Unit 305 Handout 7

Unit 305: Sustainability in professional kitchens

Handout 7: Wise up on waste

Top tips to reduce waste:

- **Portion sizes**: Regularly check plates when they come back to understand which dishes are too heavy or too large. You may notice a lots of garnish left over or too much sauce. Making adjustments can help save money.
- Accurate measuring: Use scales to measure out ingredients as well as portions. Your
 recipe should always be the basis for your selling price. It's not unusual for an over-service
 of more than 40% to occur.
- **Specials board**: A daily specials board can help to manage the extra throughput of ingredients. Perfect for great value seasonal items.
- Accurate ordering: Employ accurate ordering and stock rotation to avoid ingredients going
 out of date. If there is a booking cancellation use ingredients on specials board.
- **Get creative**: Be creative with vegetable trimmings to make tasty soups. Use toast from breakfast for breadcrumbs for fishcakes, and stale brioche for bread based puddings.
- Use off-cuts to create tasty starters, e.g. pork and chicken trimmings can be turned into pâtés and terrines. Salmon trim also akes great canapes. Turn excess produce into chutneys, pickles and jams.
- Dehydrate excess fruit and vegetables to create highly flavoured powders. Dry out the
 fruit or vegetable in a low oven and whizz through a processor. Use the vegetable powder in
 sauces or and fruit powders over sorbets and ice-creams.
- It's better to freeze great ingredients for a short time than use second rate ingredients fresh and risk producing waste.

Reference: Unilever https://www.unileverfoodsolutions.co.uk/chef-inspiration/from-chefs-for-chefs/work-smart/food-waste-reduction.html