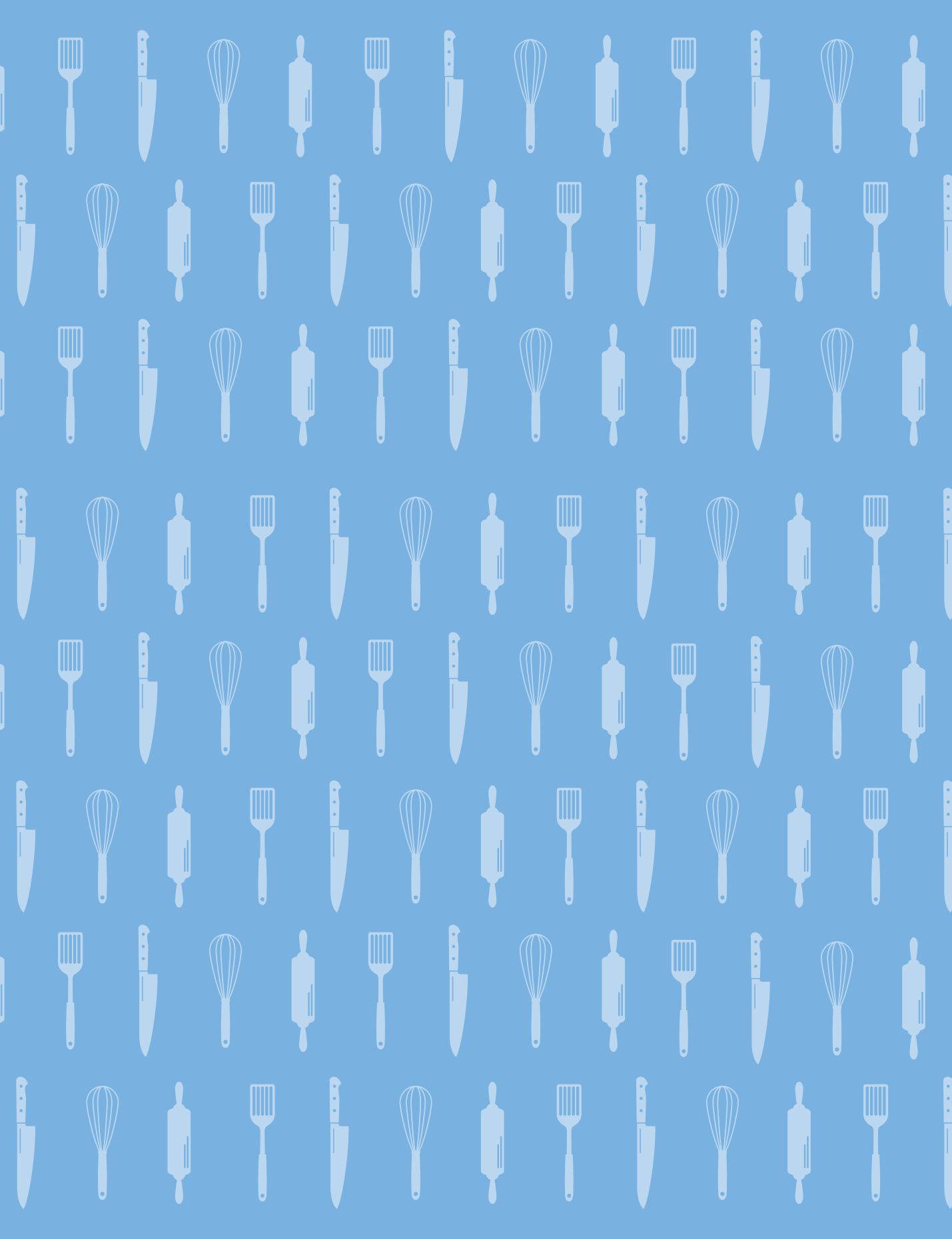


GREAT TASTE, LESS WASTE

20 Easy Recipes to Help You Love Your Leftovers





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20 Easy Recipes to Help You Love Your Leftovers

Inspired by members of the crew





Remember, it's
not waste until
you waste it...

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Which recipe?

If you find yourself with some leftover food or ingredients, this table will help you find the perfect recipe to use it up...

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Leftovers	Recipe
Pasta	Cheesy Pasta Bake <i>page 68</i>
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 **1/3** of the world's total food production is wasted...

Why this cookbook?

Food waste is a global problem...





Every year 2.5 billion tonnes of food — a third of what's produced globally — ends up being wasted. In a world where almost 10% of the population are affected by hunger, and almost 10% of global greenhouse emissions are associated with wasted food, we all have to get on board and play our part.

The scale of these issues may seem overwhelming, but with issues come opportunities. At Berge Bulk we are committed to building a waste-conscious culture among our colleagues, and investing in organisations that are creating innovative, sustainable waste management solutions.

Every little bit helps, and a few key behavioural changes by us all can have a huge impact!

Our food waste...

We conducted a survey targeting our Chief Cooks and Messmen in an effort to better understand the difficulties they face — asking them what support they needed to reduce food waste onboard. As a result, we identified four leading areas where food is wasted — each one presenting its own challenges:

-  **EXPIRATION WASTE** — food that is past its expiry date before it's used.
-  **PREPARATION WASTE** — food that's discarded such as peelings and trimmings.
-  **BUFFET WASTE** — too much food is prepared and ends up being thrown away.
-  **PLATE WASTE** — portions taken are too big and don't get finished.

The way forward...

A lot of waste is created when preparing meals, and something as simple as a little extra training can make a huge difference — raising awareness is vital.

One key area where food waste is prevalent is when a buffet is served. Often far too much food is prepared and sometimes, what is on offer just doesn't appeal to the crew. With careful portion size planning, and by getting to know the tastes and preferences of those onboard, the potential for waste can be greatly reduced.

By encouraging those around us to only take what they'll actually eat, and then using up any leftovers creatively to make another meal, we all win!

And so, a cookbook...

The positive feedback that we received from our survey was really encouraging, endorsing our company ethos that sustainability is at the top of our agenda. It's clear that the desire to tackle the issue of food waste is unanimous, and this cookbook is a great example of how committed our Chief Cooks and Messmen are.

Working with celebrity chef Tim Ong, we've produced this cookbook featuring recipes submitted by our people, for our people. It contains 20 healthy, delicious and easy recipes, each one making use of everyday leftover food. Just like our crew, the recipes come from far and wide — Asia (China, India and the Philippines), and Europe — there's something for everyone.

We know that we all need to do our best to produce sustainable meals — good food that people will really enjoy, that has a greatly reduced food wastage footprint.

We hope this cookbook will inspire new ideas and creations, challenging people not to throw away food that still has potential.



By our people, for our people...

It's well a known fact that shared mealtimes are a recipe for health and happiness. Onboard our ships, gathering around the table to eat together really connects our people — promoting bonding on a daily basis.

With many hungry crew to feed, and hundreds of meals being prepared every day, it's easy to see how food can be wasted. As well as dealing with the basics, such as menu planning, portion and quality control, we encourage our cooks to get creative.

For every meal served onboard, there will inevitably be food that gets discarded, and this is where the creativity kicks in. Things that are traditionally thrown out, such as vegetable peelings or meat trimmings can be used for making soups; cold meats can be added to pies or spring rolls, and other ingredients may find themselves upgrading a simple rice dish.

With a little bit of imagination most 'leftovers' can be upcycled, giving them a second chance of being made into something truly delicious.








We hope you'll enjoy making and eating these fun dishes with your friends and families and urge you to pass on what you've learned about reducing food wastage. We all have a part to play in changing things for the better.

The people behind the recipes...

It's been great to work with our Berge Bulk cooks — trying to reduce food waste in our kitchens is vital, and creating this cookbook has been a wonderful opportunity to bring everyone's ideas together.

The recipes that our crew share in this cookbook are influenced by many different cultures and each cook brings their own particular 'style' to the table, as well as truly embracing the challenge to waste less.

Who created what?

-  **Preetpal Singh Sandhu**, *Second Officer*:
Aloo Vegetable Paratha – page 45.
-  **Denver Ybanez**, *Chief Cook*:
Golden Fishcakes, Cream of Vegetable Soup & Garlic Bread, Cheese Meatballs & Tomato Sauce, and Fruit Cake – pages 29, 40, 48 and 74.
-  **Jesse Tuazon**, *Chief Cook*:
Spring Rolls – page 32.
-  **Pranav Kukreja**, *Third Officer*:
Chicken Curry Pies – page 63.
-  **Ralph Cyrill Quilloy**, *Deck Cadet*:
Meatloaf – page 66.
-  **Robert Floyd Lasugas III**, *Chief Cook*:
Chicken Empanadas – page 35.
-  **Sayed Khadar Bathusha**, *Chief Cook*:
Pasta Adai – page 39.

Meet the 'Great Taste Less Waste' heroes whose tasty recipes feature in this cookbook...





A real impact

At the start of every year, we set individual waste reduction targets for every vessel in our fleet. Performance is tracked and reported monthly, to measure progress, and the results are really encouraging.

In 2017 we set ourselves a target that, by 2021, we would reduce average food waste per ship by 10% — we're proud to say that we exceeded that target.

Our new aim, by 2025, is to reduce this figure by a further 10%, and we're well on track to achieve this too.

There's a real sense of commitment to waste reduction across the board, and we love the fact that our crew have taken on the challenge so enthusiastically.

But it's not just onboard where we can make a difference. If we spread the message far and wide, reaching out to friends and family, collectively we can all make a much larger impact.

Embrace the challenge... try something different, and then **spread the word!**

PHOTO — BOTTOM RIGHT:

We are able to grow produce on many of our vessels – using hydroponics systems – and we're rolling this out fleetwide.

The systems use nutrient-rich water to grow plants in a controlled environment, allowing us to cook with freshly picked vegetables grown from seedling to harvest onboard.

Produce is only picked as it's needed, so our cooks enjoy cooking with the freshest of ingredients, with nothing going to waste.

Leftover food?

A few top tips...

TIP #1 — When in doubt, throw it out! Follow your gut instinct. If you feel uncertain about leftover food, trust your nose. If it doesn't smell or taste that great, then it's better not to take the risk.

TIP #2 — Use it as soon as you can, preferably within two days, and only re-purpose food once. If the leftover food isn't on your menu plan, you can always freeze it. Label it with the date so that you know when it needs to be used by.

TIP #3 — Be aware... if you are noticing a lot of leftover food, it may be good to ask yourself why. Is the seasoning not quite right? Is there a portion control issue? If you're always having to throw food away after a meal, then something needs to change.



Food hygiene

Most foods will have some bacteria, but certain types of bacteria carry a much greater risk than others. You need to be extremely careful when handling raw foods of animal origin, such as raw meats and fish, shellfish or eggs in order to avoid food poisoning.

Raw foods — uncooked chicken, beef, and seafood — should always be prepared separately from cooked food or fresh vegetables.

Knife hygiene is also important. If you use a knife to prepare a piece of raw chicken, and then use the same knife and chopping board to chop up some salad, this could easily lead to food contamination.

Here are some helpful guidelines to follow in the kitchen:

PERSONAL HYGIENE — always wash your hands with soap and water, and then dry them before you start cooking.

PREPARATION — it's always best practice to wash fruits and vegetables before using. When handling raw meats, wash your hands, knife, chopping board and work area thoroughly after you have finished working.

UTENSILS — keep utensils that you use for cooked food separate from those that you use for raw food.

STORAGE — store raw meat and seafood on the bottom shelves of the fridge, and cooked food and/or fresh food higher up. This will prevent any raw meat or fish juices dripping on to fresh or cooked food.

CLEANING — keep the work surfaces in the kitchen clean using an antibacterial kitchen spray. Bacteria can also grow on kitchen cloths, so wash them in hot soapy water and replace them regularly.



Basic measurements & conversions

Below is a list of handy tips and references for using the recipes in this cookbook.

UNIT ABBREVIATIONS

- g – grams
- ml – millilitre
- L – litre
- tsp – teaspoon
- tbsp – tablespoon

USEFUL MEASURES

Water, Milk & Cream

1 gram = 1 millilitre

Flour

1 cup flour = 120g flour

Sugar

1 cup caster sugar = 200g caster sugar

1 cup raw sugar = 250g raw sugar

1 cup brown sugar = 220g brown sugar

1 cup icing sugar = 125g icing sugar

OVEN TEMPERATURES

Fahrenheit	Celsius	Gas Mark
250 °F	120 °C	-
275 °F	135 °C	1
300 °F	150 °C	2
325 °F	165 °C	3
350 °F	180 °C	4
375 °F	190 °C	5
400 °F	205 °C	6
425 °F	220 °C	7
450 °F	230 °C	8
475 °F	245 °C	9
500 °F	260 °C	10



Appetisers





Golden Fishcakes

Inspired by Denver Ybanez, Chief Cook

ASIAN APPETISER

INGREDIENTS

300g fish, flaked, or
good-quality tinned tuna
1 large potato, peeled, boiled
and mashed (approx. 400g)

3 sprigs spring onion,
finely sliced

2cm piece ginger, peeled
and grated

2 tbsp chopped coriander

2 kaffir lime leaves, finely
chopped

2 tsp fish sauce

2 eggs

2 tbsp cornflour

Vegetable oil for frying

Sea salt & black pepper

Sugar & vinegar to taste

Dipping Sauce:

2 tbsp fish sauce

1 tbsp rice vinegar

1 lime, juiced

2 tbsp chopped coriander

2 tbsp sweet chilli sauce

EQUIPMENT REQUIRED

Chopping board & knife

Mixing bowl

Frying pan with lid

 **RECIPE MAKES:** 10 fishcakes

 **PREPARATION:** 20 minutes

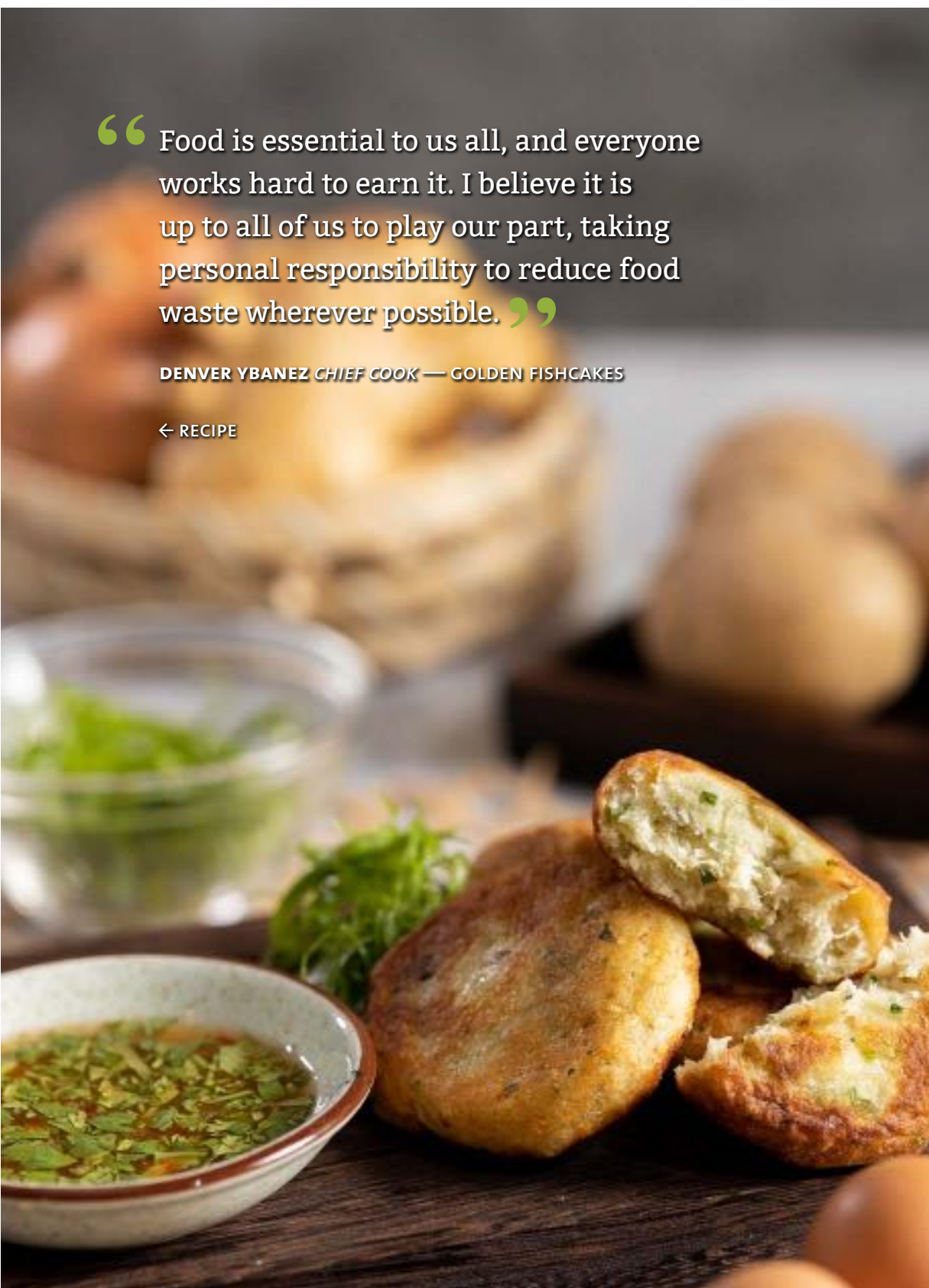
 **COOKING:** 20 minutes

 **DIFFICULTY:** 6/10

Homemade fishcakes are great — you can adjust the flavours and ingredients to suit your tastes, and you know exactly what's in them. With a crispy exterior, and full of Southeast Asian influence, these fishcakes are a real treat!

Method


1. To make the dipping sauce: mix all of the sauce ingredients together, adjusting the taste by adding a little more sugar or vinegar as required.
2. To make the fishcakes: combine the fish, mashed potato, spring onion, ginger, coriander, kaffir lime leaves, fish sauce, egg and corn flour in a bowl. Mix everything together thoroughly.
3. Using your hands, roll the mixture into balls (golf ball size), and then press flat into patties.
4. Heat a non-stick frying pan over medium heat with a couple of splashes of oil, then pan fry the patties on both sides until they are golden brown. Place on kitchen paper to absorb any excess oil and serve with the dipping sauce.



“ Food is essential to us all, and everyone works hard to earn it. I believe it is up to all of us to play our part, taking personal responsibility to reduce food waste wherever possible. ”

DENVER YBANEZ *CHIEF COOK* — GOLDEN FISHCAKES

[← RECIPE](#)



“ Born in Pampanga province — the culinary capital of the Philippines — my father inspired me to become a chef. As a professional cook I have learnt that almost one-third of food produced worldwide goes to waste, and one of my main goals is to avoid this. I store food correctly, save leftovers and always keep an eye on portion sizes. ”

JESSE TUAZON *CHIEF COOK* — SPRING ROLLS

[RECIPE →](#)

Spring Rolls

Inspired by Jesse Tuazon, Chief Cook

CHINESE APPETISER

INGREDIENTS

200g stir-fry vegetables:
such as cabbage, carrot,
mushrooms, finely chopped

250g leftover meat or seafood,
finely chopped

1 onion, diced

4 cloves garlic, finely diced

150g vermicelli noodles,
cooked

1 inch ginger, minced

Salt, pepper, sugar & fish
sauce to taste

Vegetable oil for frying





10 sheets spring roll paper

EQUIPMENT REQUIRED

Chopping board & knife

Deep fryer

Wok/frying pan

	RECIPE MAKES:	10 spring rolls
	PREPARATION:	15 minutes
	COOKING:	15 minutes
	DIFFICULTY:	6/10

Made with leftover stir-fry vegetables — very healthy, and super quick to make.

Traditionally made using spring roll paper, these could also be made with puff pastry (baked in the oven at 200°C for 15 minutes until golden brown), or using other dough wrappings such as tortilla wraps, or roti prata (pan-fried until golden brown).

Method

1. Preheat the deep fryer to 180°C.
2. Fry all of the chopped meat/seafood and vegetables in a wok with some oil.
3. Add the cooked noodles and stir through.
4. Season to taste.
5. Allow the mixture to cool before wrapping a small amount of the filling in the spring roll paper.
6. Deep fry until golden brown.
7. Place the cooked spring rolls on kitchen paper to absorb any excess oil, then serve hot with your favourite dips and sauces.





Chicken Empanadas

Inspired by Robert Floyd Lasugas III, Chief Cook

FILIPINO APPETISER

INGREDIENTS

500g cooked chicken, finely chopped or shredded
1 onion, diced
2 garlic cloves, minced
2 medium potatoes, washed and diced
1 carrot, diced
100g green peas
50g raisins
200ml water
Salt, pepper and sugar to taste
1 tbsp oyster sauce
10 sheets puff pastry sheets cut into circles (10cm in diameter)
1 egg, beaten

EQUIPMENT REQUIRED

- 🍴 Chopping board & knife
- 🍳 Wok/frying pan
- 🍴 Baking paper
- 🍴 Baking tray
- 🍴 Oven

🍴 RECIPE MAKES:	10 empanadas
🕒 PREPARATION:	15 minutes
🍳 COOKING:	20 minutes
👑 DIFFICULTY:	7/10

These Filipino chicken empanadas are packed with a delicious filling, encased in a mildly sweet flaky pastry and baked to golden perfection.

Be creative — try using other leftover cooked meats, or using different sauces and spices. Please note that the oven needs to be hot in order for puff pastry to rise.

Method

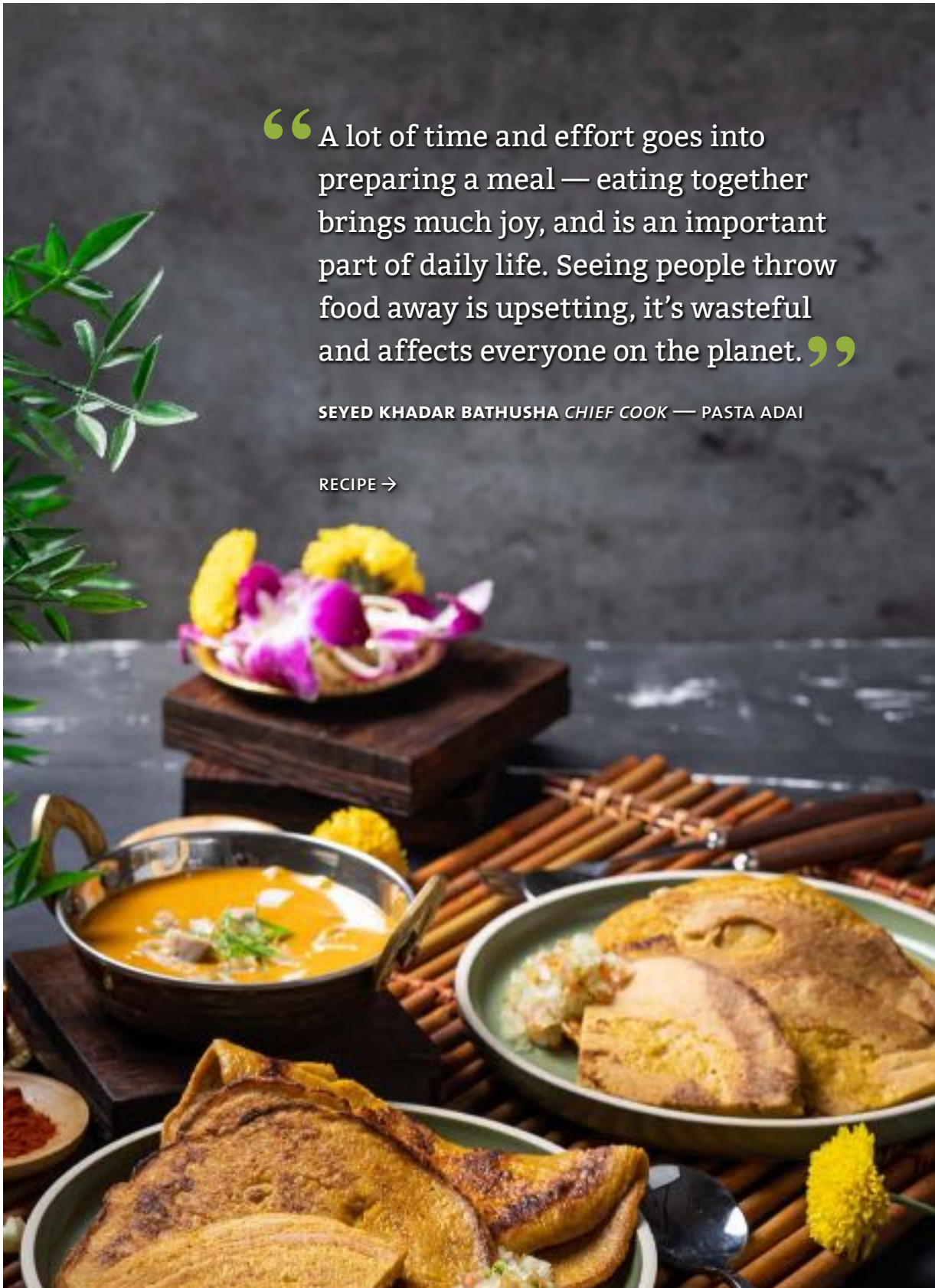
1. In a frying pan, sauté the garlic and onion until tender.
2. Add the carrot, raisins and potatoes, plus 200ml of water and bring to a simmer. Keep on the heat until the vegetables are cooked (about 10 to 15 minutes), and most of the water has evaporated.
3. Add the chicken, green peas and oyster sauce, then season to taste. Allow the filling to completely cool before using.
4. Preheat the oven to 200°C and line a baking tray with baking paper.
5. Place the cooled filling on the puff pastry circles, then fold over and crimp the edge with your hands or a fork.
6. Brush the pastry with the beaten egg and bake in the oven for 20 minutes, or until golden brown. Serve warm.



“ Growing up, I saw my mother cooking and preparing food for our family, adding her own special ingredients of love and care. On board I try to be creative and resourceful, repurposing leftovers and organising food stocks carefully. ”

ROBERT FLOYD LASUGAS III *CHIEF COOK* — CHICKEN EMPANADAS

[← RECIPE](#)



“ A lot of time and effort goes into preparing a meal — eating together brings much joy, and is an important part of daily life. Seeing people throw food away is upsetting, it’s wasteful and affects everyone on the planet. ”

SEYED KHADAR BATHUSHA *CHIEF COOK* — PASTA ADAI

[RECIPE →](#)



Pasta Adai

Inspired by Seyed Khadar Bathusha, Chief Cook

INDIAN APPETISER

INGREDIENTS

250g cooked pasta
100g curry sauce
5 eggs
100g plain flour
100g onion, finely chopped
100g tomato, finely chopped
1 green chilli, finely chopped
100ml cooking oil
Salt & pepper to taste

EQUIPMENT REQUIRED

Chopping board & knife
Food processor
Frying pan with lid

	RECIPE MAKES:	10 adai
	PREPARATION:	10 minutes
	COOKING:	10 minutes
	DIFFICULTY:	4/10

Adai is a famous South Indian breakfast dish, and this pasta version is an innovative way to upcycle any leftover cooked pasta and curry sauces.

If the batter is a little bit too wet, add a bit more flour, if it seems too dry, add an extra egg or more curry sauce. Take care to watch the temperature of the frying pan so that you don't burn the adai before they're fully cooked.

Method

1. In a food processor, blend the cooked pasta, eggs, flour and curry sauce to form a batter.
2. By hand, mix in the finely chopped onion, tomatoes and green chilli to the batter, then season to taste.
3. Add a splash of oil to the frying pan and warm up over a medium heat.
4. Place enough batter in the frying pan to thinly cover the base, just like cooking a pancake.
5. Cover the pan with a lid until fully cooked and the bottom of the adai is golden brown.
6. Serve warm, with extra curry, dips or chutney.

Cream of Vegetable Soup & Garlic Bread

Inspired by Denver Ybanez, Chief Cook

EUROPEAN APPETISER

INGREDIENTS

1.2kg of cooked starchy vegetables (up to 3 different types)

200g of cheese (optional)

Sliced bread for the garlic bread

1 onion, diced

1L chicken stock or water

Salt & pepper to taste

200ml of cream or milk (optional)

Garlic Butter:

1 tbsp minced garlic

100g butter, unsoftened

1 tbsp mixed dried herbs





EQUIPMENT REQUIRED

Chopping board & knife

Baking tray

Large pan with lid

Food processor/stick blender

 RECIPE SERVES:	10
 PREPARATION:	10 minutes
 COOKING:	30 minutes
 DIFFICULTY:	3/10

Cream of vegetable soup is a great way to upcycle a variety of cooked vegetables. A stick blender makes it really easy to prepare, but you can also blend everything in a food processor. Served with garlic bread this is a hearty appetiser.

Keep it simple. Using 2-3 of the right kind of vegetables is best, and starchy varieties such as pumpkin, peas, corn, potatoes work really well. Others, such as onions, leeks, mushrooms or broccoli are good too, but try to avoid watery vegetables such as tomatoes, cucumber or cabbage. Adding butter, milk or cheese can help to make the soup rich and creamy.

Method

1. To make the garlic bread: mix together all of the listed garlic butter ingredients.
2. Spread this mixture lightly over the sliced bread, place slices on a baking tray, and bake in an oven at 200°C.
3. To make the soup: In a large pan, sweat off the onion in some oil or butter, add the cooked vegetables, the cheese (if using), and the stock/water.
4. Simmer the soup mixture for 10 minutes, season to taste and then add the cream or milk (if desired).
5. Bring the soup back to the boil, and simmer for another 5 minutes.
6. If using a stick blender, blend carefully in the pan until the soup is creamy and smooth. If using a food processor, be sure to allow any steam to vent out before blending, otherwise it may explode!

“I first fell in love with cooking while my wife was pregnant. She had always encouraged me to learn to cook and seeing how happy it made her really made me want to keep going — it’s why I decided to take culinary classes!”

DENVER YBANEZ CHIEF COOK — CREAM OF VEGETABLE SOUP & GARLIC BREAD



Filipino Frittata

FILIPINO APPETISER

INGREDIENTS

320g meat: such as corned beef, mince, or meat trimmings chopped up finely
Cooked pasta or vegetables can also be chopped and added

Extra egg mixture (from scrambled eggs etc.)

3 tbsp vegetable oil

1 large potato, peeled and diced, cooked

1 small onion, chopped

2 cloves garlic, minced

Salt & pepper to taste

100g frozen peas, thawed

8 eggs, beaten





EQUIPMENT REQUIRED

Chopping board & knife

Mixing bowl

Frying pan with lid

20cm cast iron pan or baking tray

	RECIPE SERVES:	10
	PREPARATION:	15 minutes
	COOKING:	15 minutes
	DIFFICULTY:	5/10

Frittata is a great snack or breakfast dish made using an egg and potato base.

Use any other vegetables or even cooked pasta. Add herbs to mix up the flavours and, for an extra rich taste, add some milk or cream to the egg mixture. If you don't have an oven-safe frying pan, bake the frittata in a baking tray.

Method

1. In a frying pan, sauté the onion and garlic until tender.
2. Add the potatoes, or other vegetables, and gently fry.
3. Add the meat and the peas, and season to taste.
4. Put the mixture into a bowl with the beaten eggs and stir until well combined.
5. In an oven-safe frying pan, heat 1 tablespoon oil over medium heat, and swirl around to coat the base.
6. Add the egg mixture to the pan and cook until the outside edges are just beginning to set.
7. Transfer the pan into a 200°C oven and bake for about 10 to 15 minutes — until the top is lightly browned and the egg mixture has set.
8. Remove from the oven and allow your frittata to stand for 1 to 2 minutes before slicing into wedges to serve.





Aloo Vegetable Paratha

Inspired by Preetpal Singh Sandhu, Second Officer

INDIAN APPETISER

INGREDIENTS

150g mashed potatoes
60g vegetables: such as cauliflower, onion, peas and carrots, mashed until smooth
130g atta flour
½ tsp salt
½ tsp garlic ginger paste
½ tsp chilli powder
¼ tsp garam masala powder
2 tbsp oil for frying

EQUIPMENT REQUIRED

🍴 Chopping board & knife
🌀 Rolling pin
🍳 Frying pan with lid

🍷 **RECIPE MAKES:** 6 paratha

🕒 **PREPARATION:** 15 minutes


🔥 **COOKING:** 15 minutes

👑 **DIFFICULTY:** 7/10

Aloo Paratha is a traditional North Indian bread which can be served as part of any meal, but is most often enjoyed at breakfast time. It's made with mashed potato stuffed inside the bread dough, with delicious spices added to taste.

Method


1. Combine all the ingredients, except for the flour and the oil, and mix well.
2. Add the flour and then knead to a soft dough, adding a little more flour if it seems too sticky.
3. Divide the dough into 6 round pieces.
4. Dust the table with flour and roll out each piece, evenly and thinly into wide, flat circles.
5. Brush each paratha with oil, then pan-fry on a medium heat until golden brown on both sides.
6. Stack them up to keep them warm and soft before serving.



“As the son of a farmer I really understand the hard work that goes into growing and nurturing crops. To me, wasting food is disrespectful of that labour, particularly when a large proportion of the world’s population can’t even afford two meals a day. ”

PREETPAL SINGH SANDHU *SECOND OFFICER* — ALOO VEGETABLE PARATHA

[← RECIPE](#)



“Bread is one of the most commonly wasted foods but some of our favourite dishes are made using breadcrumbs — these can be frozen in bags ready to add to all sorts of recipes, as a main ingredient or as a crunchy topping. ”

DENVER YBANEZ *CHIEF COOK* — CHEESE MEATBALLS & TOMATO SAUCE

[RECIPE →](#)

Cheese Meatballs & Tomato Sauce

Inspired by Denver Ybanez, Chief Cook

EUROPEAN APPETISER

INGREDIENTS

100g sliced dried bread
blended into breadcrumbs

150g vegetables chopped up:
such as mushrooms, corn,
cauliflower

100g cheese, shredded/grated

1kg meat: minced beef, pork or
chicken (or a mixture)

1 egg

Milk to cover the breadcrumbs

½ bunch parsley, chopped up

2 cloves garlic, minced

Flour for dusting

For the tomato sauce:

2 x 400g tins chopped
tomatoes

1 onion, finely diced

4 cloves garlic, halved

½ red chilli, finely sliced

Small bunch basil

1 tbsp chopped fresh oregano

Salt & pepper to taste





Olive oil

EQUIPMENT REQUIRED

Chopping board & knife

Mixing bowl

Frying pan with lid

	RECIPE MAKES:	8 portions
	PREPARATION:	20 minutes
	COOKING:	20 minutes
	DIFFICULTY:	7/10

If you don't have all of the fresh herbs, Italian or mixed herbs are a great all-in-one blend for an authentic homemade tomato sauce.

Method

1. Heat the oven to 200°C. In a dish, soak the breadcrumbs in the milk.
2. For the tomato sauce: Lightly fry the onion, garlic and chilli for 2-3 minutes until soft.
3. Add the tomatoes, along with the herbs, and simmer the mixture, to reduce, for about 10 minutes.
4. While the tomato sauce is cooking, make the meatballs: put the mince into a mixing bowl and add the parsley, egg, vegetables, cheese, garlic and soaked breadcrumbs. Mix well and season with a little salt and pepper.
5. Shape the mixture into walnut sized balls and lightly coat them with flour. Fry in hot olive oil until golden.
6. Add the meatballs to the hot tomato sauce and bake in the oven for 10 minutes.
7. Serve piping hot with your choice of side dish.



Main Courses





Quick & Easy Fried Rice

CHINESE MAIN COURSE

INGREDIENTS

1kg cold cooked rice, 1 to 2 days old

2 to 4 eggs, beaten lightly or eggs from breakfast

150g cooked meats: such as bacon, sausage or corned beef, chopped

150g vegetables: such as peas, corn, carrots, shredded cabbage

Oil for frying

1 onion, diced

3 cloves garlic, diced

4 tbsp finely minced ginger

4 sticks spring onion, sliced

Salt & white pepper to taste

EQUIPMENT REQUIRED

🍴 Chopping board & knife

🍳 Frying pan with lid

🍷 **RECIPE MAKES:** 4-6 portions

🔪 **PREPARATION:** 15 minutes

🔥 **COOKING:** 15 minutes

👑 **DIFFICULTY:** 3/10

Make sure the rice is old and dry — it will fry up so much better! Keep the wok/frying pan super-hot and make sure to prepare all your ingredients in advance so that you can cook it all quickly — keeping it crisp, hot and delicious!

Method

1. Heat a wok on a medium to high heat and add the oil.
2. Fry the eggs to make a flat omelette, cooking both sides, then set aside on a plate.
3. Add a bit more of the oil followed by the onion, garlic and ginger, frying until tender.
4. Add the cooked meats to the pan and fry for 1 minute.
5. Add the rice and fry for another minute until fragrant.
6. Place the egg omelette on to a chopping board and slice thinly. Toss 3/4 of it through the fried rice, also adding 3/4 of the sliced spring onions.
7. Taste for seasoning, it may need a little salt or pepper.
8. Place in a serving bowl, then garnish with the remaining sliced omelette and spring onions.

Pork Fried Noodles





CHINESE MAIN COURSE

INGREDIENTS

600g pork stew, rinsed of any of the sauce
1 small red capsicum, thinly sliced
2 carrots, peeled, finely chopped
100g frozen green peas
150g Chinese cabbage (wombok), finely shredded
500g fresh thin egg or Singapore noodles
2 tsp cornflour
170ml chicken stock
50g oyster sauce
20g soy sauce
1 tbsp cooking oil
2 garlic cloves, crushed
5 spring onions, trimmed, thinly sliced diagonally

EQUIPMENT REQUIRED

Chopping board & knife
Heatproof bowl
Colander
Wok

	RECIPE MAKES:	6 portions
	PREPARATION:	20 minutes
	COOKING:	15 minutes
	DIFFICULTY:	6/10

Stir-fries are a really good way to use up leftover vegetables, and any vegetables can be added to this recipe. Repurposing the meat from a pork stew, by rinsing off the gravy, is a great way to avoid waste.

Method

1. Place the noodles in a heatproof bowl, and cover with boiling water. Stand for 1 minute (or until tender) before draining. Separate the noodles using a fork and set aside.
2. Combine the cornflour, chicken stock, oyster sauce and soy sauce in a jug, stirring until smooth. Set aside.
3. Heat a wok over a high heat then add the oil, swirling to coat. Add the pork and garlic and stir-fry for 2 minutes, breaking up the pork with a wooden spoon.
4. Reserving 2 tbsp of spring onion for garnish, add the remaining onions, capsicum and carrots to the wok. Stir-fry for 2 minutes. Add the stock mixture. Bring to the boil. Add the peas, cabbage and noodles.
5. Stir-fry for 2 to 3 minutes, or until the peas are tender.
6. Garnish with the reserved onions and serve whilst steaming hot.





Ginger Soy Braised Chicken





FILIPINO MAIN COURSE

INGREDIENTS

1 to 2kg cooked chicken: best with chicken drumsticks or thighs
100ml soy sauce
2 tbsp sambal
2 tbsp garlic paste
2 tbsp ginger paste
70g rice vinegar
40g honey
40g brown sugar, more to taste
1 tbsp dark soy sauce
1 tsp sesame oil
Salt & pepper to taste

EQUIPMENT REQUIRED

Chopping board & knife
Wok

	RECIPE MAKES:	4 portions
	PREPARATION:	10 minutes
	COOKING:	20 minutes
	DIFFICULTY:	5/10

If you have leftover meat that's a bit tough, braising it in soy is a great way to soften and tenderise it as the soy breaks down the proteins. The key is to cook it slowly in the sauce. If the sauce starts to over-reduce it may become a bit salty, so do make sure to taste it before serving. Best served with steamed white rice.

Method

1. Add all of the ingredients to the wok, except for the chicken, and stir to mix well.
2. On a medium to high heat, bring the mixture to the boil.
3. Add the chicken pieces to the sauce and simmer for 15 to 20 minutes, until the chicken is nicely glazed with the sauce. If the sauce becomes too thick, add a little water.
4. Garnish with coriander, sliced chili or spring onion and serve with steamed white rice.

Crispy Meat Jerky





FILIPINO MAIN COURSE

INGREDIENTS

400g meat: such as chicken, pork or beef, shredded or in long slices
100g flour
1 tsp coriander powder
1 tsp cumin powder
1 tsp garlic powder
Salt & pepper to taste

EQUIPMENT REQUIRED

Mixing bowl
Deep fryer

	RECIPE MAKES:	4 portions
	PREPARATION:	10 minutes*
	COOKING:	10 minutes
	DIFFICULTY:	3/10

* Plus overnight rest in fridge

This recipe works well with any meat that is super fibrous as we want those long, chewy strands. Perfect for leftover poached chicken breast or stewed meats. It is best served with steamed rice, fried rice or noodles. Also delicious as a snack with a nice, cold drink.

Method

1. In a mixing bowl, combine all of the dry ingredients, blending the seasonings together thoroughly.
2. Shred the meat and then toss and coat it in the seasoned flour mixture.
3. Place the bowl in the fridge overnight — uncovered so that the meat dries out.
4. The next day, deep fry the meat pieces at 180°C until crispy and delicious.
5. Place the freshly fried jerky on to kitchen paper to absorb any excess oil, and then serve whilst still warm and delicious.





Curry Quesadillas

INDIAN MAIN COURSE

INGREDIENTS

400g meat: such as roast chicken, or other meats
200g curry sauce
200g vegetables, cooked and chopped up
400g mozzarella cheese
4 tortilla wraps
Cooking oil
Salt to taste

EQUIPMENT REQUIRED

- 🍴 Chopping board & knife
- 🍲 Mixing bowl
- 🍳 Non-stick frying pan

🍷 RECIPE YIELD:	4 portions
🔪 PREPARATION:	15 minutes
🍳 COOKING:	5 minutes
👑 DIFFICULTY:	6/10

This is an Indian take on the popular Mexican dish. By being creative with the fillings, the quesadilla is a great way to present leftovers in a fresh way. The challenge is to make sure there is a nice crispy crust on the outside, with lots of molten cheese oozing through the tasty filling.

Method

1. Using the meat, curry sauce, shredded cheese and vegetables, make the filling in a bowl. Make sure the mixture is not too dry and not too wet — but well coated.
2. Spoon some of the filling to cover one half of each tortilla wrap, and then fold the other half over the top.
3. In a non-stick frying pan, on a medium heat, place the filled quesadilla and season with salt.
4. Fry gently, flipping halfway through so that both sides are golden brown.
5. Cut into 4 wedges and serve piping hot.



Chicken Curry Pies




Inspired by Pranav Kukreja, Third Officer


INDIAN MAIN COURSE

INGREDIENTS

150g roast chicken, or other meats, cut into chunks
200g curry sauce
100g vegetables, chopped
Puff pastry sheets cut into 15cm squares
50g green peas
1 egg, beaten

EQUIPMENT REQUIRED

 Oven
 Baking paper
 Baking tray

 **RECIPE MAKES:** 4 portions

 **PREPARATION:** 20 minutes

 **COOKING:** 20 minutes

 **DIFFICULTY:** 5/10

Curry pies are great as a snack or a main course — a delicious way to eat curry without rice, and you won't get messy hands! Make sure that the curry filling doesn't have too much sauce as it will be tricky to prepare and to eat.

Method

1. Make the pie filling using the meat, curry sauce and the chopped vegetables. Check that it binds together well and is not too dry.
2. Preheat the oven to 200°C.
3. Place some filling in the middle of each puff pastry square, leaving enough of a margin to seal the pie.
4. Fold the filled pastry squares into triangles and crimp the edges using a fork.
5. Brush the pies with beaten egg and place them on a baking tray lined with baking paper.
6. Bake the pies in the oven for 15 to 20 minutes until golden brown.
7. Serve warm with your choice of vegetables, or a mixed salad.



“ When I discovered my talent for cooking, I focussed on delicious meals that use everyday ingredients. Quick, simple recipes, that reduce food waste as well as energy. Cost effective and good for the planet. Everybody wins! ”

PRANAV KUKREJA *THIRD OFFICER* — CHICKEN CURRY PIES

[← RECIPE](#)



“ I love trying different cuisines and I really appreciate Berge Bulk for creating this food waste cookbook. It's great to try new dishes and knowing that our chefs repurpose leftovers is very inspirational! ”

RALPH CYRILL QUILLOY *DECK CADET* — MEATLOAF

[RECIPE →](#)

Meatloaf

Inspired by Ralph Cyrill Quilloy, Deck Cadet

EUROPEAN MAIN COURSE

INGREDIENTS





200g leftover bread, made into breadcrumbs
12 slices smoked bacon or other cured meats
1 onion, minced
1 tsp ground cumin
1 tsp ground coriander
2 tbsp Italian herbs
2 tsp Dijon mustard
250g minced beef
2 eggs

Tomato Sauce:

1 onion, diced
2 cloves of garlic, chopped
½-1 fresh red chilli
Olive oil
1 tsp smoked paprika
1 x 400g tin of chickpeas or other beans
2 tbsp Worcestershire sauce
2 x 400g tins tomatoes
2 tbsp balsamic vinegar

EQUIPMENT REQUIRED

- Chopping board & knife
- Frying pan
- Mixing bowl
- Casserole or baking dish
- Oven

	RECIPE MAKES:	4–6 portions
	PREPARATION:	25 minutes
	COOKING:	40 minutes
	DIFFICULTY:	7/10

Meatloaf is a British classic that mixes all sorts of goodies together. Grated vegetables like onions and carrots can be added, as well as others such as chopped mushrooms or peppers — a great recipe to use up leftover ingredients.

Method

1. Preheat the oven to 200°C. In a frying pan sauté the onion, cumin and coriander until fragrant.
2. Transfer to a mixing bowl, adding the breadcrumbs and the rest of the meatloaf ingredients. Mix very well.
3. Shape the patty mixture into a large oval loaf and transfer it to a casserole or baking dish.
4. For the tomato sauce: Put 2 tablespoons of oil into a frying pan on a medium-high heat. Add the paprika, a pinch of sea salt and some black pepper. Cook for 1 minute then add all of the other sauce ingredients. Simmer for 20 minutes.
5. Pour the hot tomato sauce around the meatloaf and cook in a hot oven for 40 minutes.
6. Take the meatloaf out of the oven to lay the slices of bacon over the top. Cook again for 5 to 10 minutes, or until the bacon turns golden and the sauce is bubbling and delicious.



Cheesy Pasta Bake





EUROPEAN MAIN COURSE

INGREDIENTS

600g cooked pasta
300g cooked vegetables: such as cauliflower, pumpkin, etc.
300g cheese: such as cheddar or mozzarella, crumbled or grated
3 tbsp breadcrumbs from leftover bread
Bechamel Sauce:
60g butter
4 tbsp plain flour
2 tsp English mustard powder
600ml whole milk
Pinch of cayenne pepper
Sea salt, to taste
1 tsp dried Italian herbs

EQUIPMENT REQUIRED

- Oven
- Whisk
- Large, wide baking dish
- Pot

	RECIPE MAKES:	4–6 portions
	PREPARATION:	20 minutes
	COOKING:	20 minutes
	DIFFICULTY:	7/10

Pasta bake is a bit like a western version of fried rice, it's an excellent way to use up leftovers! Use your creativity and add all sorts of ingredients, from meats to vegetables.

Method

1. Preheat the oven to 200°C. Mix the cooked pasta, vegetables and a drizzle of olive oil together in a bowl.
2. To make the bechamel sauce, melt the butter in a pan, and stir in the flour and mustard powder to make a roux. Gradually add the milk, beating continuously with a whisk until the mixture is smooth.
3. Slowly bring the pot of sauce to a boil over a low heat, stirring frequently, until it thickens. Season with cayenne pepper and salt to taste.
4. Stir half of the cheese into the bechamel sauce until it has melted, and the sauce is smooth again.
5. Add the pasta mix to the sauce until it's all well coated, then spread it out evenly in a large, wide baking dish.
6. Combine the remaining cheese with the breadcrumbs and herbs, and sprinkle over the top of the pasta.
7. Bake in the hot oven for about 15–20 minutes until the topping is golden and crisp. Serve immediately.



Desserts









Coconut Banana Fritters

ASIAN DESSERT

INGREDIENTS

400g ripe bananas, peeled and mashed
100g plain flour, sifted
1 tsp baking powder
75g caster sugar, plus extra for sprinkling
50g desiccated coconut
Finely grated zest of 1 lime
Pinch of salt
Vegetable oil, for frying

EQUIPMENT REQUIRED

-  Sieve
-  Mixing bowl
-  Deep fryer
-  Slotted spoon

 **RECIPE MAKES:** 12-16 fritters

 **PREPARATION:** 10 minutes

 **COOKING:** 10 minutes

 **DIFFICULTY:** 6/10

Bananas always have a short life span — they are either not ripe enough or overripe! If you are faced with a surplus of overripe bananas (and you're sick of banana bread), this recipe is for you. Overripe bananas that have started to go brown are fantastic in cooking, as the natural sugars make them super sweet and full of flavour.

Method

1. Sift the flour and the baking powder into a bowl.
2. Mix in the sugar, coconut, lime zest and salt. Fold the mashed bananas into the dry ingredients, mixing until well combined.
3. Cover the batter with cling film and chill for 15 minutes.
4. Heat the deep fryer to 180°C.
5. Using a spoon, carefully drop spoonfuls of the batter into the hot oil and fry for 2-3 minutes, until cooked through, and golden brown on both sides.
6. Lift out of the fryer using a slotted spoon and place each fritter on kitchen paper to absorb any excess oil.
7. Repeat until all of the mixture is used up and serve them, crispy and hot, sprinkled with a little sugar.

Fruit Cake

Inspired by Denver Ybanez, Chief Cook





FILIPINO DESSERT

INGREDIENTS

450g fruit: such as apples or bananas, cut into cubes
½ lemon juice and zest
225g unsalted butter, softened
250g caster sugar
4 eggs
2 tsp baking powder
350g self-raising flour
1 tbsp brown sugar

EQUIPMENT REQUIRED

- Baking pan/cake tin
- Baking paper
- Oven
- Mixing bowls
- Electric mixer/whisk
- Sieve

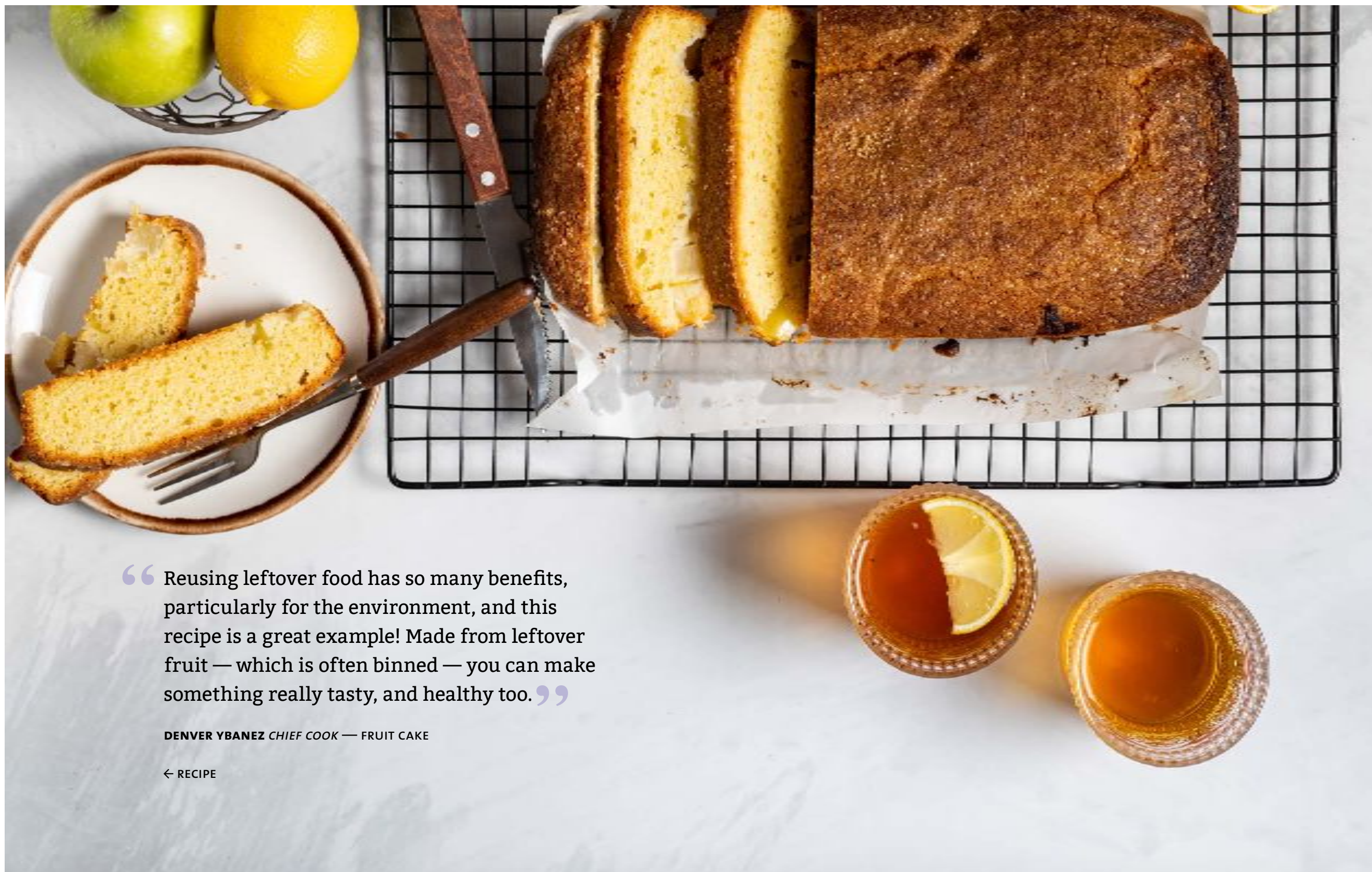
	RECIPE MAKES:	4-6 portions
	PREPARATION:	20 minutes
	COOKING:	40 minutes
	DIFFICULTY:	6/10

This fruit cake is not the conventional British style (a dark and dense cake that’s made with dried fruits), but a much lighter version. Using any combination of fresh fruits, it’s light and refreshing and makes a wonderful dessert or teatime treat.

Method

1. Preheat the oven to 180°C and line a deep baking pan or cake tin with baking paper.
2. Place the cubed fruit into a mixing bowl and add the lemon juice and zest.
3. Place the butter, caster sugar, eggs and baking powder into a separate bowl (or an electric mixer bowl), and whisk/blend to a smooth and creamy batter.
4. Sift the flour over this batter mixture and fold in using a spatula.
5. Place the fruit mixture at the bottom of the lined baking tin and cover completely with the cake batter.
6. Sprinkle the top of the cake liberally with brown sugar before baking in the oven for 40 minutes, or until cooked. To test if the cake is ready, insert a skewer — if it comes out clean it is cooked through, if it’s a little wet/sticky, give it a few more minutes.





“ Reusing leftover food has so many benefits, particularly for the environment, and this recipe is a great example! Made from leftover fruit — which is often binned — you can make something really tasty, and healthy too. ”

DENVER YBANEZ CHIEF COOK — FRUIT CAKE

[← RECIPE](#)



Indian Rice Pudding

INDIAN DESSERT

INGREDIENTS

200g cooked white rice:
basmati or short grain rice
work well
1 tsp ghee or clarified butter
4 green cardamon pods,
crushed
1 tin of evaporated milk
60g sugar
3 tbsp chopped nuts, with
extra for garnish
1 tsp vanilla essence
1 tsp cornflour

EQUIPMENT REQUIRED

🍲 Medium sized saucepan

🍲	RECIPE MAKES:	4 portions
🕒	PREPARATION:	5 minutes
🔥	COOKING:	15 minutes
👑	DIFFICULTY:	2/10

With leftover cooked rice the options are endless, but this recipe is a great way to use up that pot of rice that's sitting in your fridge. Rice puddings can be served with dried fruits or compote, and can even be used as a filling in spring rolls for a unique dessert.

Method

1. Heat the pan over a medium heat and then add 1 teaspoon of ghee (or butter), followed by all of the other ingredients.
2. Stir in the cooked rice, bring the mixture to the boil and then simmer for 15 to 20 minutes, stirring regularly until the rice pudding thickens.
3. When the pudding has started to thicken slightly, remove the pan from the heat.
4. Serve into bowls and garnish each portion with the remaining nuts. This rice pudding is delicious served either warm or chilled so it's ideal for all seasons.

Bread & Butter Pudding





EUROPEAN DESSERT

INGREDIENTS

400g white bread
(8-10 thick slices)
Unsalted butter, softened
75g raisins
300ml cream
125ml milk
5 eggs, beaten
1 tsp vanilla essence
25g brown sugar

EQUIPMENT REQUIRED

Baking dish
Chopping board & knife
Mixing bowl
Whisk
Oven

	RECIPE MAKES:	4-6 portions
	PREPARATION:	20 minutes
	COOKING:	40 minutes
	DIFFICULTY:	5/10

Bread and butter pudding is actually better when made using older, drier bread, as it soaks up all of the egg and cream mixture. Add any other dried fruits — be creative!

Method

1. Liberally grease a baking dish with butter.
2. Butter the bread slices on both sides, and then cut each slice diagonally into four triangles.
3. Layer the buttered bread triangles into the baking dish, overlapping them and sprinkling with raisins as you go. Keep on building the layers until the dish is full.
4. Place the cream, milk, vanilla essence and beaten eggs into a mixing bowl and then whisk until smooth.
5. Pour the creamy mixture over the dish to completely cover the bread, then allow the bread to soak up the egg mixture for an hour in the fridge.
6. When ready to cook, preheat the oven to 160°C.
7. Sprinkle the top of the pudding with the brown sugar before baking in the oven for 40 minutes, or until the top is golden brown and the mixture is set.
8. Served hot or at room temperature this is delicious with fruit compote (see next recipe).





Fruit Compote





EUROPEAN DESSERT

INGREDIENTS

1kg fruits: such as apples, peeled and diced
Sugar to taste

EQUIPMENT REQUIRED

- Medium saucepan with a lid
- Stove

	RECIPE MAKES:	8-10 portions
	PREPARATION:	20 minutes
	COOKING:	60 minutes
	DIFFICULTY:	2/10

Compotes are a great way to “preserve” fruits. Use your imagination and add any leftover berries, or get creative with spices such as cinnamon, vanilla or cloves to enhance the flavour. Add sugar to taste, being cautious about not making it too sweet — the natural sugar in the fruit is what needs to be showcased.

Method

1. Add all of the prepared fruit to the saucepan with a splash of water.
2. Cover the pan with the lid, and cook very slowly over a low heat for 20 minutes, or until the fruit has ‘broken down’.
3. When it’s cooled a little, mash the compote with a fork — keeping it chunky — and add more sugar if you feel it’s tastes too sharp.



The Chef — Tim Ong

Tim's vibrant culinary journey began when he worked part-time as a busboy, in a small café in Perth, in order to support his studies. Increasingly inspired and ever curious, he ventured from his hometown to take up a summer internship in Singapore, and this was his big break. He found himself under the tutelage of the renowned chef, Emmanuel Stroobant.

Trained by this inspirational mentor, Tim started to work full-time in the kitchen, specialising in classical French cooking. His dedication saw him rise through the ranks, mastering classic French cuisine and playing a significant role in opening four of Stroobant's restaurants in Singapore — including the two Michelin-starred *Saint Pierre*. Hungry for growth, he continued to diversify his culinary expertise through international consulting for *The 2nd Floor at The American Club* and *Beauty Candy* in Singapore, as well as *Flames at KLGCC* in Malaysia.

Today, Tim Ong is an accomplished chef, personality, and industry leader who owns several successful businesses in the culinary arena. He co-founded and currently operates Victus Group — a food solutions company that owns European-cuisine restaurant *The Masons Table*, and *Victus Catering*, a bespoke catering service for campuses in Singapore.








For almost a decade Victus Group has also run Singapore's largest children's culinary programme, *Super Chef* — helping young people to understand the importance of food and to develop their skills in the kitchen. Online cooking classes for kids are also available, under the brand *The Cooking Club*. Sharing his passion for cooking through 'edible education' is part of his mission.

When not in the kitchen cooking up creative and delicious dishes, Tim's eclectic career includes showcasing his culinary expertise. He's made a number of television appearances on *The Asian Food Network*, as well as guest appearances on *36 Ways to Live*, *The Amazing Food Challenge*, and Singapore's Mediacorp production *Eat List Star*.

Thank You

Our appreciation goes to the following people for their assistance and involvement in the preparation and production of this cookbook.

Firstly, to the members of the Berge Bulk family who suggested these delicious recipes — helping us all re-evaluate how we use our food. You were the inspiration behind this cook book. Thank you:

-  **Sayed Khadar Bathusha**, *Chief Cook*, for suggesting the Pasta Adai recipe, page 39.
-  **Pranav Kukreja**, *Third Officer*, for suggesting the Chicken Curry Pies recipe, page 63.
-  **Robert Floyd Lasugas III**, *Chief Cook*, for suggesting the Chicken Empanadas recipe, page 35.
-  **Ralph Cyrill Quillooy**, *Deck Cadet*, for suggesting the Meatloaf recipe, page 66.
-  **Preetpal Singh Sandhu**, *Second Officer*, for suggesting the Aloo Vegetable Paratha recipe, page 45.
-  **Jesse Tuazon**, *Chief Cook*, for suggesting the Spring Rolls recipe, page 32.
-  **Denver Ybanez**, *Chief Cook*, for suggesting the Golden Fishcakes, Cream of Vegetable Soup & Garlic Bread, Cheese Meatballs & Tomato Sauce, and Fruit Cake recipes, pages 29, 40, 48 and 74.

Also to the team that helped take the idea and make it a reality:

Tim Ong, *Chef, Victus Group*, for testing, evaluating, recommending and refining the recipes.

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Baskerville, *Graphic Design*, for the design and art direction that has helped to bring this cookbook to life.

Lastly, thanks to all of you for having a go — making these recipes is part of our collective journey towards a more sustainable future.



Enjoy your meal

Kain tayo

吃好喝好

भोजन का लुत्फ उठाए

Prijatno

Selamat makan

いただきます

잘 먹겠습니다

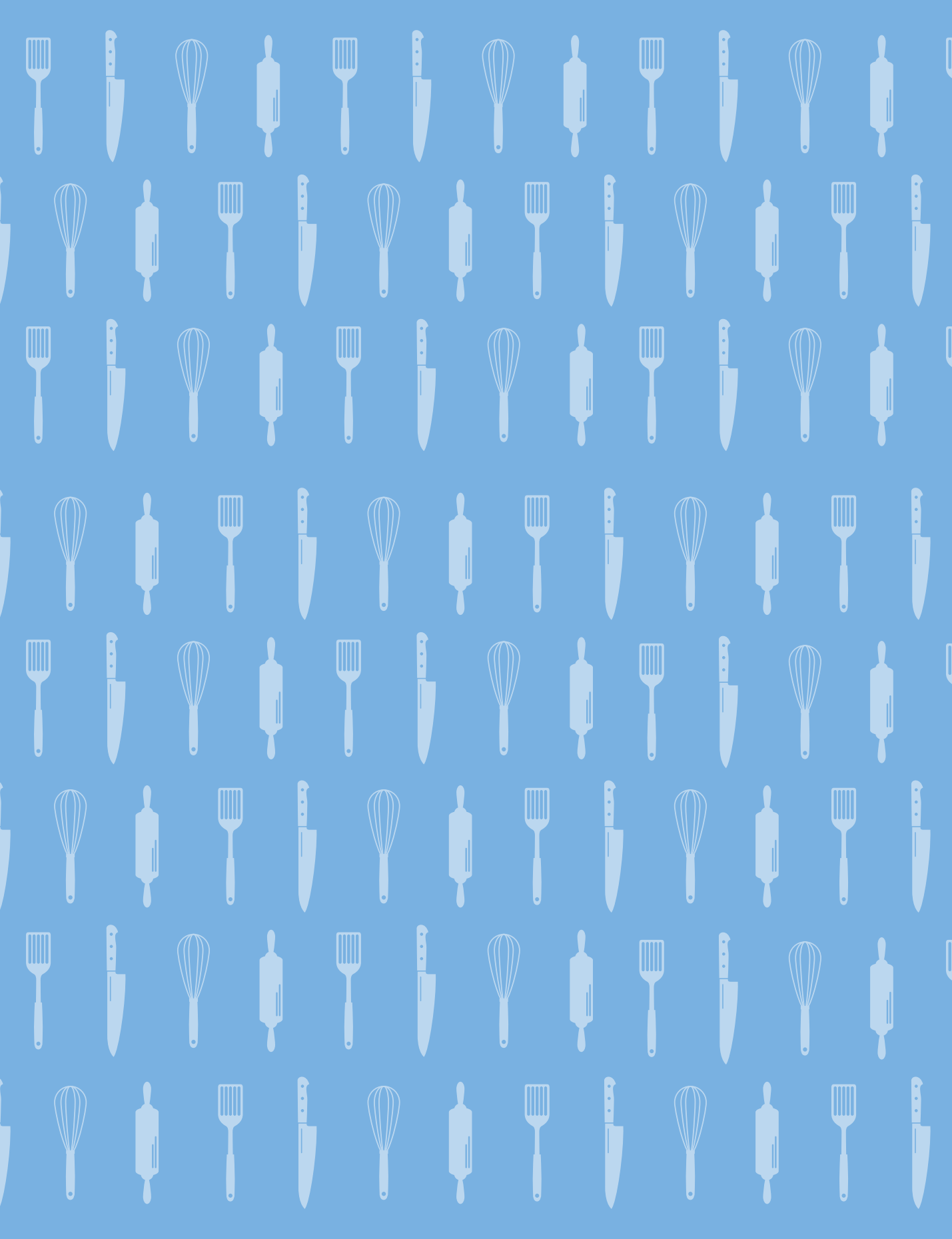
¡Buen apetito!

приятного аппетита

Guten appetit!

Bon appétit







GREAT TASTE, LESS WASTE

At Berge Bulk, we're tackling the issues of sustainability head on. Working with our Chief Cooks and Messmen, we have made significant reductions in food waste, and continue to improve wherever we can. This cookbook is an off-shoot from the work we are doing with our crew. Join us on our journey! Have fun making these recipes and see how we can all reduce waste if we try. Together we can make a real impact.

It's not waste until you waste it.

