



Upcycling Food Waste: Delicious Leftovers

Tips and Tricks to Reduce Food Waste

Are you tired of tossing out leftovers? With a little creativity and some handy tips, you can transform those scraps into delicious meals and snacks. Here are some innovative ways to make the most of your leftover ingredients brought to you by InvoqChef Sébastien Monjoin.

Tips and Tricks to Reduce Food Waste

Cauliflower Leaves and Stalks

Don't discard those cauliflower leaves and stalks! Instead, fry them up with some seasoning and use them as a tasty addition to salads or hot dishes. Similarly, broccoli stalks with their beautiful leaves can be repurposed in the same way.

Extend Meat Dishes with Leftovers

Stretch your meat dishes further by incorporating leftover cooked potatoes, grated carrots, or beans/lentils. Not only does this add moisture and flavour, but it also makes your meat go a long way. Additionally, stale bread can be revitalized by soaking it before use or dried out for breadcrumbs.

Carrot Hummus

Revive limp carrots by roasting them and blending them into a creamy hummus. It's a simple yet delicious way to breathe new life into leftover vegetables.

Versatile Spreads and Hummus

Leftover beans and lentils can easily be blended with water and oil to create tasty spreads. Add tahini and garlic for a classic hummus flavour or mix in parsley and feta for a unique twist. Use these spreads as dips or sandwich fillings for a flavourful treat.

Bread and Baking

- Soak bread remnants in water and incorporate them into fresh bread dough for a moist texture.
- Utilize leftover bits and expired dairy products in bread recipes.
- Grated carrots, zucchini, etc., from buffets can be added to bread dough as they will be heat-treated during baking.
- Repurpose bread scraps into croutons, chips, breadcrumbs, or for salads like panzanella.
- Rye bread can be transformed into delicious treats like Danish øllebrød (rye bread porridge), rye bread chips/sticks, or ymerdryss (rye breadcrumbs mixed with sugar and cinnamon).

Preservation Techniques

- **Pickling:** If you find yourself with excess cucumbers, beets, carrots, or fennel, consider pickling them. These tangy treats can elevate a buffet spread or add flair to salads. Save pickle brine for future pickling projects.
- **Grilled Vegetables in Oil:** Preserve vegetables by grilling them and storing them in oil. This method, popular in Italian cuisine, is perfect for vegetables like mushrooms, squash, and eggplants. Use a neutral oil and add your favourite herbs and spices for extra flavour. Ensure to use dried herbs to prevent spoilage.
- **Apple Cider Vinegar:** Save apple cores from making applesauce and cover them with cider vinegar. After a month, you'll have homemade apple cider vinegar perfect for dressings and marinades.

Timeless Classics

- **Truffles/Rum Balls:** Save cake scraps in the freezer, and when you have enough, transform them into decadent truffles.
- **Meat Scraps:** Dice and freeze leftover meat scraps to use in hash.

Herbs and Leek Tops

Revive wilted herbs by blending them with oil to create herb-infused oil or flavourful herb mayonnaise. The tougher parts of leek tops can also be utilized in the same manner.

Vegetable Stock

Use leftover vegetable scraps to make flavourful stock. Make a large batch and freeze it for later use, but be mindful of using too many root vegetables, as they can make the stock overly sweet.

Cheese Leftovers

Leftover bits of cheese can be repurposed into pesto, grated for pizza toppings or gratins, or frozen for later use.



Make the most of your leftovers and reduce food waste.



Citrus Fruits

- Infuse water with sliced citrus fruits for meetings or buffets.
- Make refreshing lemonade or marmalade.
- Create citrus-infused sugar or salt.
- Use citrus to prevent oxidation of vegetables or preserve their bright colours.

Tomatoes and Bell Peppers

- Make salsa or chutney.
- Prepare tomato jam for cheese boards or sandwich garnishes.
- Cook down tomatoes for sauce or ketchup, adding apples for sweetness.
- Create Romesco dressing or Haydari (feta cream with roasted peppers).

Get Creative

- Yesterday's pitas can become mini pizzas.
- Leftover chicken can be turned into chicken salad.
- Consider using various proteins as sandwich fillings: salmon salad, chicken salad, etc.
- Transform small leftovers into elegant appetizers. Break up fish into small pieces and serve with mayo, pickles, and herbs on toast or create imaginative open-faced sandwiches.

By implementing these tips and tricks, you can reduce food waste while creating delicious meals and snacks from your leftovers. Get creative in the kitchen and enjoy the satisfaction of turning scraps into culinary delights!

Enjoy cooking with Invoq!



Repurpose food that would otherwise be thrown away. Be a part of the circular economy.

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