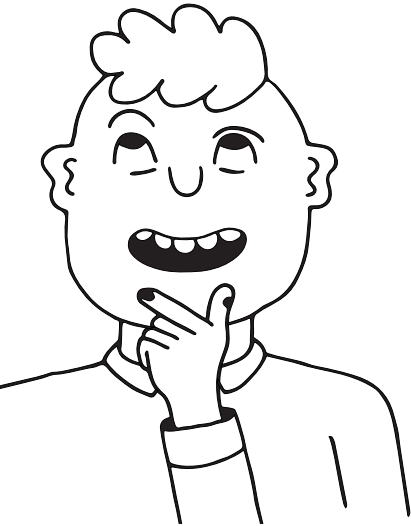
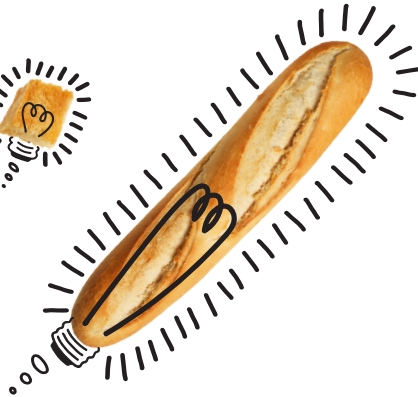
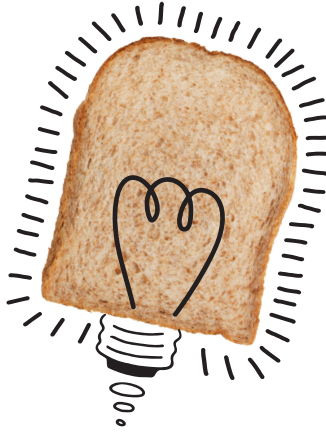
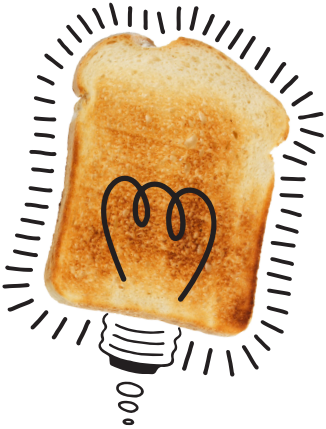


FOOD FOR THOUGHT



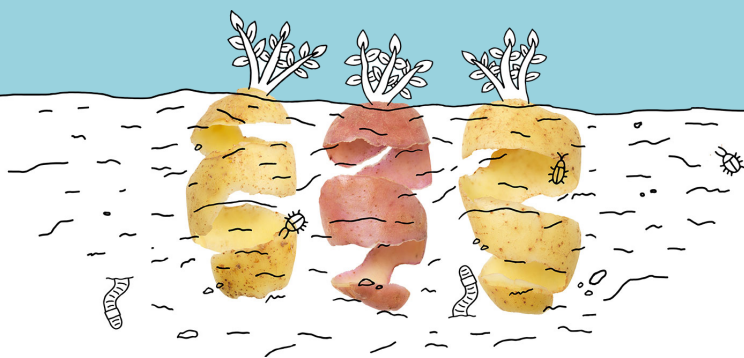
INTRODUCTION

Through the Small Change, Big Difference campaign we'd like to show you that the small changes you make in your daily life really can save you money, help you stay healthy and have a positive impact on the environment.

In London, we waste heaps of food every year - just tipped in the bin unnecessarily. That works out at about £9 a person, every week.

It'd be nice to get some of that cash back into our wallets, wouldn't it?

The team at The People's Fridge in Brixton have put together this guide full of recipes from local community cafés and hot tips to make your food stretch further. We've also made a map with lots of the projects in Lambeth using surplus food, or where surplus food is available.



WHAT'S

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- 04** Roasted Ratatouille
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VALCIE'S SPICY PUMPKIN SOUP

INGREDIENTS (8 SERVINGS)

Flesh from 1 large pumpkin, diced, including the seeds

1 large turnip, peeled and diced

1 leek, trimmed and sliced

1 large onion, peeled and diced

3 carrots, peeled and diced

1 sweet potato, peeled and diced

3 garlic cloves, peeled and finely chopped

3 sprigs of fresh thyme, leaves only

1 scotch bonnet chilli pepper

½ teaspoon salt

½ teaspoon pepper

2 tablespoons of low salt vegetable bouillon,
stock cube or homemade stock

METHOD:

- Pour 1.5 litres of water into a large saucepan. Add all the vegetables except for the sweet potato.
- Bring to the boil, then reduce to a simmer and cook for 30 minutes.
- Turn the heat back up, add the sweet potato and simmer for a further 10 minutes. Add a little more water if it is reducing too much.
- Add the whole scotch bonnet chilli pepper, and the stock and salt and pepper. Cook for 20 minutes.
- Remove the scotch bonnet chilli pepper before serving.
- Or don't, if you're feeling like a daredevil.



A bowl of this wholesome soup will help you get your five-a-day. It's great at any time of the year, but particularly good around Halloween for using up leftover pumpkins. You can also vary what vegetables you use depending on what you have around.



WHERE TO FIND IT?

Papa's Café,
10-17 Pulross Road,
Brixton, SW9 8AF



ELIZA'S ROASTED RATATOUILLE

INGREDIENTS (MAKES 6 SLICES)

- 1 onion, peeled and diced
- 1 aubergine, diced
- 1 yellow pepper, seeds removed and diced
- 2 courgettes, diced
- 2 tomatoes, diced
- 1 tablespoon of olive oil
- 3 sprigs of thyme, leaves only
- A small handful of parsley, chopped
- ½ teaspoon salt
- ½ teaspoon pepper
- 6 slices of bread

METHOD:

- Preheat the oven to 160°C (140°C in a fan assisted oven).
- Place the chopped vegetables in layers in an oven dish, sprinkling each layer with chopped herbs: onions first, then peppers, aubergines, courgettes and salt and pepper.
- Drizzle with olive oil, cover with aluminium foil and slowly roast in the oven for 1½ hours.
- Remove from the oven and gently mix with a wooden spoon, trying to keep the vegetables intact.
- Lightly grill 6 slices of bread and spread the ratatouille mix generously on each piece of bread.
- If you'd prefer to make canapés cut each slice into 9, or less if you like your canapés bigger.



This is a great recipe to use up vegetables and even bread that's a day past fresh.

I love to roast vegetables in the autumn with produce from our greenhouse, but it's great all year round. You can eat it as canapés, on toast, or on its own.



WHERE TO FIND IT?

Little Cat Café,
Myatt's Fields Park,
Cormont Road,
Camberwell, SE5 9RQ

JO & DARWIN'S

ECUADORIAN PLANTAIN

FRITTERS

INGREDIENTS (6 SERVINGS)

- 6 green plantains
- 1 carrot, peeled and diced
- 2 red peppers, seeds removed and diced
- 1 onion, peeled and diced
- 1 egg
- 3 tablespoons of peanut butter
- 2 garlic cloves, peeled and finely chopped
- 3 sprigs of fresh thyme, leaves only
- 2 tablespoons of freshly grated ginger
- A small handful of coriander, finely chopped
- 1 tablespoon vegetable oil

METHOD:

- Preheat the oven to 200°C (180°C fan assisted oven) with a baking tray inside.
- Stir fry the garlic, thyme, ginger, onion, pepper and carrot on a medium heat in 1 tablespoon of vegetable oil for 5 minutes. Add the coriander and remove from the heat.
- Wash 3 of the plantains and cut into thirds; leaving the skin on. Place in a medium pan of boiling water and cook until the flesh is soft (about 15 minutes).
- Drain the plantains, peel and then mash.
- Peel and grate 3 raw green plantains and mix with the cooked ones.
- Add the stir fried vegetables, egg and 3 tablespoons of peanut butter to the plantain mixture and stir.
- Make balls of the mixture with your hands and place them on the preheated baking tray. Cook for around 20 minutes.
- Serve with salsa or drop into a soup like dumplings.



You can use whatever you have in the fridge to go with the plantains - leftover carrots, peppers, onions, spring onions. You can also try adding peanuts or peanut butter (but the recipe works well without it). I like to add chilli and serve with sliced limes.

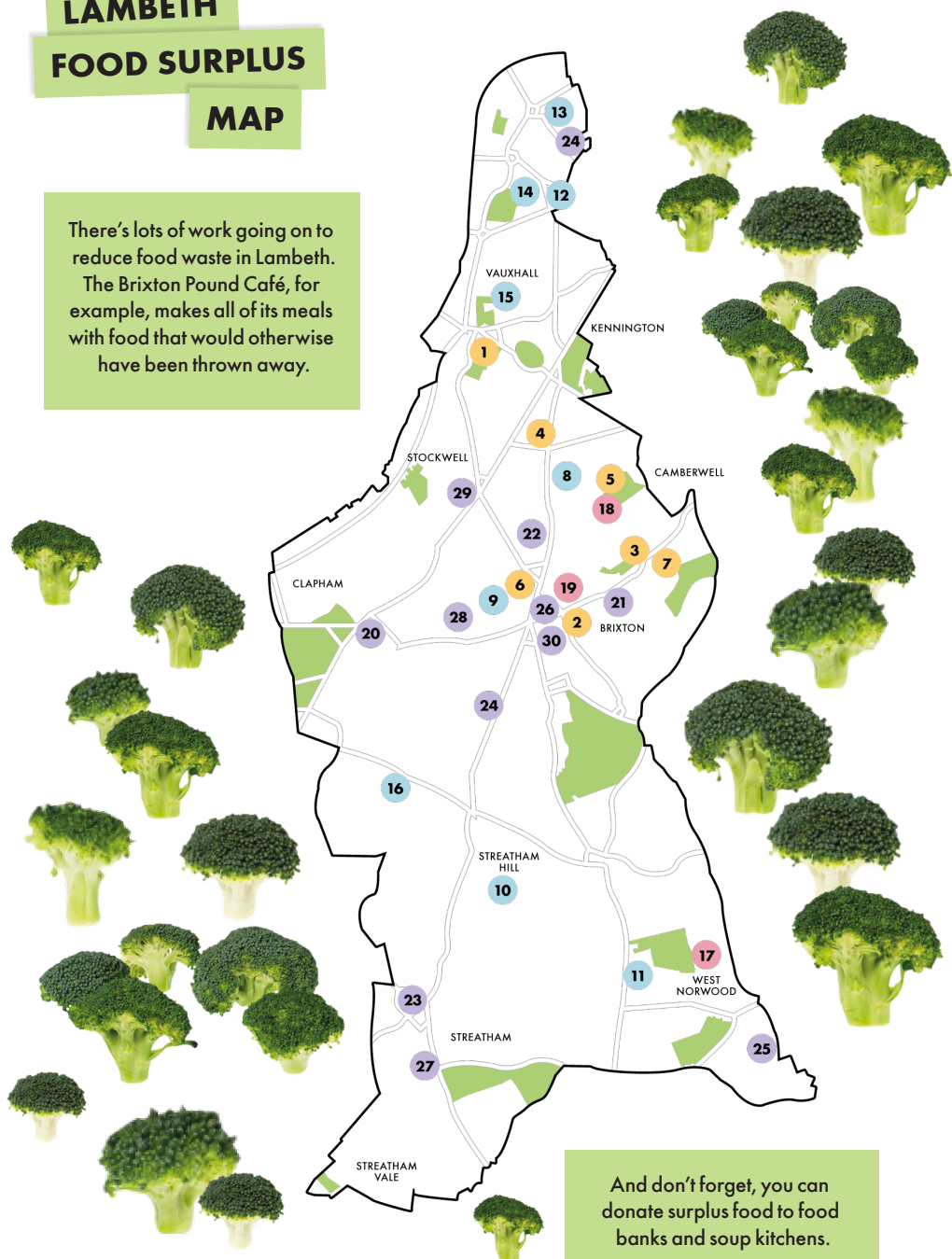


WHERE TO FIND IT?

The Platform Café,
2 Ridgway Road,
Loughborough Junction,
SW9 7AH

LAMBETH FOOD SURPLUS MAP

There's lots of work going on to reduce food waste in Lambeth. The Brixton Pound Café, for example, makes all of its meals with food that would otherwise have been thrown away.



And don't forget, you can donate surplus food to food banks and soup kitchens.

COMMUNITY CAFÉS

- 1 Bonnington Café**
11 Vauxhall Grove, SW8 1TD
bonningtoncafe.co.uk
- 2 Brixton Pound Café**
77 Atlantic Road, SW9 8PU
brixtonpound.org
- 3 The Platform**
2 Ridgway Road, SW9 7AH
theplatformproject.com
- 4 Café Van Gogh**
8 Brixton Road, SW9 6BE
cafevangogh.co.uk
- 5 Little Cat Café**
Myatt's Fields Park, SE5 9RQ
myattsfieldspark.info
- 6 Papa's Café**
10-17 Pulross Road, SW9 8AF
facebook.com/Papaspark
- 7 SIA Arts**
209A Coldharbour Lane, SW9 8RU
sunshinearts.co.uk

FOOD BANKS & EMERGENCY FOOD

- 8 Naybur's Pantry**
Myatt's North Centre, Crawshay Road, SW9 6FZ
info@naybur.org.uk
- 9 Norwood & Brixton Food Bank (3 sites)**
St Paul's Church Ferndale Road, SW9 8AH
- 10 St. Margaret's Church, Barcombe Ave, SW2 3BH**
- 11 St Luke's Church, Knights Hill, SE27 0HS**
norwoodbrixton.foodbank.org.uk
- 12 Waterloo Food Bank (2 sites)**
The Oasis Centre, 1 Kennington Road, SE1 7QP
- 13 Xenia, 2 Secker Street, SE1 8UF**
waterloo.foodbank.org.uk
- 14 Oasis Farm**
18 Carlisle Lane, SE1 7LG
oasiswaterloo.org/farm
- 15 Vauxhall Food Bank**
105 Tyers Street, SE11 5HS
vauxhall.foodbank.org.uk
- 16 Clapham Park Food Bank**
The Bonneville Centre, Poynders Road, SW4 8NY
claphampark.foodbank.org.uk

ONLINE & APPS

- **Olio** - olioex.com
- **Too Good to Go** - toogoodtogo.co.uk
- **Approved Food** - approvedfood.co.uk

FREE OR LOW COST FOOD

- 17 Community Shop**
Vale Street, Gipsy Hill, SE27 9PA
community-shop.co.uk
- 18 Brixton People's Kitchen**
1 Cormont Road, Camberwell, SE5 9RA
brixtonpk.wordpress.com
- 19 People's Fridge Brixton**
Pop Brixton, 49 Brixton Station Road, SW9 8PQ
peoplesfridge.com

HOT FOOD & SOUP KITCHENS

- 20 Ace of Clubs**
St Alphonsus Road, SW4 7AS
aceofclubs.org.uk
- 21 Brixton Soup Kitchen & Support Centre**
297-299 Coldharbour Lane, SW9 8RP
brixtonsoupkitchen.org
- 22 Stockwell Park Community Centre**
The Community Centre, 21 Aytoun Place, SW9 0TE
thetrust.org.uk
- 23 Spires Centre**
8 Tooting Bec Gardens, SW16 1RB
spires.org.uk
- 24 Webber Street Day Centre**
6-8 Webber Street, SE1 8QA
webberstreet.org
- 25 Christchurch Gypsy Hill**
Christchurch Gypsy Hill, Highland Road, SE19 1DP
christchurch@gipsyhill.org.uk
- 26 Teen Challenge**
Windrush Square, SW9 8HE
teenchallenge.org.uk
- 27 Love Streatham**
United Reformed Church, SW16 6HX
lovestreatham.org
- 28 Brixton Seventh Day Adventist Church**
Santley Street, SW4 7QG
brixtonsdca.co.uk
- 29 London Welcome Project**
1 Studley Road, SW4 6RA
londonwelcomeproject.org/
- 30 Ruach City Church**
c/o Vida Walsh Centre, 2b Saltoun Road, SW2 1EP
ruachcitychurch.org

Map and directory created
with the generous support of



lambethlarder.org



“The best part of working at the Brixton Pound Café is that I get to put surplus food to good use while sharing some of my much-loved recipes with the community. This recipe for Polish Pierogies is my favourite way to use up leftover mashed potato.



WHERE TO FIND IT?

Brixton Pound Café,
77 Atlantic Road,
Brixton, SW9 8PU

IGA'S

POLISH POTATO

DUMPLINGS

INGREDIENTS (4 SERVINGS)

- 150g leftover mashed potato
- 1 onion, peeled and diced
- 1 clove of garlic, peeled and finely chopped
- 100g tofu or cottage cheese
- 125g plain flour plus extra for rolling
- 225ml hot water
- 1 tablespoon sunflower oil
- A small handful of dill, finely chopped
- ½ teaspoon black pepper
- 1 teaspoon of oregano, finely chopped
- 100ml plain yoghurt

METHOD:

- Add the garlic and onion to a pan with 1/2 teaspoon of sunflower oil and fry until golden.
- Add potatoes, cheese or tofu, oregano and salt to the pan and stir together then remove from the heat.
- In a separate bowl mix the flour, water and 1 teaspoon of oil until you create a smooth dough. Add a little extra flour if the mixture is too wet or a tablespoon of water if it's too stiff.
- Divide your dough into 4. Sprinkle flour onto the table and using a rolling pin or empty glass bottle, roll out a section of dough until it is 0.5cm thick.
- Using a cup or a round pastry cutter, cut as many circles out of the pastry as you can.
- Place a teaspoon of the potato mixture into each circle of dough. Close the pastry edges with your fingers making sure there are no holes. Repeat until you have used all the dough.
- Drop the dumplings into a pan of boiling water and cook for 8-10 minutes.
- Serve with plain yoghurt mixed with chopped dill.

ELA'S ADUKI BEAN & BREADCRUMB BURGERS

INGREDIENTS (6 SERVINGS)

250g aduki beans

1 onion, peeled and diced

1 small pumpkin or squash

1cm cube of ginger, grated

150g of breadcrumbs

2 cloves of garlic, peeled and finely chopped

1 egg

A small handful of fresh thyme

A small handful of fresh parsley

1 teaspoon ground cumin

1 teaspoon ground coriander

METHOD:

- If using dry aduki beans, soak overnight. Alternatively you can use tinned aduki beans. These will last in your cupboard for ages and are a good staple to have.
- Preheat the oven to 180°C (160°C in a fan assisted oven).
- Add the beans to boiling water and simmer for 5 minutes.
- Add the onion, and pumpkin or squash chunks and ginger and simmer until soft. Remove from the heat and drain the water.
- Mash the mixture with 100g of breadcrumbs, garlic, herbs, spices and egg.
- Form the mixture into small balls and coat with more breadcrumbs.
- Place on a baking tray and and cook for 20-30 minutes, or until crispy.



This is such a great recipe if you've got old bread lying around. When you have a dry piece of bread you can always use it for breadcrumbs. Use a food processor or a sharp grater with small holes and then store the crumbs in a glass jar and use when needed.



WHERE TO FIND IT?

Bonnington Café,
11 Vauxhall Grove,
Vauxhall, SW8 1TD

TOP

TIPS

SHOP & STORE LIKE A BOSS

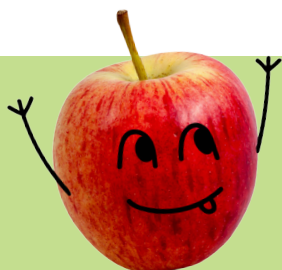


Covering and containing food properly in your fridge or cupboard will keep it in good condition for longer. Just follow the storage instructions on the packaging.

Do you often cook too much pasta or rice? Weigh it or measure your required quantity out in a jug to avoid unwanted leftovers.

Make a shopping list and meal plan - you'll avoid ending up with a basket full of food that will just sit in the fridge until it goes off.

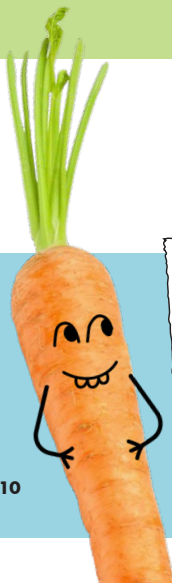
FRUIT



Brown, ripe bananas can be mashed and stirred into porridge oats for a healthy breakfast or made into a delicious banana loaf.

Soft fruits like mangoes, berries and kiwis that are about to go off can be turned into a fruit smoothie by blending with juice or yoghurt. Not in the mood for a smoothie? Chop the fruit and freeze it in individual portions for up to 3 months and blend it up when you're ready.

VEGGIES



Tomatoes can be frozen to add to sauces at a later date or stewed into a simple tomato sauce and saved in the fridge or freezer for an easy pasta topping.

Got a bunch of herbs that are going a little limp? Pop them in a glass of water to keep them fresh for a day or two longer until you use them.

Get to grips with some simple, vegetable based meals that you can adapt to use up any veggies you find yourself left with. Stir fries and omelettes are perfect for this. From potatoes to peppers and carrots to celery - just chop them up, throw them in the pan and you'll be on your way to five-a-day.

LUNCH LIKE ROYALTY

Cold potatoes? Meat from the Sunday roast? Odds and ends of different vegetables? Too much on the cheeseboard? Websites like www.lovefoodhatewaste.com have lots of recipes for using up leftovers.

You can save heaps if you use leftovers for lunch. Not quite enough leftover dinner to freeze? Lunch is your friend.

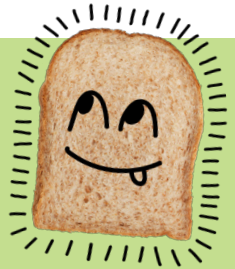


BREAD

Very dry bread makes perfect breadcrumbs to use as toppings for baked dishes, to thicken sauces or to make veggie croquettes. Just grate or break them up in a food processor and store in a glass jar until you need them.

If you've got a loaf of bread that's already gone dry you can usually rescue it a slice at a time by toasting it.

Think about where you store bread at home. Loaves last longer when they are kept out of the fridge, wrapped up somewhere cool and dark like a cupboard or bread bin.

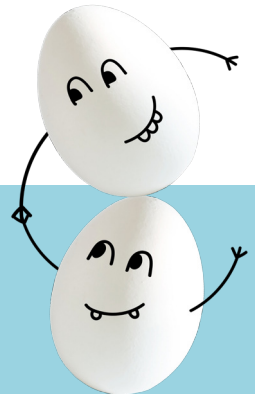


DAIRY & EGGS

If you've got more cheddar than you know what to do with, grate it up and then freeze it. You can freeze cheese for up to 3 months and add it directly to dishes before they're cooked.

Not all eggs have use by dates, so follow this simple trick: place them in a bowl of cold water, if they sink they're good to eat and if they float they're past their best.

If you won't get through a bottle of milk before it goes off you can freeze it in an ice cube tray and use a cube of frozen milk in your morning coffee!





HUNGRY FOR MORE?

For more great recipes, tips and tricks from the Small Change, Big Difference campaign, go to www.lambeth.gov.uk/scbd

Don't forget, Lambeth Council offers a free food waste collection service to all kerbside properties.

To find out more about food waste recycling and home composting go to www.lambeth.gov.uk/recycling



SMALL CHANGE
BIG DIFFERENCE

With funding from the EU Life programme.

www.smallchangebigdifference.london