



BBQ Delight

For more information visit:
dorsetcouncil.gov.uk/lovefoodhatewaste



BBQ Delight



Ingredients

- Burgers, sausages, chicken (or any other BBQ meat)
- Cherry tomatoes
- Onion
- Sweetcorn
- Peppers
- Pineapple
- 1 garlic clove
- 200 g rice
- Tomato puree (3 big squirts)
- 600 ml Vegetable stock
- 1 tsp Tumeric
- 1 tsp Cumin
- 1 tsp Ground coriander
- 1 tsp Oregano
- Coriander leaves
- 3 – 4 splashes Worcester sauce

Method

1. Chop up BBQ meats into small chunks
2. Gently fry chopped onion in large frying pan or wok and add chopped peppers
3. Make vegetable stock by dissolving cubes in boiling water
4. Add the stock and rice to the pan
5. Add crushed garlic clove, spices and herbs to the pan
6. Add tomato puree and sweetcorn
7. Cook for 6-8 mins
8. Add Worcester sauce and cooked meats
9. Cook for a further 4-5mins until most of the water is absorbed
10. Add halved cherry tomatoes and pineapple
11. Cook for 2-3mins
12. Serve with coriander leaves



Fruit Sushi

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Fruit Sushi



Ingredients

- 2 cups of water
- 1 ½ cups short grain rice
- 3 tbsp sugar
- 1 cup coconut milk
- ½ tbsp vanilla extract
- Any fruit you have left over
e.g. mango, kiwi, grapes,
strawberries, pineapple

Method

1. Pour rice, water, sugar and salt into medium sized saucepan. Cook on a low heat for 20 mins
2. Add in coconut, vanilla and wait for it to cool
3. The mixture should be ready to mould but cook it for a few minutes longer if it's still too runny
4. Lay greaseproof paper on a flat surface. Spread the rice, about a centimetre thick, over the paper into a square or rectangle
5. Slice fruit of your choice into long pieces and use a potato peeler to shave off thin slices of the mango
6. Lay the fruit pieces on the rice and roll it carefully
7. Put the mango slices on top of the fruit sushi and put a piece of fruit on top
8. Roll the rest of the rice into ball shapes and put your choice of fruit on top



Madagascan Vanilla Ice-Cream

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Madagascan Vanilla Ice-Cream



Ingredients

- 300 ml double cream
- 200 ml condensed milk
- 75 g caster sugar
- 300 ml whole milk
- 2 vanilla pod seeds
- Fruit
- Flaked chocolate

Method

1. Get a saucepan and put it on the hob
2. Add double cream, condensed milk, caster sugar
3. Cut open the vanilla pods with a knife, scoop out the contents and add this to the mixture
4. Whisk until it simmers round the edges
5. Take off the heat and add the milk
6. Pour the mixture into a medium sized bowl and chill for 2 hours in the fridge
7. Take the mixture out of the fridge, mix gently then put in the freezer
8. Every 30 minutes take out of the freezer and whisk for 1-2 mins
9. Once frozen, put as many scoops in a dish as required and decorate with flaked chocolate and leftover fruit



Perfect Pineapple Pancakes

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Perfect Pineapple Pancakes



Ingredients

- 50 g flour
- 1 egg
- Pineapple
- Berries
- Plain yoghurt
- 150 ml milk

Method

1. Chop up pineapple and add to a dry frying pan
2. Cook on a high heat for 5-10 mins until all sticky
3. Put on a plate
4. Mix flour, egg and milk together
5. Pour a small amount into the same frying pan and cook until golden
6. Turn over and cook the other side
7. Put onto a plate and spoon plain yoghurt onto it. Add pineapple pieces and any leftover berries



Summer Skewer Chocolate Surprise

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Summer Skewer Chocolate Surprise



Ingredients

- Summer fruits e.g. pineapple, honeydew melon, watermelon, apple, banana, strawberries, blueberries, raspberries
- Ice-cream
- Fresh yoghurt
- Chocolate
- Cream

Method

1. Put a mixture of fruit on the skewer. You can do whatever order of fruit you want
2. Whip the cream in a bowl until fluffy
3. Put some fresh yoghurt in another bowl
4. Put some ice-cream in another bowl
5. Melt the chocolate by putting it in a bowl over warm water until runny
6. Now put everything on the table and tuck in by dipping your skewers into the bowls, or by pouring the cream, yoghurt etc over the skewers



Summer Strawberry Sundae

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Summer Strawberry Sundae



Ingredients

- 300 g fresh strawberries
- 75 g caster sugar
- 200 ml whipping cream
- Juice ½ lemon
- Mint leaves

Method

1. Blend the strawberries in a bowl until smooth. You can do this manually or with a blender
2. Whip the cream
3. Add to bowl along with the sugar and lemon juice and mix well
4. Put mixture into large freezable container and pop into the freezer until firm
5. Remove and stand for about 5 mins
6. Rinse a glass dish with cold water and stick sugar to it. Shake off excess
7. Spoon the ice-cream onto the serving dish and decorate with mint leaves



Vegan pineapple cake

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Vegan pineapple cake



Ingredients

- 200 g self-raising flour
- 120 g caster sugar
- 1 tsp baking powder
- 200 ml soya milk
- 80 ml rapeseed oil
- 1 tsp vanilla extract
- Pineapple
- Strawberries
- Icing sugar
- Yellow food colouring

Method

1. Preheat oven to 180°C
2. Grease a round cake tin (20cm/23cm/25cm)
3. In a large bowl mix the flour, sugar and baking powder together
4. Add the soya milk, oil, vanilla and pineapple, stirring with a metal spoon until the mixture is just combined
5. Tap the bowl onto the work surface to stop the raising agents working too quickly. You will see the bubbles pop
6. Spoon the cake mixture into the cake tin and tap on the work surface to pop the bubbles again
7. Bake for about 18-20mins.
8. Cool for 10-15 mins in the tin and then transfer to a wire rack to cool completely

To decorate

9. Cut a hole in the middle
10. Mix icing sugar, water, and yellow food colouring to make icing
11. Decorate with strawberries, pineapple and icing



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