

# *Leftover Makeover*

**FLAVOURSOME RECIPES  
for using leftover food**

*Empowering Women and Families  
Since 1987*

**NKS**   
*Nari Kallyan Shangho Ltd*

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## *Foreword*

**In Scotland, we waste and throw away food that costs a lot of money. This food waste is avoidable with a little careful planning. Nari Kallyan Shangho (NKS) has been promoting this careful planning under its Climate Challenge programme for the last three years.**

NKS is a community organisation in Edinburgh working to empower women and their families for a better and brighter life ahead. The organisation has worked strategically to promote changed behaviour in the South Asian communities and to contribute towards a greener and cleaner Scotland.

As part of the Climate Challenge programme, food waste reduction actions were planned that saw NKS produce a recipe book of leftover food. These delicious South Asian recipes have been contributed to the book by the women who attend NKS groups.

Over 80 women participated in the leftover cookery sessions last year and came up with the recipes presented in this book. Each recipe has been carefully planned to ensure that the majority of the ingredients used are from leftover food to avoid binning it.

We hope that the recipes in this book motivate you to reuse your own food leftover from last night's dinner and not bin it. We also hope that our little contribution through the recipe book encourages you to adopt healthy eating habits too.

Huge thanks to Keep Scotland Beautiful and the Scottish Government for supporting the women to produce this book.

**NAINA MINHAS**  
NKS Manager



## *Introduction*

**Do you love food and hate waste? So does NKS. So, here we have Edinburgh's best leftover food recipe book.**

Here are twenty ways to turn leftover food into tasty, flavoursome dishes for everyone in the family to enjoy. These are very easy to follow recipes with all the ingredients that most of us already have in our larder.

When we first started talking about food waste we realised that amazingly not many South Asian women threw food away. Everyone had their own grandmother's recipe for that favourite dish that she made from yesterday's leftover chapattis or cooked rice or that banana that was going brown to the carrots that were going soft.

Amazing savoury and sweet dishes that you can make for breakfast, lunch or dinner. Or maybe just have with that cup of chai!!!! Out of all the recipes that we received we have chosen the twenty easiest to make dishes. Have a go and be inspired to make up your own leftover food recipes.

I would like to thank Keep Scotland Beautiful and the Scottish Government for funding the NKS Climate Challenge Initiative.

I would also like to thank Media Education for some of the gorgeous photographs used in this book and for working with us to produce the Climate Challenge Initiative short film to accompany it.

I would also like to thank Andy Croft and his colleagues at the Royal Botanic Garden Edinburgh for organising cookery sessions there. The women first harvested and then cooked locally grown fresh produce and demonstrated how to cook unusual curries such as one made out of potato leaves. It was delicious!

I would also like to thank: Naina Minhas, NKS Manager, for her support; NKS staff and volunteers and all the women that have taken part in the sessions.

**NASEEM SULEMAN**  
**NKS Climate Challenge Project Co-ordinator**

# Muthia

## MADE USING LEFTOVER COOKED RICE

This recipe is for Cabbage Muthia. You can substitute any vegetable you have that is left over such as: doodhi; carrots; methi; rice or peas. You can use cooked rice with any other vegetable, methi with doodhi, carrots or peas.

### INGREDIENTS

2 cups of grated cabbage  
1/2 a cup of besan  
2 tablespoons of whole wheat flour  
1 teaspoon of green chilli paste  
1 teaspoon of grated ginger  
1 teaspoon of carom seeds (ajwain, optional)  
2 teaspoon of kasuri methi  
1/2 a teaspoon of cumin seeds  
1/4 of a teaspoon of turmeric powder  
A pinch of lemon salt (citric acid)  
A pinch of cooking soda (optional)  
1 tablespoon of oil  
1/2 a teaspoon of sugar  
Salt to taste

### *For the tarka for the steamed muthia:*

2 tablespoons of oil  
1 green chilli – slit in half  
1 red chilli – slit in half  
1 teaspoon of white sesame seeds  
1 teaspoon of mustard seeds  
A pinch of asafoetida (hing)  
1 sprig of curry leaves

### *For garnishing the steamed muthia:*

A few chopped coriander leaves  
Some freshly grated coconut

### METHOD

1. Take the grated cabbage (or any other vegetable that you have) and place it in a bowl. Add all the rest of the ingredients (except the ingredients for the tarka) and mix until it forms very soft dough like texture. The water from the grated cabbage would be enough to make the dough but if you need to you can sprinkle in some water. The dough should be softer than the roti dough. If your dough becomes very soft add a couple of teaspoons of besan to it and mix well.
2. Make small oblong balls with the dough and place them on a greased steamer and steam them for about 20 minutes.

3. Use the toothpick method to check whether the muthia dumplings are done. Just prick them with the toothpick - if it comes out clean then it is done otherwise it needs to be cooked for a longer time.
4. Let them cool completely once they are cooked. Cut them into bite-sized pieces and keep them ready for the tarka.
5. To make the tarka heat the oil in a non-stick pan, add the mustard seeds and cook them until they start to crackle. Add the slit green chilli, red chilli and fry them together. Add the curry leaves, asafoetida and sesame seeds and let them splutter.
6. Once the seeds start to splutter add the cut dumplings and reduce the flame to low and toast them for about 7-8 minutes stirring often so that all sides gets crispy. Garnish with the coriander leaves and freshly grated coconut.







# *Sweet Rice Balls*

## MADE USING LEFTOVER COOKED RICE

### INGREDIENTS

- 4 tablespoons of cooked leftover cold rice
- 2 medium sized eggs
- 3 tablespoons of sugar
- 2-3 drops of vanilla extract
- 1/2 a teaspoon of cardamom powder
- 1-2 tablespoons of cut/sliced almonds, sultanas and pistachios (you can use a mix of any nuts you have in your cupboards)
- 1/4 of a teaspoon of fennel seeds
- 4 tablespoons of self raising flour
- 1/2 a cup of oil for frying

### METHOD

1. In a mixing bowl beat the eggs together and then add in the rice and mix thoroughly.
2. Add the sugar, vanilla extract, cardamom powder, sultanas, mix of nuts and the fennel seeds and mix the ingredients together.
3. Add the self raising flour and mix it in. Leave the mixture for about 5-7 minutes.
4. Put the oil into a deep frying pan and heat it up on a high heat until it reaches the right temperature for frying.
5. Turn the heat down and, using a tablespoon, make small balls out of the mixture and put these into the oil and fry them until they are a light golden brown.
6. Take them out of the hot oil and put them on paper towels to soak off the extra oil. Serve the cooked sweet rice balls with tea or coffee.

# *Pineapple Sweet Rice*

## MADE USING LEFTOVER COOKED RICE

### INGREDIENTS

- 1 cup of leftover cooked rice
- 1/2 a cup of jaggery
- 1/2 a teaspoon of saffron
- 2 tablespoons of hot water
- 1 1/2 inch stick of cinnamon
- 2 whole green cardamoms
- 2 cloves
- 2 tablespoons of ghee
- 1 tablespoon of almonds (sliced)
- 1 tablespoon of pistachios (sliced)
- 1 tablespoon of raisins
- 1/2 a cup of pineapple cubes (small)

### METHOD

1. Place the saffron in a bowl and leave to soak with 2 tablespoons of hot water for 2 minutes.
2. Transfer the saffron water to a non-stick frying pan along with the jaggery, cardamoms, cinnamon and cloves, and cook for 2-3 minutes on a medium heat. Once the jaggery melts cook for a further 1 minute.
3. Now put the leftover cooked rice into the jaggery mixture and add the ghee.
4. Then add in the nuts, raisins and pineapple cubes.
5. Mix the mixture carefully and cook for 2-3 minutes.
6. Serve hot or cold.





# *Steamed Rice Pudding*

## **MADE USING LEFTOVER PLAIN BOILED RICE AND RIPE BANANAS**

### **INGREDIENTS**

- 1 cup of leftover plain boiled rice
- 1/2 a litre of full fat milk (boiled and thickened)
- 2 teaspoons of gelatine (soak it in hot water first) or Vege-Gel
- 1/2 a cup of sugar
- 2 ripe bananas
- 2 tablespoons of flaked almonds
- 1/2 a teaspoon of powdered cinnamon

### **METHOD**

1. First of all boil the milk in a saucepan until it has thickened. To thicken the milk place a heavy bottomed deep pot on a medium heat. Add 2-3 teaspoons of water. Adding water ensures that the milk will not stick to the bottom. Add the milk and bring it to the boil then let it simmer until it has reduced to half the quantity. Then let it cool down.
2. Blend together the rice, sugar, gelatine/Vege-Gel, bananas and cinnamon powder in a blender until smooth and add to the thickened milk. Mix thoroughly.
3. Put the mixture into small ramekins and steam them in the steamer until they are set. This should take approximately 20 minutes but check to make sure that they are set.
4. Remove them once they are set and sprinkle the flaked almonds over the puddings.
5. Once they have cooled down leave the puddings in the fridge for 5-6 hours to chill.
6. The puddings are ready to serve once chilled.

# Potato Noodle Wraps

## MADE USING LEFTOVER MASHED POTATO AND COOKED NOODLES

### INGREDIENTS:

1 cup of leftover mashed potato/dry potato curry

Leftover cooked noodles/spaghetti

1/2 a teaspoon of red chilli powder

1 teaspoon of chopped garlic

1/2 of a chopped onion (tiny pieces)

Chopped spring onions

Salt to taste

8 sticks of grated cheese

Vegetable oil for pan frying

### METHOD

1. Mash up the potatoes/potato curry pieces really well until smooth.
2. Add the chilli powder, garlic, onions, spring onions, cheese and salt. Mix well.
3. Take a fistful of the mixture into your hands and roll it into a sausage shape. Repeat this until the mixture has been used up.
4. Wrap these with individual noodle strands.
5. Keep them in the fridge for at least 30 minutes to firm up.
6. Heat up some oil in a frying pan and fry them slowly in small batches until hot throughout.
7. Serve with salad and a sauce of your choice.







# *Aloo Halwa*

## MADE USING LEFTOVER BOILED POTATOES

### INGREDIENTS

6 medium-sized boiled potatoes  
(mashed up)

Sugar syrup  
(2 cups of water and 2 cup of sugar  
with 5 to 6 strands of saffron)

2 tablespoons of ghee

1 tablespoon each of cut/sliced almonds,  
sultanas and pistachios (keep a handful to  
garnish at the end)

### METHOD

1. Melt the ghee in a high sided deep pan on a medium heat.
2. Put the mashed potatoes into the pan and cook on a low heat for about 10 minutes, stirring continuously so that it does not stick to the bottom of the pan.
3. To make the sugar syrup, take a high-sided saucepan and put 2 cups of cold water and 2 cup of sugar into it. Bring to the boil over a medium heat. Turn the heat to low and stir constantly until the sugar dissolves completely and the mixture is clear. This will take approximately 5 to 6 minutes. Add the saffron and stir. Remember – the longer you boil it, the thicker the syrup will be when cooled. For this recipe we need to boil it for just 5 to 6 minutes and then turn the heat off and let the sugar syrup cool a little.
4. Then slowly add the sugar syrup a spoonful at a time and keep on stirring until all of it has been incorporated into the mixture. Keep on cooking and stirring for about 15 minutes.
5. Then add the almonds, sultanas and pistachios and mix them in.
6. Garnish the finished dish with the remaining almonds, sultanas and pistachios. Serve hot.

# Dall Puri

## MADE USING LEFTOVER DALL

Dall Puri is a puri or fluffy kachori with a spicy chana dall filling and it is deep fried. This dish is usually made with fresh uncooked chana dall. In this recipe we have used cooked leftover dall to fill the puri's with.

### INGREDIENTS

#### *For the dall filling:*

2 cups of leftover dall

Chopped green chillies

A little salt to taste

Chopped coriander

1/2 a teaspoon of ground garam masala

#### *Dough for the puris:*

4 cups of wheat flour

1 teaspoon of salt (if needed)

2 tablespoons of oil

Water - as needed (to make the dough)

Vegetable oil for frying

### METHOD

1. To make the dall filling put the cooked dall into a non-stick saucepan and add all the above ingredients, apart from the salt. Cook on a very slow heat and keep on stirring it until all of the dall becomes really dry, and then add the salt if needed.
2. To make the dough put the flour, salt and oil into a bowl and rub them for few minutes until it resembles bread crumbs. Add the water little by little to knead the mixture into firm dough. Cover it with a damp cloth and keep aside for at least 10-15 minutes.
3. When the stuffing cools down make lemon-sized balls out of the dough. Roll them out into small circles.
4. Make smaller balls out of the dall stuffing. Place each one at the centre of the rolled out dough circles and close it from all sides. Flatten this stuffed ball and roll it into puris of small size.
5. Put the vegetable oil into a deep frying pan and heat on medium.
6. Deep fry these puris in hot oil until a light golden brown.
7. Serve the puris with chutney of your choice. Here it has been served with home-made plum chutney.





## INGREDIENTS

- 1 cup of cooked rice
- 1 cup of cooked mix dall
- 2 cups of grated cabbage, carrots and frozen peas
- 1/2 a cup of besan
- 1 teaspoon of green chilli paste
- 1 teaspoon of grated ginger
- 1 teaspoon of carom seeds (ajwain, optional)
- 1/2 a teaspoon of cumin seeds
- 1/4 of a teaspoon of turmeric powder
- A pinch of lemon salt (citric acid)
- 1/2 a teaspoon of sugar
- Juice of half a lemon
- Salt to taste
- 1 teaspoon of Eno or baking powder
- 1 teaspoon of white sesame seeds (sprinkle on top of the mixture in the tin)

## FOR THE TARKA (OPTIONAL)

- 2 tablespoons of oil
- 1 teaspoon of mustard seeds
- A pinch of asafoetida (hing)
- 1 sprig of curry leaves

# *Handvo - Baked Spicy Lentil Cake*

## **MADE USING LEFTOVER COOKED RICE & COOKED MIXED DALL/LENTILS**

Handvo is a popular Gujarati snack. This is a baked, spicy lentil cake made with rice and different lentils fermented batter mixed with spices and any of the vegetables below. This is served with chutney. Handvo is crisp on the outside and soft on the inside.

For this recipe we have used leftover cooked dall and leftover cooked rice. Also we had some vegetables so decided to add this to the recipe. The vegetables we had were half of a cabbage, two carrots and we added some frozen peas.

### **METHOD**

1. Put the cooked rice and cooked dall into a mixing bowl. Add the vegetables of your choice which, in this case, was grated cabbage, carrots and frozen peas, lemon juice plus all the above spices and mix these together.
2. Then put the besan into this mixture and mix thoroughly.
3. Add the Eno/baking powder to the mixture and mix thoroughly.
4. Grease a baking tin (approximately 8x8) generously and pour the handvo mix into it. Tap the tin; it will help to spread the mixture evenly. Sprinkle the sesame seeds over the handvo batter.
5. Put the oil into a pan and add in all of the ingredients for the tarka and heat these up until the mustard seeds crackle.
6. Drizzle the tarka over the top of the sesame seeds.
7. Preheat the oven to 350°F/180°C/gas mark 4. Cover the tin with aluminium foil and place it on the middle shelf in the oven and bake it for 20 minutes.
8. Remove the foil after 20 minutes and bake for another 20 minutes until the top of the handvo is a light golden brown. Insert a clean knife into the middle of the cake. The cake is ready if it comes out clean. If not, then put it back in the oven for a further 5-10 minutes. Keep an eye on it so that it does not burn.
9. Let the handvo cool off for about 15 minutes. Cut it in pieces and serve.

# Bread Malpua

## MADE USING LEFTOVER BREAD

Malpua is a North Indian sweet dish that is soft and fluffy on the inside and crisp on the outside. Leftover bread is used in this recipe. This is a quick and easy recipe to make with most of the ingredients already in your cupboards.

### INGREDIENTS

2 slices of bread (no crust)

Sugar syrup (made with 1 cup of sugar  
to 1 cup of water)

1 teaspoon of fennel seeds

3-4 tablespoons of vegetable oil or ghee

Some chopped almonds and pistachios  
to garnish

### METHOD

1. To make the sugar syrup, take a high-sided saucepan and put 1 cup of cold water and 1 cup of sugar into it. Bring to the boil over a medium heat. Turn the heat to low and stir constantly until the sugar dissolves completely and the mixture is clear. This will take approximately 3 to 5 minutes. Remember – the longer you boil it, the thicker the syrup will be when cooled. For this recipe we need to boil it for just 3-5 minutes and then turn the heat off and let the sugar syrup cool a little.
2. Cut the crust off from the bread slices and cut each slice into 4 triangles. For each small triangle take 3-4 fennel seeds and press them into the bread slices.
3. Heat up the vegetable oil or ghee in a frying pan over a medium heat. Fry the bread triangles until they become crispy. After frying each piece dip them into the sugar syrup and leave them there for 5-7 minutes to soak.
4. Garnish with the chopped almonds and pistachios and serve straight away.







# *Bread Upma*

## **MADE USING LEFTOVER BREAD**

Upma is a South Indian breakfast dish. It is usually made with rava which in English is called semolina. It is usually served with coconut chutney or pickle. In this recipe we are using leftover bread.

### **INGREDIENTS**

4-5 slices of bread

2 small onions

2 teaspoons of grated ginger

2 teaspoons of green chillies (finely chopped)

1/2 a teaspoon of mustard seeds

1/2 a teaspoon of turmeric

Salt to taste

4 tablespoons of vegetable oil

Freshly chopped coriander to garnish

### **METHOD**

1. Cut the bread into very small cubes.
2. Cut the onions into small cubes.
3. Heat up the oil in a large frying pan on medium heat.
4. Add the cut onions, mustard seeds, ginger and green chillies and fry until the onions become translucent (clear). Do not brown the onions.
5. Add in the turmeric.
6. Add in the bread pieces and salt and cook for about 5-7 minutes or until the bread pieces becomes brown and crunchy. Stir the mixture to stop it sticking to the bottom of the pan.
7. Garnish the dish with the chopped coriander leaves and serve immediately.

# *Bread & Banana Pittas (Pancakes)*

## **MADE USING LEFTOVER BREAD AND RIPE BANANAS**

### **INGREDIENTS**

2 cups of milk

2 slices of bread (without the crust)

2 medium-sized eggs

2 small ripe bananas (mashed up)

4 tablespoons of sugar

1/2 a teaspoon of saffron or vanilla extract

2 tablespoons of plain flour

1 tablespoon of ghee or vegetable oil for shallow frying

### **METHOD**

1. Pour the milk into a medium-sized pan and heat it up.
2. Cut up the slices of bread into very small pieces and add these to the milk. Cook these ingredients for 2-4 minutes until the mixture has thickened. Remove it from the heat.
3. In a bowl beat the eggs together and add in the mashed up bananas, sugar and flour. Mix together thoroughly.
4. Then add this mixture to the milk and bread mixture. Add the saffron or vanilla extract. Mix thoroughly and leave the batter for five minutes before you make the pittas.
5. Put the ghee or vegetable oil into a frying pan and heat it up on a medium to low heat. Be careful not to have the ghee/oil too hot or the pittas will burn.
6. Pour a tablespoon of the batter into the frying pan and cook for a few minutes on each side until each pitta is golden brown.
7. The pittas are delicious on their own but you can drizzle them with a little bit of golden syrup or honey if you like.





# Chapatti Flapjacks

## MADE USING LEFTOVER CHAPATTIS AND ASSORTED NUTS

### INGREDIENTS

5 leftover chapattis

1 cup of assorted nuts

Red cherries (if you have any)

1/2 a cup of golden syrup or jaggery  
(raw cane/date sugar)

2 tablespoons of butter/ghee

### METHOD

1. Preheat the oven on high for 5 minutes and then switch it off.
2. Dry out the chapattis in the oven for 10 minutes.
3. Tear up the chapattis into small pieces and then chop them up in a chopper/blender.
4. Coarsely grind the assorted nuts in a grinder.
5. Chop the cherries into small pieces.
6. Add the golden syrup or jaggery to the melted butter/ghee. The golden syrup can be added straight to the melted butter/ghee. However, if you use jaggery then this needs to be melted first in the microwave and then added to the melted ghee/butter.
7. Add the chopped chapattis, nuts and the cherries and mix well.
8. Put the mixture into a baking tin or tray and squash it down firmly. Cut up the mixture into flapjacks while it is still warm.
9. Let them cool down and enjoy!

# Chapatti Laddoos

## MADE USING LEFTOVER CHAPATTIS AND ASSORTED NUTS

### INGREDIENTS

5 leftover chapattis

1/2 a cup of cashew nuts and almonds (optional)

1/2 a cup of raisins (optional)

1/2 a cup of jaggery

2 tablespoons of ghee

1/2 a teaspoon of cardamom powder

### METHOD

1. Preheat the oven on high for 10 minutes and then switch it off.
2. Dry out the chapattis in the oven for 10-15 minutes or until they become crispy.
3. Tear up the chapattis into small pieces and then coarsely chop them up in a chopper/blender.
4. Coarsely grind up the cashew nuts and almonds in a chopper/blender.
5. Melt the ghee in a bowl in the microwave with the jaggery.
6. Put the coarsely ground chapattis, ground cashew nuts and almonds in to a clean bowl and add in the cardamom powder. Mix these ingredients together thoroughly and add a little bit more melted ghee if you need to.
7. Shape them into small round balls.
8. Sprinkle poppy seeds onto them and serve.







# *Masala Chapatti Saag with Plain Yoghurt*

## MADE USING LEFTOVER CHAPATTIS

### INGREDIENTS

4-5 chapattis

1/2 a cup of plain yoghurt

1/4 of a teaspoon of mustard seeds

1/2 a teaspoon of cumin seeds

A pinch of asafoetida (hing)

1/4 of a teaspoon of turmeric

1 tablespoon of ginger paste

2-3 fresh green chillies (made in to a paste)

4-5 curry leaves

2 tablespoons of cooking oil

1 cup of water

Salt to taste

Fresh chopped coriander leaves

### METHOD

1. Take a bowl and tear the chapattis into quarter inch pieces. Add the plain yoghurt and mix well until all the pieces are coated with the yoghurt.
2. Heat the two tablespoons of cooking oil in a deep saucepan. Once hot, add the mustard seeds and the cumin seeds. Let them splutter.
3. Add the curry leaves and then add a pinch of asafoetida, the turmeric, ginger and green chillies pastes and sauté for about a minute.
4. Add 1 cup water and the salt. Let it come to the boil then add the chapatti pieces into the saucepan. Turn the heat down to a low setting and cook, stirring at intervals, until the water evaporates. Garnish with coriander (optional).

# Watermelon Rind Curry

## MADE USING LEFTOVER WATERMELON RIND

Remove the outer green peel, and use the white rind, as you would a vegetable, to make a curry. This is actually a speciality dish in parts of India. Paired with spicy chillies and warm spices, watermelon rind provides a subtly sweet, cool complement. Even with a relatively quick cook time, the rind soaks up lots of flavours and softens, without becoming mushy.

Watermelon rind has a crisp texture, almost like a cucumber and holds up well to heat – which makes it great for cooking. Think of the rind more as a vegetable than as a fruit.

This recipe is good for you and good for the environment. You can use almost every bit of a watermelon. Sustainability for the win! This curry is economical as you are making food out of something that is usually binned and recycled. You cannot get cheaper than free, right?

It's also tasty. If you have a large watermelon, then you can easily double or triple this recipe. Or, you can make sweet and spicy watermelon rind chutney.

## INGREDIENTS

4 cups of watermelon rind (cut into 1/2 inch pieces)

1 chopped onion

2 tablespoons of oil

1/2 a teaspoon of cumin seeds

5 cloves of garlic, minced

1 inch of ginger, minced

1 teaspoon of paprika

1 teaspoon of coriander powder

1/2 a teaspoon of amchur (dried mango) powder

1/4 of a teaspoon of Kashmiri chilli powder  
(you can leave this out if you don't like spicy food)

1/4 of a teaspoon of turmeric powder

1/2 a teaspoon of fine sea salt

1/4 cup of water (in case the curry sticks to the pan)

1/4 of a teaspoon of garam masala

Fresh coriander leaves

## METHOD

1. Boil the watermelon rind pieces in salt water until they have softened.
2. Heat 2 tablespoons of cooking oil in a pan on a medium heat.
3. Add the cumin seeds and chopped onion and brown together. Once they have browned, add the ginger and garlic. Cook together for a minute.
4. Then add the paprika, coriander powder, amchur, Kashmiri chilli, turmeric and sea salt. Mix well and cook together for a few minutes.
5. Add the boiled watermelon rind and mix well.
6. Cover and cook for 10-12 minutes, stirring all the time. Add a little water if it is sticking to the bottom of the pan. Add the garam masala and the coriander leaves.
7. Mix well and cook for another couple minutes.
8. Remove from the heat and serve. You can eat this with bread or chapattis.





# *Carrot, Red Onion & Red Apple Chutney*

## **MADE USING LEFTOVER CARROTS, ONION AND APPLE**

What can be made with carrots, half a red onion and one apple leftover and going soft? Chutney, of course!

### **INGREDIENTS**

4 carrots (chopped into tiny pieces or put them in to a chopper and chop coarsely)

1/2 a red onion (diced or sliced thinly)

1 red eating apple (remove the skin and sliced thinly)

1/2 a cup of brown sugar (you can use normal sugar)

1 red pepper (capsicum) (sliced thinly)

1 inch of ginger (sliced thinly)

1-2 green chillies (sliced thinly)

1/2 a cup of vinegar (white vinegar but you can use Balsamic vinegar if you have any in your cupboard)

1 teaspoon of ground cumin

1 teaspoon of ground coriander

1/2 a teaspoon of turmeric

A pinch of salt

### **METHOD**

1. Take a deep non-stick pan. Put the carrots, red onion, apple, red pepper, chillies and ginger in to the pan.
2. Add the sugar and vinegar and stir thoroughly. Cook on a low heat for about 5-10 minutes.
3. Add all the spices and a pinch of salt. Bring to the boil and then simmer on a low heat for about an hour.
4. Drag a wooden spoon through the pan, if no liquid fills the channel then the chutney is ready. If there is any liquid left then cook until it is dry and no liquid is left.
5. You can put this chutney into sterilised jars and keep it for about 2-3 weeks.

# Vegetable Paturi

## MADE USING LEFTOVER MIXED VEGETABLE CURRY

### INGREDIENTS

- 1 cup of leftover mixed vegetable curry
- 1 teaspoon of finely chopped green chillies
- 3-4 teaspoons of mustard and poppy seed paste
- 2-3 tablespoons of chopped coriander leaves
- 1/2 a cup of grated coconut
- Salt (according to taste)
- Sugar (according to taste)
- Oil for shallow frying
- Pumpkin leaves (traditional) or cooking foil

### METHOD

1. Put the cooked vegetable curry in a bowl and add the mustard and poppy seed paste, chopped coriander leaves, chopped green chillies, grated coconut, salt and sugar. Mix thoroughly to bring all of the ingredients together.
2. Take egg-sized amounts into your hands and make koftas (round meatball or burger shape) out of the mixture.
3. Clean the pumpkin leaves before using them.
4. Place a kofta in each pumpkin leaf and cover it so that it is inside the leaf. You can use foil if you cannot get pumpkin leaves.
5. Heat the oil in a frying pan. Gently fry each side of the kofta for a few minutes until it is cooked.
6. The vegetable paturis can be eaten with the pumpkin leaves left on as they are edible. Simply remove from the foil if you have used this instead.
7. Serve with a chutney or sauce of your choice and a simple salad or rice.





## *Raas Malai*

### **MADE USING LEFTOVER FRESHLY SPOILT MILK**

The origin of this dessert is from the Indian subcontinent. The name raas malai means “juice” and “cream”. It is made primarily from milk that has been soured by adding lemon. This recipe is for milk that has gone slightly sour but lemon juice is still needed to separate the cream (curd) from the whey.



### INGREDIENTS FOR THE RAAS

1 litre of leftover semi-skimmed milk  
(slightly sour)

1/2 a litre of full cream milk

1/2 a tablespoon of plain/self raising  
flour/semolina

Juice from half a lemon

A few strands of saffron can be added  
for garnishing (optional)

### INGREDIENTS FOR THE MALAI

1/4 cup of water

1/4 cup of full cream milk

2 cracked cardamoms

4 tablespoons of sugar

Rose essence

### METHOD

1. Pour the semi-skimmed and full cream milks into a pot and squeeze in the juice of half a lemon. Stir, and let it come to the boil.
2. Let the milk simmer on a medium to low heat for about 30 minutes to allow the curds and whey to separate.
3. Pour the contents of the pot through a very fine sieve, or a linen/muslin cloth.
4. Thoroughly squeeze out the excess liquid. The curds should have a slightly crumbly consistency. Place the curds in a large bowl.
5. Mix the flour/semolina into the curds and knead it together to form the dough. Take small amounts of the dough – smaller than a walnut – and make balls out of it.
6. To make the malai, pour the water and full cream milk into a clean pot and add in the cracked cardamoms and sugar and stir. Keep the pot on a low heat, until all of the sugar has dissolved.
7. Once the sugar has dissolved, carefully place the curd balls into the milky sugary liquid, and let them absorb the mixture for about 15 minutes. Keep the lid of the pot slightly ajar.
8. Add the rose essence and refrigerate for at least 2 hours, preferably overnight.
9. Garnish with the strands of saffron (if preferred) just before serving. This dish is best served chilled.

# Shrikhand

## MADE USING LEFTOVER PLAIN YOGHURT, MERINGUES AND NUTS

Shrikhand is made from leftover plain yoghurt. The yoghurt is placed in a linen/muslin cloth which is then tied and hung up to remove the whey. The whey can be used to make chapatti dough, bread dough, gravy or soups.

Shrikhand is very easy to make provided you follow all the steps. You can flavour it with whatever you prefer. Vanilla extract, some meringues (made from leftover egg whites) and some mixed nuts were used for the recipe below.

### INGREDIENTS

- 1 litre carton of plain yoghurt
- 8-9 tablespoons of sugar or more per taste
- 2 tablespoons of vanilla extract
- 2 small meringues
- 1/2 a teaspoon of cardamom powder
- 2 pinches of saffron strands
- Dried rose petals for garnish

### METHOD

1. Line a strainer with a linen/muslin cloth or a tea towel and pour the yoghurt into it.
2. Bring the four edges of the cloth together and tie them up and hang the yoghurt overnight with a deep bowl underneath it.
3. Next day, the whey should have separated from the yoghurt. You will be left with the curd in the cloth and the whey in the bowl.
4. To make the shrikhand put the strained yoghurt into a big bowl.
5. Add the sugar and stir it lightly and then add the cardamom powder.
6. Then add the vanilla extract and the saffron strands.
7. Then whip the strained yoghurt until all of the sugar has dissolved properly.
8. Break up the meringues into small pieces and add them to the whipped yoghurt, stirring gently.
9. Pour the shrikhand into serving bowls and decorate with the dried rose petals. Enjoy!





# *Mithai with Chocolate Sauce*

## MADE USING LEFTOVER INDIAN SWEETS

### INGREDIENTS

9 pieces of mithai (laddoo, gulab jaman or cham champ)

1 small tin of condensed milk

Cocoa powder (according to your taste)

Chopped unsalted pistachios (according to your taste)

1 small sized bar of milk chocolate

Powdered coffee (according to your taste)

### METHOD

1. This dessert looks really nice served in tall glasses. You can make three desserts with this recipe and you can use a mixture of mithai if you like.
2. Melt the bar of chocolate over a Bain Marie and remove once melted.
3. Add in the cocoa powder and condensed milk and mix these ingredients together thoroughly until cool.
4. Put the first piece of mithai in the bottom of each glass.
5. Add a layer of the chocolate sauce on top of each piece of mithai.
6. Add another piece of mithai on top and repeat with another layer of the chocolate sauce.
7. Add the final pieces of mithai on top of the chocolate sauce.
8. Add the final layer of the chocolate sauce on top of the piece of mithai and top with the chopped pistachios.
9. Use a small sieve to sprinkle the powdered coffee on top. Chill in the fridge and then serve.

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# Glossary

IN ALPHABETICAL ORDER

WORD

DEFINITION

**AMCHUR**

Amchoor or aamchur is mango powder which you can buy from Asian shop.

**ASAFOETIDA**

Is known as hing in Hindi.

**BAIN MARIE**

This is a method of cooking or melting ingredients in a glass or metal bowl over a pot of simmering water.

**BESAN**

Gram flour is a pulse flour made from ground chickpeas (it's gluten free).

**CAROM SEEDS**

Ajwain. These seeds resemble caraway and cumin seeds.

WORD

DEFINITION

**CHAPATTI**

Also known as roti and is an unleavened flatbread mostly made from wheat flour.

**FENNEL SEEDS**

Also called saunf in Hindi. It is used as a spice and possesses a sweet taste similar to anise.

**GARAM MASALA**

It is a blend of ground spices. It is used alone or with other spices.

**JAGGERY**

Also known as 'GUR' it is a natural product of sugarcane.

WORD

DEFINITION

**KACHORI**

A spicy snack from the Indian subcontinent. Small flattened ball filled with stuffing.

**KASURI METHI**

Dried fenugreek leaves.

**LADDOOS**

These are ball shaped sweets popular in the Indian subcontinent.

**MALPUA**

A pancake served as a dessert or a snack. It is popular in India and Bangladesh.

WORD

DEFINITION

**MASALA**

A mixture of ground spices used in Indian cooking.

**MITHAI**

This is a collective name for South Asian sweets.

**PAPRIKA**

A ground spice made from bell peppers and sometimes additional cayenne peppers.

**PURI**

Puri is an unleavened deep-fried Indian bread.



WORD

DEFINITION

**SAFFRON**

An orange-yellow aromatic flavouring food colour made from dried stigmas of crocus.

**SAUTÈ**

This is to fry quickly in a little hot oil/fat.

**TARKA**

This is a technique where spices are added to very hot oil and cooked until they pop and sizzle.

**UPMA**

A common South Indian breakfast dish.



# *Acknowledgements*

Nari Kallyan Shangho (NKS) would like to thank Keep Scotland Beautiful and the Scottish Government for the support provided in the form of financial resources. Without their support it would not have been possible to have produced this book.

NKS would also like to thank Ferdousi Reza, Indumati Pandya, Ghazala Sardar, Nazia Majid and Naseem Suleman for contributing their recipes for using leftover food for inclusion in this book.

NKS would also like to thank Media Education for their help in producing the Climate Challenge Initiative short film and some of the photographs in this book.

NKS would also like to thank the Royal Botanic Garden Edinburgh for their help in making us appreciate the concept of cooking and eating freshly grown local produce.

Finally NKS would like to thank the staff, volunteers and women for their participation in the Climate Challenge programme which has resulted in the production of this book.

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