

Jacquelyn A. Ottman



Using them Up: FREE PDF

How the World Makes Leftovers Taste Like New



Jacquelyn A. Ottman



- 7 Delicious Dishes from Around the World
- 3 Top Wishes for a Leftover-friendly Food Culture



**SAVORY
PIES &
TARTS**



7 DISHES



**FRIED
RICE**



**SOUPS &
STEWs**



CURRIES



**GRAIN
BOWLS**



**EGG-BASED
DISHES**



**FISH
CAKES**

Ingredients:

Leftover or raw chicken skin, for topping (optional)
Salt and pepper
½ leek
3 scallions
2 carrots
1 onion
1 potato
2 celery ribs
3 mushrooms

1 cup broccoli pieces
2 cups leftover salad
½ cup leftover cooked spinach
½ cup frozen corn
2 qt chicken stock, or water with 1 tbsp chicken stock base
⅓ cup instant grits
Grated cheese, pats of butter, or drizzle of olive oil, for serving

Jacques Pepin's "Fridge Soup"



Preparation

If using the chicken skin, preheat oven to 400°F. If raw, season with salt. Roast until crisp and browned, 5-10 minutes if leftover or 20-25 minutes if raw. Trim all the vegetables, wash and cut into ¾ inch pieces so vegetables are a similar size for even cooking. Place in a pot with the stock and bring to a boil. Cook 15 to 20 minutes, then add the grits, stir and boil for about 10 minutes. Season with salt and pepper to taste. Serve with grated cheese and top with crisp chicken skin.

Notes:

This soup recipe can never be the same. It all depends on leftovers so it is the spirit of the recipe which counts.

<https://www.rachaelrayshow.com/recipes/jacques-pepin-fridge-soup-recipe-for-leftovers>

Ingredients

- 2 tablespoons extra-virgin olive oil (EVOO)
- 2 tablespoons butter
- 2, 3 or 4 cups leftover cooked pasta
- 12 large eggs
- 1/4 cup half-and-half, heavy cream or milk
- Salt and freshly ground black pepper
- 1/4 cup chopped flat-leaf parsley
- 1 to 2 cups leftover tomato sauce
- 1 cup shredded Italian mix cheese

Rachael Ray's Pasta Frittata



Preparation

Preheat oven to 425F.

Heat a large, nonstick, oven-safe skillet over medium-high heat. If all of your skillets have rubber handles, cover handle tightly in foil to protect it. Add oil and butter, and melt together. Add the leftover pasta and cook until lightly browned, 2-3 minutes.

While the pasta is browning, beat the eggs with the half-and-half, add some salt, pepper and the parsley.

Add the egg mixture to the skillet and stir gently to combine. Allow the eggs to set up on the bottom of the pan and become firm. Top with the leftover tomato sauce and then the cheese. Transfer pan to the oven and bake for 10 minutes, until golden. Serve hot or cold from the pan or transfer to a platter, cutting frittata into wedges. If it's for lunch or dinner, serve with a simple salad.

https://www.rachaelrayshow.com/recipe/15409_Egg_Pasta_Frittata

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 garlic clove, finely minced
- 2 large leaves of kale (stems discarded), finely shredded
- ½ cup cooked quinoa
- Coarse sea salt
- Freshly ground black pepper
- A poached egg or olive oil fried egg
- 1 scallion, white and light green parts only, very finely sliced

Gwyneth Paltrow's Breakfast Quinoa Bowl



Preparation

Heat the oil and garlic over medium heat in a small skillet until the garlic begins to soften, just 1 minute.

Add the shredded kale and cook, stirring now and then, until the kale is wilted, 2 to 3 minutes.

Add the quinoa and cook, stirring until warmed through, another 2 minutes. Season the mixture to taste with salt and pepper.

Place the mixture in a shallow bowl or on a plate, top with the egg, and sprinkle with the scallions. Add a final grind of black pepper if you like

<https://www.metro.us/recipes-from-gwyneth-paltrows-its-all-good/>

Ingredients

- 4 cups cooked rice (leftover rice works great!)
- 1 bunch scallions, greens and whites separated, thinly sliced
- 2 large carrots, grated
- 1/2 cup peas (thawed if using frozen)
- 1 head baby bok choy, thinly sliced
- 4 oz. shiitake mushrooms, thinly sliced
- 1/4 cup “this little goat went to southeast asia” sauce (or sub. with soy sauce)
- 1 tbsp sesame oil
- 6 large eggs
- 2 tbsp toasted sesame seeds
- hot sauce (such as sriracha or sambal), for serving (optional)

Izard's Sheet Pan "Fried" Rice



Preparation

Preheat the oven to 450 degrees. In a large bowl, combine the rice, scallions whites and light green parts (reserving the dark greens for topping), peas, carrots, bok choy, mushrooms, southeast asia sauce and sesame oil. Mix well to combine. Spread evenly onto a rimmed baking sheet and bake until the outer edges of the rice begin to crisp up, about 15-18 minutes.

Remove rice from the oven and toss using a spatula. Make 6 small indents in the rice and crack eggs into the holes. Continue baking until the eggs whites are set but yolks are still runny, about 5-7 minutes more.

Remove from the oven and finish with a sprinkle of toasted sesame seeds and reserved scallion greens. Drizzle with hot sauce if desired.

<https://thislittlegoat.com/blogs/recipes/sheet-pan-veggie-fried-rice>

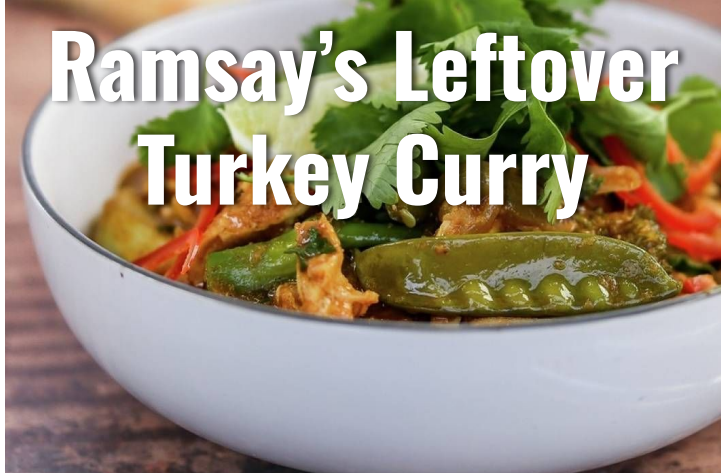
For the Curry Paste:

1 lemongrass stalk, trimmed
25g ginger, peeled and roughly chopped
1 red chilli, roughly chopped
3 garlic cloves, peeled
1 shallot, peeled and roughly chopped
2 tbsp garam masala
4 tbsp olive oil

For the Curry:

1 onion, peeled, sliced
1 ½ cup coconut milk
1 tbsp soy sauce
½ cup mixed green vegetables, such as snap peas, green beans, broccoli tips, spinach
1 cup leftover cooked turkey, shredded or cut into pieces
1 bunch cilantro, chopped, plus a few sprigs to garnish
2 limes, juiced, plus extra wedges to serve
1 red chilli, finely sliced

Ramsay's Leftover Turkey Curry



Preparation

To make the curry paste, bash the lemongrass with the back of a large flat knife to crush slightly, then roughly chop. Add to a food processor along with the remaining ingredients and 2 tbsp of the oil. Blend together to make a paste.

Add the remaining 2 tbsp oil to a deep frying or sauté pan and when hot, add the paste. Fry over a high heat for 2-3 minutes then add the sliced onion and continue to cook for 5 minutes or until softened.

Add the coconut milk, soy sauce and vegetables and stir together to create a sauce.

Stir in the leftover turkey and simmer for 10 minutes.

To serve, stir through the chopped coriander and lime juice, divide between serving bowls and garnish with the reserved coriander sprigs, lime wedges and sliced red chilli. Delicious with steamed rice, naan breads or noodles.

<https://www.gordonramsavrestaurants.com/recipes/leftover-turkey-curry/>

Ingredients:

2 strips of smoked streaky bacon
2 tbsp unsalted butter
Olive oil
2 sprigs of fresh rosemary
2 leeks
2 field mushrooms
2 teaspoons wholegrain mustard
1/3 cup plain flour
4 cups organic chicken stock

2 tablespoons crème fraîche
1 lbs leftover cooked turkey and/or stuffing
1/2 lbs Brussels sprouts (uncooked)
2 tablespoons cranberry sauce
1 large free-range egg

PASTRY

3 cups plain flour, plus extra for dusting
1 stick cold unsalted butter
1 large free-range egg

Jamie Oliver's Holiday Leftovers Pie



Preparation

For the pastry, put the flour and 1 teaspoon of sea salt into a bowl, cube and add the butter, then use your thumbs and forefingers to rub the butter into the flour until it resembles breadcrumbs.

Beat the egg, then stir into the bowl with 3 to 4 tablespoons of ice-cold water. Use your hands to gently bring it together into a ball, but don't overwork it. Divide into two pieces and flatten each into a circle (for the top and bottom of your pie), then wrap in greaseproof paper and chill in the fridge for at least 30 minutes.

Finely chop the bacon, then place in a large non-stick frying pan on a medium heat with the butter and 1 tablespoon of olive oil (or turkey fat, if you have any). Pick, roughly chop and add the rosemary, then cook for 3 minutes, or until golden.

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Preparation Continued

Wash, trim and roughly chop the white part of the leeks (save the green part for making stock or soup) and thickly slice the mushrooms, then add to the pan. Season with a pinch of sea salt and black pepper, then cook for 10 minutes, or until soft and caramelised, stirring occasionally.

Stir in the mustard, then the flour, and pour in the stock – any leftover turkey gravy will add great bonus flavour here, too. Bring to the boil and simmer gently for 15 to 20 minutes on a medium-low heat, then turn off the heat and add the crème fraîche. At this stage, you can either leave it chunky or use a stick blender to whiz it to your preferred consistency. Leave to cool completely.

Once cold, set aside half of the sauce to serve, then tear up the turkey meat and stir it into the pan, adding some stuffing, if you've got it. Trim, finely slice and stir in the Brussels sprouts.

Preheat the oven to 170°C/325°F/gas 3 and grease the bottom of a round 12" pie dish with a little oil (or leftover turkey fat, if you have any). Roll out half the pastry on a clean flour-dusted surface to ¼" thick and use it to line the pie dish, then tip in your turkey pie filling. Dollop the cranberry sauce on top. Beat the egg, then use it to brush the edges.

Roll out the remaining pastry to ½" thick and a little bigger than the pie dish. Use a selection of cutters to cut out shapes in the middle, and set aside. Carefully place the pastry left behind on top of the pie dish and brush with beaten egg, then place the reserved pastry shapes on top, filling any gaps. Trim off any pastry, then roll out again and cut out more shapes, until all the gaps are filled.

Brush the top with beaten egg, and press a fork around the edges to seal. Bake at the bottom of the oven for 45 to 50 minutes, or until the pastry is golden and the filling is piping hot.

When you're nearly ready to serve, reheat the remaining sauce until piping hot, then take it to the table alongside the pie. Delicious with steamed greens and peas.

<https://www.jamieoliver.com/recipes/turkey-recipes/turkey-and-sweet-leek-pie/>

INGREDIENTS

2 cups (about 3/4 lb) cooked mashed potatoes (see substitutions)
1/4 cup finely chopped onions
1/4 cup finely chopped celery tops (see substitutions)
2 tbsp chopped fresh parsley and/or parsley stems
2 tbsp chopped fresh dill (see substitutions)
1 tsp smoked paprika

1/8 tsp ground or freshly grated nutmeg
1 egg, beaten
2 good pinches of salt
Pinch pepper
1 lb cooked boneless skinless salmon, cod, trout (any white fish really), flaked (see substitutions)
1/4 cup oil or butter

Christine Tizzard's Fish Cakes



Preparation

In a large mixing bowl, combine the mashed potatoes with the onions, celery tops, parsley, dill, paprika, and nutmeg.

Mix in the egg, salt, and pepper. Fold in the flaked fish.

Using your hands, portion out about 1/4 cup of the mixture. Form it into a fish cake about 2 to 3 inches in diameter and 1 inch thick and place on the baking sheet. Repeat with rest of the mixture. If you have the time, place in the fridge for 20 min. to allow them to firm up and hold their shape better during frying.

Preheat a large cast-iron pan or sauté pan over medium heat. Add the oil and fry the cakes until well browned on both sides, 7 to 9 minutes total.

Make your meal a real East Coast one and serve the fish cakes with some chow chow and tartar sauce.

<https://more.ctv.ca/food/recipes/nan-s-fish-cakes.html>



3 Top Wishes for Creating a More Leftover-friendly Food Culture





1

I wish every child could learn how to transform leftovers.



2

I wish that every recipe published in America would include tips for storing, reheating and transforming leftovers.



Melissa Clark, NYTimes



How to Keep and Reheat Brisket

This will keep in the fridge, easily, for about 5 days. Reheat it in a low oven, wrapped in aluminum foil, for 20-25 minutes or so. You can also freeze it for up to 3 months.

RE-HEATING THE LEFTOVERS

OUR PIZZA IS REALLY
GOOD
WHEN REHEATED ON A
COLD SKILLET



TURN THE RANGE TO
MEDIUM

ONCE THE CHEESE STARTS
MELTING
THE BOTTOM WILL BE
CRISPY
AND THE PIZZA IS
DONE



LIFE OF PIE
WOOD-FIRED PIZZA



3

I wish restaurants
and cafeterias would
encourage leftovers.



About Jacquelyn A. Ottman

Jacquelyn Ottman is a native New Yorker and an advocate for zero waste. A home cook since childhood, she is the author of three self-published books on her personal culinary history: *“Family Gatherings: Five Recipes from Five Generations”* (2000), *“Ottman and Company: Meatpacking District Pioneers”* (2022) (the story of her family’s 150-year old NYC meat purveying firm), and *“Connecting from a Quarantine Kitchen: My Shelter Island Pandemic Story”* (2020).

A pioneer in the field of green marketing, she is the author of several books on the subject. From 1989- 2012, she advised Fortune 500 companies and the U.S. government, and spoken to audiences in Europe, Asia and South America. She is a past chair, Manhattan Solid Waste Advisory Board, and editor and founder of WeHateToWaste.com. She is currently researching a book about how food cultures around the world transform their leftovers. ###

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<https://slate.com/human-interest/2016/03/leftovers-arent-glamorous-but-theyre-the-most-joyous-part-of-my-cooking-life.html>