



'The Too Good to Waste One'

Victoria Glass | May 2023

3 Amazing Recipes from Too Good to Waste



Wilted Watercress & Chicken Wonton Soup

Serves 4-6

This is the perfect way to turn a forgotten bag of watercress languishing at the back of the fridge into a first-rate supper. Homemade wonton skins are simple to make, but take a little time. This recipe makes enough to stash half in your freezer for another day – or use shop-bought if you can find them.



Ingredients

For the wonton skins (makes 72)

- 250g/9oz/2 cups plain/all-purpose flour
- ½ tsp fine sea salt
- 1 egg
- Cornflour/cornstarch, for dusting

For the filling (makes 36)

- 1 tbsp sunflower oil
- 1 small onion, finely chopped
- 1 carrot, scrubbed and chopped
- 50g/1¾oz/¾ cup chestnut/cremini mushrooms, finely chopped
- 3 garlic cloves, crushed
- A thumb of root ginger, peeled and finely grated
- A good grinding of black pepper
- 3 tbsp dark soy sauce
- 1 tbsp sesame oil
- 100g/3½oz/2 cups watercress, finely chopped

For the soup

- 1.5 litres/52fl oz/6½ cups intense Chicken Stock
- 3 spring onions/scallions, finely sliced
- A thumb of root ginger, peeled and cut into matchsticks
- 3 tbsp soy sauce
- 100g/3½oz/2 cups watercress, roughly chopped



Method

- Sift the flour and salt into a bowl and make a well in the middle. Beat the egg with about 5 tablespoons water, then slowly pour it into the well. Roughly mix with a fork until most of the egg has been absorbed, then knead to a soft and pliable dough, adding a little more water if needed.
- Tip out of the bowl and knead for about 5 minutes until elastic. Put the dough in a large bowl, cover with a damp cloth and leave to rest for 30 minutes.
- Cut the dough into 8 equal pieces. Roll out each piece on a lightly floured surface until it is as thin as filo/phylllo pastry and 24cm/9½in square. Cut each sheet into 8cm/3¼in squares and dust with plenty of cornflour/cornstarch before stacking them. This will make 72 wonton skins.
- Stack half with more cornflour/cornstarch (or they'll stick together in a sad little lump), put in an airtight box and freeze for up to 3 months. Defrost overnight when you need them. Continue with the remaining skins.
- Heat the oil for the filling and fry the onion, carrot, mushrooms and garlic for 10 minutes until soft. Stir in the ginger, pepper, soy sauce and sesame oil. Take the pan off the heat and stir in the watercress until wilted. Transfer to a bowl and leave to cool.
- One at a time, place 1 teaspoon of filling on a wonton skin and brush the edges with water. Fold the skin in half, seal, then fold in the sides.
- Bring all the soup ingredients, except the watercress, to a simmer in a saucepan. Cook for 10 minutes.
- Add the watercress and wontons and boil for 4 minutes before serving.





How to Make... Nasi Goreng

Nasi Goreng

Serves 4

You'll find yourself cooking extra rice just to make this Indonesian flavour bomb. You can add chicken or prawns too.



Ingredients



- 6 shallots, finely sliced
- Sunflower oil, for frying
- 6 garlic cloves, crushed
- 1 tsp shrimp paste
- 2 tsp tamarind paste
- 1–3 red bird’s eye chillies, (depending on how much heat you like), finely chopped
- A thumb of root ginger, peeled and finely grated
- 1 lemongrass stalk, trimmed, bruised and finely chopped
- 2 large carrots, scrubbed and cut into fine matchsticks

How to Make... Nasi Goreng

- 150g/5½oz chestnut/cremini mushrooms, finely sliced
- 2 tbsp kecap manis (Indonesian sweet soy sauce. If you can’t find it, substitute for regular soy plus 2 tsp soft brown sugar)
- 900g/2lb/heaped 6 cups cooked basmati rice (300g/10½oz/1½ cups uncooked)
- 6 spring onions/scallions, finely sliced
- 1 large bunch of coriander/cilantro, stalks finely chopped, leaves roughly chopped
- 4 eggs
- ½ cucumber, sliced into batons
- Fine sea salt and freshly ground black pepper
- Sriracha, to serve (optional)





How to Make... Nasi Goreng

Method

- Put the shallots in a small saucepan and just cover with oil. Cook slowly over a medium heat for about 15 minutes, stirring every now and then, until golden. Turn the heat down if they start to catch. Remove from the heat and scoop the shallots out of the oil with a slotted spoon and drain on paper towels. They will crisp up on cooling.
- Spoon off all but 1 tablespoon of the oil (see Tip) and put the pan over a medium heat. Add the garlic, shrimp paste, tamarind paste, chillies, ginger and lemongrass and fry for 2 minutes. Add the carrots and mushrooms and fry for a few minutes to soften. Add the kecap manis and stir in the rice. Keep stirring for a few minutes until the rice is heated through. Stir through the spring onions/ scallions and the coriander/cilantro.
- In a separate frying pan, fry the eggs until just set, then sprinkle a little salt over the yolks.
- Season the rice with a little salt and pepper and stir in the cucumber batons to warm (you can serve these on the side if you prefer). Divide among four warm bowls and sprinkle with the crispy shallots. Rest a runny fried egg, sunny-side up, on top of each bowl. You can serve with a squirt of sriracha, if you like.
- **WASTE NOT:** Save the cold shallot-flavoured oil for making salad dressings, or to serve with balsamic vinegar to dunk bread in.

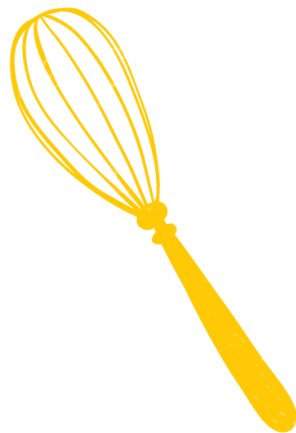


How to Make... Butternut & Bacon Bread & Butter Pudding

Butternut & Bacon Bread & Butter Pudding

Serves 6

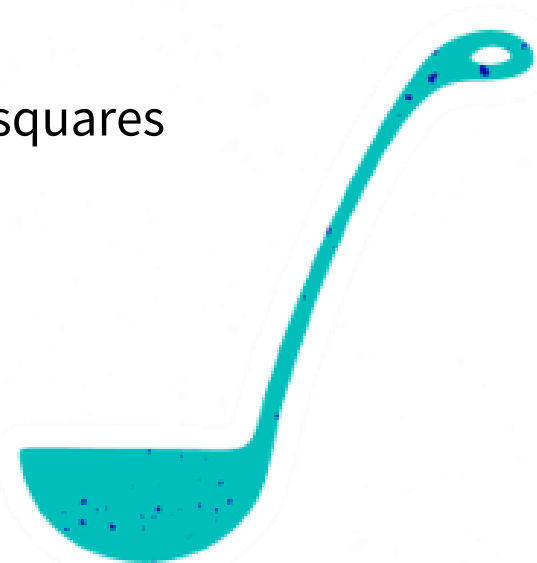
The roasted garlic butter really elevates this dish. This isn't just staid old stodge, this is bread and butter pudding after a facelift.



How to Make... Butternut & Bacon Bread & Butter Pudding

Ingredients

- 1 small butternut squash, peeled and chopped into 2.5cm/1in squares
- 6–8 garlic cloves, unpeeled
- 1 large bunch of thyme (or you can use rosemary if you prefer)
- 3 tbsp olive oil
- 1 large onion, finely sliced into half moons
- 6 smoked bacon slices, chopped
- 3 eggs
- 400ml/14fl oz/1³/₄ cups whole milk (or a combination of milk and cream)
- 90g/3oz/6 tbsp unsalted butter, softened, plus extra for greasing
- 8 slices of stale bread, white or brown
- 50g/1³/₄oz/1/2 cup grated Cheddar, Gruyère or similar hard cheese
- Fine sea salt and freshly ground black pepper





How to Make... Butternut & Bacon Bread & Butter Pudding

Method

- Heat the oven to 190°C/375°F/Gas 5 and butter a 30 x 23cm/12 x 9in ovenproof dish.
- Put the squash in a roasting pan and scatter over the garlic and 6 sprigs of thyme. Season generously with salt and pepper, drizzle with 2 tablespoons olive oil and roast for 30–40 minutes, or until soft and slightly caramelized.
- Meanwhile, fry the onion and bacon in the remaining oil for about 10 minutes until golden, then set aside.
- Whisk the eggs in a jug, then whisk in the milk. Season the mixture generously with salt and pepper and add the remainder of the picked thyme leaves.
- Squeeze out the roasted garlic flesh from their skins and mix with the butter. Spread one side of each slice of bread with the garlic butter and cut each piece into 4 triangles.
- Arrange the bread in layers alternating with the roasted butternut, onion and bacon in the prepared dish. Pour over the custard mixture and sprinkle over the cheese. Bake for 30– 40 minutes, or until the custard has set and the top is golden brown.
- **VARIATION:** To make a sweet dark chocolate and cardamom bread and butter pudding, leave out the savoury ingredients (butternut, garlic, thyme, oil, bacon, onion, cheese, salt and pepper). Whisk 50g/134oz/1/4 cup caster/superfine sugar and 1 tsp vanilla paste into the eggs. Infuse the milk and cream with 8 smashed cardamom pods before straining and discarding the pods. Scatter 75g/21/2oz roughly chopped chocolate over the layered buttered bread before pouring over the custard and baking as in the main recipe.