

## Lilly Higgins Kitchen Workshop at Reuse Republic 2019

- Chicken Soup with Herb Dumplings
- How to make your own vinegars
- Basic salad dressing
- Lo Mein or Stir Fried Noodles
- Banana bread
- Homemade Kombucha
- Homemade Kimchi
- Sauerkraut
- Pineapple Tepache
- Vanilla Extract

### Stock

I usually poach a whole chicken or use the carcass. By poaching a whole chicken, you get succulent cooked meat and instant stock. Freeze chicken carcasses if you don't have time to make stock right away then do a big batch with a few. Build up a vegetable peeling bowl in the freezer, add all the herbs and peels as you have them. This will ensure that it is quick and easy for you to assemble your stock ingredients. Add a splash of vinegar to the stock to soften the bones and release more nutrients and flavour.

Store the stock in glass jars, leaving room for expansion at the top. Use the stock to cook pasta, add to sauces for protein and for soups.

### Chicken Soup with Herb Dumplings

#### Serves 4

1 tbsp. Olive oil  
1 onion, finely diced  
2 large carrots, finely diced  
1 stick celery, finely diced  
1 litre chicken stock  
250g cooked chicken, shredded  
2 tbsp. plain flour  
Salt & Pepper to season

#### For the dumplings:

120g flour  
1 tsp. Baking powder  
½ tsp. Sea salt  
1 tbsp. Chopped chives  
1 tbsp. Chopped tarragon  
1 tbsp. Chopped parsley



100ml buttermilk

1 egg

1. Pour the oil in a large heavy based pan over a medium heat. Add finely diced carrots, onion and celery. Cook for five minutes until the onion is translucent.
2. Add the stock and increase the heat. Place the 2 tbsp. flour in a small bowl, add just enough warm stock to make a paste. Pour the paste into the pot, whisking all the time so no lumps form. Add the chicken and season with salt and pepper. Leave to cook for five minutes.
3. Meanwhile make the dumplings. Sieve the flour and baking powder into a bowl. Add the herbs. Whisk the egg and buttermilk together then pour into the flour. Use a fork to gently mix it together till it just forms a batter.
4. Now return to the soup, lower the heat to a simmer and drop spoonfuls of batter into the broth. I usually make them a little larger than 1 tsp. Keep in mind they will double in size once cooked. Place the lid on and leave to steam for 15-20 minutes until the dumplings are cooked and fluffy. Don't lift the lid before 15 minutes as the steam will escape. Serve right away dividing the dumpling between the bowls and top with some fresh herbs.

### Leftover Vegetables

When my vegetable drawer is full of scraps before a trip to the farmer's market there are several things I can do. Sad looking celery, carrots, fennel or herbs can go in the freezer for stock. I can make soup, roasted vegetables, a frittata or this delicious noodle dish.

### Stir Fried Noodles or Lo Mein

**Serves 4-6**

300g whole wheat egg noodles

80ml Chicken stock

3 tbsp. Soy sauce

1 tbsp. Sesame oil

1 tsp. cornflour

2 tbsp. vegetable oil

2 tsp. Ginger, finely sliced

1 clove Garlic, crushed

1 chicken breast, thinly sliced

2 Carrots, cut into thin matchsticks

125g Chinese cabbage (or use bok choy or baby spinach)

3 spring onions, finely sliced on the diagonal

1. Whisk the stock, soy sauce, sesame oil and cornflour together till smooth. Set aside.



2. Cook the noodles according to the packet instructions till just al dente. Drain and drizzle with a little sesame oil. Set aside.
3. Add 2 tbsp. oil to a heavy based frying pan or wok on a high heat. Add the ginger and garlic quickly followed by the chicken. Move the chicken around for a few minutes until almost cooked. Add the vegetables and move them around the pan whilst still on a high heat. Add the noodles followed by the sauce. Once the sauce begins to thicken lower the heat a little. The vegetables and noodles will absorb lots of the sauce as it thickens. Tip into a wide bowl and garnish with the fresh spring onion.

## How to make Apple Scrap vinegar from apple peels and cores

Peels and cores from 6 large organic apples

1 tbsp. Sugar

Enough water to cover the apples (about 1.4 litres)

1. Keep all of your organic apple peels in a container in the freezer. When you're ready to make Apple Scrap Vinegar simply place the peels into a large kilner jar and top with the filtered water and sugar. I use boiled, cooled tap water.
2. Cover with a piece of muslin or thin breathable cloth. Stir it at least once a day. It should start to fizz and bubble up after a few days and will begin to smell like cider.
3. It may take up to two weeks for it to ferment. It depends on the warmth of the room. After 10-14 days' strain the fruit out and compost it. Pour the vinegar into bottles. It may be fizzy so you will need to open the top and 'burp' the vinegar regularly until there is no more carbonation. This vinegar will keep for at least a year.

## Flavoured Vinegars

Flavour the vinegar with chive blossoms, remove the flowers from the purple Pom-poms and place in the vinegar for a week or so.

## Basic salad dressing recipe

1 clove garlic

1 tsp. Honey

1 tsp. Dijon mustard

200ml olive oil

60ml vinegar (balsamic, apple cider, white wine vinegar, kombucha vinegar etc.)

1 tbsp. mixed herbs (oregano, thyme, parsley, chives, marjoram)

Sea salt

Black Pepper

**I like to make this dressing in a nutribullet but a stick blender would work just as well.**

1. Simply blitz everything together till smooth and emulsified. Taste for seasoning.



2. This will keep for about 2 weeks in the fridge. Use it to dress salad leaves, kale, for a mixed bean salad or just cooked warm green beans.

## **How to grow your own Kombucha scoby and how to make kombucha using the continuous brew method**

Buy two bottles of organic kombucha and pour them into large Kilner jar. Use the vessel you want to ferment in and the scoby will grow to fit that size. Cover with a Muslin cloth and leave in a dark place for two weeks. Check on it every now and again. A thin gelatinous layer will form on top. Now you've created a scoby! A symbiotic culture of bacteria and yeast.

### **I use the continuous brew method for making my kombucha.**

- Continuous brew ferments faster, so if you drink kombucha regularly, it's a great option.
- You can brew a large volume, so if you're brewing for a family (or drink a lot yourself), you'll save a lot of time.
- Continuous brew is more nutritionally diverse. Beneficial acids are produced late in the kombucha brewing cycle, but may make the brew too acidic to enjoy. Because a continuous brew vessel contains both young and aged kombucha, you'll get those acids paired with a lighter flavor
- There's a lower risk of contamination. Since you handle the SCOBY less often with this method, there's less opportunity for contamination by mold or other microbes

### **Ingredients**

- 1 healthy scoby
- 1 large 8 litre kilner jar with a tap
- 4.8 litres filtered water
- 3 tbs. Loose leaf black tea or 3 tea bags
- 200g organic sugar
- 500ml kombucha from a previous batch or shop bought

1. Bring 2 litres of water to the boil. Pour into a large bowl with the tea leaves and sugar, stir gently to dissolve the sugar. Leave to cool at room temperature. Strain the tea through a fine-mesh sieve into your continuous brew container. Stir in the remaining water. Add the kombucha mother and the 500ml kombucha tea to the container. Cover it loosely, and allow it to ferment for about a week, or until you can see a new mother forming.
2. After a week, draw off up to 25% of the kombucha, bottle it, and replace it with an equivalent amount of sweet tea. After the initial week of fermentation, you can draw off kombucha as frequently as you like – usually 1 to 3 times a week – as long as you replace it with an equivalent amount of sweetened tea.
3. To bottle the kombucha, pour your kombucha into a flip-top bottle, adding up to 1/4 cup sweet tea or fruit juice to the bottle. Close the bottle and allow it to ferment a further 2 to 3 days, then transfer to the fridge and consume when you like it. I like



to add frozen berries to the kombucha and leave it overnight before straining the berries out and bottling the fruity kombucha. Add the probiotic berries to smoothies.

### **Kombucha vinegar**

Kombucha that is over fermented becomes so acidic that it is perfect as a vinegar. Use it in marinades and salad dressings

### **Leftover fruits**

What to do with fruit that needs using up: Make Banana bread, Fruit crumble and or make a fruit coulis. Make up the crumble mix and have in the freezer for instant crumbles.

### **Banana Bread**

**Makes 8-10 slices**

270g soft brown sugar  
2 eggs  
200g peeled bananas, mashed  
280g plain flour  
1 tsp of baking powder  
1 tsp bicarb of soda  
1 tsp ground cinnamon'  
1 tsp ground ginger  
140g butter, melted

1. Use a 23x13cm loaf tin, greased & dusted with flour
2. Preheat the oven to 170C.
3. Beat the sugar & eggs until well mixed. Beat in the mashed bananas.
4. Add the flour, baking powder, bicarb of soda & spices to the egg mix.
5. Mix well until everything is well combined.
6. Pour in the melted butter and beat until well mixed.
7. Pour the mix into prepared tin and smooth the top.
8. Bake for about 1 hour, until firm to the touch.
9. Leave to cool in the tin for a while before turning onto a wire rack to cool completely.

### **How to make Pineapple Tepache from pineapple skin**

2 litres filtered water  
185g light brown sugar  
1 pineapple, ideally organic  
3 sprigs mint sprigs



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1. Bring 250 ml (9 fl oz/1 cup) of the filtered water to the boil. Add the sugar to a heatproof 2 litre (70 fl oz/8 cup) wide-mouth glass jar. Pour in the boiling water and stir well to dissolve the sugar. Add enough of the remaining filtered water to three-quarters fill the jar and set aside to cool.
2. Wash the outside of the pineapple. Using a sharp knife, cut off the pineapple skin, leaving a little flesh attached.
3. Add the pineapple skins to the sugar-water solution and stir vigorously. Top up with filtered water to fill the jar, if necessary, then stir again. Cover the jar with a piece of muslin (cheesecloth) and secure with an elastic band.
4. Place the jar out of direct sunlight in a warm spot and leave to ferment for 1–7 days, depending on the temperature. If it's very hot, check after 12 hours as that may be sufficient time for fermentation to take effect. Give the tepache a vigorous stir each day and check the taste. If the pineapple skins have popped out of the liquid, push them back down to reduce the chance of the tepache becoming moldy.
5. Remove and discard the pineapple skins and skim off any foam and scum from the top of the tepache.
6. Put a funnel in the opening of a 1 litre (35 fl oz/4 cup) glass bottle with a tight-fitting lid and put a strainer on top of the funnel. Pour half the tepache into the bottle through the strainer. Repeat with a second 1 litre (35 fl oz/4 cup) bottle and the remaining tepache.
7. Secondary fermentation: Add a mint sprig to each bottle and tightly seal the lids. Leave the bottles on the bench to build carbonation. This could take 1–3 days, depending on the temperature. 'Burp' the tepache daily to release some pressure by opening the lids slightly and then tightening them again. Depending on the residual sugars and the fermentation activity, pressure can build significantly. In order to prevent an explosion, test the fizz every couple of days.
8. When the tepache is as fizzy as you like (this could range from a small spritz to a ferocious fizz), store it in the fridge to slow the fermentation process, and enjoy cold. Try serving tepache over ice cubes made from coconut water for a tropical treat.

### How to make your own vanilla extract

Immerse 5 split vanilla pods in a jar containing 8oz vodka or rum. Seal and keep in a cool dark place in the kitchen for at least 6 months. Add any vanilla pods that you have scraped the seeds from and the flavour will build up nicely over time.

### Quick Homemade Kimchi

I love this with a bowl of stir fried bibimbap and a fried egg or in a toasted cheese sandwich or folded into an omelette with cheddar. It also makes a quick instant supper when stirred through hot stock with miso paste.

#### Makes 2 large jars

- 1 tsp. finely grated ginger
- 1 large clove garlic, crushed
- 1 tbsp. Gochujang paste



2 tbsp. Fish sauce  
1 tsp. Salt  
2 heads of napa cabbage or 1 napa & 1 daikon radish  
2 carrots

1. Mix the grated ginger, garlic, gochujang paste and fish sauce in a large bowl with the salt.
2. Cut the napa cabbage leaves in half lengthways and then into large bite size pieces. Add to the bowl. Peel and roughly grate the carrots and add these to the bowl too. Massage everything really well together. The more you mix and fold everything together the more liquid is released from the vegetables.
3. Place a plate on top and weigh it down so it's pressing on the kimchi. Leave for a few hours at room temperature for more liquid to be released and for the flavours to develop.
4. Pack the kimchi tightly into jars and seal with a lid. You can leave it out on the counter top for a few days to ferment or store in the fridge right away. Either way the flavours will deepen and intensify. Keep in the fridge one you're happy with how it tastes.

## **Fennel and Red Cabbage Sauerkraut**

**Makes 2 large jars**

2 heads red cabbage  
2 1/2 tbsp sea salt  
2 tbsp fennel seeds  
2 large kilner jars  
1 small piece of muslin or cotton

1. First clean everything you'll be using really really well. You don't want to introduce any extra bacteria so scrub your hands, chopping board, jar etc.
2. Remove the outer leaves of the cabbage and finely shred the cabbage. Either use a mandolin or a sharp knife. Place the cabbage in a large clay or china bowl. Pour over the sea salt and massage it all really well into the cabbage. This will break down the fibres of the cabbage leaves and make it release its natural liquids.
3. Add the fennel seeds and mix well. Leave for an hour and you'll be amazed how much liquid will come out. Pack the cabbage mixture as tightly as possible into the jar. Pack it down with your fist. Pour the cabbage juice over the top. It's important that the cabbage is completely covered by liquid so really press it down. I then add a weight.
4. I scrubbed a small jam jar till spotlessly clean and filled with baking beans then press this down on top of the cabbage, cover the top of the jar with the muslin cloth and tie with string or an elastic band. Place somewhere cool and dark for 10-20 days.
5. Check your sauerkraut every few days and feel free to taste it. Once it tastes fermented enough to your liking then place it in the fridge. There may be some harmless scum or bubbles on top so just remove that before you place it in the fridge.



You definitely don't want to see any mold so remove it immediately and discard any pieces of cabbage that have been contaminated.

6. The sauerkraut will keep in the fridge for 1-2 months.

## General Kitchen Tips & Tricks

- **Vegetable storage:** keep herbs in a jar of water, soak limp salad leaves in water to revive them, sit celery in a jar of water
- **Water waste in the kitchen:** Save the water from washing vegetables & salad leaves, cooled water from cooking vegetables for watering plants. Have a bowl in the kitchen to tip the waste water into.
- **The freezer:** Have a list of what is in it, regular clear outs, freeze herbs in ice cube trays, freeze leftovers etc. label everything well. Frozen vegetables often mean less food waste so keep some stocked.
- **Leftover wine:** freeze in containers, alcohol % means it doesn't freeze solid so is slushy like a granita and perfect for taking one spoon at a time for adding to stews, sauces, gravies etc.
- **Lemon Peels:** Freeze for adding to gin & tonic, cooking with fish or chicken
- **Food shopping:** Shop in bulk where possible. Note down what you use the most. List of shops like Twig that do no packaging, Irish Ind. health stores open to the public on a Saturday
- **Meal Planning:** see where you can batch cook and freeze half for a later date, saves on time and energy. Food all the family will eat. Be realistic but throw in something different. Food processor is excellent for cutting down on time spent prepping, chopping etc.
- **Learn to cook without recipes:** Assemble simple ingredients to make delicious dishes in your own way.
- **Store Cupboard/ Pantry Staples:** A list of everything you will need to make more with less and make more from scratch in a sustainable way: Brown Rice, beans for soaking, flours, nuts, seeds
- **Repurpose leftovers:** Mashed potato can become the base for a soup or fish cakes, add some chopped chorizo or grated cheese to make potato furls
- **Reuse jam jars:** clean labels off, use them for packing leftovers in the freezer. Put elastic bands (from produce) around them for grip etc.
- **Reduce single use:** Use cloth napkins & tablecloths, cardboard containers from fruit, fabric produce bags
- **Less processed food = Less packaging!**

