

## *Waste- not Want- not*

Tips for Incorporating Sustainability and less Food Waste into your Kitchen Classroom



Chef Jennifer M. Denlinger, PhD, CCC  
Valencia College, Poinciana Campus  
Culinary Management Program

[jdenlinger@ValenciaCollege.edu](mailto:jdenlinger@ValenciaCollege.edu)  
407-582-6082 office  
[www.FloridaChef.net](http://www.FloridaChef.net)



This information, plus addition resources, and recipes can be found:  
<https://www.dropbox.com/home/zero%20food%20wastes!>

**#PNCFoodBuzz**

## The Poinciana Campus Initiative to Reduce Food Waste

### Herbs-a-plenty

Item	What's used	Storage	Ideas
Garlic Herb Salt	Parsley, oregano, thyme, sage, rosemary and/ or marjoram. Plus, Garlic.	6 months or longer	Keep in cooler to retain color. The sifted-out portions save and use for roasts or something that can stand texture
Chimichurri	Cilantro. Also, parsley, oregano, and/ or thyme if desired	Several weeks if topped with a layer of oil (or freeze)	Use just the stems and pulverize before adding liquid.
Pesto	Basil. Also, sage, chervil, tarragon, and/ or parsley. Any soft herb would work!	Several weeks if topped with a layer of oil (or freeze)	Use just the stems and pulverize before adding liquid. Can also mix into butter.
Herb Butters	Any combination of tarragon, dill, parsley, basil, and/ or chives	Several weeks if frozen	Mix n' match flavors. Roll into torchon, label, freeze.
Herb Oil	Chives, basil, cilantro, and/or parsley	several months if refrigerated	Stems and ugly product work great!
Herb Simple Syrup	Basil, and mint	several months if refrigerated	Save to mix in tea for a treat or with club soda.
Parsley Stems		Add to mirepoix bucket in freezer	
Steeped Vinegar	Tarragon leaves and stems	Indefinite	Save for béarnaise sauce

## When Good Milk Goes Bad

Item	Use	Storage
Soured Milk	<ul style="list-style-type: none"> <li>• Substitute as <i>buttermilk</i> in quickbreads, muffins, biscuits, rolls</li> <li>• Add a bit of yogurt or buttermilk to start culture</li> </ul>	Store in cooler if using soon. If not label and store in freezer.
Soured Milk	<ul style="list-style-type: none"> <li>• Add a small amount of cream (or half and half) to add richness if available and turn into <i>Ricotta Cheese</i></li> </ul>	Store in cooler if using soon. If not label and store in freezer.
Deflated Cream Chantilly	<ul style="list-style-type: none"> <li>• Coffee, Anglaise, hot cocoa, etc.</li> <li>• Fold in melted (cooled) chocolate or fruit puree and freeze for a quick mousse</li> </ul>	Use immediately if possible

## The Bread of Life

Make	Store
Croutons	Airtight at room temperature or in freezer
Crostinis	Airtight at room temperature or in freezer
Breadcrumbs	Airtight at room temperature or in freezer
Cubed	In freezer for uses such as stuffing or bread pudding
Pre-buttered garlic (herb) bread	In freezer or use immediately

## When the Garden is too Bountiful

Produce	Parts or types	Make	Storage
Apples/ Pears	Flesh	<i>Apple (pear) butter</i>	Cooler
Apples/ Pears	Flesh	Slice, sprinkle with sugar, low temperature oven on silpat > <i>Dried Apples (Pears)</i>	Airtight at room temperature
Apples/ Pears	Peels, and cores, no seeds	<i>Apple (Pear) Vinegar</i>	Follow instructions exactly. Ferment at room temperature. Store strained vinegar in cooler
Avocados	Seeds	Please save the pits for the garden	
Bananas	Ripe/ overripe	Save for banana bread and desserts	Freezer

# VALENCIA COLLEGE

Produce	Parts or types	Make	Storage
Berries	Blackberries, as well as raspberries (especially wrinkly berries)	Pack in heavy simple syrup	Cooler
Berries	Strawberries	Slice, sprinkle with sugar, low temperature oven on silpat > <i>Crystallized Strawberries</i>	Airtight at room temperature
Berries	Strawberries, blueberries, and blackberries, as well as raspberries	Puree with or without sugar for coulis. Cook slightly > <i>Coulis</i>	Cooler or freezer
Berries	Strawberries, blueberries, and blackberries, as well as raspberries	Puree with or without sugar. Spread thin on silpat > <i>fruit leather</i>	Cut into pieces. Store on parchment, airtight at room temperature
Celery	Butt	Please save the bottom for the garden	
Celery	Stalks, cut or not	Save for stock	Add to mirepoix bucket in freezer
Cherries	Pitted fruit	Store in a mixture of simple syrup, brandy and vanilla > <i>Brandied Cherries</i>	Cooler
Citrus	Cut Lemons	<i>Preserved lemons</i>	Cooler
Citrus	Lemon Rind	Zest no pith. Ferment into <i>Limoncello</i>	Room Temperature. *Special order vodka
Citrus	Rind	Zest before using	Cooler
Citrus	Rind	Zest then candy	Store in sugar in airtight container
Citrus	Sliced Oranges	Slice ¼" thick, low temperature oven on silpat > <i>Dried orange slices</i>	Store in sugar in airtight container. Serve in iced tea, etc.
Corn	Cobs	<i>Corn Stock</i>	Cooler or Freezer

# VALENCIA COLLEGE

Produce	Parts or types	Make	Storage
Grapes	Fruit	Remove from stems and freeze for drinks	Freezer
Green Cabbage	Chopped	<i>Mirepoix</i>	Add to mirepoix bucket in freezer
Green Cabbage	Shred	<i>Sauerkraut</i>	Follow instructions exactly. Ferment at room temperature. Store finished/ cooked product in cooler
Greens	Leaves	Sauté	Freezer
Greens	Stems (such as collards, kale, etc.)	Puree into a paste, then turn into a <i>pesto</i>	Cooler
Mango	Flesh	Puree with or without sugar. Spread thin on silpat > <i>fruit leather</i>	Cut into pieces. Store on parchment, airtight at room temperature
Mango	Flesh	Puree with or without sugar.	Cooler or Freezer
Mango	Seeds	Please save the pits for the garden	
Melons	Flesh	Puree with or without sugar. Spread thin on silpat > <i>fruit leather</i>	Cut into pieces. Store on parchment, airtight at room temperature
Melons	Seeds	Please save the seeds for the garden	
Melons	Watermelon Rind	<i>Pickle</i>	Cooler
Mirepoix	carrots, celery/celeriac, onions, shallots, garlic, parsley stems, tomato parts, mushrooms, turnips, parsnips, white/green cabbage	<i>mirepoix</i>	Add to mirepoix bucket in freezer
Mushrooms	Whole or sliced	Roast	Freeze
Onions	Diced or sliced	Caramelize	Freeze
Peppers	Flesh	Roast, and peel	Cooler or Freezer
Peppers	Seeds	Please save the seeds for the garden	
Pineapple	Flesh	<i>Quick jam</i>	Cooler

# VALENCIA COLLEGE

Produce	Parts or types	Make	Storage
Pineapple	Flesh	Slice thick, soak in simple syrup, dehydrate	Airtight at room temperature
Pineapple	Rinds	<i>Tempache</i>	Follow instructions exactly. Ferment at room temperature. Store strained drink in cooler
Pineapple	Top	Please save the top for the garden	
Potatoes	Flesh	Save for <i>mashed potatoes</i> , and other applications	Cooler
Tomatoes	Concasse	Save for stock or soups etc.	Freezer
Tomatoes	Pieces	Roast with lots of butter > <i>Confit</i>	Eat right away, or in freezer
Tomatoes	Pieces	<i>Homemade Ketchup</i>	Cooler
Tomatoes	Pieces, especially ones that are under ripe, or lack luster	<i>Dried tomatoes</i>	Cover with oil and store in fridge. Add herbs
Tomatoes	Seeds/ membranes	Collect in a strainer > <i>juice</i>	Season, then store in fridge, or use right away
Tomatoes	Seeds	Please save the seeds for the garden	
Tomatoes	Skin	Dehydrate > grind > <i>Tomato Dust</i>	Airtight at room temperature

None of these ideas sound fun? Well then roast/ blanch, or puree and freeze for use in a demo later.

**Don't Get yourself into a pickle!  
Or do.....**

Make	With
Pickles	cucumbers, carrot, beets, cauliflower (and stem), onions/ pearl onions, garlic, green beans, mango, pineapple, mushrooms, turnips, parsnips
Caponata, Relish, or Chutney	eggplant, celery, cauliflower stems, peppers, onions/ pearl onion, tomatillos, mango, zucchini, pineapple, corn

## Proteins

Please save all (wholesome)

- Chicken bones
- fish bones
- veal/ beef bones
- cleaned pork and lamb bones
- shrimp shells

Bag, Label, Date and freeze

## Phatty Phat Fat

Save all fat from roasting bones, rendering bacon etc. Labeled containers in the cooler/freezer. Substitute into any recipe you see fit.

- Remember- rendered fat is free!

## Don't dump it down the drain

**Fruit Juice-** Drained from canned fruit, or left over from a recipe

- Cook it down to a caramel sauce
- Freeze as is to use in sorbet

## What is that Mystery Meat??

Small quantities of meat, fish, chicken, etc. that cannot be refrozen, or divvied up into class production:

- Turn into uncased sausages, mousseline quenelles, or meatballs!

## Such an Eggs-cellent idea

Eggs that need to be separated should have their non-used parts saved.

- Egg whites can be frozen
- Egg yolks store in the cooler
- Egg shells go in the compost bin

## Stop your Wine-ing

Open, portioned quantities of wine shouldn't (and is illegal to) be poured back into the bottle. Instead, put into a glass jar and cover with cheesecloth and leave at room temperature to create your own wine vinegar.

Create wine butter. Roll and freeze.

## Say Cheese!

Most hard cheeses can be shredded, and then frozen. If you think your cheese will go bad, save it by shredding and freezing.

How about pureeing up some cheese spread? Serve with bread, crackers, celery or?

Cheese dip, or fondue is always a winner!

## When you're Stuffed

If the students are done tasting, and are not taking home their product:

Product	Ideas
Rice	Save for rice pudding, rice cakes, aracini balls
Mashed potatoes	Potato cakes, croquettes
Risotto	Risotto cakes
Cooked lentils	Use as an ingredient in bread
Pastas	Pasta salad
Roasted potatoes	Potato salad
Cole slaw	wash off dressing (or soak) and use for sauerkraut or kimchee
Guacamole (avocados)	Puree with butter and more acid and salt. Roll and freeze for avocado butter

*And when in doubt..... Make a quiche ☺*

*Stone Soup is soooooo tomorrow.*

## Composting

### Compost Guidelines



#### YES

fruit and vegetable scraps  
herbs  
egg shells  
coffee grinds and tea bags  
shredded newspaper  
paper towels  
grass clippings/ hay  
small sticks and twigs  
clam, oyster and mussel shells  
cardboard egg trays, torn  
ashes from wood campfires  
peelings from fruit and veggies  
left-over cooked grains  
clean kitty litter

hops/ brewed grains  
leaves/ pine needles  
nut shells/ hulls  
sawdust from untreated wood  
shredded cardboard  
manure  
flower parts  
plant scraps

#### NO

meat scraps  
fish scraps  
rubber bands  
gloves  
plastic anything  
styrofoam anything  
metal anything  
bones of any type  
cigarette butts  
non-natural charcoal  
used kitty litter  
oils/ fats

- If your class is in the evening, leave full compost buckets on a cart in the cooler and lab staff will take care of in the morning

Reducing food waste is a Hot-Topic right now; let us make sure our students understand what they can do to help the industry

Please feel free to share other ideas.