



Avocado and Chocolate Mousse

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



Avocado and Chocolate Mousse



Ingredients

- 2 leftover avocados (does not matter if brown)
- 100g of dark chocolate
- 4 tbsp maple syrup or golden syrup
- 5 tbsp milk
- 2 1/2 tbsp cocoa powder
- 2 tsp vanilla extract
- 2 tsp slightly whipped cream

Method

1. Melt the chocolate in a bowl which is resting over a pan of simmering water
2. Stir in the syrup, vanilla, milk and cream
3. Mash the avocado with a fork until smooth
4. Mix everything together and put in small pots/glasses
5. Decorate with chocolate and chill in the fridge



Chicken and Vegetable Surprise

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Chicken and Vegetable Surprise



Ingredients

- 4 large eggs
- 1/3 cup milk
- 1 cup grated cheddar cheese
- 1 cup baby spinach
- 1 cup sliced mushrooms
- 1 cup red pepper
- 1 cup cooked new potatoes

Method

1. Preheat the oven to 180°C/
Gas mark 4
2. Chop all vegetables
3. Whisk the eggs in a large bowl
4. Stir in the milk and add cheese
5. Fry all the vegetable for approximately
3 minutes on a medium heat
6. Grease an oven-proof dish
7. Place the chicken and fried vegetables
at the bottom of the dish
8. Pour over the egg and cheese mixture
9. Place in the oven for 35-40 mins





Chocolate, Banana, Bread and Butter Pudding

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Chocolate, Banana, Bread and Butter Pudding



Ingredients

- 1 stale loaf of bread
- 2 over ripe bananas
- 3 eggs
- 1 tbsp of hot chocolate powder
- 1 cup of whole milk
- 1 tbsp of brown sugar
- 1 soft butter block

Method

1. Preheat oven to 160°C / Gas mark 3
2. Mix eggs with milk and chocolate powder
3. Butter each slice of bread
4. Slice the bananas
5. Layer the bread on the bottom of an oven proof dish, add a layer of bananas on top, then pour over half the egg milk mixture and repeat
6. Add a final layer of bread on top and cover with brown sugar
7. Put the dish inside a larger dish filled with water and bake in the oven uncovered for 30 mins. Take out and leave to cool before putting it in the fridge and leaving it to set overnight
8. Slice and enjoy either hot or cold



Fruit Compote and Summer Touch

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Fruit Compote and Summer Touch



Ingredients

Fruit Compote

- 5 tbsp sugar
- Apples
- Blackberries
- Blueberries
- Pinch of cinnamon
- 2 litres water

Summer touch

- Some leftover cake
- Ice-cream (any type you want)
- Jam
- Biscuits
- Whipped cream
- Sprinkles

Method

Fruit compote

1. Add all the fruits (apples, blackberries, blueberries) into the pot and mix for a few seconds
2. Add 2 litres of water
3. Heat on the hob for approximately 15 mins then add cinnamon plus sugar and stir
4. Heat for a further 15 mins
5. Wait for it to cool

Summer touch

1. Cut the cake into pieces and put on the side of a tray
2. Smash the biscuits into crumbs
3. Mix the biscuit crumb mixture with jam and put a layer of ice-cream on top
4. Put some pieces of cake onto the layer of ice-cream and finally put another layer of ice-cream on top of this
5. Add a design of whipped cream and sprinkles on the top layer of ice cream
6. Leave in the freezer for 4 - 6 hours



Pavlova Lollies

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Pavlova Lollies



Ingredients

For 8 x small lollipops:

- 2 meringue nests
- 6 strawberries
- 6 raspberries
- 10 blueberries
- 200ml full fat milk
- 100g Greek yoghurt
- 100ml semi-whipped double cream
- 1 tbsp honey
- 2 drops vanilla essence

Method

1. Mix all the ingredients together, except the meringue
2. Crumble the meringue on to the mixture and gently fold in
3. Spoon the mixture into lolly moulds
4. Put in the freezer for at least 4 hours



Summer Veggie Burger

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Summer Veggie Burger



Ingredients

- Crusts of a white loaf of bread
- Egg
- Olive oil
- Aubergine
- Breadcrumbs
- Goats cheese (or other cheese)
- Tomato
- Red onion
- Rocket

Method

1. Preheat the oven to 140°C/
Gas mark 1
2. Take two crust ends of a white loaf of bread and cut a large round out of each with a pastry cutter. Glaze the outside of each with some beaten egg. Now drizzle olive oil on the soft inside then place in the oven for about 5 minutes, until the outside has a glaze and the bread is warmed through
3. Cut the aubergine into thin rounds, dip in beaten egg and then breadcrumbs and shallow fry in olive oil
4. Take your bun and layer the aubergine up with some slices of goat's cheese. Then some fresh tomato slices, some red onion and some rocket
5. Garnish to your hearts content. You could use a spiraliser to make some long cucumber garlands and slice a radish thinly, putting a cocktail stick through the middle to keep the stack together





Vegetarian Pasty

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Vegetarian Pasty



Ingredients

Pastry

- 4oz plain flour
- 2oz margarine
- Potato
- Salt
- Water

Filling

(All thinly sliced):

- Potato
- Sweet potato
- Carrot
- Onion
- Pepper

A little bit of thick vegetable gravy

Method

1. Preheat the oven to 180°C /Gas mark 4
2. Make the pastry (or used ready-made pastry)
3. Cut into round shapes
4. If the vegetables are not already cooked, par-boil the potatoes then fry all the vegetables for 4-6 mins until tender. Mix with the gravy
5. Put the mix onto the rolled-out pastry
6. Flour your hands and pull the pastry edges together in a pasty shape
7. Pinch them round the sides
8. Cook in the oven for approximately 30 mins or until golden brown in colour