

Store cupboard essentials



Love Christmas
Hate Waste

Whether it's your cupboards, fridge or freezer there are some ingredients that are just handy to have around as they can be used to make delicious meals from your leftovers or extra food that would otherwise go 'off' before you get round to finishing it all.

In the cupboard

Pasta – have a [turkey or ham stir-fry](#) but instead of using fresh noodles use spaghetti or linguine instead. Cook separately and add at the end to coat in the sauce.

Cous cous - add leftover meat and any vegetables to make an [easy salad](#) or side dish for a buffet.

Rice – whether you have arborio (risotto), long grain, basmati or all of these it's useful with so many dishes as [rice](#) is very versatile. This recipe for [gammon, brussel sprout and cheeseboard risotto](#) is great for using up Christmas leftovers, substitute any meat or vegetables you have left over.

Dried yeast – handy if you want to make [pizza](#) with Christmas vegetable and meat leftovers to have as party food at your New Year party or just as lunch.

Plain flour – thicken sauces, stews, casseroles.

Sugar – granulated caster and muscavado – great for adding to extra satsumas to make a [sweet dessert](#) which can be served with extra cream.

Golden Syrup – use to make [mocha pots](#) with extra double cream, a dessert to help keep you awake through the new year party.

Honey – useful for adding extra taste to meat, like honey roasted [gammon](#).

Herbs – add to anything to change the taste and add more flavour.

Curry paste - fry up an onion with curry paste and add any leftover fruit and vegetables to make an easy meal.

Ketchup or tomato puree – a useful addition to sauces, as a base for mini pizzas and many other dishes involving chopped tomatoes.

Worcestershire sauce – adds a bit of extra flavour, great in Shepherd's Pie and risottos.



West London Waste
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Soy sauce – a bit of additional flavour and an important ingredient in a lot of stir fries.

Mustard – try something different with your brussels with this recipe for [mustard seed and lemon sprouts](#). It's also great served with cold meats and in sandwiches.

Marmite - can be used to thicken and add flavour to gravies and sauces, or adds extra flavour to cheese on toast.

Tinned tomatoes – essential to make [turkey tikka masala](#) with any extra meat from your big feast.

Coconut milk – alternatively you could make [Turkey and chickpea coconut curry](#) using lots of store cupboard ingredients including the coconut milk.

Tinned tuna - a store cupboard essential to make lots of easy meals, like this [tuna pasta bake](#)

Tinned beans – you can add baked beans and other varieties to lots of dishes including [New Year Cassoulet](#) and [various veg crumble](#) using your Christmas meal extra veg.

Bread – keep some frozen in the freezer and some in the bread bin if you want to. If you don't like the crusts or have stale bread turn them in to breadcrumbs in your food processor before freezing. Use breadcrumbs to make a [vegetable crumble](#) with any extra brussel sprouts or anything else not finished on Christmas Day.

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Fridge or freezer

Milk – blend up extra fruit into a smoothie. Milk can be frozen as well, handy to have when unexpected visitors have helped you drink the last of the fresh pint in the fridge.

Cheese – turkey and cheese sandwiches, a cheese topping on your various veg crumble or in an omelette alongside leftover turkey,

Mayonnaise – perfect for making a turkey sandwich more interesting.

Butter – not just handy for turkey sandwiches, butter can be used for cakes, biscuits and turning leftover meat and veg into this [leftovers bake](#).

Eggs – you can add almost any leftovers to an omelette.

Frozen chicken – great for unexpected guests, when added to other items in your cupboards you could make hundreds of different dishes.

Frozen vegetables - can be added to lots of pasta or rice dishes, or used as a vegetable accompaniment to a main meal.

Frozen pastry – turn leftovers meat and vegetables into a tasty pie such as this [ham and turkey](#) recipe.

