



Zero Waste Cookbook

From the chefs at
Restaurant Associates,
working together to
stop food waste and
share creativity.

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Introduction

Welcome everyone to the 'Zero Waste Cookbook'. The go-to place for inspiration, recipe sharing and sustainable culinary practices.

We encourage everyone to have a go at these recipes, this is a collective effort from all of the chefs within Restaurant Associates. Each recipe has been created with love, imagination and vision.

Thank you to everyone who took the time to submit something within here. This book is going to continue to grow in size as we progress so whenever you have come up with a new zero waste recipe, please send it through to Ian Human and Hannah Augood-Rason and let's continue to share the knowledge.

A special thank you to the team at Citi Bank, London who look time to create beautiful versions of these dishes for this book.

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Veggie pesto

Peppery, vibrant, great on pastas, salads and sandwiches.



Vegetarian

Adults need around 2000Kcal/8400kJ a day.

Typical values per portion: Energy 203Kcal/849kJ.

INGREDIENTS (makes 10 x 80g servings)

720g cooked leftover green vegetables – anything green such as broccoli, kale, courgettes, sprouts etc

30g walnuts

30g sunflower seeds

20g garlic, peeled

90g vegetarian Italian cheese, grated

120ml rapeseed oil

3g sea salt

2g black pepper

METHOD:

1. Wash and cook the new potatoes in salted water with the thyme, takes approx. 20-25 minutes. Once cooked, drain, and cut the potatoes into bite sized pieces.
2. Finely chop the parsley leaves and chives. Wash and finely slice the spring onions.
3. For the preserved lemon yoghurt; Cut the preserved lemons in half, remove the seeds. Add to a food processor along with maple syrup and coconut yoghurt, blitz to combine. Check seasoning.
4. For the cabbages; Prep the cabbages by removing the stalk if needed, cut into large pieces, wash, spin the leaves dry. Peel and finely chop the ginger and garlic. Deseed and finely slice the red chillies. Zest and juice the lemons.
5. In a saucepan on a medium heat, pour in the oil, add the cumin seeds. Once the seeds begin to sizzle, add the garlic and chilli and stir well, ensuring the garlic doesn't burn. Add the dry spices and lemon zest. Add the potatoes and cook for 4 mins until they take on colour. Then add the cabbage leaves, cook for a few minutes on the heat, remove from the heat and cover for another two mins to steam the cabbage and potatoes.
6. Remove the cover and mix together. Pour in the lemon juice, half the sliced spring onions and season generously with the salt and pepper. Stir in half the chopped parsley and chives.
7. To serve; Transfer to a serving dish and top with lemon yoghurt, crispy shallots/onions, remaining spring onions and herbs.



Kale stem pesto



Vegetarian

Kale recipes often say to use the leaves and save the coarse stems of another use, well, this is your 'other use'.

Adults need around 2000Kcal/8400kJ a day.

Typical values per portion: Energy 290Kcal/1212kJ.

INGREDIENTS (makes 10 x 80g servings)

1000g kale stems, finely chopped

100g walnuts, toasted

2 lemons, zested and juiced

100g flat leaf parsley, roughly chopped

15g garlic

5g sea salt

10g chilli flakes

20g vegetarian Italian hard cheese, grated

200g olive oil

2g black pepper

METHOD:

1. In a saucepan add the kale stems, garlic, salt and enough water to cover them halfway up. Simmer until the stems become knife-tender (about 20 mins). Drain and let cool.
2. In a food processor add the cooked kale stems, garlic, walnuts, parsley, lemon juice and zest, chilli flakes, cheese and pulse to combine while drizzling in the olive oil. Season to taste.



Pickled watermelon rind

A tangy bite-size pickle that pairs perfectly with salads, grilled meats and fresh fish.



Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 97Kcal/405kJ.

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INGREDIENTS (serves 10)

Rind from 1 watermelon (approx. 2.5kg)

(Watermelon rind can be pickled up to 2 weeks ahead and kept chilled)

- 25g red chillies, thinly sliced
 - 50g root ginger, peeled and thinly sliced
 - 2 star anise
 - 4 tsp sea salt
 - 1 tsp black peppercorns
 - 150g caster sugar
 - 150ml white rice vinegar
 - 50ml water
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METHOD:

1. Using a vegetable peeler, remove tough outer green and pink rind from watermelon and discard leaving the white part.
2. Cut the remaining rind so that it is 2.5cm thick, then cut into 2.5cm pieces.
3. In a saucepan add the chilli, ginger, star anise, salt, peppercorns, sugar, vinegar and water to a boil, stirring to dissolve sugar and salt. Add the prepared watermelon rind and return to a boil, reduce heat and simmer until just tender, about 5 mins. Remove from heat and let cool, making sure rind is kept submerged in the pickle.
4. Transfer rind and liquid to an airtight container, cover and chill at least 12 hours.



Roasted pumpkin seeds

Pumpkin seeds are packed with vitamins and minerals and are a great source of fibre. They make delicious autumnal snacks and are great to add some crunch to salads.



Vegan

Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 20Kcal/84kJ.

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INGREDIENTS (serves 10)

- 200g pumpkin seeds
 - 20ml olive oil
 - 2g sea salt
 - 2 tsp smoked pimenton paprika
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METHOD:

1. Preheat oven to 175°C.
2. Clean seeds as best as you can.
3. Add seeds to a bowl along with olive oil, salt and smoked paprika and toss to coat.
4. Spread an even layer of seeds onto a lined baking sheet. Roast for 20 - 30 mins until golden and crunchy. Leave to cool.



Roasted pumpkin skins

Pumpkin skins can be roasted to make crispy, nutritious snacks or garnishes.



Vegan

Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 55Kcal/230kJ.

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INGREDIENTS (serves 10)

Pumpkin skin from a medium pumpkin

50g olive oil

4g sea salt

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METHOD:

1. Preheat oven to 180°C.
2. Cut the pumpkin skin into 5cm pieces. Toss in olive oil and salt.
3. Spread an even layer of skins on a lined baking sheet. Roast for about 20 mins or until somewhat shrivelled and crispy. Keep an eye out as they can burn easily towards end of cooking.
4. Leave to cool.



Vegetable peel pakoras



Vegan

A wonderful solution to combatting food waste. Perfect served as a starter or as part of a vegetarian Indian meal.

Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 111Kcal/464kJ.

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INGREDIENTS (serves 10)

- 250g mixed vegetable peelings such as potato, carrot, parsnip, sweet potato, beetroot etc
 - 110g onions, peeled and chopped
 - 25g root ginger, peeled and finely chopped
 - 1 lemon, juiced
 - 50g coriander, finely chopped
 - 1 tsp cumin seeds
 - 2 tsp ground cumin
 - 5g sea salt
 - 0.5 tsp chilli flakes
 - 1 tsp garam masala
 - 1 tsp ground turmeric
 - 100g gram flour
 - Oil to fry
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METHOD:

1. Give the vegetable peelings a rinse and drain well, then finely chop.
2. Place the chopped peelings and onions in a large bowl. Sprinkle in salt, chilli flakes and spices. Pour over the lemon juice, scatter in the ginger and thoroughly toss to combine.
3. Sift the gram flour over the top, mix to combine, then leave to rest for 15 mins before mixing again. The vegetables should have released enough of their liquid to ensure the aromatic gram flour clings to them, but you can add a splash of water if needed.
4. In a heavy-based saucepan, add oil and heat until it reaches 180°C or until a small piece of bread sizzles when dropped into the oil.
5. Working in batches, carefully lower tablespoons of the mixture into the hot oil and fry for about 5–6 minutes, turning them over halfway through cooking, or until the pakoras are crisp and a deep golden colour. Remove with a slotted spoon and drain excess oil on blue roll.



Herb & vegetable frittata



Vegetarian

A simple delicious meal, frittatas are not just for breakfast. You can change the flavour and further reduce waste by swapping other leftover ingredients you may have to hand such as different herbs or cheeses.

Adults need around 2000Kcal/8400kJ a day.

Typical values per portion: Energy 167Kcal/698kJ.

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INGREDIENTS (serves 10)

120g mixed leftover vegetables such as courgettes, peppers, red onions etc

5g flat leaf parsley, finely chopped

5g chives, finely chopped

10 free range eggs

310ml semi skimmed milk

3g sea salt

2g black pepper

30ml rapeseed oil

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METHOD:

1. Preheat oven to 160°C.
2. Chop the leftover vegetables into small pieces.
3. Whisk the eggs, milk, salt and freshly cracked pepper together.
4. In a non-stick pan over medium-high heat, add oil. Pour the eggs into the pan and add the chopped vegetables and stir into the eggs. Continue to move the mixture around the pan so it cooks evenly.
5. Place the pan in the oven and bake until frittata is set, approx 20-25 mins.



Potato cake

Delicious served in stacks with creamy scrambled eggs and crisp rashers of streaky bacon



Vegetarian

Adults need around 2000Kcal/8400kJ a day.

Typical values per portion: Energy 156Kcal/652kJ.

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INGREDIENTS (serves 10)

500g mashed potatoes, cooled

150g plain flour

2 tsp baking powder

4 free range eggs

250ml semi skimmed milk

50g chives

10g rapeseed oil

20g unsalted butter

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METHOD:

1. Sieve the flour and baking powder onto cooled mash. Whisk eggs and milk together and add to the potato mix with the chopped chives. Whisk the batter until smooth.
2. Heat a large non-stick frying pan over a medium heat. Add 1/2 tsp oil and a dot of butter. When the butter is melted, pour in a portion of batter. Cook until underside is golden brown and small bubbles appear on surface.
3. Flip the pancakes and cook until golden. Remove from the pan and keep warm while you cook the remaining pancakes. Adding a little more oil/butter if needed.



Broccoli dal vadas



Traditional Indian fritters made with beans or lentils, spices and herbs and in this case with leftover broccoli stalks. A delicious crispy snack - serve with a spicy chutney or they are great on their own with a cup of tea.

Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 265Kcal/1108kJ.

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INGREDIENTS (serves 10)

- 450g green mung beans, soaked overnight
 - 3 broccoli stalks, peeled
 - 220g onions, peeled, quartered and thinly sliced
 - 2 tsp chilli flakes
 - 4 tsp garlic powder
 - 3 tsp ground coriander
 - 3 tsp ground cumin
 - 3 tsp nigella seeds
 - 4g sea salt
 - 150g gram flour
 - 1.5 tsp baking powder
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METHOD:

1. Drain mung beans and discard water. Place in a saucepan and submerge fully with fresh water. Bring to the boil, then lower heat to medium and cook till each bean is very soft in consistency. Strain the water into a separate pan. Do not throw away.
2. Coarsely chop the broccoli stalks.
3. Add the cooked mung beans in a high-speed blender together with enough of the reserved cooking water to achieve a thick batter once blended. The batter should coat the back of a spoon. Add chilli flakes, garlic powder, ground coriander, ground cumin and nigella seeds and blend until fully combined. At this stage you can optionally pass through a fine sieve for a smoother batter.
4. Transfer batter to a bowl, season accordingly, add in the gram flour, baking powder, onions and broccoli and mix to combine.
5. Leave the batter to rest in the fridge, covered for at least 30 mins.
6. Preheat fryer to 180°C.
7. Once batter is chilled and has firmed up. You can shape it into quenelles or use an ice cream scoop to drop into fryer.
8. Cook until they expand and are golden brown. Drain well and place on some blue roll to remove any excess oil.



Tamales (corn fritters)



Vegetarian

A perfect accompaniment to fried chicken or pulled pork but also good as finger food or for a brunch with sliced avocado and toast.

Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 160Kcal/669kJ.

INGREDIENTS (makes 10)

55g onions, peeled and finely diced
30g spring onions, finely chopped
5g garlic, peeled and minced
20g flat leaf parsley, roughly chopped
1g chilli flakes
3g ground cumin
2g oregano
500g leftover sweetcorn
160g cornflour
170g full fat cream cheese
44ml egg yolk
40ml water
13g sea salt
1g black pepper

METHOD:

1. In a dry pan on medium high heat and toast the chilli, cumin and oregano until fragrant. Remove from heat and allow to cool down.
2. In the food processor add the sweetcorn, onions, spring onions, garlic, parsley, toasted spices and pulse to combine.
3. Fold through the cornflour, cream cheese, egg yolks, water and season with salt and freshly cracked pepper.
4. Preheat the fryer to 150°C. Portion mix with a small ice cream scoop. Cook in fryer till golden brown.



Pecan & orange bread pudding

A British baker's classic given a twist with pecans and orange.



Vegetarian

Adults need around 2000Kcal/8400kJ a day.

Typical values per portion: Energy 342Kcal/1354kJ.

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INGREDIENTS (serves 10)

500-600g leftover bread such as burger buns, whole loaves, sliced bread, croissants

5 free range eggs

200g caster sugar

30ml vanilla essence

2 medium oranges, zested

780ml semi skimmed milk

52g pecans, roughly chopped

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METHOD:

1. Preheat oven to 160°C.
2. Cut the bread into bite sized pieces. Line a baking dish with the bread cubes.
3. Whisk the eggs, sugar, vanilla, orange zest and milk together. Pour over the bread cubes.
4. Sprinkle pecans over the bread cubes. Place in oven and bake for 55-75 minutes.



Fruit pulp cookies



Vegetarian

If you offer juicing in your site this is an ingenious way to use up the otherwise 'waste' fruit pulp.

Adults need around 2000Kcal/8400kJ a day.

Typical values per portion: Energy 180Kcal/752kJ.

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INGREDIENTS (serves 10)

200g centrifuge juicer pulp

300g plain flour

60g clear honey

50g unsalted butter, softened

50g soft light brown sugar

METHOD:

1. Preheat the oven to 170°C.
2. In a stand mixer with a paddle attachment, add the juicer pulp waste, flour, honey, butter and mix to combine.
3. Knead until you get a homogeneous mixture, then form the dough into 10 small balls, place them on a lined baking tray and gently flatten each with your hand.
4. Sprinkle brown sugar on top of the cookies.
5. Bake the cookies for about 20 mins, place on a cooling rack and allow to cool.



Kale & cheese muffins



Vegetarian

These tasty muffins make great use of leftover kale. Try them drizzled with balsamic glaze and with a dollop of mango chutney on the side.

Adults need around 2000Kcal/8400kJ a day.

Typical values per portion: Energy 201Kcal/840kJ.

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INGREDIENTS (makes 12)

160g leftover cooked curly kale (or other dark green leafy vegetable), cooled

10g dill

10g coriander

10g mint

350g low fat yoghurt

4 free range eggs

300g self-raising flour

1 tsp baking powder

3g sea salt

30g Pecorino Romano cheese, grated

80g cheddar, grated

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METHOD:

1. Preheat oven to 200°C. Line a 12-hole muffin tin with paper cases.
2. Put the cooled greens into a food processor with the herbs and yoghurt. Blitz until well combined, then stir in the eggs and set aside.
3. In a bowl mix together the flour, baking powder, salt, 20g grated Pecorino and cheddar cheese. Make a well in the centre and pour in the kale mixture. Stir until mix just comes together.
4. Divide mix between the muffin cases. Scatter the remaining 10g Pecorino on top and bake for 16-18 mins until lightly golden and a knife inserted into the centre comes out clean.
5. Transfer to a wire rack to cool. The muffins will keep for 2 days in an airtight container.



Bread & butter pudding



Vegetarian

An old-fashioned English bread and butter pudding is a perfect excuse to use up leftover breakfast pastries.

Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 523Kcal/2224kJ.

INGREDIENTS (serves 10)

25 leftover pastries such as Danish, croissants, pain au chocolat etc

800ml double cream

200ml semi skimmed milk

10 free range eggs (the leftover egg whites can be used in other recipes such as meringue)

200g caster sugar

METHOD:

1. Preheat oven to 160°C.
2. Slice all pastries and place in a baking dish.
3. Whisk together the cream, milk, 150g sugar 2 whole eggs and 8 egg yolks.
4. Pour liquid mix over the pastries and sprinkle remaining 50g sugar over top.
5. Bake in oven for 40 mins. When golden brown on top and cooked in the middle, remove and allow to cool slightly before serving. (To check if it is cooked, gently move a piece of pastry in the middle of the pudding and check that the custard mixture is not too wet. If it is pop back in the oven for another 10 mins or so)
6. Serve with some fresh fruit and yoghurt for breakfast or as pudding.



Mocha brownies

Love coffee, chocolate and baking but hate waste? These brownies are the perfect solution.



Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 412Kcal/1722kJ.

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INGREDIENTS (makes 24)

120g used coffee grounds
380g unsalted butter
380g dark chocolate
560g caster sugar
6 free range eggs
120g plain flour
60g cocoa powder
300g white chocolate chips
10g icing sugar

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METHOD:

1. Dry 120g coffee grounds at 120°C / Fan 3 for 30min. Leave to cool then blitz into a fine powder.
2. Preheat oven 165°C / Fan 3.
3. Melt the butter and dark chocolate in a bain marie or in the microwave.
4. In a large bowl beat the eggs and sugar together till light and fluffy.
5. Slowly add the melted chocolate whisking as you go to combine.
6. Add the flour, cocoa and coffee grounds mix to combine.
7. Fold in the white chocolate chips.
8. Grease and line a 42x20x4cm baking tray with parchment paper.
9. Pour mixture into the prepared baking tray and place in the oven for 35 mins. A paper-thin crust will have formed on top of the brownie when it is done.
10. Leave to cool completely in the tray before transferring to a white cutting board.
11. Make 2 horizontal cuts giving you 3 rows followed by 4 cuts giving you 5 columns giving you 24 portions.
12. Dust with icing sugar.



Thyme to waste

Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 89Kcal/372kJ.

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INGREDIENTS (makes 1 cocktail)

30ml local English gin / vodka
10ml leftover citrus juice – use the juice from zested citrus fruits
15ml thyme syrup - using leftover thyme from the kitchen
Soda top
Thyme sprig garnish

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METHOD:

1. Add ice to a highball glass.
2. Add syrup and gin / vodka.
3. Top up with soda.
4. Stir gently until incorporated.
5. Garnish with thyme and serve.

Cocktail
PLU: 93231685
Recipe No.: 50194298

Thyme syrup
PLU: 93231684
Recipe No.: 50194295



'Fruit' smash

Adults need around 2000Kcal/8400kJ a day.

Typical values per portion: Energy 207Kcal/865kJ.

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INGREDIENTS (makes 1 cocktail)

40ml mezcal / tequila / rum

25ml honey / agave syrup

15ml Supasawa or leftover citrus juice – use the juice from zested citrus fruits

30ml smashed soft fruit - rhubarb, peach, apricot, apple, strawberries, raspberries, whatever is going to waste in the kitchen

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METHOD:

1. Chill martini glass.
2. Add all ingredients to shaker with no ice and hard shake.
3. Add ice and shake again.
4. Double strain into chilled martini glass.
5. Serve.



Cucumber waste gin fizz

Adults need around 2000Kcal/8400kJ a day.

Typical values per portion: Energy 203Kcal/849kJ.

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INGREDIENTS (makes 1 cocktail)

50ml local English gin

15ml avocado pit syrup

15ml leftover citrus juice – use the juice from zested citrus fruits

Tonic top

Waste cucumber peel / slices / chunks and mint garnish

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METHOD:

1. Add ice to a highball.
2. Add syrup and gin.
3. Top up with tonic.
4. Stir gently until incorporated.
5. Garnish with cucumber and serve.



Ice cold, ice-free sip

Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 160Kcal/669kJ.

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INGREDIENTS (makes 1 cocktail)

30ml local English gin
30ml local dry vermouth
30ml ice cold water – the absence of ice means the drink requires much less energy output to assemble
10ml Supasawa or leftover citrus juice – use the juice from zested citrus fruits
15ml maraschino liqueur
3 dashes orange bitters
1 tbsp cinnamon bark
1 dried lemon peel – made from kitchen leftovers
Dried rosebuds garnish

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METHOD:

1. Add ice to a martini glass.
2. Add the gin, dry vermouth, water, maraschino liqueur and orange bitters into a mixing glass without ice and stir well.
3. In a small ramekin, cinnamon and dried lemon peel, then carefully light with a torch. After everything begins to smoke, invert a coup the ramekin, and capture the smoke inside the glass to season it for 20 to 30 seconds.
4. Double strain into chilled martini glass.
5. Garnish and serve.



Wobbly citrus garden spritz

Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 45Kcal/188kJ.

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INGREDIENTS (makes 1 cocktail)

- 50ml Seedlip Garden
 - 10ml leftover citrus juice – use the juice from zested citrus fruits
 - Mediterranean tonic top
 - Wobbly citrus peel garnish
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METHOD:

1. Fill highball with ice.
2. Add Seedlip and syrup.
3. Top up with tonic and stir.
4. Garnish with citrus peel and serve.



No-tea-ni

Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 95Kcal/397kJ.

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INGREDIENTS (makes 1 cocktail)

25ml Aecorn Bitter
15ml honey/agave
15ml Supasawa or leftover citrus juice – use the juice from zested citrus fruits
REAL Royal Flush
Tea leaf garnish

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METHOD:

1. Chill lowball glass.
2. Add all ingredients to shaker and shake.
3. Double strain into chilled lowball.
4. Top with REAL Royal Flush.
5. Garnish with tea leaf and serve.

Avocado / peach pit syrup

This makes a slight almondy syrup to use in cocktails or recipes.

Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 60Kcal/251kJ.

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INGREDIENTS (makes 1 cocktail)

2-3 avocado/peach pits – leftover in the kitchen
335g sugar
400ml water

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METHOD:

1. Dry avocado / peach pits at room temperature overnight or under heat.
2. Place them in a blender or use a microplane grater to crush them to a grated texture.
3. Toast the pits in a dry frying pan over medium heat, tossing them occasionally until they turn an orange-brown colour.
4. Add the toasted pits into the water and sugar, then leave to brew overnight.
5. Blend the mixture to a thick syrup consistency.

Tips, waste- free syrups & garnishes

Garnishes

Use leftover fruit slices, peels, chunks. It doesn't have to look perfect. We love the wobbly and wonky!

Dehydrated garnishes

Using dehydrated fruit for your garnishes are a great way to extend their shelf life. It is easy to dehydrate leftover fruit and veg pieces from the kitchen. Remember with waste free cocktails it isn't about everything being perfect, embrace the wobbly and wonky!

Infusions

Use leftover fruit, spices and herbs (even leftover wine!) to make infusions for simple syrups. Remember peel, stalks etc all have flavour that can be drawn out with an infusion.

150ml water

300g sugar

Add sugar, water and herbs / fruit / spices / wine into a heavy bottomed pan

Over a low heat dissolve sugar.

Leave to cool and bottle for future use in cocktails.

Store in the fridge.

Citrus

Instead of using lemon or limes in your cocktails consider other sources of acidity. Phosphoric, lactic, citric and malic acids or tannins and vinegars are all great options. On Foodbuy we have Supasawa which is a premixed citrus alternative (G08564 from Enotria).

Ice

Be mindful that ice is the biggest energy sucking part of a cocktail. Consider pre-batching cocktails and keeping them in the fridge so minimal ice is used, i.e. only shaking with a full shaker of ice when making a sour/espresso martini. Consider having a small freezer behind the bar to keep ice frozen and not continually melting.

Don't get too caught up on this focus of zero waste. Sometimes, something will have to be wasted to create a great tasting cocktail and that's alright. It's all about finding the balance of exciting flavours, delicious recipes and waste reduction to create the perfect sustainable cocktail balance.

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