

Stop food waste with good taste

Leftovers Recipe Book

Stop Food Waste Day

April 29, 2020



Today's wastage is tomorrow's shortage.

On April 29, we pledge our commitment to Stop Food Waste day to promote worldwide awareness and action to the importance of food and good nutrition. One of the SDGs that DSM works towards is SDG 2, targeting Zero Hunger by 2030. It is quite simply the next step in our civilization to ensure that everyone on the globe has access to safe, nutritious and sufficient food.



At DSM our solutions help the food industry to increase efficiency and yields and reduce waste, making the most of precious inputs, while reducing carbon and other resource footprints. We also offer protection and preservation to help keep products in perfect condition for longer, extending shelf life. This is all part of how we are Enabling Better Food for Everyone with our solutions.

As individuals, we can also make a difference. In many countries, a big chunk of food loss & waste occurs at the retail or consumer level; food is either never bought or gets thrown away: at home, in restaurants, or in company canteens, for example.

So we can help by using our leftovers instead of throwing them away. It isn't always easy to find a way to make that mush of yesterday's vegetables work, or to resist buying that crisp fresh baguette when you've got rye bread going stale on your kitchen counter, but these foods can be still be made into delicious and nutritious dishes.

We have gathered recipes from employees all across DSM in food and beverage to help repurpose your leftovers into brand new dishes. Instead of tossing your overripe bananas into the bin, you can bake them into a delicious banana cake. Or wok your leftover meat and rice together with some veggies to make a quick & easy fried rice. Every little bit counts, and what we do in our own kitchens helps.

This recipe booklet is made for those who want to do something meaningful, no matter how small the contribution may seem, to Enable Better Food for Everyone. We want to thank all the DSM kitchen chefs who have shared their recipes with us, and we encourage you to give these recipes a shot: let them inspire you to eat well and do well at the same time.

Enjoy your meal/Eet smakelijk/Bon appetit/Buen provecho/Bom appetite! 吃好喝好

Nations could eat off the food we waste

This recipe booklet is created in the spirit of Stop Food Waste Day on 29 April, promoting worldwide awareness and action on the importance of food and good nutrition. Food and nutrition is fundamental to achieving many of the Sustainable Development Goals (SDGs). The SDGs are a blueprint to achieve a better and more sustainable future for all, addressing the biggest global challenges we face, including hunger, food security, good health & well-being and responsible sourcing - and consumption.

Wasted food is the single largest category of material placed in municipal landfills. From January to April 2020, nearly 205,000 tons of food was lost or wasted worldwide.

Source: <https://www.theworldcounts.com>



World Food Day ties into SDG 2 in particular. This SDG aims to end hunger in all its forms by 2030, and to ensure access to safe, nutritious and sufficient food for all people, all year round. The message of World Food Day is clear: a zero hunger world by 2030 is possible.

One in every nine people in the world today (821 million) go to bed hungry every day. At the same time, 1/3 of all food produced is not consumed, but goes to waste instead, making food loss & waste a big contributor to food scarcity. In highly industrialized societies of the west, around 40% of food loss & waste occurs at the retail or consumer level, meaning that even though food is produced and distributed successfully (which is not as obvious for developing countries), it is simply never bought, or it is thrown away at home.

With the ever-growing global population, we would need the equivalent of almost three planets to provide the natural resources needed to sustain our current lifestyles. This issue directly relates to SDG 12: responsible consumption and production. Food production has a big environmental impact, and every time we purchase food that we do not consume, we contribute to food-related energy consumption and waste generation.

Every contribution is meaningful, and we must be aware that our actions, as DSM and as individuals, are influencing the future of our whole world. We care about food waste and your contribution does not have to be big: something as simple as turning your leftover potatoes into an omelette means you are helping to reduce food waste around the globe!

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Straight from Deanne's kitchen

LEEK, BACON & POTATO SOUP FROM YOUR LEFTOVERS

Don't you hate it when you have a few potatoes left in the bottom of the bag, and you're not sure what to do with them? Well, I'm here to say you can make a hearty soup! I made this yesterday to make use of bacon and potato I had in the fridge.

Ingredients

- 25g butter
- 1 onion, chopped
- 3 medium potatoes, peeled and diced
- 142ml single cream
- 3 rashers streaky bacon, chopped
- 400g pack trimmed leek, sliced and well washed
- 1.4l hot vegetable stock
- 4 rashers streaky bacon, to serve

How to make it

1. Melt the butter in a large pan, then fry the bacon and onion, stirring until they start to turn golden. Tip in the leeks and potatoes, stir well, then cover and turn down the heat. Cook gently for 5 mins, shaking the pan every now and then to make sure that the mixture doesn't catch.
2. Pour in the stock, season well and bring to the boil. Cover and simmer for 20 mins until the vegetables are soft. Leave to cool for a few mins, then blend in a food processor in batches until smooth. Return to the pan, pour in the cream and stir well. Taste and season if necessary. Serve scattered with tasty crisp bacon and eat with toasted or warm crusty bread on the side.

Inspired by: Good Food magazine, April 2006

DID YOU KNOW?

Globally, one in nine people (821 million) are undernourished. If we could reduce food waste by 25%, we would have enough food to feed all the people who go to bed hungry every day.

BROCCOLI PARMESAN QUINOA

This recipe uses a few items I frequently have in the fridge or pantry that need to be used, like broccoli, quinoa and Parmesan cheese. If you make too much steamed broccoli or quinoa, you can make this delicious dish the next day for lunch or a dinner side dish.



Ingredients

- ½ recipe Perfect Quinoa cooked in low sodium chicken broth
- 1 pound broccoli crowns
- 2 medium cloves garlic finely minced
- 1 teaspoon kosher salt
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra virgin olive oil
- ½ teaspoon red pepper flakes
- 1 cup finely grated Parmesan cheese use good quality, freshly grated Parmesan

How to make it

1. Cut 1/2-inch off the bottom of the broccoli stalks and discard. Break broccoli into fairly equal sized florets. Place florets in a microwave safe bowl with 1 tablespoon of water. Cover bowl tightly with a lid or plastic wrap. Cook on high power for 2 1/2 to 3 1/2 minutes. Check after 2 1/2 minutes, broccoli should be fairly tender, but not mushy. Remove cover, drain and set aside till cool enough to handle.
2. Place drained broccoli on a large cutting board and finely chop OR place broccoli in the bowl of a food processor and pulse just until finely chopped. Don't chop too much or broccoli will liquify. Heat 2 tablespoons of olive oil in a large sauté pan over medium low heat. Add garlic and red pepper flakes. Cook for 1-2 minutes until softened and fragrant.
3. Add chopped broccoli and 1 teaspoon salt. Sauté for another 2-3 minutes. Add quinoa and stir to combine. Add parmesan. Taste and season with more salt, if needed, and freshly ground black pepper. Squeeze lemon juice over the top and stir. Transfer to a serving platter or individual plates or bowls. Garnish with lemon wedges and more parmesan cheese, if desired. Serve warm or at room temperature.

Inspired by: Scott and Chris' blog, March 2016

Enjoy your meal!

Deanne Beattie



SPANISH OMELETTE

Pretty much anything that's close to its use-by date can be transformed under the guise of a Spanish omelette. You can include cooked potatoes, cooked vegetables such as peas, leeks, carrots, zucchinis, onions etc, bacon and cheese.

Ingredients

- 1 tablespoon of oil
- Leftover cooked potatoes
- 100g leftover cooked vegetables
- 3 tablespoons of milk
- Salt and pepper to taste
- 1 onion (red or white)
- Leftover cooked bacon and/or sausage cut into chunks
- 3 or 4 eggs
- 50g grated cheese

How to make it

1. Break the eggs into a bowl and beat together with the milk, salt and pepper.
2. Heat the oil in a deep non-stick frying pan over a medium heat and add the onions. Fry them until they're golden brown and softened a bit. If you are also using meat, add this to the pan now and fry for a few minutes. Chop the leftover potatoes and put them into the pan (stirring all the time) and then add the cooked vegetables.
3. Add the egg mixture to the pan, then sprinkle the grated cheese on top.

Lower the heat and cover the pan with a lid. Cook for about 12 minutes (until the egg has set) then cut it into wedges and serve while it's hot!

Buen apetito!

Wim De Rooij

JUS DE VEAU AND RIBEYE

Maybe not the first thing you will think about, but making your own gravy, or Jus de veau – in French, the kitchen language... can give you the restaurant experience at home! You can use this gravy for every “brown sauce” as a base, to give your own twist to it. Think about red wine sauce, sautéed onion sauce, Madeira sauce...



It's just.... You have to be patient. It takes time, and the aroma in your kitchen wants you to have it fast! But it will get better and better in time – worth waiting.

And the nice thing is: you can use all your left overs (that are logical to put in of course) to create your own gravy! Think about the soft tomatoes that you don't want to use in your fresh salad anymore, or the peels from your onions, the left over fresh herbs that you used for meatballs or the red wine you opened a week ago and is not that good anymore. Of course, you need some basic ingredients to create this delicious gravy, but use this “pot” as a bin. There is a lot of flavor wasted if you look closely to your waste bin. What a shame. Use it!

For this gravy you do need one important ingredient that is probably not standard in your refrigerator. Veal bones. You can buy them at your butcher. Maybe you have to call him up front, asking if he has stock. It's just not that common anymore, to make your own gravy.

First of all.. Check your kitchen cabin; Take the biggest pot/pan you have. For the 10 liters where you start with, you will end with not even 1.. It will be a good gravy, I guarantee, so... start big.

You will start with 4 KG bones (just to give an idea), to create more flavor you first want to roast them in the oven. Creating that Maillard reaction we also do in China to produce our reaction flavors. Put your oven on 200 degrees and roast your bones on a tray. Cut a whole garlic in 2 halves and roast them together with your bones. It is ready, when it's ready. Use your common sense to see if the meat is roasted nicely. It has to be dark brown, not black. At the end; spread 2 small tinned cans of tomato puree on the meat. Bake for another 5 minutes and take it out of the oven. (baking the tomato puree will make it less sour)

Put all your meat, garlic, tomato and all the juices from your tray in your biggest pot. Would be great to have it filled for 1/3 with meat. Add cold water till the pot is filled to 3/4 and let it cook. For the 4KG of veal bones you will need around 10-12 liters of water. Now there will come a layer of foam on your water. Use a skimmer to get rid of the foam. You can throw this foam away. When all the foam is gone you can add the WUPS vegetables. It's a Dutch way to remember that it's about carrot, onion, leek and celery. Also, use your leftovers now! Those soft tomatoes, that bottle of red wine from last week, the onion peels, the stocks of the parsley you used for your salad. It will create lots of flavor! If you use 4KG of veal bones, add around 1 – 1,5 kg of vegetables and half bottle of wine, or the whole bottle. It's not a strict recipe.

And now, the patience I was warning for. Leave it on a low fire for at least a whole day, 2 will be awesome. (don't leave it on during the night.) After that long day. (your kitchen smells like heaven now by the way) you can sieve your gravy. And. Put it back on the stove again. During the boiling down you will see a lot of fat floating on your gravy. You have to skim this off too.

It has to become gravy now. Let's say that you need to reduce it till 1/4 of the amount where you start with now. Maybe even less. Again, use your taste you see if its ready. It's ready when you have a brown, bit sticky gravy. It will be full of flavor and gives a long-lasting aftertaste in your mouth.



It's ready! You started with a lot, and it seems that so little have left. You regret it immediately that you have started with a small batch. Told you so. Freeze this taste of heaven into small portions. You can use your ice cube maker.

And if you are making that rib eye... Don't forget to use this gravy. But you won't, I know. You just roasted your rib eye in the pan and get it out of to put it into the oven to get tender and medium rare. In that pan are all the juices that most of the people throw away. Please don't. It's the heart of the sauce as I have learned from my first chef. He also told me that as long there is water coming out of the tap.. We will have soup on the menu. But, that's another story..

You have your pan with all the roasted bakings and juices from your rib eye. Leave the fire on and add a half glass of red wine. Cook it until it gets thick as a syrup. Now add your own gravy and let the magic At the end you can add a few pieces of cold butter (full fat real butter) to create a shiny homemade gravy... With a Michelin Star flavor.

Bon Appetit!
Marieke van der Velde

RECETTE DU PAIN PERDU / RECIPE OF THE 'LOST BREAD'



Straight from Pierre-Yves' kitchen

Ingredients

- Stale bread
- 2 glasses of milk
- 2 spoons of sugar
- 2 eggs
- 1 sachet of vanilla sugar
- Knob of Butter

How to make it

1. Cut slices of stale bread about 1.5 cm thick.
2. In a bowl, whisk the eggs into an omelet. Add the sugar, the vanilla sugar and the milk. Whisk again until reaching a homogeneous mixture.
3. Soak the bread into this preparation to soak it well. Flip on both sides until liquid is well absorbed by the bread. Strain a bit. Heat the butter in a pan and brown the slices of bread on each side for around 5 minutes. Repeat with all slices of bread you have cut.
4. Serve warm, sprinkled with ice sugar or chunks of fresh fruit. In winter, for the ones who like it, add Cinnamon.

For breakfast... yummy! Enjoy.

Pierre-Yves Hardy

Bread is the most wasted household food. In the Netherlands, bread waste accounts for an economic loss of more than 400 million EUR.

DID YOU KNOW?

DSM SOLUTION

DSM's BakeZyme® solutions extend the shelf-life of baked goods, and maintain the texture and volume that consumers love, ensuring baked goods are kept longer before they are thrown away.



Straight from Agnes' kitchen

FRIED RICE IN 5 EASY STEPS

Ingredients

- 3 cloves of garlic (crushed)
- 1/2 teaspoon of salt
- Leftover steamed rice
- Leftover shallot
- Leftover chicken (cut into cubes or sliced)
- 1 tablespoon of soy sauce
- 1 tablespoon of canola oil
- Leftover sausages (1 pc. cut into cubes)
- Leftover vegies (approx. 1 cup)



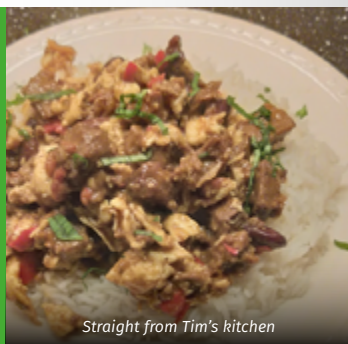
How to make it

1. Heat wok at medium heat.
2. Once hot, place in oil, then add garlic. Saute until garlic is brown.
3. Add in the rice. Mix & add the salt.
4. Continue mixing until the salt is evenly distributed.
5. Add the rest of the ingredients. Mix well & serve.

Eet smakelijk!

Agnes Torres

DELICIOUS MEAL FROM CHILI-CON-CARNE AND KIDNEY BEANS LEFTOVERS



Straight from Tim's kitchen

I made the most delicious meal from Chili-con-Carne and kidney beans the other day, which was left over from a camping trip. Then I added a red spicy pepper leftover from a dish of Chinese food, added two chopped-up hamburgers from the BBQ the day before and finally some stir fried eggs... okay, these were fresh. Boiled some white rice to go with it.

Super simple and very good!

Eet smakelijk!

Tim de Graaf

DID YOU KNOW?

The UN FAO estimates that agricultural production must rise by about 60% by 2050 in order to feed the growing population.

DSM SOLUTION

Zivion® M minimizes risk for farm workers and enables growers to maximize their yields. Zivion M improves mushroom yield up to 3%, This delivers higher yields for farmers, and protects people and products from harmful microorganisms, especially mold and fungal growth.

RATATOUILLE FROM VEGETABLE LEFTOVERS



Sometimes you find some carrots, zucchinis, eggplants, mushrooms, tomatoes in the back of your fridge and onions in the kitchen and you wonder 'What shall I do with it'? Please do not throw away! Make it a delicious ratatouille!

Just cut everything into small blocks. Fry the veggies in a 'wok' pan, with pince of olive oils, starting with the onions and the carrot trances, then add the other veggies and tossle around. In a separate pan, cook the tomatoes for 2 minutes (even if they start to be a bit soft) and peel off the skin. Cut the cooked tomatoes in little blocks and mix with the veggies. Let it cook with lots of basil and oregano on low fire for 15-20 minutes.

Enjoy your ratatouille, with bread, rice, pasta or just veggies only!

Kind regards,

Jacobine Das Gupta

DID YOU KNOW?

If food waste were a country, it would be the third largest emitter of global greenhouse gas emissions worldwide, behind the United States and China. And the financial cost is almost as serious as the environmental one – amounting to an astounding \$1 trillion each year.

DSM SOLUTION

With antioxidants like vitamins C and E, we are creating a more natural and scientifically proven solution that slows down the oxidation process and extends the shelf life of food products, and thus reduces food waste.

TREASURE FROM YOUR KITCHEN

Left-overs and not wasting food takes up at least a third of my freezer! There is so much you can do with bits and pieces of food that you have in your fridge or pantry that is about to expire.



Although we live in a country where most of us have not had to experience true hunger, it doesn't excuse us from being aware of food usage. At the end of the day, having left-overs is a luxury! Here are a few of my "go to" recipes I often use and some tips to make your left-overs go further.

CROUTONS

Crusts and "the last slice" are often left in the bread bin. I collect these in the freezer, brown, white, wholemeal all mixed to make croutons. They are great for salads, soups or just for snacking. Once I have enough accumulated I cut the bread into 2 cm cubes. Lay the cubes on baking tray lined with baking paper. Spray well with olive oil, season with pepper, salt and preferred aromatics, e.g. cayenne pepper, curry powder, hot curry, garlic powder, and/or the dried form of pasta cheese (steer away from dried herbs and they will burn). Bake in a low oven temperature, 150°C for 1-2 hours until dried and crunchy. Store in an air tight container for a few weeks ... if they last that long!



GARLIC BREAD

After a BBQ or party, I often have sliced French stick or baguette left. I don't know why that is, sometimes my guests devour bread & butter and other times I have whole stick(s) left over. These can be re-used really well if you handle them before they become completely stale. Usually I will keep them in an airtight container to prepare the next day – at the end of a party I am usually not up for the job.

Smear a good helping of garlic or herbed butter, and or a little grated cheese if you have it, on each piece and join them together to make a whole stick. Wrap it in a double layer of aluminium foil and store in the freezer for up to 3 months (don't forget to label). To serve, preheat your oven at 180-200°C. Place the frozen stick in the oven and heat for about 15-20 minutes. Then tear open the foil and continue to heat a little more until defrosted, butter and cheese have melted, and the stick is a little crispy. Tip: if your bread is already stale, see recipe for croutons.

SINGLE SERVING HOT POTS OR A FAMILY CASSEROLE

Grease an oven dish or ramekins. Slice 1-2 onions and garlic and sauté in a little olive oil. Add diced tomatoes (tin or fresh), pepper, salt and dried herbs or aromatics of choice. Add your left-over vegetables and 50 ml white wine (or just water) and 50 ml cream if you have it.



Stir fry until the sauce has thickened, check seasoning and remove from the heat. Depending on how much mixture you have you can leave it at this, or you can add some ham cubes, or firm white fish (raw) cut into 3 cm cubes. Mix the ham or fish through the vegetable mixture. **(Tip!** If using fish, sauté a little sliced fennel bulb with your onions.) Transfer your mixture to the greased ramekins or oven dish.

Now for the gourmet twist (your family will never know they are eating left-overs). Take sheets of filo pastry which is readily available in the freezer section of the supermarket. Brush each sheet on one side with melted butter (or spray with olive oil) and scrunch it up like a handkerchief and place on top of your filling. Bake in a moderate oven, 180°C until golden brown. **(Tip!** You can of course also top your dish with a layer of puff-pastry instead of a crunchy filo top. Just brush your puff-pastry with egg-wash before you bake.)

A SURPRISE PASTIE

Combine your cold left-overs with your favourite sauce, or a combination of herbed cheese & ham, or herbed cheese & sour cream, season and mix well.

Line a baking sheet with baking paper and preheat your oven on 180°C. Take 1 container of super-size croissant dough. Unroll the pastry, press together the perforated seams, and spoon your cold filling onto it and close the pastry making a log or wreath.



Straight from Francis' kitchen

Transfer the log to your baking tray and brush the pastry with egg-wash (1 egg lightly beaten plus a pinch of salt) and if you have it, sprinkle some sesame or poppy seeds on top. Preheat your oven at 180°C and bake the loaf in 30-40 minutes golden brown.

TREASURE FROM YOUR KITCHEN

FOOD ABOUT TO EXPIRE



EGGS

You can freeze eggs! For whole eggs, lightly grease a muffin tray with a little oil. Break an egg into each hole, freeze solid and then transfer the frozen egg to a container or freezer bag. The same goes for whites and yolks. Separate your eggs and freeze in ice cube trays or pre-portion in container. I portion my egg whites into portions of 6 for example, so that I can use them to bake a pavlova. Egg yolks in individual portions so I can use it for mayonnaise. Although eggs can be frozen for up to a year (if stored correctly), I limit my

storage to 3 months. Label your container with date, no. of eggs, and if seasoned and what with. Having said all of that, you can also freeze omelettes or scrambled eggs. I do this to add to my fried rice. I usually wrap in clingfilm and then place in freezer container, just to keep as much air out as possible. To use, just defrost and reheat briefly in the microwave.

HERBS

I do one of two things with my herbs. Either I freeze them in an ice cube tray with a tablespoon of water. Once solid, transfer to a container or freezer bag. Remember to label, once frozen there is no way you will know which herb is which. They will be wilted when defrosted, but for sauces or in cooked dishes that is no problem. Alternatively, I remove stems from the my herbs and pop them in the oven on a baking sheet lined with baking paper. Set your oven as low as it will go and slowly dry your herbs. Once dried you can crumble them into a storage jar. There you have it dried herbs for cooking.



TOMATOES

My favourite! Roast them in the oven on low temperature, 150°C for 1-2 hours. I freeze them for up to 3 months. Or pop them into a jar with olive oil, preferably with some garlic and herbs if you have it. Store the jar in the fridge and you not only have tomatoes, but also a delicious oil for salad dressings.

Enjoy!
Francis Kuijk



Straight from Angelina's kitchen

WASTE NOT WANT NOT – APPLE CRUMBLE

Do you ever have those days where most of the fruit in your fruit bowl have gone old and wrinkly and it really doesn't look appetizing anymore? I do! Wrinkled apples, pruny looking oranges where the peel has been removed for another great cookie recipe (see my almond orange cookies), overripe bananas, you name it.

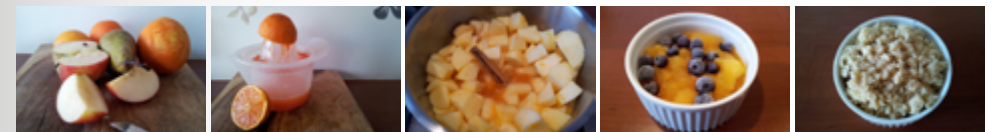
Well, you don't need to throw them away! You can make a great dessert out of them.

Ingredients

- Not so good looking fruit like apples, oranges, bananas, pears and kiwis.
- Cinnamon stick
- Rasp berries or other fruit (optional)
- 30 gram (1/4 cup) flour
- 30 gram (2 heap tablespoons) cane sugar
- Extra frozen fruit like blueberries,
- Per dessert:
- 30 gram (2 tablespoons) butter

How to make it

1. Peel the fruit like apples, pears, bananas and kiwis, take out the core and cut into small pieces. Add all the fruit in a saucepan.
2. Juice the oranges, mandarins and the occasional lemon and add the juice to the pan.
3. Add the cinnamon stick and cook for about 30 minutes without the lid on the pan until all the fruit is soft and some of the liquid has evaporated.
4. Fruit dessert:
 - Preheat the oven to 200°C/ 410°F
 - Transfer some of the fruit into a ramekin, try to take as little juice as possible.
 - Add some frozen fruit to taste.
 - In a separate bowl, knead butter, flour and sugar to a grainy dough. Do not knead too long, it has to resemble coarse crumbs. Place the dough on top of the fruit.
 - Bake in 30 minutes until golden brown and crispy.



Kind regards,
Angelina Dekkers

HEAVENLY BANANA CHOCOLATE BREAD



Ingredients

- 60 gram butter
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- Chocolate chips
- 3 medium ripe bananas
- 80 ml of yoghurt
- ½ teaspoon baking soda
- 45 grams of sugar
- 240 gram flour
- ½ teaspoon salt

How to make it

1. Preheat oven to 175°C/ 350°F.
2. Mash the bananas to a pulp.
3. Allow butter and eggs come to room temperature. Mix butter with sugar until it is nicely mixed.
4. Beat in the eggs one at a time.
5. Add mashed bananas, vanilla and yoghurt and stir.
6. Mix salt, baking soda, baking powder and flour and fold in the banana mixture. Do not mix too long.
7. Fold in the chocolate chips. I took two hands full, but use as many as you find tasty.
8. Bake about 45 minutes until the bread is cooked and let cool on a wire rack.

Enjoy! Angelina Dekkers



DELICIOUS BRITISH BREAD & BUTTER PUDDING IN 3 STEPS

A classic way to make good use of bread that's going stale (works with white/brown/brioche/panettone/ even croissants, but not so well with really heavy breads). Proof that British cuisine can frugal, fun and filling, as well as very tasty.

It's also good on the DFS ingredients, since it using bread, cream and milk, as well as eggs and other good stuff.

Ingredients

- 250ml full-fat or semi-skimmed milk
- 300ml cream
- 1 vanilla pod, halved and seeds scraped out, or 1 tsp vanilla extract
- 3 whole large eggs plus 1 egg yolk (the extra egg-yolk is optional, but gives it a rich flavor)
- 3 tbsp golden caster sugar
- 8 slices of day-old white bread, including crust (can be other types of bread)
- 50g slightly salted butter, softened plus extra for greasing
- 75g mix sultanas and currants or other dried fruit as per preference
- zest ½ lemon
- 2 tbsp demerara (brown) sugar

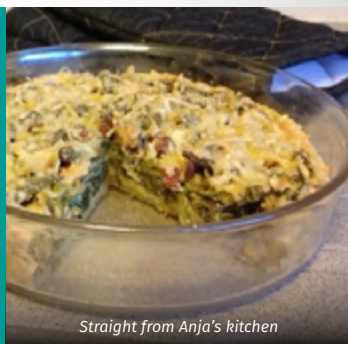
How to make it

1. Heat oven to 180C/160C/gas 4. To make the custard, heat the milk, cream and vanilla pod with its scraped-out seeds (if using) together in a saucepan to just below boiling point. Meanwhile whisk the eggs and yolk with the caster sugar in a jug. Slowly pour the warm milk mixture, including the vanilla pod, over the eggs, stirring constantly until smooth. If using vanilla extract instead of pod, stir that in now.
2. Lightly butter an ovenproof dish approximately 20cm x 25cm x 5cm. Cut the crusts from the bread slices, then butter both sides of the bread and cut into triangles. Lay half of the bread slices in the bottom of the dish so that they are slightly overlapping. Mix the dried fruit with the lemon zest and sprinkle half of the mix over the bread. Layer the rest of the bread on top then sprinkle over the remaining fruit.
3. Remove the vanilla pod from the custard then pour the custard over the pudding. Leave to soak for at least 30 mins, or longer in the fridge, if you like. Sprinkle over the demerara and bake in the pre-heated oven for 35-40 mins until golden brown and puffed up.

Enjoy!

Steve Hufton

PUFF PASTRY PIE (2-3 PERSONS)



Straight from Anja's kitchen

How to make it

1. Use a glass pie dish of ~24 cm, butter it, sprinkle with bread-crumbs, paste 4 slices of puff pastry along the dish bottom and rim and sprinkle it with a thin layer of couscous to prevent a soggy bottom.
2. Fill it with your left overs. I used leftover cooked cabbage, green beans and mussels and supplemented it with some salami, dried Provencal herbs and pepper.
3. Mix 3 eggs with a bit of milk or cream and add it to the pie.
4. Top it off with grated cheese (= the salt) and bread crumbs.
5. Bake it for 25 minutes in a combi-microwave-oven (400 W, 180°C), no need to preheat.

Bon Appetit!
Anja Riemens

In industrialized countries, more than 40% of the food losses occur at retail and consumer levels.

DSM SOLUTION

Preserving yogurt in a warm climate with limited cooled transport is a tremendous challenge. By using Delvo®Guard protective cultures, our application experts were able to preserve a yogurt for 60 days in a warm climate with cool supply chain limitations without affecting taste or appearance. This allowed our customer to retain their position in the market and offer their product to more consumers in remote parts of the country, giving them the chance to enjoy their yogurts without installing chilled cabinets in all shops.

**DID YOU
KNOW?**



Straight from Snehal & Vilas' kitchen

BRILLIANT BANANA CAKE IN 5 STEPS

Bananas are one of those fruits which almost found in every house, they're a reliable snack and make a nice addition to a bowl of cereal and yogurt. But soon after they start getting covered in brown spots, our affection for eating them reduces and they are tossed into garbage bins.

You might not enjoy them like that, but whatever you do, don't toss those overripe bananas. There are quite a few creative and delicious ways to use them up. My favorite one is banana cake: simple and easy to make.



How to make it

1. Melt the butter, sugar, and vanilla in a medium-sized saucepan.
2. Remove from the heat.
3. Add mashed bananas and stir through until just combined.
4. Add egg and mix well. Stir in the flour, then pour in the milk and fold in lightly.
5. Bake at 170 OC for approximately 40 minutes



Enjoy!
Snehal & Vilas

VEGAN & VEGETARIAN RECIPES



A 20-MINUTE VEGAN POTATO SALAD:

Ingredients

- 3-4 Potatoes
- 3-4 tbsp (Soy-) yoghurt
- 2 tsp Mustard
- 1 Spring onion
- Pinch of turmeric (for the color)
- Salt and pepper to taste
- ½ tsp Garlic powder
- Optional: seasonings like basil or oregano
- Veggies of your choice, for example: Cucumber, Tomato, Carrot, Fresh spinach, Corn, Paprika, Sun dried tomatoes, Jalapeños

How to make it

1. Bring a pot of water to boiling temperature.
2. In the meantime, peel the potatoes and cut in small slices or chunks.
3. Cook the potatoes, depending of the size it will take between 7 and 10 minutes.
4. Cut all the chosen vegetables in small pieces.
5. Add all the ingredients in a bowl, except for the potatoes, and mix really well.
6. At last, add the potatoes and stir gentle to prevent the potatoes for breaking apart too much.

FOR LEFTOVER BREAD: 'VEGAN FRENCH TOAST'

Ingredients (for 2 portions)

- 4 Slices of bread
- 100 ml Plant based milk
- 1 Banana
- 0,5 tbsp ground flaxseed
- 0,5 tbsp cinnamon, or to taste
- Optional: 0,5 tbsp Cocoa powder

How to make it

1. Throw everything in a blender or mixing bowl and mix well.
2. Pour the liquid in a shallow bowl or deep plate.
3. Let stand for 5 minutes, to thicken up.
4. Dip the slices of bread in the mixture and bake in a non-stick pan, on medium heat.
(You can use oil, I did it without)
5. After about 3-4 minutes, turn to brown each side evenly.



FOR LEFTOVER SPINACH (THAT IS ALREADY WILTING): VEGAN SPINACH PESTO

Ingredients

- Handful fresh basil (or use ½ to 1 tbsp of dried basil)
- 1 tbsp Nutritional yeast OR use parmesan cheese if not vegan
- 100 g Spinach
- ½ Spring onion
- 1 tsp Salt
- 2-3 tbsp Olive oil
- 4-5 Cloves of garlic
- ½ el Lemon juice
- 80 g Pine nuts

How to make it

1. Preheat the oven to 250 degrees Celsius.
2. Put the garlic cloves in the oven for about 10 minutes, do not peel them!
3. When out of the oven, let cool a bit (otherwise you will burn your hands). Then squeeze the garlic cloves out of their skin, in a blender or food processor.
4. Put the rest of the ingredients in the blender or food processor and blend/pulse until just combines.
You still want to retain some chunks for a yummy structure. NOTE: When using a blender, be extra careful to not over mix!



Eet smakelijk!

Jennifer van der Reijden

For more vegan recipes, check out Jennifer's blog: <https://veganlander.wordpress.com/>

APPETIZING VEGGIE BALLS FROM STALE BREAD

This is a brilliant way to use old bread. A classic veggie recipe in our home, and a good substitute for meat balls. You need to collect and dry bread pieces, crusts etc. for a while and when you have enough, make these vegetarian meat balls.



Ingredients

- 300 g dried old bread
- 600 g eggplant
- 100 g grated Parmesan cheese
- 2 eggs
- Basil leaves
- Garlic
- Salt & pepper

Cook the zucchini until very soft. Peel and chop. Break the bread in small pieces (I do that in a kitchen machine). Mix all ingredients, season with salt and pepper, and knead into a dough. Roll the dough into small balls – I make about 20 balls with this amount. Roll the balls through wheat flour. Fry the balls in oil or butter, just like regular meat balls.

You can serve these veggie balls with regular tomato sauce. Here I have made a salsa with chopped tomatoes, shallots, parsley, cilantro, and a small chili. I have served it with mushroom risotto and a green salad.

Smakelijk eten!

Peter Dekker

At retail level, large quantities of food are wasted due to quality standards that over-emphasize appearance.

DID YOU KNOW?

DSM SOLUTION

Delvo®Cid, natamycin, is a way to safeguard cheese throughout the cheesemaking processes, from brine to ripening and beyond. What's more, CakeZyme® solutions extend the shelf-life of cakes, ensuring they retain freshly-made eating qualities whilst preventing consumers to discard their cakes as quickly.



ALTERNATIVE WAYS TO REDUCING FOOD WASTE



Another option to eliminate waste is to place your non-edible scraps daily in a bucket. Banana peels, apple cores, berry leaves, grape stems, pieces of tomato, onions and peppers that don't go into your food, etc. Avoid meat scraps and egg-shells. Add worms taken from your garden once or twice throughout the year and turn the soil mixture over each time you add scraps.

The bonus is that it eliminates leaks and smelly odors from your regular garbage waste stream, and every few months you get fresh fertile soil to use elsewhere.

**Cheers,
Kevin Dunn**



Too many leftovers? Don't chicken out! In Seclin, DFS employees Jean-Paul Faurie, Frederic Adamczak and Muriel Guillain hatched the perfect plan to reduce food waste: they have layers (egg-laying hens) in their gardens. These aren't only good for providing you with a lovely sunny-side up every morning – the chicks happily eat all of your leftovers, and any discharge you might have left from the poultry park can be used in the garden after compost time.

**Kind regards,
Jean-Paul Faurie**

More than **820 million** people are hungry globally and they could be fed on less than a **quarter of the food** that is wasted in the US, UK and Europe.



While we work to fight food waste from our kitchen counter, we are not alone: across the globe, countless initiatives have been brought to life to ensure that no food is left behind. Find out how others are tackling food waste, and let them inspire you, too!

Instock, The Netherlands

Every day, Instock collects food from producers such as local Albert Heijn supermarkets that would otherwise be thrown away. Once these ingredients are gathered, the creative Instock chefs give these ingredients their own culinary swing, presenting their guests a mouth-watering four course meal every single night. Over the past four years, Instock has managed to save over 480,000 kilos of food! Instock has three restaurants located in Amsterdam, Utrecht and The Hague. You can visit their website for more information: <https://www.instock.nl/>

Clean your Plate, Shanghai DSM Campus, China.

In 2013, China launched a nation-wide “Clean Your Plate” campaign. Still on-going, it encourages people to order less food or to take any leftovers home when dining in restaurants. At DSM’s Shanghai campus, this campaign has received increased attention as part of the site’s sustainability program. Encouraging employees who clear their plates by giving them a free “fruit tea coupon”, the campaign reduced the daily collected food waste by 19.7% since the beginning of this year!

OzHarvest Market, Sydney Australia

OzHarvest is Australia’s leading food rescue organization, and recently opened the first rescued food supermarket of the country. The OzHarvest Market is filled with the surplus stock from other major supermarkets, airlines, cafés and businesses across Sydney; stock that otherwise would have been thrown away. From people in need to community members willing to contribute to help these people out by giving back what they can, the OzHarvest Market is open to everyone!

Combating food waste in the food chain

Food waste is a growing concern for consumers and food manufacturers. Roughly a third of the food produced globally every year for human consumption — approximately 1.3 billion tons — gets lost or wasted, representing some \$940 billion of wasted value to economies and the food industry. Spoilage is one of the main causes of food waste and can be delayed or prevented by adding safe and effective biopreservation solutions, among others. One of these solutions is the fermentation-based compound Delvo®Cid, a natamycin based formulation. In this article we explain the main topics about natamycin to better understand this biopreservative and its working mechanism.

The discovery of natamycin 65 years ago

Natamycin occurs naturally in soil, as a result of natural biological bacterial fermentation. 65 years ago, in 1954, natamycin was discovered by DSM scientists, Dr. Jacques Waisvisz in a soil sample from the state of Natal, South Africa, hence its name. The scientists observed that this antifungal agent blocks the growth of yeasts and molds by a unique mechanism that prevents nutrient uptake.

Natamycin was first isolated from a culture of *Streptomyces natalensis* in the DSM research laboratories. After thorough research and application work by DSM, it was launched in 1967 as a biopreservative for several food applications and is marketed under the well-known brand Delvo®Cid.

DID YOU KNOW?

One extra day of shelf life of food and beverage products could prevent 0.2 million tons of household food waste, or slightly less than 5% of avoidable food waste in the UK, potentially saving consumers £0.6 billion a year (WRAP, 2015).

DSM SOLUTION

DSM Delvo®Cid protects 50 billion cheeses annually. For example, by using Delvo®Cid+ in Panela cheese (a popular cheese in Latin America), DSM was able to extend the shelf life from 21 to 38 days – allowing our customer to export or to sell the product in more remote parts of the country.

The natural working mechanism of natamycin against yeast and molds

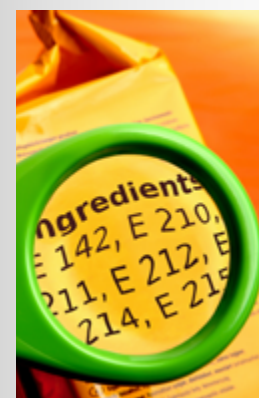
Natamycin binds to ergosterol, a building block in the cell walls of yeasts and molds. Ergosterol enables the transport of food across the membrane. When natamycin binds to ergosterol, the transport of nutrients gets blocked and the cell starves to death. Bacteria do not contain ergosterol and are therefore not affected. Natamycin is effective in extremely small quantities (parts per million).

Natamycin safely prevents harmful molds without interfering with bacterial fermentation

Molds can be divided into harmful or useful and friendly molds. Useful, friendly molds are needed to produce the great tasting blue cheeses such as brie and camembert. The same applies to yeasts. Useful yeasts are used in the production processes of beer, wine and bread. However, on most foods the growth of yeasts and molds is not appreciated. Contamination of food products with harmful yeasts and molds may lead to food spoilage. Some mold strains - that can also grow on cheese - can produce toxins when under stress. These are called mycotoxins and are dangerous for human health. Natamycin inhibits molds, including these toxin producing strains. Because natamycin is not active against bacteria it will not interfere with bacterial fermentation processes such as those for cheese, fermented milk products, or sausages.

Natamycin is widely used to prevent food spoilage

Natamycin is commonly used in food products such as yogurt, cheese, bread, pastries, sausages and energy drinks to prevent the growth of molds and yeasts, and to naturally extend shelf life and reduce food waste. Natamycin is a natural preservative that has been tested extensively; the test levels in toxicity studies are well determined. In the quantities applied to food products, there is no safety risk. This has been evaluated and approved by main Expert Committees on Food Additives by JECFA and confirmed by EFSA and FDA.



DID YOU KNOW?

Natamycin can be labeled as a natural mold inhibitor. In the EU it can be labelled as E235, or natamycin. In the US it will be labeled as natamycin. Often, natamycin is indicated on the packaging of food products as a natural mold inhibitor, and is suitable for the claim 'free from artificial ingredients'.

Did you know that you can fight food waste from your kitchen?

- 1. BUY FOOD WITH THOUGHT*
- 2. STORE IT AND COOK IT WITH CARE*
- 3. SERVE JUST ENOUGH*
- 4. USE WHAT IS LEFT*
- 5. LOVE USING YOUR FREEZER*
- 6. COMPOST FOOD WASTE FROM YOUR KITCHEN*



DSM – Bright Science. Brighter Living.™

Royal DSM is a global, purpose-led, science-based company active in Nutrition, Health and Sustainable Living.

DSM's purpose is to create brighter lives for all. DSM addresses with its products and solutions some of the world's biggest challenges while simultaneously creating economic, environmental and societal value for all its stakeholders – customers, employees, shareholders, and society at large. DSM delivers innovative solutions for human nutrition, animal nutrition, personal care and aroma, medical devices, green products and applications, and new mobility and connectivity. DSM and its associated companies deliver annual net sales of about €10 billion with approximately 23,000 employees. The company was founded in 1902 and is listed on Euronext Amsterdam.

More information can be found at www.dsm.com.