



Why waste

**A CHANCE FOR
GREAT MEMORIES?**

**12 RECIPES
TO TRANSFORM FORGOTTEN FOOD
INTO MOMENTS TO REMEMBER**


S. PELLEGRINO

 **Food
for Soul**

AI GENERATED

A hand is holding a green bottle of S. Pellegrino sparkling water. The bottle has a blue label with the brand name and a red star. Next to the bottle is a white plate with a salad of green vegetables, including broccoli and radicchio, and some yellow cheese shavings. The background is a light-colored surface with some scattered herbs and vegetables.

September 29, the International Day of Awareness of Food Loss and Waste, is a timely reminder that over one billion tonnes of food is wasted each year.

But turning unused food into delicious dishes is a habit to embrace all year round.

***THAT'S THE IDEA BEHIND WHY WASTE?
- AN INITIATIVE BY S.PELLEGRINO
AND FOOD FOR SOUL***

Together, they invited a selection of talented chefs to reimagine leftover ingredients through original recipe ideas.

We hope they inspire you not only to reduce waste, but to create meals worth sharing and moments worth savouring.

After all, why waste great memories?





12 zero-waste recipes for your shared moments

The golden hour

WHEN YOU DON'T WANT APERITIVO TIME TO END

One-minute parmigiano rind crackers

Second-life pasta pie

Vegetarian croquettes with Veg-Peel Demi-Glace

The big night in

SOMETIMES AN EVENING AT HOME BECOMES A SOCIAL EVENT

Tomato carpaccio with mountain flowers

Spaghetti with beetroot cream and a hint of the sea

Strawberries, peas, mascarpone and chocolate

One more seat

HUNGRY GUESTS? NO DINNER PLANNED? NO PROBLEM

Crunchy panettone with mortadella mousse

Super-Crispy fried chicken

Colomba with chocolate mousse, bananas
and chocolate curls

Slow Sunday

BECAUSE THE BEST THINGS IN LIFE SHOULD NEVER BE RUSHED

Asparagus tortelloni

Sunday fried meatballs

Caramelised bread crust cake

The chefs



Takahiko Kondo

Takahiko Kondo is part of the team at Gucci Osteria in Florence. For the *Why Waste?* series, he developed his original recipe with chef Massimo Bottura.

Francesco Vincenzi

Francesco Vincenzi works at Franceschetta58 in Modena. His original recipe for the *Why Waste?* series was developed in collaboration with chef Massimo Bottura.



Karime López

Karime López is based at Xaak in Mexico. For the *Why Waste?* series, she created this original recipe alongside chef Massimo Bottura.



Paolo Griffa

Paolo Griffa is based at Paolo Griffa al Caffè Nazionale in Aosta. He devised this original dish for *Food for Soul's Milan Refettorio*.



Josefina Zojza

Currently working at Berghoferin in Redagno, Italy, Josefina devised her original dish for the *Food for Soul's Modena Refettorio*.



Lorenzo Manosperti

Italian winner of the Acqua Panna Award for Connection in Gastronomy, Lorenzo devised his original dish for *Food for Soul's Bologna Refettorio*.



Alessio Magistro

Milan-based chef Alessio Magistro works at Identità Golose. He devised this original dish for *Food for Soul's Naples Refettorio*.



The golden hour

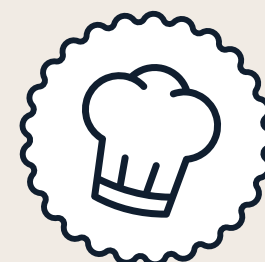
WHEN YOU DON'T WANT
APERITIVO TIME TO END

As the sun begins to set
and the conversation flows, a quick
get-together can turn into a full-on dinner.

*Time to see what's in the fridge
and get creative with those leftovers.*

One-minute parmigiano rind crackers

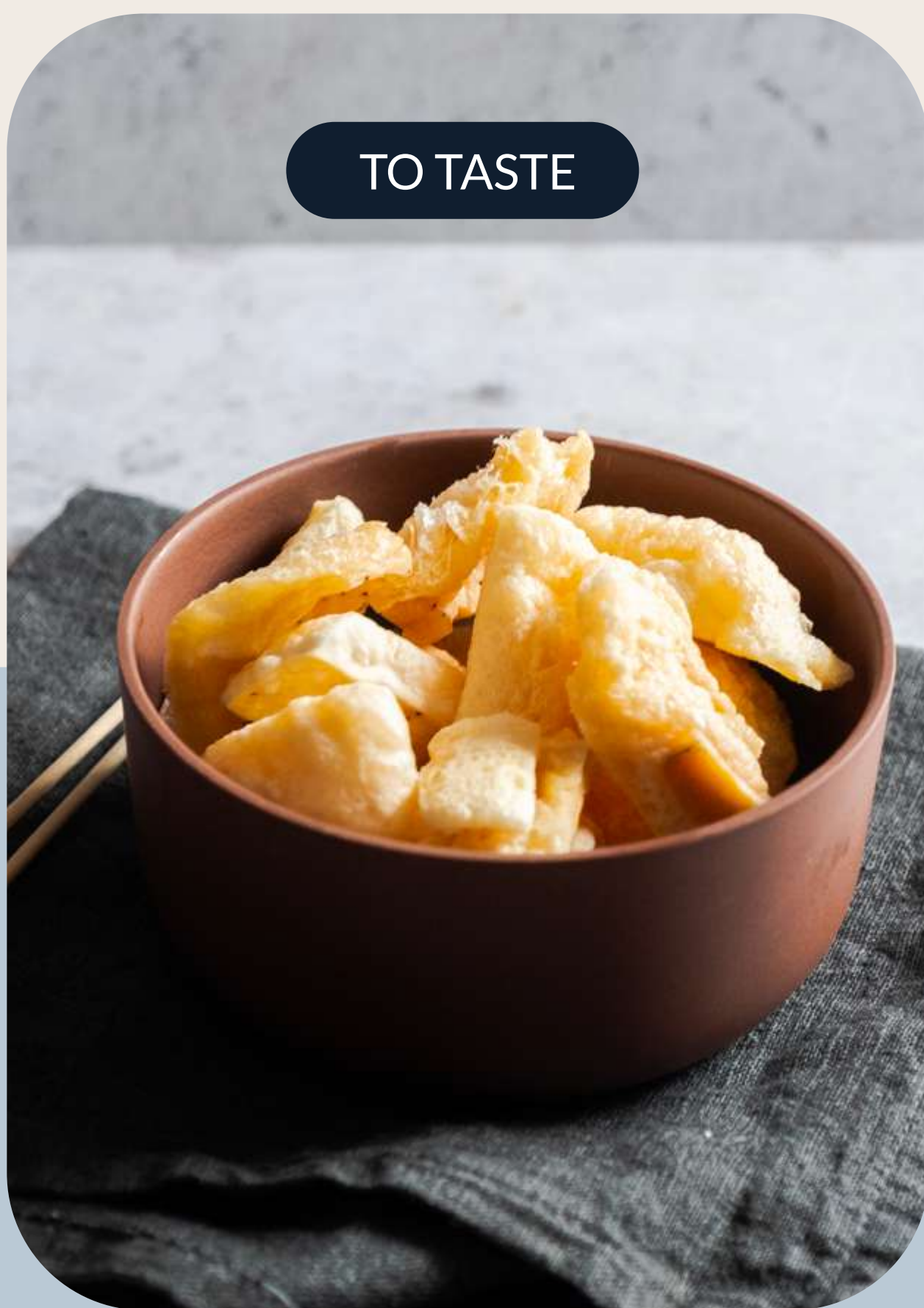
BY TAKAHIKO KONDO



FROM WASTE



TO TASTE



If you usually throw away the rind of your Parmigiano Reggiano cheese, then stop! As well as being great for adding an umami hit to your dishes, it can also be turned into deliciously crunchy crackers, as chef Takahiko Kondo shows us. All you need is a reasonably powerful microwave. Waste reduced, taste increased.

QUICK TO PREPARE

INCREDIBLY EASY

ONLY ONE INGREDIENT

Ingredients

- Parmigiano Reggiano cheese rinds



STEP 1

Take the Parmigiano rinds and scrape off the outer layer using a knife.



STEP 2

Cut the rinds into small pieces.



STEP 3

Place in the microwave at 800w for around 1 minute.



STEP 4

Remove from the microwave, let cool and serve.

Second-life pasta pie

BY FRANCESCO VINCENZI



FROM WASTE



TO TASTE

Classic Italian *pasticcio* is great way of using up pasta ‘the day after’. Here, chef Francesco Vincenzi uses leftover maccheroni with beef tongue and brisket, but any combination of leftover pasta, leftover meat and/or leftover cooked vegetables will work. It’s an “everything pie”, so have fun experimenting.

VERY FLEXIBLE

MEDIUM DIFFICULTY

A TIMELESS CLASSIC

Ingredients



- Maccheroni: 400g
- Beef brisket: 100g
- Carrots: 50g
- Broccoli: 70g
- Peas: 30g
- Pre-made pie dough

- Butter: 10g
- All-purpose flour: 10g
- Milk: 100ml
- Nutmeg: a pinch
- Salt: to taste
- Parmigiano Reggiano: to taste



STEP 1

For the béchamel, melt butter in a pan and slowly add flour. Stir to make a roux, then slowly add milk. Finally, add a pinch of salt, a pinch of nutmeg, and grated Parmigiano.



STEP 2

For the pie filling, mix your leftover pasta, meat and vegetables with the béchamel in a bowl. Add grated Parmigiano to taste.



STEP 3

Line a greased baking pan with pie dough and spoon the mixture in. Cover the top with more dough. Brush with egg wash and punch holes with a fork to let out the steam.

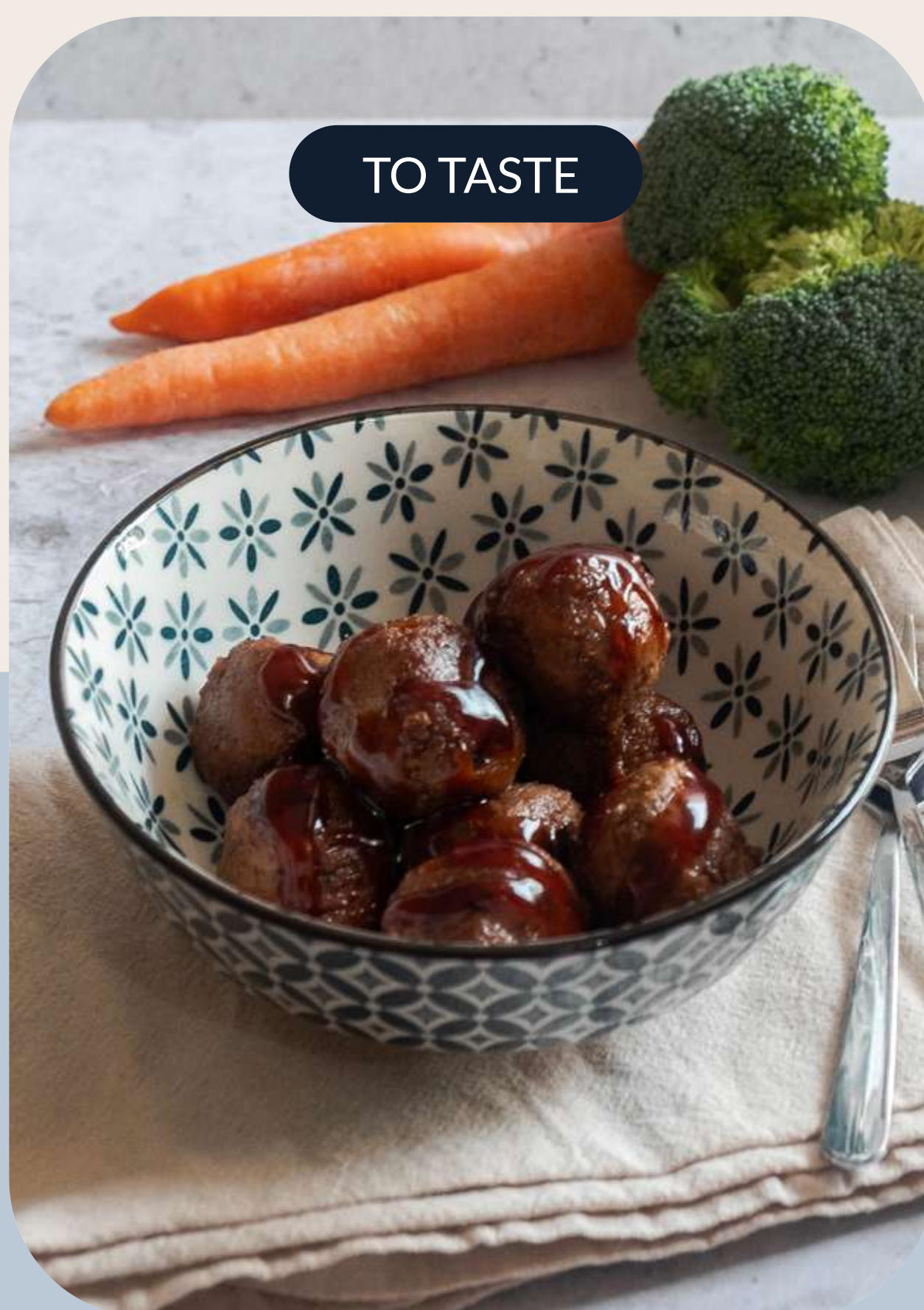


STEP 4

Bake in the oven for 30 minutes, slice and serve.

Vegetarian croquettes with Veg-Peel Demi-Glace

BY KARIME LÓPEZ



This simple and tasty recipe is an ideal way to recycle any cooked leftover vegetables in the fridge, so they don't go to waste.

“There are no rules for this recipe, feel free to use all the leftover veg you have in your fridge, even adding in chickpeas or beans,” says chef Karime López. It's an irresistible way to reduce waste.

VERY FLEXIBLE

REALLY CRUNCHY

TOTALLY VEGGY

Ingredients



- Floury potatoes: 120g (pre-cooked)
- Cauliflower: 20g (pre-cooked, with leaves and stems)
- Carrots: 20g (pre-cooked)
- Peas: 20g (pre-cooked green peas)
- Broccoli: 20g (pre-cooked with leaves and stems)
- Breadcrumbs: 20% of the total mix
- Eggs: 1-2
- Salt
- Black pepper
- Cooking oil: for deep frying



STEP 1

Mix all the vegetables together in a bowl and gently crush, slowly bringing the mixture together until you get a rustic texture.



STEP 2

Add breadcrumbs and egg to the mix until the mixture binds together, then season with salt and pepper. Shape into croquettes.



STEP 3

Let the croquettes chill in the fridge for 30 minutes, then roll individually in flour to stop them from falling apart during cooking.



STEP 4

Deep-fry the croquettes in cooking oil at 170°C, until golden, lay on absorbent paper, then serve drizzled with warmed demi-glace.

The big night in

SOMETIMES AN EVENING AT HOME BECOMES
A SOCIAL EVENT



Watching a game or a
movie at home with friends? Great.
But what will you feed them?

Make the most of your unused
ingredients, with these creative recipes
from our top chefs.

THE BIG NIGHT IN

Tomato *carpaccio with mountain flowers*

BY PAOLO GRIFFA



FROM WASTE



TO TASTE

Have some leftovers tomatoes kicking around
and on their way to spoiling?

Not sure what to do with them?

For an original way of transforming waste into
taste, combine them with wild mountain flowers
and a light elderflower vinegar for this surprisingly
elegant dish from chef Paolo Griffa.

EASY TO MAKE

FORAGED INGREDIENTS

INFUSION TECHNIQUE

Ingredients



- White wine vinegar: 200ml
- Untreated elderflowers: a generous handful
- Poppy seeds
- Beefsteak tomatoes: 2
- Extra virgin olive oil
- Salt
- Pepper
- Mountain flowers



STEP 1

First, collect elderflowers from an unpolluted area, far from cultivated fields. Rinse them gently under cold running water, then pat dry with kitchen paper.



STEP 2

Place the flowers in a glass jar and completely cover with vinegar. Seal well and leave to rest in a cool, dark place for about 10 days, shaking the jar lightly from time to time.



STEP 3

After the infusion period, strain the vinegar through a fine sieve or muslin and transfer it into a clean bottle.



STEP 4

Wash the tomatoes and slice them thinly. Season with oil, salt and pepper. Add a spoonful of elderflower vinegar and garnish with mountain flowers and poppy seeds.

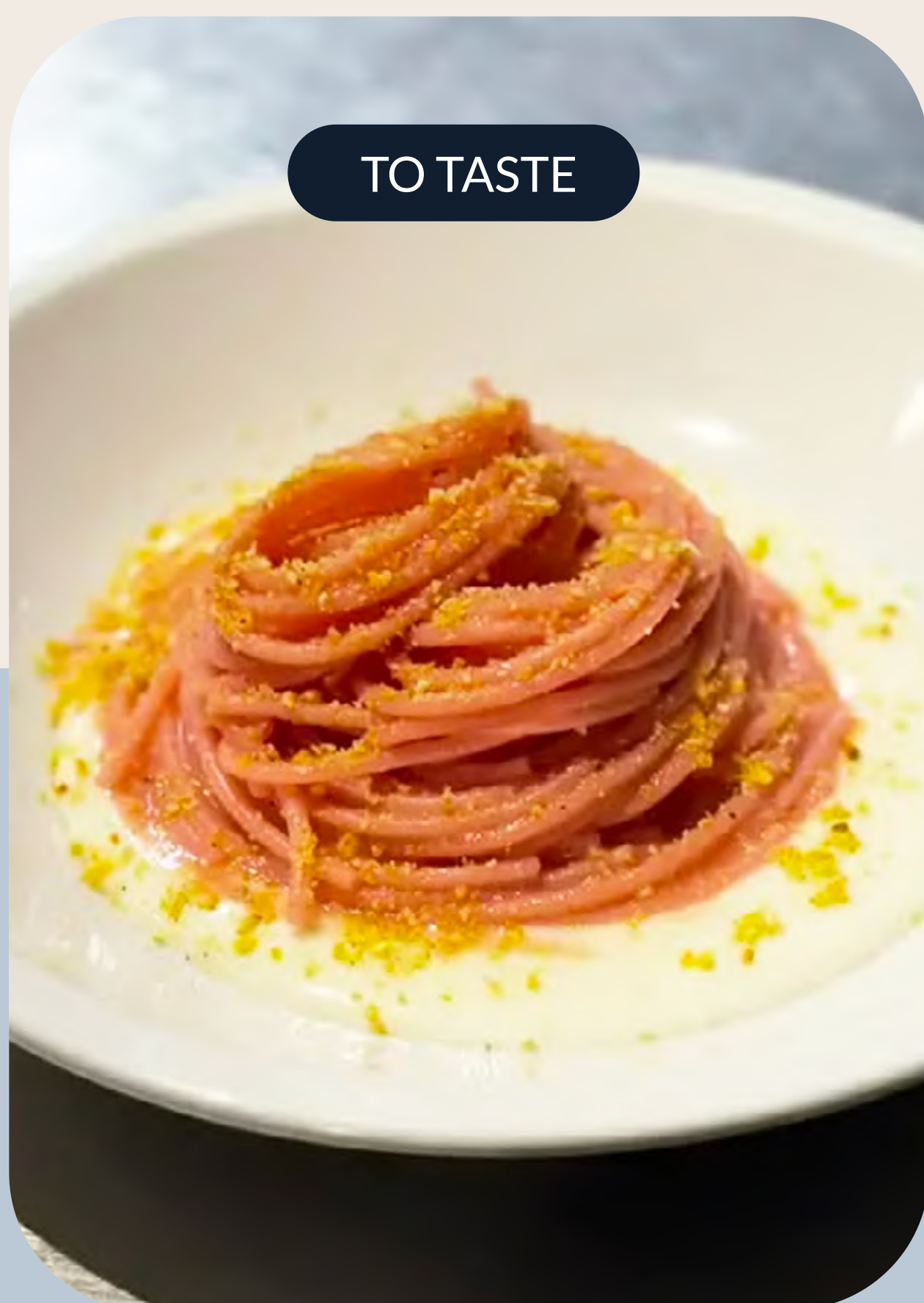
THE BIG NIGHT IN

Spaghetti with beetroot cream and a hint of the sea

BY JOSEFINA ZOJZA



FROM WASTE



TO TASTE

When you have a bunch of leftover beetroot to use, making it the star of a pasta dish may not be the first idea that comes to mind.

But chef Josefina Zozja proves that unusual combinations can produce spectacular results.

Her recipe balances the natural sweetness of beetroot with a sauté of anchovies and garlic.

QUICK TO PREPARE

COLOURFUL & CHARACTERFUL

IDEAL FOR BIG GROUPS

Ingredients



- Spaghetti: 320g
- Small pre-cooked beetroots: 2
- Fresh cream: 100ml, plus extra for Parmigiano Reggiano cream
- Garlic cloves: 1
- Anchovy fillets: 5

- Chilli pepper: 1
- Extra virgin olive oil
- Fine sea salt
- Black pepper
- Parmigiano Reggiano



STEP 1

Cut the beetroots into chunks, then blend with the cream and season with salt and pepper. Strain through a sieve.



STEP 2

Finely chop the garlic and sauté with the anchovies, using plenty of olive oil. Add chilli pepper to taste.



STEP 3

Cook the spaghetti until very al dente, drain and transfer to the pan with the sauté. Add the beetroot cream and finish cooking, adding a ladle of pasta water as needed.



STEP 4

When the pasta is done, turn off the heat and stir vigorously to combine. Heat the Parmigiano Reggiano with cream. Plate it, add the spaghetti, and garnish with lemon zest.

THE BIG NIGHT IN

Strawberries, peas, mascarpone and chocolate

BY LORENZO MANOSPERTI

A close-up photograph of several bright red strawberries with green leaves, showing their textured surface and seeds.

FROM WASTE

A photograph of a dessert dish in a white bowl with a blue rim. The dish features a dollop of white mascarpone cheese topped with green peas, chocolate shavings, and a dusting of black pepper. Below the cheese is a layer of strawberries and a red sauce.

TO TASTE

When your strawberries have reached their “best before” date and you don’t have any cream in the fridge, don’t worry.

You can pair them with peas instead. It may sound odd, but these sweet legumes fit perfectly with the other ingredients in this creative and flavoursome dessert from chef Lorenzo Manosperti.

EASY TO PREPARE

FULL OF FLAVOUR

HIGHLY ORIGINAL

Ingredients



- Peas: 250g
- Caster sugar: 1 tbsp
- Strawberries: 250g
- Lemon juice

- Chocolate drops
- Mascarpone: 250g
- Eggs: 2
- Salt: a pinch



STEP 1

Separate the egg yolks from the whites. Whisk the yolks with the sugar until pale and fluffy. Add the mascarpone little by little, gently folding it in with a spatula.



STEP 2

Separately, whip the egg whites with a pinch of salt until stiff. Gently fold them into the mascarpone cream. Leave the mixture in the fridge for at least 30 minutes before serving.



STEP 3

Heat a knob of butter in a pan, add the peas and a very light sprinkle of sugar. Sauté for a few minutes, keeping them crunchy.



STEP 4

Slice the strawberries and season with sugar and lemon juice. Place at the base of the plate, add a quenelle of mascarpone cream, a spoonful of peas and some chocolate drops.

One more seat

HUNGRY GUESTS? NO DINNER PLANNED?
NO PROBLEM



When new guests arrive just as you're about to have dinner, don't panic.

Relax, check out these recipes, and you'll realise that you *have more than enough* food for everyone.

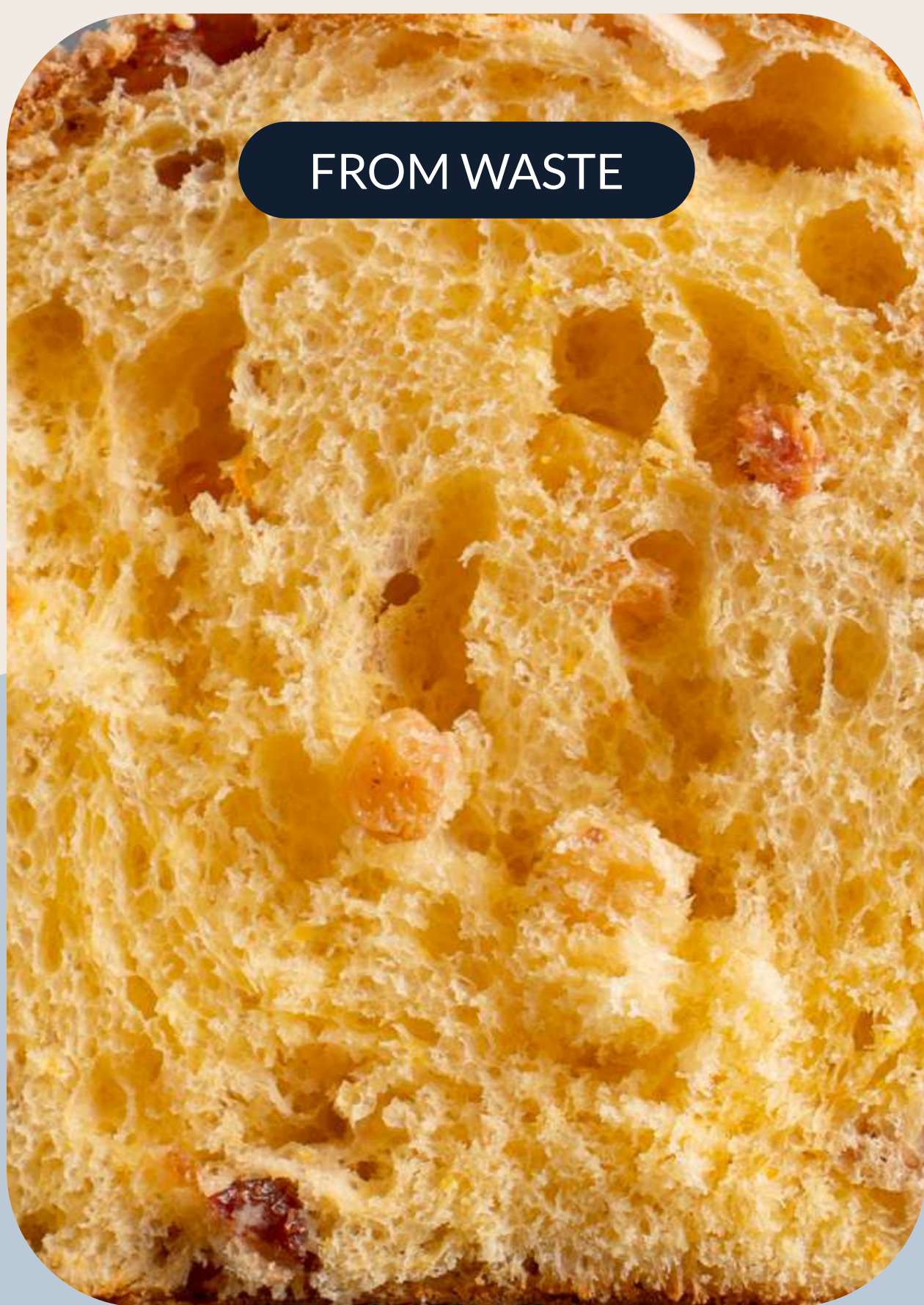
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Crunchy panettone with mortadella mousse

BY JOSEFINA ZOJZA



FROM WASTE



TO TASTE



When the festive season is over, don't throw out that leftover panettone: use it to make this tasty and unusual starter instead.

It stimulates the palate with ever-shifting flavours, from the smoothness of mortadella to the pleasantly tangy sweetness of balsamic vinegar and the umami of Parmigiano Reggiano cheese.

EASY TO MAKE

SWEET & SAVOURY

SMOOTH & CRUNCHY

Ingredients

- Panettone: 2 slices
- Mortadella: 200g
- Ricotta: 100g
- Lemon zest
- Parmigiano Reggiano: 50g



- Balsamic vinegar of Modena
- Fresh herbs



STEP 1

Cut the panettone into regular cubes (you can save the trimmings for a crumble) then grill on all sides until completely sealed with a golden, crunchy crust.



STEP 2

Blend the mortadella and ricotta in a mixer with pepper until smooth. You can add a spoonful of fresh cream if you like. Transfer the mousse to a piping bag.



STEP 3

Place the panettone on the plate and top with a slice of mortadella. Pipe small tufts of mousse alongside.



STEP 4

Add balsamic vinegar and garnish with Parmigiano Reggiano flakes and fresh herbs such as mint, basil or marjoram.

Super-Crispy fried chicken

BY TAKAHIKO KONDO



What can you do with leftover egg whites?
You could make meringue, of course.
But how about sensationally crispy fried chicken?
That's the promise of this recipe from chef Takahiko
'Taka' Kondo, which uses egg whites and potato
starch to create a light batter that will provide
a satisfying crunch with every bite.

CRAZILY CRUNCHY

MEDIUM DIFFICULTY

FULL OF FLAVOUR

Ingredients



- Egg whites: 4
- Chicken: 400g, wings and thighs
- All-purpose flour: 40g
- Ginger: 10g
- Water: 40ml
- Garlic: 10g
- Soy sauce: 10ml
- Potato starch: 100g
- Mirin: 10ml
- Sesame oil: 10ml
- Sunflower oil
- Salt and pepper: to taste



STEP 1

Grate the ginger with the skin on using a microplane.



STEP 2

Mix the chicken with the ginger, soy sauce, sesame oil, mirin and a whole garlic clove, completely covering the chicken. Leave to marinate in the fridge for three hours.



STEP 3

Make a paste with the egg whites, flour and water. Season with salt and pepper. Coat the marinated chicken in the paste then toss in the potato starch.



STEP 4

Warm some sunflower oil to 170°C. Fry the chicken for three minutes or until fully cooked inside and golden. Let cool slightly, and then serve.

ONE MORE SEAT

Colomba with chocolate mousse, bananas and chocolate curls

BY ALESSIO MAGISTRO



Is your kitchen overflowing with sweet treats after the Easter break? Or do you just happen to have some leftover chocolate and sweet bread that needs to be eaten? Chef Alessio Magistro offers a fun way to turn it all into a delicious dessert. It's simple to make, irresistibly indulgent, and perfect for any occasion.

EASY TO MAKE

IRRESISTIBLY INDULGENT

EAT IT ANYTIME

Ingredients

- Fresh cream: 350ml
- Dark chocolate: 200g
- Milk: 80ml
- Icing sugar: 30g
- Colomba: 4 slices



- Bananas: 2
- Chocolate for curls: 80g



STEP 1

Heat the milk and sugar in a small saucepan until almost boiling, stirring it, then remove from the heat. Add the chopped chocolate, stir until completely melted and leave to cool.



STEP 2

Now add the cream and fold in gently from top to bottom. Refrigerate the mousse for at least one hour before use.



STEP 3

Lightly toast the slices of colomba in a pan; for a richer version, you can add a knob of butter.



STEP 4

Slice the banana thinly and arrange on top of the slices of colomba. Add the mousse and chocolate curls before serving.

Slow Sunday

BECAUSE THE BEST THINGS IN LIFE SHOULD
NEVER BE RUSHED



Sunday is a day for taking your time.
So if breakfast becomes brunch or lunch
lasts all afternoon, no problem.

*Find a recipe to fit your ingredients
and savour the moment.*

SLOW SUNDAY

Asparagus tortelloni

BY LORENZO MANOSPERTI



FROM WASTE



TO TASTE

Have some leftover asparagus in the fridge that you aren't sure what to do with? This flavoursome dish is the answer. Created by chef Lorenzo Manosperti, it perfectly represents the city of Bologna with its tradition of fresh egg pasta and a filling designed to make the best use of your unused veg.

FULL OF FLAVOUR

AN ITALIAN CLASSIC

PASTA PERFECTION

Ingredients



FOR THE FRESH EGG PASTA

- All purpose flour: 200g
- Eggs: 2

FOR THE FILLING

- Green asparagus: 300g
- Cow's milk ricotta, well drained: 200g
- Parmigiano Reggiano: 40g, grated
- Fine sea salt
- Black pepper

- Nutmeg

FOR THE SAUCE

- Parmigiano Reggiano: 150g, grated
- Fresh cream: 150ml
- Butter: a knob
- Asparagus tips: 10
- Fine sea salt
- Black Pepper



STEP 1

Place the flour on a work surface, form a well and add the eggs in the centre.

Beat the eggs with a fork, gradually incorporating all the flour.



STEP 2

Cut with a scraper, then knead until you obtain a smooth, elastic dough. Wrap it in cling film and leave it to rest for at least 30 minutes at room temperature.



STEP 3

Meanwhile, prepare the filling. Remove the toughest part of the asparagus stalks and slice the rest into rounds, keeping the tips aside.



STEP 4

Sauté the rounds in a pan with oil, salt and pepper. After 6-7 minutes of cooking, blend with the ricotta and grated Parmigiano Reggiano. Keep in the fridge until ready to use.



STEP 5

Roll out the dough into a thin sheet. Cut squares of 6-7 cm per side, place some filling in the centre of each and fold into tortelloni. Leave them to rest on a floured tea towel.



STEP 6

For the fondue, heat the cream in a small saucepan, add the grated Parmigiano Reggiano and stir over a low heat until you obtain a smooth cream.



STEP 7

Blanch the asparagus tips in salted water for 1 minute, then sauté them in a pan with a knob of butter until crisp.

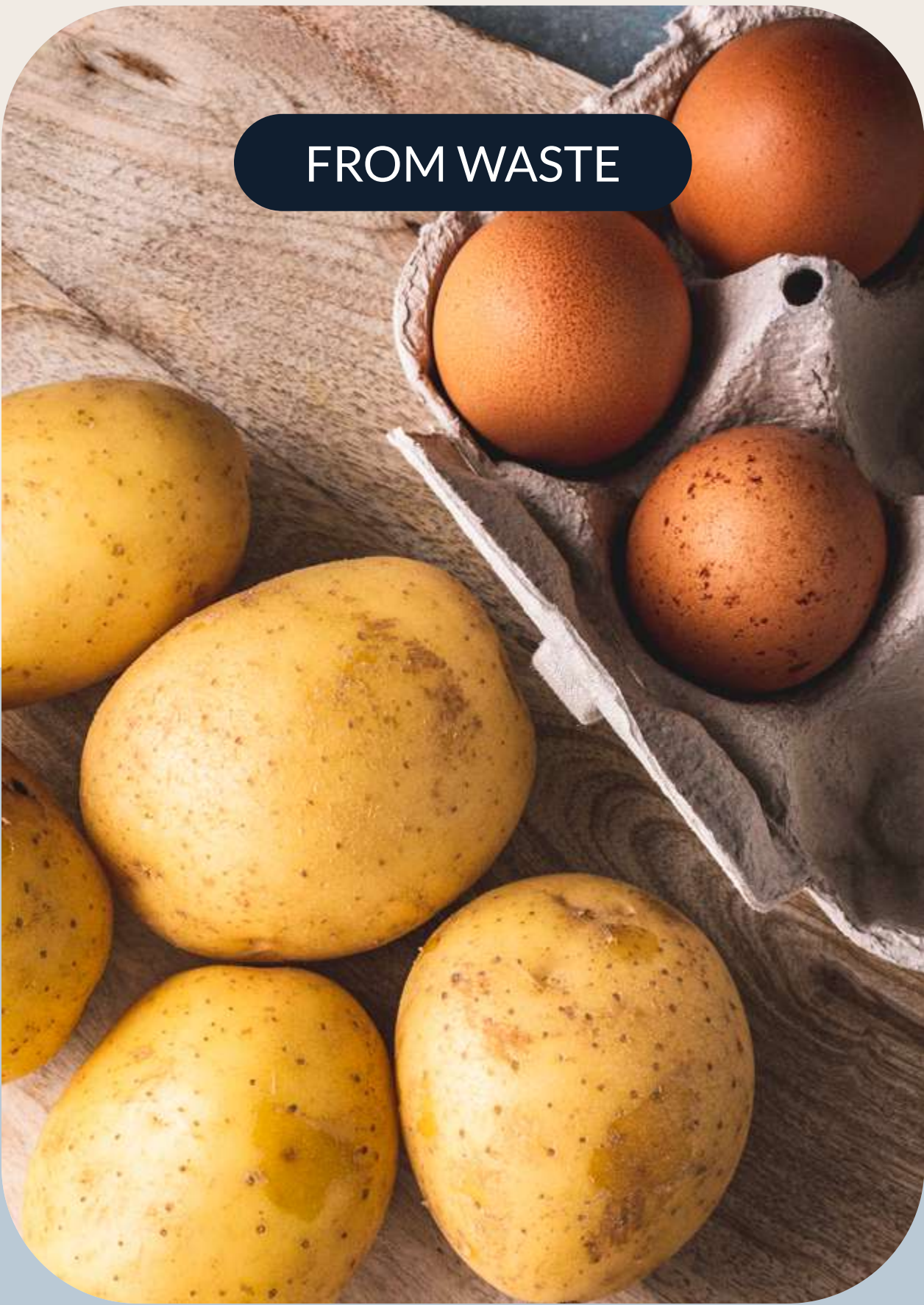


STEP 8

Cook the tortelloni in salted water for 3-4 minutes, drain gently and serve on the hot fondue. Finish with the asparagus tips and some grated Parmigiano Reggiano.

Sunday fried meatballs

BY ALESSIO MAGISTRO



This meatball recipe is not only delicious, it's also a great way to use up that one potato and that one egg you have left over. “For me, meatballs are a comfort dish for both palate and heart,” says chef Alessio Magistro. Customise them with herbs, spices or side dishes according to the season or your tastes.

EASY TO MAKE

FAMILY FAVOURITE

FULL OF FLAVOUR

Ingredients

- Turkey mince: 250g
- Chicken mince: 250g
- Small boiled potato: 1
- Egg: 1
- Parsley
- Breadcrumbs



- Oil for frying
- Extra virgin olive oil
- Salt
- Black pepper



STEP 1

Place the minced meat in a bowl and add the mashed boiled potato, the egg, chopped parsley, salt and pepper.



STEP 2

Mix well until combined, then shape into walnut-sized meatballs. If the mixture feels too soft, add some breadcrumbs to firm it up.



STEP 3

Coat each meatball in breadcrumbs and let them rest in the fridge, covered, for at least one hour: this helps them hold their shape during cooking.



STEP 4

Heat plenty of frying oil in a pan. Fry the meatballs a few at a time. When evenly golden, drain on kitchen paper and sprinkle with a pinch of salt. Serve hot.

SLOW SUNDAY

Caramelised bread crust cake

BY FRANCESCO VINCENZI



This delicious cake is a great way to use up uneaten bread, cutting down on your food waste. In preparation, chef Francesco Vincenzi suggests chopping up any leftover bits of bread in a blender. The breadcrumbs can then be stored for up to six months, before being used to soak up the cream and liqueur in this recipe.

QUICK TO PREPARE

IMPOSSIBLE TO RESIST

SWEET & NUTTY

Ingredients



- Breadcrumbs: 200g
- Amaretti biscuits: 200g
- Sugar: 15g
- Eggs: 3
- Chocolate: 150g, chopped
- Single cream: 300ml

- Sassolino liqueur: 70ml
- Baking powder: 16g
- Nuts: 100g (any)



STEP 1

Preheat the oven to 180°C.
Whisk the sugar and the eggs together in a bowl until well mixed.



STEP 2

Add the cream and Sassolino liqueur, mix again, then fold in the breadcrumbs.



STEP 3

Add the amaretti biscuits, chocolate, nuts and baking powder, and mix again.



STEP 4

Pour the mixture into a greased cake tin and bake for around 35 minutes or until a cake tester comes out clean. Serve hot or cold.



S. PELLEGRINO



Food
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