

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- **Accurate ordering:** Employ accurate ordering and stock rotation to avoid ingredients going out of date.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>