

Kara

FOODSERVICE BAKERS

# Beyond the Dough

Simple  
Recipes

...to use  
leftover bread  
in the kitchen



With around 4 million Christmas dinners being thrown away each year, this quarter's edition of Beyond the Dough is all about controlling festive leftovers in the kitchen.

Whether you're a chef looking for simple menu alternatives or a home cook looking to satisfy your guests, this simple recipe guide ensures that nothing in the kitchen goes to waste.

Go beyond the dough with Kara.

**Robert Brown**  
Recipe Development  
Manager



# Too Good To Waste

## How much food is wasted at Christmas

4.2 million Christmas dinners are wasted every year in the UK.

Read our top tips on how to use your leftovers below.

### Top Tips

- Freeze harder cheese so that it can be used at a later date.
- Softer cheeses can be combined with herbs and then baked in the oven; great for dipping.
- Leftover turkey is great in curries or casseroles.
- Breadcrumbs are a great way to use leftover bread as they add extra crunch to casseroles or soup toppings.
- You can store leftovers in the fridge for 4 days, or if freezing, three to four months.

**Cheese**  
2.2 million kilograms

**Carrots**  
11.9 million

Turning leftover carrots into soup will give a good Vitamin D boost.

**750 million individual sprouts**

**Turkeys**  
26,300

**24 million slices of bread are wasted in the UK EVERYDAY!**

# Mushroom & Broccoli Gratin

 Serves: 6

 Time: 20 minutes

## Method

1. Wash and cut mushrooms into quarters and fry in a pan with half the butter until soft.
2. Add the white wine and vegetable stock and reduce the liquid by half.
3. Add cream and bring back to the boil, then simmer until thick.
5. Add the trimmed broccoli and simmer gently until stalks are tender, then shred the leftover turkey and add it to the pan.
6. Season and add the chopped parsley and then pour into an oven proof dish.
7. Take Fletchers white bread and place in a blender, whizz until they become crumbs and mix in some parsley. Top the dish with breadcrumbs.
8. Add a few pieces of butter on top and place in the oven until the crumbs are golden brown and sauce begins to bubble through to the surface. Serve with toast or buttered bread.

## Ingredients

500g Fletchers White Bread  
750g Chestnut Mushrooms  
400g Leftover Turkey  
500ml Double Cream  
200ml Vegetable Stock  
100ml White Wine  
300g Shallots  
50g Parsley  
100g Butter  
5g Pepper  
5g Salt

# Bubble & Squeak Burgers

A wholesome yet satisfying classic that is a great way to use up the leftover veggies in the kitchen.

## Method

1. Slice your onions and shred the sprouts. In a pan start to fry the onions along with half the butter. Fry them until golden brown and soft.
2. Add shredded sprouts and cook until soft.
3. Mix in the mash potatoes and season to taste. Set aside to cool.
4. Once cool, mould the mixture into burger size patties, dust with a little flour and lightly fry in the remaining butter until golden brown.
5. Take a brioche bun and smear the base with cranberry, add the bubble and squeak patties and top with slices of brie.
6. Place under the grill until the cheese begins to melt, top with more cranberry and serve.

 Serves: 6 

 Time: 20 minutes

## Ingredients

6 Kara Gourmet Brioche Buns  
900g Mash Potatoes  
450g Sprouts  
2 Onions  
50g Butter  
50g Flour  
250g Brie  
5g Pepper  
5g Salt

# Leftover Cheesy Stuffing Balls

Cheese stuffing balls are good to make after the big day to serve as appetizers or side dishes.

## Method

1. Take Fletchers white bread and place in a blender, whizz until they become crumbs.
2. Next, slice the onions, garlic and sprouts. Take a wide pan and begin to melt the butter before pouring in the onions, garlic and sprouts. Fry until soft.
3. Mix half of the breadcrumbs, chopped parsley, crumbled blue cheese and season to taste.
4. Begin to mould into bite size balls and leave to one side.
5. Take three bowls. In one whisk the eggs until smooth, in another place flour and in the remaining bowl, place the remaining breadcrumbs.
6. Roll the stuffing balls in the flour, then the egg and finally the breadcrumbs.
7. Repeat the process until the balls are fully covered.
8. Deep fry in hot oil (180C-200C) until golden brown.
9. Serve with cranberry sauce... enjoy.

 Serves: 6 

 Time: 10 minutes

## Ingredients

8 Slices Fletchers White Bread  
5g Chopped Parsley  
200g Blue cheese  
200g Sprouts  
1 Onions  
50g Butter  
10g Garlic  
50g Flour  
2 Eggs  
5g Pepper  
5g Salt

# Lemon & Raspberry Posset

A simple, cheap and versatile dessert offering that is ideal for menus all year round. Serve with seasonal fruits and leftover brioche for extra crunch.

## Method

1. In a pan over a gentle heat boil the cream and sugar together and simmer for 2 minutes.
2. Add the juice and zest of the lemons to the pan and mix well, leave the mixture to cool.
3. Take the brioche and cut into small diced pieces and lightly toast under the grill until they go brown and crispy.
4. In small pots, add some of the grilled brioche to the bottom and drizzle a little limoncello over. Top with a few raspberries and finally finish by pouring over the lemon cream mix.
5. Leave to set for at least 3 hours in the fridge.
6. Decorate with the remaining raspberries, crispy diced brioche and a sprinkle of icing sugar.
7. Serve with shortbread biscuits and enjoy.

Raspberries are 'on trend' this season

 Serves: 6 

 Time: 3 hours

## Ingredients

2 Kara Gourmet Brioche Buns  
900ml Double Cream  
250g Castor Sugar  
3 Lemons  
300g Raspberries  
100ml Limoncello



Data collected from:  
Unilever, 2014  
GWPGGroup, October 2021  
EcoandBeyond.co.uk, 2021

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