

## THE COOKBOOK



**Too Good to Waste: How to Eat Everything** by Victoria Glass  
 (£14.99; Nourish)

TESTED BY Susan Low



Food waste is an issue that won't go away. The latest EU statistics show that 20 per cent of EU food production is wasted each year, with dire economic, environmental and

social consequences. Reducing the amount we all chuck away is one of my favourite tirade topics, so when this book came across my desk I leapt at reading it and giving the recipes a go.

Author Victoria Glass is a London-based food writer and recipe developer. Her writing is fluent, clear and funny, and thankfully free from finger-wagging. Reading her admonitions not to throw away milk that's on the turn (it's great for scones), or chuck away perfectly good parmesan rinds (use them in a risotto), I feel I've found a soul mate.

Chapters are dedicated to foods that figure high on the Most Likely to be Binned list: salad and herbs, over-ripe bananas, stale bread, leftover rice and mashed potato and the like, as well as fish and meat trimmings and veg peelings that needlessly get chucked. Intros are brief but well researched and thoroughly practical. I now know not to store my onions and my potatoes together – doing so causes both to sprout prematurely, says Glass. Pull-out 'Waste Not' text boxes have practical tips on how to use the likes of strawberry tops (use to make a herbal tea) and whey (use for making bread, tenderising meat or fermenting vegetables).

#### QUALITY OF THE RECIPES

Some of the recipe names sound potentially challenging – sour milk scones, bone marrow toffee, schmaltz (chicken fat) & tarragon dressing – but overall they're approachable and appealing. I'm not the hugest cake fan but the sponge cake made using leftover mashed potato caught my eye. Cakes made with mash are nothing new. A 'curate's pudding', made with mash, appeared in *Mrs Beeton's Book of Household Management* (1861) – although



TASTE NOT WASTE  
Chocolate mashed potato cake; Nasi goreng (inset)

Victoria's version, baked in a bundt tin and drizzled with chocolate, is bang up to date.

Alas, there were problems with the recipe. Combining the cake ingredients as instructed resulted in something more akin to a dough, not a cake batter. I had to add a fair amount of milk (not called for in the recipe) to get it to a consistency that could be poured into the tin. Once in the oven, it took 50 minutes to cook, not 30-35 as instructed – and there was no way the chocolate ganache, made with equal amounts of dark chocolate and double cream – was going to drizzle as in the picture (classic chocolate to cream ratios for ganache are 2:1 for truffles, 1:1 for cake filling, 1:2 for a runny glaze). Having said that, a friend who's a pastry chef loved the cake, but it was hardly what you'd call a foolproof recipe.

Undaunted, I turned to a couple of savoury recipes: Indonesian nasi goreng, made with leftover rice jazzed up with a fistful of spices and veg, and topped with a fried egg. It worked and tasted great. Likewise a recipe for braised little gem lettuce (all too often left to fester at the



back of the fridge), with bacon, mint and peas, made a satisfying weekday supper.

#### PHOTOGRAPHY

Recipe shots by Danielle Wood are all taken from overhead, which works well in a smaller-format book like this. They're clear, clean and nicely styled.

#### WHO IS IT SUITABLE FOR?

If I were dictator of the world I'd make everyone who cooks read this book. It's not perfect, but there's so much good advice, put across sensibly and succinctly, that readers are bound to think twice about binning food that's too good to waste.

#### VERDICT ★ ★ ★ ★ ☆

Read about the chefs who are fighting against food waste on p40 and find Victoria's mashed potato cake and nasi goreng recipes online at [deliciousmagazine.co.uk/cutoutwaste](http://deliciousmagazine.co.uk/cutoutwaste)