Fresh pepper and herbs

1 medium onion

- spoons nutritional yeast

- parmesan cheese or 2-3 table-

- 3-4 cups (720-960 ml) stock <sup>1</sup>/<sub>4</sub> cup (30 grams) grated

with carefully dosed embellishments." So don't fear the risotto-arm yourself with homemade scrap stock plus a few embellishments and you're ready to go! Risotto can even be made without parmesan if that particular embellishment pushes this recipe beyond your price point-a sprinkle of nutritional yeast will make risotto more affordable and easier to make in a pinch.

2 tablespoons (30 grams) butter

1 medium leek, halved and

2 cups (450 grams) arborio

 $\frac{1}{2}$  cup (120 ml) white wine

Chef Judy Rodgers wrote that, "delicious stock...

can carry a risotto by itself, and will harmonize

## Risotto

For 4 people:

sliced

rice

# Vegetable Scrap Stock

make your stock. it's full, it's time to scraps to it. Once your vegetable freezer and add container in the Keep a sealable

Vegetable scraps

- chokes of other vegetables for more flavor) Water (save some water from cooking arti-
- Aromatics (rosemary, thyme, etc.)
- peppercorns, parmesan rinds etc. Other additions: garlic cloves, bay leaves,

water until the scraps start to float. Bring water Place the vegetable scraps in a pot and fill with

you are cooking. way you can easily use in smaller portions when treezer. Consider treezing in ice cube trays-that cheesecloth. Retrigerate up to a week or store in out the vegetables by pouring through a sieve of will depend on quantity you are making. Strain simmer for about 30 minutes to an hour. I ime to a boil, then lower, partially cover, and let

> add your parmesan or nutritional yeast, as well as any fresh herbs or greens you may be using. Stir in the final spoonful of broth and serve immediately, topped with fresh ground pepper and chopped fresh herbs or greens.

Have leftover risotto? Turn it into arancini—form into balls, roll

in breadcrumbs and fry them up.

Taste the rice regularly as you add stock, when it tastes al dente, add fewer amounts of stock to not overcook. Before the last addition of stock,

Melt butter in a large pan or wok. Once melted add onions and cook 2 to 3 minutes, until they start to become translucent. Add leeks and cook for another 2 to 3 minutes. Add rice and stir to cover in theremaining butter. Add wine and stir rice until all the liquid is absorbed. Slowly begin to add stock, ladle by ladle, stirring after each addition until absorbed by the rice.

(rosemary, sage, thyme, marjoram, etc.) and/ or foraged greens (nettles, wild garlic, wild onions, dandelion greens, etc.)

### Scrappy Shrub

beverage. sparking water or lemonade to brighten up your life. You can add shrubs to cocktails, but also to tading truits by using vinegar to extend their shelt citrus using vinegar. Save scraps such as peels or Shrubs are great ways to preserve truits and

- larger truits like apples or pears first truits like berries can be used whole, shred Ileme—tiurt desht (emerg 006) equal
- 1-2 tablespoons citrus zest, from lemons, I cup (200 grams) unrefined sugar
- 1/4 cup (60 ml) apple cider vinegar limes, oranges, etc.

Stir to combine. sealable container and add apple cider vinegar. strain the berry and citrus juice into another juice as possible. After a day or so of maceration, hours, shaking occasionally to extract as much and let macerate in the retrigerator for 24-48 Combine truit, sugar, and zest in a scalable jar

2 to 4 days, or until you like the taste! Let the mixture sit in the refrigerator for another

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An Everlasting Meal: Cooking with Economy and Grace by Tamar Adler

How to Cook a Wolf by M.F.K. Fisher

Scraps, Wilt + Weeds: Turning Food Waste Into Plenty by Mads Refslund and Tama Matsuoka Wong

## More resources to check out:

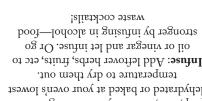
.sgbirt hunk of cheese you found at the back of the Optional: A bit of parmesan or dried out

back on, and while it's on, pour in the olive oil lemon juice, place the lid of the food processor spatula to get everything evenly chopped. Add in Scrape the sides of the food processor with a chopped (if you're using cheese, add it in here). processor and mix until everything is finely Place the greens, seeds/nuts, and garlic in a tood

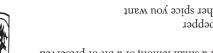
runny. Add in spices, taste, and adjust accordingly. consistency. You may need more if you want it until the pesto comes together to your desired

## repurposing tood scraps: A couple of general methods for

waste cocktails! stronger by infusing in alcohol-food oil or vinegar and let infuse. Or go Intuse: Add lettover herbs, truits, etc to temperature to dry them out. Dry/dehydrate: citrus peels, juicing



dehydrated or baked at your oven's lowest pulp, kale, and many other things can be



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**Turning Food Waste** 

into Abundance:

How to use food scraps,

foraged greens, and fresh

herbs in the kitchen

Emily Dilling & Anna Brones

Published by Comestible Journal

## Scrappy Pesto

Carrot tops, beet greens, radish greens, kale, mint,

ing on what's on hand. and wilty. Adapt dependhave gotten a little sad green. Use up greens that pesto trom essentially any



- (smsrg 00 of 04) squo E ot 2 tuodA .
- Hower seeds, walnuts, hazelnuts, etc.) toast About 1/2 cup (70 grams) seeds or nuts (sunassorted greens, lightly packed
- 2 to 3 garlic cloves them first for a little more flavor
- About 1/2 cup (120 ml) olive oil
- uowaj Juice of a small lemon, or a bit of preserved
- Salt + pepper
- Any other spice you want

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parsiey... you can make



