

# JUNE 2017

## **Wasting food**

Wasting food is an important issue, because it's an immense waste of the worlds resources; from the nutrients stored in the soil, and the Diesel used to farm and transport it to us. We would like to offer practical tips on how we can all help reduce waste some of our most perishable items, milk, cheese, eggs and bread, in a series of articles.

Milk is horrid when it goes off, but we don't need a use by date to tell this, we can just use our eyes and nose! If you work out how much milk you use per day, just buy the right amount. If you have miscalculated and have excess, use it to make a cheese sauce for macaroni or cauliflower cheese, or a parsley sauce for ham. If you are going on holiday, you can always freeze milk.

### **Roux recipe:**

This sauce is the basis for cheese sauce and parsley sauce (or gravy, but then you add vegetable stock and meat juices instead of milk).

Add 1 tablespoon butter (or margarine) to a pan.

Melt this, then add 2 tablespoons of flour. (Just use whatever you have; white plain is best, but self raising seems to make no difference, and wholemeal just has little brown wheat flakes in it, which doesn't alter the taste.)

Stir vigorously (using a whisk) until sizzling, taking seconds!

Add half a pint of milk, a bit at a time and keep whisking.

To increase the volume, just double the recipe. For a thinner sauce, add more milk. For parsley sauce add parsley, and for a cheese sauce, add cheese. Easy! It takes no longer than 5 minutes, and tastes so much better than a packet sauce, plus saving you money, especially if using milk or cheese which might be wasted.

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