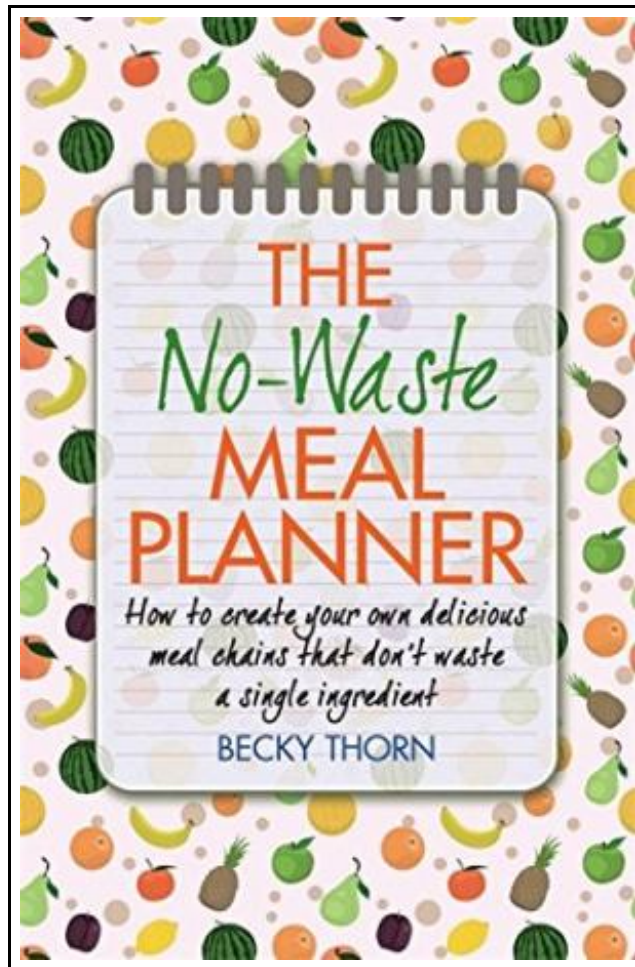


The No-Waste Meal Planner: Create Your Own Meal Chain That Won't Waste an Ingredient



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THE NO-WASTE MEAL PLANNER: CREATE YOUR OWN MEAL CHAIN THAT WON'T WASTE AN INGREDIENT



Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The No-Waste Meal Planner: Create Your Own Meal Chain That Won't Waste an Ingredient, Becky Thorn, With food prices rising faster than the national debt we need to get every scrap of value from the goods we buy. Good menu planning is a sure way of saving money, and this book takes menu planning to another level. It shows how, by linking your meals from one day to another, you can cook - and shop - economically but deliciously; and use up any leftover ingredients that might otherwise be scraped into the bin or left to gather mould in the fridge. Example of a meal chain in the book: THE ROAST CHICKEN TO PIZZA MARGERITA CHAIN Roast chicken > use the carcass to make stock and the leftover chicken meat to make Chicken risotto > use leftover risotto plus salami, mozzarella and passata to make Arancini with tomato sauce > use the leftover salami, mozzarella and passata to make Pizza Margarita. Four meals - all linked, and no wasted ingredients. Other chains include: Roast Lamb to a Dirty Martini through six links. Poached Salmon to Chocolate Cake through five links. Chicken tikka to hummus in four links. Beef brisket to egg fried rice in four links. Breaking the chain Links in the chain can be frozen, ready and waiting for the chain to be started up at a later date. The aim? To reduce waste with no compromise on taste.



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