

USING LEFTOVERS

53 VEGETARIAN DISHES FROM LEFTOVERS – FOR THE ENVIRONMENT AND YOUR PURSE



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Ta tillvara

Amanda Hellberg & Eveline Johnsson
170x210, 128 pp

You know how there is always an odd potato left over. And that tiny decilitre of rice which isn't enough for one portion but which it doesn't feel right to throw away. Surfeit or not, in Sweden we throw away 28 kilos of food per person every year. That is bad for the environment, and bad for your purse. Time to do something about it!

Amanda Hellberg & Eveline Johnsson, have produced the cookbook that you wish you had in front of you when you are standing there with that one potato. Or if you are standing there without any potatoes at all and only have what at first sight seems like an empty fridge... In this book you will find recipes for dishes that you can easily make from leftovers.

Here are also recipes for using bits and pieces left in cupboards and lots of smart tips on how you save every single scrap of food that somebody has grown, watered, harvested, packed, transported, sold and that you have finally bought and carried home. One great long chain of fantastic cooperation between the sun, earth and mankind which surely shouldn't end up in a bag of rubbish?

So stop seeing leftovers as something boring – see them as ingredients and as possibilities! Save that potato, put the rice in a jar and freeze every last bit cheese. Because you can make fantastic food from these leftovers!

About the authors



Eveline Johnsson is a freelance photographer based in Stockholm. She mainly takes pictures of food and people, the latter often in the photographer duo Vandal. **Amanda Hellberg** has stayed in her west Swedish rural location where food is grown and flourishes. She is a food creator with a love of grammar and correct language. Together Amanda & Eveline run the prize-winning vegetarian blog *Våra oköttliga lustar* (okottslig.blogspot.se). In that they publish recipes and pictures of simple and good food with ingredients that are in season, with the intention that everybody can easily test vegetarian food. They also visit local growers and producers to write articles, and they hold courses on how to photograph food.

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