

FOODRUS

Second Life for Bread

Recipe book

nébih



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EUROPEAN WEEK
FOR WASTE
REDUCTION

FOODRUS

Contributed to the recipe book:



**FREE
FOOD**



PODKYLAVA 188



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Collaborating with the European Week for Waste Reduction campaign in its 2024 edition, focused on reducing food waste:

**EUROPEAN WEEK
for WASTE REDUCTION**
16-24 November 2024

FOOD WASTE IS OUT OF TASTE!

#EWR2024
#FOODWASTE #FOODWASTEISOUTOFTASTE

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THE SECOND LIFE OF BREAD

TASTY SOLUTIONS TO REDUCE BREAD WASTE



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FOREWORD



We are pleased to present you with this virtual cookbook dedicated to waste-free cooking!

We are hearing more and more about the negative impact of food waste on our environment, so it is vital that we look for ways to prevent and reduce it. Fortunately, our own kitchens are where we can make the biggest difference. There are countless ways to use food with as little waste as possible, while respecting the material and moral value of the resources invested in its production.



Bread has been a staple food for thousands of years and is eaten regularly by the vast majority of people. Unfortunately, it is estimated that more than a third of the bread and bakery products produced worldwide are wasted. This cookbook aims to address this problem. We've gathered delicious recipes to give bread a second chance and avoid it ending up in the bin. These recipes will not only show you how to use leftover bread in a tasty and nutritious way, but will also be good for the environment and your wallet.

We hope that the colourful range of recipes will inspire both novice and experienced cooks to save leftovers, and that they will transform stale bread from a waste into a spicy bread pudding, a crunchy crouton or a fragrant dessert.

Use our cookbook in your everyday life, guiding you from recipe to recipe on the path to a waste-free lifestyle! Let's harness the power of bread to create a more sustainable future for us all!

Bon appetit!

TIPS TO PREVENT WASTED BREAD



Bread is one of the world's most popular staple foods. The constant demand for a diverse range of bakery products means that a significant amount is lost every day. In Europe alone, nearly 300 slices of bread are wasted every second. This is not only damaging the environment, but also our wallets. In this section, we've put together some easy-to-use and effective tips to reduce bread waste and make the most of this food.

Plan ahead!

Planning ahead is essential to avoid waste. As bread is perishable, it is advisable to buy smaller quantities more often. Do not buy fresh bread until the bread at home is gone.

Buy smaller portions or bake smaller loaves!

If you find yourself repeatedly throwing away almost half a loaf of bread, consider buying or baking smaller loaves. That way, you can ensure that only what you need goes into your basket. This will reduce the likelihood of wastage.

Freeze the bread!

One of the simplest preservation methods to avoid wasting bread is freezing. If you know you won't eat all the bread before it spoils, consider freezing it. This can keep it fresh for up to 6 months. You can also slice the bread before freezing, giving you the option of only defrosting as much as you need at a time.

Make sure it is stored properly!

Proper storage can prevent bread from drying out or moulding before its time. It is important not to put bread in the fridge, where it can dry out more quickly. Avoid using plastic bags as they can trap moisture and cause the bread to mould. The best way to store the bread is to wrap it in a cotton cloth and place it in a bread container. The cloth helps to absorb moisture and prevents the bread from drying out too quickly. Another option is to store the bread wrapped in beeswax, which keeps it soft for longer.



Let's use the leftover bread!

Bread ends and crusts can also be used in various recipes. They can be used to make breadcrumbs or croutons. Don't throw away bread scraps, as they can make food tastier and add interest to the texture.

Use the stale bread too!

If you have stale, dry bread, don't throw it away! With a little creativity, you can use it to make a variety of dishes. It can be reborn as bread pudding, French toast, soup, pizza or even a salad. We give you lots of ideas in this cookbook.

Use the bread as a thickener!

Bread is a great thickener in soups, stews, stews, sauces. Simply tear the bread into small pieces and add it to the dish. The bread will break down and thicken the liquid, resulting in a rich, creamy consistency.

Let's make breadcrumbs!

Cut the dry bread into smaller pieces. Place in a food processor or blender and blend until the desired consistency is achieved. If you want fine breadcrumbs, it is advisable to chop for a longer time, or for coarse breadcrumbs for a shorter time. Store the crumbs in an airtight container in a cool, dry place. It will keep for up to a month. Breadcrumbs can be used not only for breading, but also in casseroles, as a topping for pasta dishes, as a binder for meatballs or meatballs, for example.

Share it with others!

If you have excess bread that you can't use, give it to friends or neighbours. It's also worth keeping an open eye in your neighbourhood, there may be families or elderly people living alone who would welcome this kindness.

If we can incorporate these practices into our daily lives, we can not only reduce bread waste, but also harness the potential of bread. Our motto is that leftovers are a bonus, not a waste. Experiment in the kitchen, cook more, waste less!

Recipes using leftover baked goods

This chapter contains 34 recipes that use a variety of leftover baked goods, from savoury dishes such as soups, casseroles and salads to sweet treats such as bread pudding. Everyone can find an idea to their liking, regardless of their kitchen skills.

Using leftover bread can be a fun new way to experiment with flavours and techniques. It's also a tribute to bread traditions. Bread has been one of our most basic foods since prehistoric times, and has always been valued as a symbol of life and home. This is reflected in the first stanza of Attila József's poem *God*, written almost 100 years ago.

*When the tram's bell rings,
Or when the dear bread is sliced
And the bread is parted from the arm,
God will appear then.*

Let's dive into this chapter together and discover the many ways we can use bread to make delicious and nutritious meals. With a little creativity, openness to trying new things and enthusiasm, the possibilities are endless!





Savoury snacks

*for leftover
superheroes*

SIMPLE APPETIZER FROM STALE BREAD



Ingredients for 1 serving

1 slice of dry bread
1 tablespoon olive oil
1 tablespoon grated Parmesan or other hard cheese
salt, pepper

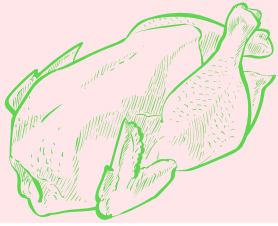
Nutritional value	100 gr
Energy/kcal	336
Fats/g	15,8
Carbohydrates/g	31,5
Protein/g	13,4

Crunchy, spicy, cheesy.
What more do you need?

Preparation

- 1 Cut the dry bread into cubes of about 2x2 cm.
- 2 Place on a baking tray, drizzle with olive oil and toss well. Sprinkle with grated cheese, season with salt and pepper to taste and toss again.
- 3 Place in a preheated oven at 180 °C and bake for 10 minutes. Then raise the temperature slightly and bake for a further 1-2 minutes, taking care not to burn or dry out the bread too much. The bread cubes should be crispy on the outside and soft on the inside.
- 4 They can be eaten as a snack, dipped in sauces, or added to salads or soups for an exciting texture.





CHICKEN WITH BREAD AND LIVER FILLING

Ingredients for 4 servings

3-4 sliced buns or bread rolls
200 ml milk
1 small onion
100-150 g chicken liver
1 egg
Salt, pepper, garlic, marjoram
3 tablespoons parsley
1 whole chicken

Nutritional value	100 gr
Energy/kcal	161
Fats/g	6,5
Carbohydrates/g	9,7
Protein/g	16,4

Not only can the stuffing be a haven for leftover bread, but it's also a great way to sneak in the often overlooked offal.

Preparation

- 1 First assemble the filling. To do this, soak the buns in the milk. Fry the diced onion in the fat and add the chopped liver.
- 2 When ready, add to the breadcrumb mixture with the egg and spices. Mix thoroughly. If the filling is too runny, add more breadcrumbs or a few spoonfuls of breadcrumbs.
- 3 Fill the cavity of the chicken and the skin under the breast with the mixture, sew together with thread. Tie the two legs together so that they do not split during cooking.
- 4 Bake covered at 190 °C for 1 hour. While the chicken is baking, baste it with its own juices and add water if it runs out. Bake without foil for a further 15 minutes to brown the skin.
- 5 Serve with a garnish to taste.





GAZPACHO

The refreshing flavours of summer come alive in this recipe.

Preparation

- 1 Soak the bread in a small bowl of cold water for up to 5 minutes. Then squeeze out the excess water with clean hands.
- 2 In a blender or with a hand blender, blend the bread, tomatoes, cucumber and garlic until smooth.
- 3 Season with salt, add the olive oil and any additional herbs and blend again.
- 4 Put it in the fridge for about an hour until it cools well.
- 5 Serve with finely chopped red onion.



Ingredients for 2 servings

100 g sliced bread
 4 larger, softer tomatoes, cut into large pieces
 1 small cucumber, peeled and diced
 2 cloves of garlic
 Pinch of salt
 60 ml olive oil
 Finely chopped fresh herbs
 Red onion for garnish

Nutritional value	100 gr
Energy/kcal	159
Fats/g	11,2
Carbohydrates/g	11,8
Protein/g	1,9



HOMEMADE CRACKERS

No snacks for the film? Look in the breadbasket!

Preparation

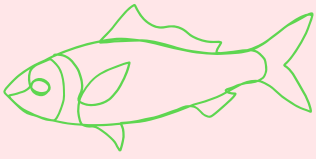
- 1** First, slice the buns into thin (2 mm) slices and drizzle generously with olive oil.
- 2** Sprinkle the slices with a little salt and your favourite seasoning, such as garlic powder or herbs.
- 3** Then bake in a 180 °C oven until golden brown.
- 4** Enjoy the taste of homemade crunchy bites, perfect as a snack or as an appetizer with dipping creams!



Ingredients for 1 person

1 bread roll or bun
1 tablespoon olive oil
A pinch of salt
1 teaspoon garlic powder
Herbs

Nutritional value	100 gr
Energy/kcal	372
Fats/g	18,21
Carbohydrates/g	44
Protein/g	7,2



COD IN YOGURT WITH CRUST

Ingredients for 4 servings

4 slices of frozen cod fillet
½ teaspoon salt
1 plain yogurt
4 slices of stale bread (fresh bread works too)
20 g Parmesan or other hard cheese
A handful of parsley
1 untreated lemon zest
20 g butter

Nutritional value	100 gr
Energy/kcal	168
Fats/g	6,2
Carbohydrates/g	13,8
Protein/g	14

***A nourishing fishy main course,
dressed in a heavenly coat to keep
you warm in the oven.***

Preparation

- 1 Place the cod fillets on a baking tray, season with salt and pour the yoghurt evenly over them.
- 2 In a food processor, finely chop the bread, Parmesan, parsley and lemon zest.
- 3 Spread the prepared fillets with this mixture, top with thin slices of butter and bake at 200°C until golden brown.
- 4 Serve with boiled or mashed potatoes and steamed vegetables.



BREAD SPREAD

-What's for breakfast today?

-Bread Spread.

Does that sound strange? Maybe at first, but if you give it a chance, this recipe will be a regular in your kitchen. A bonus is that you can flavour it to your taste, so it can take on a thousand faces.

Preparation

- 1 Cut the bread into cubes, brush with a little oil and bake in the oven at 160 °C until golden brown.
- 2 Meanwhile, chop the onion and garlic and caramelize in a pan.
- 3 Place the toasted bread cubes in a pot with the vegetable stock.
- 4 Once boiling, remove from the heat, allow to cool and blend until smooth. If necessary, add water to adjust the consistency to perfection and season with salt.
- 5 Serve as a vegetable dip.



Ingredients for 4 servings

200 g leftover bread
2 onions
1 clove garlic
300 ml vegetable broth
Oil
Salt

Nutritional value	100 gr
Energy/kcal	112
Fats/g	3,41
Carbohydrates/g	17,4
Protein/g	2,4

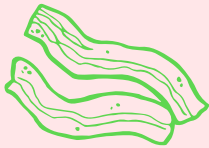


STALE BREAD PANCAKES

In this recipe, the bread dough takes on a whole new body.

Preparation

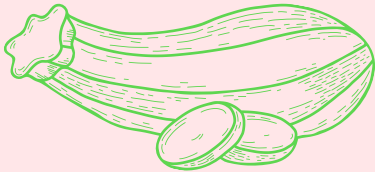
- 1 Soak the bread in water and squeeze out the excess with clean hands.
- 2 Then blend the bread mixture with the egg, flour, onions, salt and the rest of the spices until smooth. This mixture will make the pancake batter.
- 3 Fry the bacon in a pan and remove to a plate. Cook the pancakes in the remaining fat.
- 4 To serve, pile the bacon on top of the pancakes, you can also make a fried egg.



Ingredients for 1 serving

2 slices of dry bread
 1 egg
 2 tablespoons plain flour
 1 onion
 2 cloves garlic
 Salt, basil, thyme, black pepper, cumin, marjoram
 1 tablespoon of lard
 2 thin slices of smoked bacon

Nutritional value	100 gr
Energy/kcal	201
Fats/g	9,11
Carbohydrates/g	20,8
Protein/g	7,4



CROQUETTES FROM STALE BREAD AND ZUCCHINI

Ingredients for 3 servings

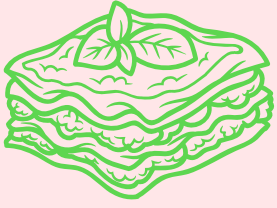
500 g dry bread
200 ml milk
1 onion
100 g bacon
1 zucchini
2 eggs
2 tablespoons sour cream
1 cup (200 ml) breadcrumbs
50 g grated cheese
salt, pepper

Nutritional value	100 gr
Energy/kcal	221
Fats/g	5
Carbohydrates/g	35,6
Protein/g	7,5

Preparation

- 1 Start by soaking the diced bread in milk. Set this aside while you prepare the other ingredients.
- 2 In a pan, sauté the diced onion and bacon in a little oil. While they are browning, grate the zucchini, season with salt and leave to stand for 15 minutes. Then squeeze out the excess liquid.
- 3 In a separate bowl, beat 2 eggs with sour cream, salt and pepper. Now that all the ingredients are ready, you can mix the croquette mixture: the soaked bread, the fried onion and bacon, the grated courgette, the egg sour cream, the grated cheese and the breadcrumbs.
- 4 If the mixture is too wet, add more breadcrumbs until it becomes malleable. Season with salt and pepper.
- 5 Heat the fat in a pan and fry the croquettes until golden brown. Shape them into oblong or round shapes to taste.





LASAGNE FROM STALE BREAD

Ingredients for 5 servings

500 g of mince meat
200 g of pancetta
1 carrot, 1 celery stalk, 1 onion
500 g of tomato sauce
100 ml of red wine
250 ml of milk
500 ml of béchamel sauce
100 g of grated Parmesan cheese
1 slice of whole dry bread (or 1 packet of toast)
Salt and pepper to taste

Nutritional value	<i>100 gr</i>
Energy/kcal	193
Fats/g	9,6
Carbohydrates/g	15,4
Protein/g	11

A small trick for serving lasagna: after removing it from the oven, wait a few moments before portioning. This way, the pieces will hold firm and won't fall apart.

Preparation

- 1 Brown the pancetta and sauté celery, carrots, and onions. Cook the meat for ten minutes, deglaze with red wine, add tomato sauce, and simmer on low heat with the lid on until the mince thickens.
- 2 Then, to give it a creamy texture and reduce the acidity of the tomato, we add milk and finish cooking.
- 3 Grease the pan with a little oil or butter. Then start layering: the bread slices on the bottom, then the meat, béchamel sauce and grated cheese, then bread again.
- 4 Repeat this process until all the ingredients are used. Top with grated cheese.
- 5 Bake at 220°C until the cheese is melted and the top of the lasagne is golden brown.





VEGETABLE CUTLETS

If you use cooked vegetables, add some raw vegetables for a better texture; you can also use leftover vegetables such as broccoli stalks, canned corn, broth vegetables.

Preparation

- 1 Chop the vegetables, garlic, onion, fresh herbs and bread in a food processor.
- 2 Add the salt, grated cheese, additional spices to taste and the egg.
- 3 Form the mixture into dumplings by hand and place on a baking tray. Grease the vegetable patties thinly with oil and bake at 200°C until golden brown.
- 4 Serve with garlic and sour cream sauce.



Ingredients for 2 servings

200 g vegetables
 ½ clove garlic
 1 small onion or 1-2 spring onions
 Dried or fresh herbs
 40-50 g leftover bread
 ½ teaspoon salt
 50 g grated cheese
 1 egg
 Oil

Nutritional value	100 gr
Energy/kcal	175
Fats/g	11,5
Carbohydrates/g	9,4
Protein/g	7,4



GRANDMA'S CASSEROLE

With this dish you can recall the home cooking of your childhood.

Preparation

- 1 Cut the bread into slices and then into cubes. Grease a baking pan with butter and place half the bread in it.
- 2 Drizzle the bread with oil, spread 1 spoonful of tomato paste over it, sprinkle the meat and sliced mushrooms on top. Then place the remaining bread on top, spread with the remaining tomato paste, sprinkle with parsley and grated cheese.
- 3 In a separate bowl, mix the eggs with the milk, mustard, vegetables, salt and other seasonings to taste.
- 4 Pour the mixture evenly over the bread base and top with thin slices of butter.
- 5 Place in a preheated oven and bake at 200 °C for about 35 minutes.



Ingredients for 3 servings

600 g dry bread
 1 spoonful of oil
 2 tablespoons tomato paste or ketchup
 100 g meat of your choice (e.g. leftover stew, ham, bacon)
 4 heads of mushrooms
 Finely chopped parsley
 150 g grated cheese
 3 eggs
 300 ml milk
 1 spoonful of mustard
 1 teaspoon of vegeta
 Salt
 40 g butter

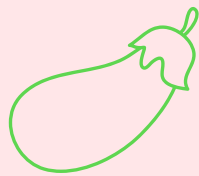
Nutritional value	<i>100 gr</i>
Energy/kcal	191
Fats/g	8,1
Carbohydrates/g	20,7
Protein/g	8,2



AUBERGINE SANDWICH

Preparation

- 1 Make a marinade for the aubergines: in a bowl, mix the oil with the paprika, garlic powder and salt.
- 2 Slice the aubergines into slices about half an inch thick, brush both sides of the slices with the marinade. Place the aubergine slices in a bowl and pour the remaining marinade over them. Cover and leave to marinate in the fridge for at least 6 hours, ideally overnight.
- 3 When the time has elapsed, heat a frying pan over a high heat and fry the aubergine slices on both sides. Remove the aubergine slices from the pan and set aside. In the same pan, brown the bread slices until crispy.
- 4 Assemble the sandwiches: smear the bread slices with mustard, then top with the fried aubergine slices, lettuce leaves, tomato slices, a few rings of pickled cucumber, add the thinly sliced red onion rings and serve while still warm.



Ingredients for 4 servings

For the marinade:

2 tablespoons of oil
25 g sweet paprika
25 g garlic powder
salt

For the sandwich:

2 large aubergines
4 slices of bread
Mustard to taste
Lettuce leaves to taste
2 tomatoes
200 g pickled cucumber
1 head of red onion
Salt

Nutritional value	<i>100 gr</i>
Energy/kcal	135
Fats/g	8,6
Carbohydrates/g	11,9
Protein/g	1,8



SUMMER SALAD

Not to be missed in our cookbook of bread-saving recipes is the Italian favourite, panzaella. Among its many variations, we are sharing a watermelon variation. Of course, you can vary the vegetables and fruits added to your taste.

Preparation

- 1 Dice the bread and place on a baking tray and drizzle with 1 tablespoon of olive oil. Bake at 180°C for about 10–12 minutes, until the bread is crisp and golden brown.
- 2 Slice the red onion thinly, and cut the watermelon and feta into small cubes.
- 3 In a large bowl, mix the fried bread, sliced red onion, diced watermelon and feta cheese.
- 4 For the dressing, in a small bowl, mix the lemon juice with a tablespoon of olive oil and salt and pepper to taste. Pour the dressing over the salad and sprinkle with herbs such as mint.



Ingredients for 1 serving

2 slices of bread
 2 tablespoons olive oil
 1 red onion
 150 grams watermelon
 70 grams feta cheese
 2 tablespoons lemon juice
 salt, pepper, mint leaves to taste

Nutritional value	100 gr
Energy/kcal	137
Fats/g	4,81
Carbohydrates/g	18,5
Protein/g	4,4



Ingredients 2 servings

1 head of garlic
2 tablespoons olive oil
2 tablespoons fresh parsley
120 grams grated cheese
110 g butter at room temperature
2 bread rolls or slices of bread
Salt, spices to taste

Nutritional value	100 gr
Energy/kcal	351
Fats/g	21,4
Carbohydrates/g	29
Protein/g	10

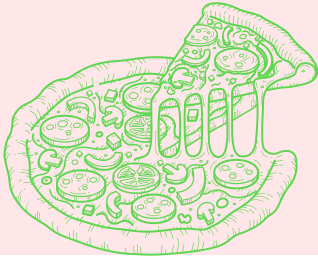


BAKED STALE BREAD WITH WHITE GOLD

This dish is made special by the sweet taste of white gold, or garlic caramelized in the oven until creamy. Not recommended for a date, but a must-try at a more appropriate time.

Preparation

- 1 Clean the garlic head, cut off the top so that you can see the individual cloves.
- 2 Line a small baking dish with aluminium foil and place the prepared garlic heads in it. Brush with olive oil and place in a preheated oven at 170 °C for about 50 minutes. Allow to cool a little, then squeeze the softly roasted cloves out of the garlic flesh.
- 3 Wash and chop the parsley. Then make the garlic cream: mix the roasted garlic, grated cheese, soft butter and parsley. Season the mixture with salt and pepper to taste.
- 4 Spread the garlic mixture over the slices of bread and place on a baking tray lined with baking paper. Bake in a preheated oven at 240 °C for 3-4 minutes on the grill.



PIZZA MADE FROM STALE BREAD

Ingredients for 3 servings

500 g dry bread
Olive oil
tomatoes' sauce/pizza cream
Salt, pepper, basil
300 g mozzarella
100 g tomatoes

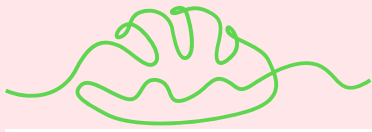
Extra tip: You can use almost any leftovers lying around in the fridge as toppings. For example, leftover ham, salami, boiled eggs, mushrooms, half a can of canned corn, olives. Instead of ordering pizza on a Friday, let's see what else we can save from the fridge and make ourselves this leftover pizza.

Nutritional value	100 gr
Energy/kcal	153
Fats/g	3,4
Carbohydrates/g	23,4
Protein/g	6,1

Preparation

- 1 Cut the bread into slices about 1 cm thick and soak in a bowl of water for a minute until it soaks up.
- 2 Next, place the slices on a baking tray previously greased with olive oil and press them apart a little so that all the gaps are filled with bread slices.
- 3 Then spread the bread slices with tomatoes' sauce or pizza cream and sprinkle with pepper and basil.
- 4 Top with mozzarella and tomatoes and bake at 180°C for 20 minutes.





BREAD PANCAKES WITH CHEESE

Ingredients for 2 servings

4 slices of stale white bread
4 large eggs
1 and ½ teaspoon cumin
½ teaspoon sweet paprika
30 g chopped chives
30 g chopped parsley
50 g sheep's cheese (bryndza)
Salt and black pepper
1 tablespoon of sunflower oil

Nutritional value	100 gr
Energy/kcal	191
Fats/g	7
Carbohydrates/g	21,5
Protein/g	9,5

Preparation

- 1 Soak the bread in cold water for 1 minute, then squeeze out well and crumble in a large bowl.
- 2 Add the eggs, spices and cheese and mix well.
- 3 Heat 1 tablespoon of sunflower oil in a pan. When the oil has heated up, use a spoon to form small pancakes in the pan and fry them for 2-3 minutes on each side until golden brown.
- 4 Alternatively, you can fry the whole mixture in a large frying pan as a large savoury cake.
- 5 Serve with dipping sauce, sauerkraut or fresh vegetables.



BREAD & CHEESE



Ingredients for 4 servings

1 whole loaf of stale bread
Cheese
Bacon
Herbs
Salt, pepper, onion
Olive oil

Nutritional value	100 gr
Energy/kcal	191
Fats/g	8,1
Carbohydrates/g	20,7
Protein/g	8,2

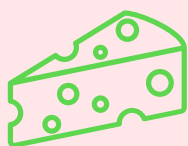
Make sure you try this recipe!

Preparation

- 1** Cut the bread as shown in the picture and insert the cheese and bacon slices into the slots.
- 2** Sprinkle with herbs, salt and drizzle the loaf with olive oil.
- 3** You can enrich the flavours by adding crushed garlic to the olive oil.
- 4** Bake at 200–220 °C until golden brown.
- 5** When the cheese starts to melt, remove the bread and serve immediately afterwards.



BREAD HAM & CHEESE APPETIZER



Ingredients for 2 servings

5 slices of dry bread
170-200 g ham
170-200 g grated cheese
200 ml milk
4-5 eggs
salt, pepper
Finely chopped parsley

Nutritional value	<i>100 gr</i>
Energy/kcal	166
Fats/g	6,5
Carbohydrates/g	13,1
Protein/g	13,4

To do list:

- eat delicious food**
- save leftovers**

Preparation

- 1** Dice the bread and ham. Set aside some ham and cheese to sprinkle on top of the dish later.
- 2** In a separate bowl, whisk the eggs with the milk, salt, pepper and parsley, then sprinkle in the bread, ham and grated cheese.
- 3** Grease a baking pan or other ovenproof dish and spread the mixture evenly. Sprinkle the top with the ham and grated cheese.
- 4** Cover the pan with foil and bake in a preheated oven at 200°C for 10 minutes, then bake for a further 10-15 minutes without foil until the top is golden brown.
- 5** Serve with fresh salad or your favourite dressing.





MUFFINS FROM STALE BREAD

Ingredients for 2 servings

5 slices of stale bread
4 eggs
1 cup sour cream (approx. 2 tablespoons)
2 cloves of garlic
250 g grated mozzarella (or other fatty cheese)
salt and black pepper

Nutritional value	100 gr
Energy/kcal	192
Fats/g	13,5
Carbohydrates/g	15,4
Protein/g	8,7

Preparation

- 1 Cut the bread into smaller cubes.
- 2 In a bowl, mix together the egg, sour cream, crushed garlic and grated mozzarella.
- 3 Season with salt and pepper and add the bread pieces.
- 4 Butter the muffin tin and pour the egg mixture into the holes.
- 5 Bake at 200 °C for about 15 minutes.



MEATLOAF STUFFED WITH EGG

We heartily recommend it to lovers of classic flavours.

Preparation

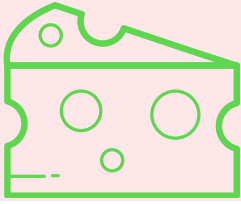
- 1** Boil 4 eggs until hard and peel. Sauté the onions in the oil and leave to cool.
- 2** Soak the rolls/bread in the milk for 5 minutes, then squeeze out the excess liquid. In a large bowl, mix together the minced meat, spices (salt, pepper, garlic, paprika, parsley), raw egg, rolled out bun/bread and sautéed onion.
- 3** Put baking paper on a baking tray and form an oblong rectangle with half of the meat mixture. Place the boiled eggs lengthways on this rectangle, then top with the remaining meat, covering the eggs.
- 4** Cover with aluminium foil and bake at 180–200 °C for 90 minutes. You can remove the foil in the last 5–10 minutes if the outer crust is not browned enough.
- 5** Serve sliced with mashed potatoes or mashed potatoes with onions and pickles.



Ingredients for 6 servings

5 eggs
1 onion
1 tablespoon oil
1–2 slices of bread roll or 1–2 slices of leftover bread
200 ml milk
500 g minced pork
2 teaspoons salt
1 teaspoon black pepper
4 cloves garlic (grated) or garlic powder
2 teaspoons sweet paprika
3 tablespoons dried parsley

Nutritional value	<i>100 gr</i>
Energy/kcal	161
Fats/g	7
Carbohydrates/g	5
Protein/g	21



Ingredients for 3 servings

- 6 slices of toast
- 6 slices cheese
- 2 eggs
- Salt
- 1 cup cornflakes
- Oil

Nutritional value	100 gr
Energy/kcal	303
Fats/g	12,9
Carbohydrates/g	34,1
Protein/g	13

STUFFED TOAST BREAD ROLLS

These rolled up bites are also great as a way to go.

Preparation

- 1 Cut the crusts off the bread slices and set aside for the breadcrumbs.
- 2 Smooth the crustless bread slices with a rolling pin.
- 3 Put a slice of cheese on each flattened slice of bread and roll it up like a pancake.
- 4 Dip the resulting small rolls in beaten egg seasoned with salt, then roll in crushed cornflakes.
- 5 Fry the breaded sticks in the hot vegetable oil until golden brown. Serve with a dipping sauce of your choice.

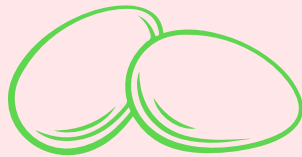


EGG TOAST

Seductive, but with a surprise.

Preparation

- 1 Grease one side of the bread (olive or sunflower oil, lard, butter). Place the bread, buttered side down, in a heated frying pan and toast until golden brown.
- 2 If it is browned, remove it. In the same pan, beat the eggs, evenly distributing them. Sprinkle with salt and season with any other spices to taste. Gently press the unbrowned side of the bread onto the egg so that it is spread over the entire surface of the bread and fry for a further minute.
- 3 When ready, brush the egg side with chilli sauce or ketchup and garnish with parsley and vegetables to taste.



Ingredients for 2 servings

5 slices of dry bread
Olive oil, fat or butter
2 eggs
To taste: oregano, ground black pepper, salt
Chilli sauce, ketchup to taste

Nutritional value	100 gr
Energy/kcal	219
Fats/g	5,91
Carbohydrates/g	33
Protein/g	7,4



PASTA FROM LEFTOVER BREAD

Preparation

- 1 Put the bread in the chopper.
- 2 Mix the resulting crumbs with the flour, then add the egg and knead into dough.
- 3 Stretch the dough or cut it into pieces wide enough to fit through the dough mixer.
- 4 Run the dough through the machine several times until the dough sheets reach the desired thickness.
- 5 Dry the sheets and use them, for example, for lasagne or cottage cheese couscous, or freeze them for later.

Ingredients

Leftover bread
Wheat flour
Eggs

Nutritional value	100 gr
Energy/kcal	266
Fats/g	3,7
Carbohydrates/g	46,6
Protein/g	9,4

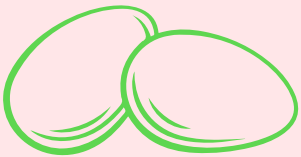


BAKED EGG BREAD

If you're bored of toast or hot sandwiches, try this unusual dish.t.

Preparation

- 1 Cut the bread, ham and bacon into cubes. Fry the bacon and ham in a frying pan. Crack the eggs into a large bowl, add the milk, salt and season to taste and mix well.
- 2 Spread half of the sliced bread cubes in a greased ovenproof dish, spread the mustard, toasted bacon and ham over them, then pour half of the egg mixture over it. Cover with the remaining bread and press down with your hands, then pour the remaining egg mixture over the top.
- 3 Bake in the oven at 180 °C for about 25 minutes. Test with a pin to see if the dish is done. Serve warm with fresh vegetables and any sauce you like (ketchup, mayonnaise, tartar sauce).



Ingredients for 2 servings

4 slices of dry bread
 6 slices of ham
 A handful of smoked bacon
 4 eggs
 100 ml milk
 salt, pepper to taste
 1 tablespoon of butter or lard to grease the pan
 2 tablespoons mustard (seeded or regular)
 Optional: cheese

Nutritional value	100 gr
Energy/kcal	201
Fats/g	9,1
Carbohydrates/g	20,8
Protein/g	7,4

PASTA WITH BREADCRUMBS



Ingredients

Leftover bread
Olive oil
Garlic
Pasta
Anchovy fillet

Nutritional value	100 gr
Energy/kcal	170
Fats/g	5,8
Carbohydrates/g	22,8
Protein/g	6,4

Preparation

- 1 Tear the bread into large pieces and grind it in a food processor until coarse. Toast the crumbs in a large frying pan over a medium heat and set aside.
- 2 In a frying pan, heat the oil and add the garlic, which has been crushed with the blade of a large knife so that it can release its flavour into the oil.
- 3 Cook the pasta, then drain. Add the pasta to the garlic oil, then add the chopped anchovy fillets.
- 4 Stir until the whole batter is coated with oil.
- 5 To serve, sprinkle the toasted breadcrumbs on top of the pasta.



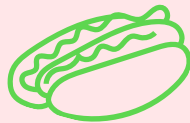


STUFFED ROLLS

Looking for a gourmet treat for a get-together with friends but don't have time to go to the shops? This recipe is definitely worth a try!

Preparation

- 1** Cut the buns in half lengthways and scoop out with a spoon to make room for the filling. You can use the scraped out part to make breadcrumbs or use it for other recipes.
- 2** Assemble the filling. Grate the cheese and set aside 2-3 tablespoons for sprinkling.
- 3** Chop the ham, boil the egg and grate it. Cut the pepper into small cubes and mix everything together in a bowl.
- 4** Finally add the melted butter, salt and pepper. Using a spoon, fill the rolls and sprinkle with cheese.
- 5** Place on a baking tray lined with baking paper and bake at 180°C until the cheese is golden brown.



Ingredients for 2 servings

4 sliced hotdog buns or rolls
150 g smoked cheese
100 g ham
2 boiled eggs
1 green and 1 red piritamin pepper
60 g butter
½ teaspoon salt
A pinch of black pepper

Nutritional value	100 gr
Energy/kcal	228
Fats/g	13,6
Carbohydrates/g	15,3
Protein/g	10,8

BREAD DUMPLINGS



Preparation

- 1 Dice the bread roll and toast it in a pan with oil for a few minutes. Let it cool.
- 2 In the next step, mix the milk with the eggs, season with salt and pepper, then toss in the cooled bread cubes, allowing them to soak for a while. After that, add enough flour to form dough balls that can be shaped by hand. If the mixture is too soft, add 2 more tablespoons of breadcrumbs.
- 3 If we like, we can season the mixture with finely chopped parsley as well. Cook the dumplings in boiling, lightly salted water. When the dumplings float to the surface (after about 2 minutes), turn them over and cook for another 2 minutes. Once ready, remove the dumplings from the water and serve them as a side dish.



Ingredients for 8 servings

6 pieces of stale bread rolls
3 tablespoons of oil
100 ml of milk
3 eggs
150 g of flour
2 tablespoons of breadcrumbs
1 teaspoon of salt
1 teaspoon of ground black pepper

Nutritional value	<i>100 gr</i>
Energy/kcal	156
Fats/g	3,8
Carbohydrates/g	21
Protein/g	8



CHEERFUL MISERY (BREAD SOUP)

In this recipe, the bread is used to thicken the soup, which may seem a little strange at first. If you are brave enough to experiment, you can have a really warming experience, especially on a cold winter's evening.

Preparation

- 1 If you have dried mushrooms, you should soak them at the beginning of cooking.
- 2 To make the soup, fill a pot with lukewarm water, add the bread and start cooking.
- 3 Once boiling, remove from the heat, blend until smooth and add the spices (salt, ground black pepper, cumin).
- 4 Once boiling, remove from the heat, blend until smooth and add the spices (salt, ground black pepper, cumin).
- 5 Meanwhile, caramelize the chopped onion in a pan. Add the eggs to the onion and fry, then pour the onion-egg mixture into the soup.
- 6 If using fresh mushrooms, brown them in a dry pan and add them to the soup. Taste, adding vinegar to taste if necessary.



Ingredients for 3 servings

Dry bread, roll or bun (approx. 3 slices of bread)
 1 litre of water
 Mushrooms, fresh or dried
 Salt, ground black pepper, cumin
 1 tablespoon fat or oil
 1 small onion
 6 eggs
 Vinegar if necessary

Nutritional value	100 gr
Energy/kcal	61
Fats/g	2,81
Carbohydrates/g	4,9
Protein/g	3,4



Delicacies

*for those with a
sweet tooth*



BANANA BREAD WITH BUTTER PUDDING

Stale bread and overripe bananas will find a good use in this dessert.

Preparation

- 1 Toast the bread and spread it with butter, then cut each slice into 6 equal parts.
- 2 In a microwave-safe dish (approximately 23 cm wide and 5 cm deep), layer the bread pieces with the banana, placing the crust side up.
- 3 In a jug, whisk together the eggs, milk, sugar, and cinnamon until frothy. In a small bowl, mix the cornflour with a little milk until smooth, then add this to the egg and milk mixture.
- 4 Pour everything over the bread and the banana, then sprinkle some sugar on top.
- 5 Cook in the microwave without a cover on high for 8-10 minutes. Let it sit for 5 minutes before serving.



Ingredients for 2 servings

4 thick slices of white bread
 50 g butter
 1 large banana
 2 eggs
 450 ml milk
 85 g (brown) sugar
 A large pinch of cinnamon
 1 tablespoon cornstarch

Nutritional value	100 gr
Energy/kcal	172
Fats/g	6,1
Carbohydrates/g	24,6
Protein/g	4,2

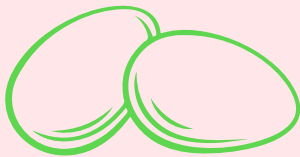


BUN PUDDING

Extra tip: If you have leftover baked goods that are less sweet, you can add extra sugar to the pudding or some vanilla sugar. A pinch of cinnamon can also enhance the perception of sweetness.

Preparation

- 1 Soak the brioche in milk
- 2 Separate the eggs into yolks and whites. Whip the egg whites with a pinch of salt until stiff peaks form.
- 3 Whisk the cream until it becomes white with the egg yolk, then mix it with the soaked brioche and gently fold in the whipped egg whites.
- 4 Simmer the mixture on low heat for 40 minutes on the stove, and the pudding will be ready.
- 5 We can also add fresh berries and chocolate pieces to the topping.



Ingredients for 4 servings

4 brioche rolls
4 eggs
80 g butter
Pinch of salt

Nutritional value	100 gr
Energy/kcal	309
Fats/g	19,51
Carbohydrates/g	25,5
Protein/g	9,4



SWEET BREAD CASSEROLE

Yum, yum, yum, and it's already gone.

Preparation

- 1 Beat the egg, then mix it with the cream and add the dried fruits, nuts, shredded coconut, and grated orange zest.
- 2 Let's tear the leftover brioche into small pieces and pour the butter-egg-cream mixture over it, making sure each piece is thoroughly coated.
- 3 Transfer the resulting mixture to a baking tray lined with parchment paper, and bake at 180°C (350°F) for about 45 minutes.
- 4 Serve with vanilla sauce or pudding.

Ingredients for 4 servings

500 g sweet baked goods leftovers (e.g., brioche, bundt cake, stollen)
100 g butter
200 ml heavy cream
2 eggs
100 g dried fruit (e.g., raisins, dried cranberries, apricots)
100 g nuts
50 g shredded coconut
Zest of 1 untreated orange

Nutritional value	100 gr
Energy/kcal	352
Fats/g	22,2
Carbohydrates/g	30,6
Protein/g	6,4

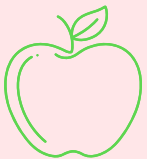


CINNAMON DELISH

Sweet, fruity, waste-free bites for cozy days in.

Preparation

- 1** Quarter the apple, remove the core, and slice it thinly, about 3–5 mm thick. Cut the slices of bread in half.
- 2** Grease a flat baking dish with butter, then arrange the slices of bread and apple alternately in the dish, placing them vertically.
- 3** In a separate bowl, whisk the egg with 2 tablespoons of sugar and the milk until frothy. Pour the mixture over the bread and apples.
- 4** Sprinkle everything with almond flakes, 1 tablespoon of sugar, and ground cinnamon. Place in a preheated oven at 180°C (350°F) and bake for 30 minutes.
- 5** We can serve it dusted with powdered sugar, or drizzled with vanilla pudding or whipped cream sweetened with vanilla sugar.



Ingredients for 2 servings

2 small apples
250 g leftover toast bread
Butter for greasing the baking dish
1 egg
3 tablespoons sugar
100 ml milk
2 tablespoons sliced almonds
1 teaspoon cinnamon

Nutritional value	100 gr
Energy/kcal	181
Fats/g	4
Carbohydrates/g	29,5
Protein/g	5,5

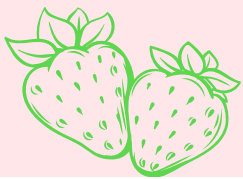


FRENCH TOASTS

A pampering weekend breakfast idea for leftover-saving superheroes.

Preparation

- 1 In a bowl, whisk together the egg, milk, granulated sugar, and cinnamon until smooth. Heat the butter in a skillet.
- 2 Dip the slices of bread into the seasoned egg mixture, and cook them in the pan until both sides are golden brown.
- 3 In another pan, melt the cane sugar. Add the fruit, cut into small pieces.
- 4 Heat the fruit mix and layer it on top of the prepared toast.



Ingredients for 2 servings

4 eggs
60 ml milk
75 g granulated sugar
1 teaspoon cinnamon
2 tablespoons butter
8 slices of stale bread
2 tablespoons brown sugar
400 g mixed berries

Nutritional value	100 gr
Energy/kcal	192
Fats/g	5,8
Carbohydrates/g	27,8
Protein/g	4,9



POPPY SEED BREAD & VANILLA CUSTARD

Tip: If you don't like poppy seeds, it's also delicious with walnuts.

Preparation

Poppy seed bread

- 1 We simmer the milk over low heat with vanilla sugar or the seeds scraped from a vanilla pod (you can also add the pod itself to the milk, as it still contains flavor).
- 2 Slice the bread roll into small circles and place them in a large bowl.
- 3 When the milk comes to a boil, pour it over the croissants and let it soak for a few minutes. Strain the excess milk (Don't throw it away! Use it for a coffee with milk or cocoa; it will be special.).
- 4 Thoroughly mix the poppy seeds and powdered sugar. Layer the croissants soaked in milk in a heatproof dish, sprinkling each layer with the poppy seed-sugar mixture. Continue this process until all the ingredients are used up.
- 5 If you like the top to be slightly browned, place the dish in a preheated oven at 180°C (350°F) for 3-5 minutes. Serve with vanilla custard or pudding.

Vanilla custard

- 1 Beat the egg yolks with the vanilla sugar. Add the flour and mix with nearly 100 ml of milk until smooth and lump-free
- 2 Heat the leftover milk, then add the egg yolk mixture. Cook over low heat, stirring constantly, until it thickens.
- 3 Extra tip: Whip the egg whites with a little sugar until stiff, then spread it over the top of the poppy seed bread pudding before placing it in the oven. This will give you a truly special, festive dessert.



Ingredients for 6 servings

For the Poppy Seed Bread Pudding:
 15 tablespoons ground poppy seeds
 10 dry rolls (or you can use stale bread)
 1 liter milk (using higher-fat milk makes it tastier)
 7 tablespoons powdered sugar
 1 vanilla bean or 1 packet of vanilla sugar

For the Vanilla Custard:
 2 egg yolks
 2 packets of vanilla sugar
 ½ liter milk
 1 tablespoon flour

Nutritional value	100 gr
Energy/kcal	229
Fats/g	8,5
Carbohydrates/g	29
Protein/g	7,2

FOODRUS

Enjoy your meal!

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