



DIGITAL GOODIE BAG

Tips, resources and more!

	Braised Beef Bourguignon.	Yield: 10 portions
Ingredients:		Equipment:
<ul style="list-style-type: none"> • 2 Kg lean stewing beef cut into 3 cm cubes. • Salt and pepper. • 100 ml vegetable oil. • 4 cloves minced garlic. • 2 L brown or beef stock. • 400 ml red wine. • 75 ml tomato paste. • 130 g all-purpose flour. • 1 bay leaf. • 250 g diced bacon. • 250 g onions medium dice. • 400 g quartered mushrooms. 		<ul style="list-style-type: none"> • Rondeau • Spoon / spatula • Deep hotel pan • Sauté pan • Storage containers.
Preheating Instructions: Oven 300 °F		
Method:		
1	Season the stewing beef with salt and pepper.	
2	In a heavy bottomed rondeau, heat the oil to the smoking point.	
3	Add half of the beef. Reduce the temperature to medium and sear the beef on all sides until the meat is a rich brown colour. Do not crowd the meat.	
4	Remove the meat and repeat with the second half of the stewing beef.	
5	Add the flour to form a brown roux. Add the tomato paste and cook until lightly golden.	
6	Gradually add the stock and dissolve the roux.	
7	Bring to a simmer, return the meat and garlic and place in oven for 1 hour. Remove from oven, chill and store in deep hotel pan.	
8	Meanwhile, sauté the bacon, onions, and mushrooms. Chill and store.	
Rechaud:	Finish cooking stew in oven ~ 1 hour.	
	Add the bacon, mushrooms and onions to the stew.	
	Season with salt and pepper.	

Beef bourguignon

Theresa's recipe



TOP TIP FOR REDUCING FOOD WASTE



For ingredients featured in the recipe

TOP TIP FOR
REDUCING
FOOD
WASTE



Beef



Store at the bottom of the fridge
in an airtight container



Cooked and raw beef can be frozen



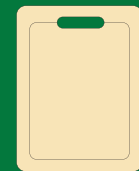
Got leftovers? Add them to stir-frys, salads, sandwiches, burritos, stews and chili



Garlic



Store in a pantry or cupboard



Cooked too much? Use dried garlic slices to flavour oil

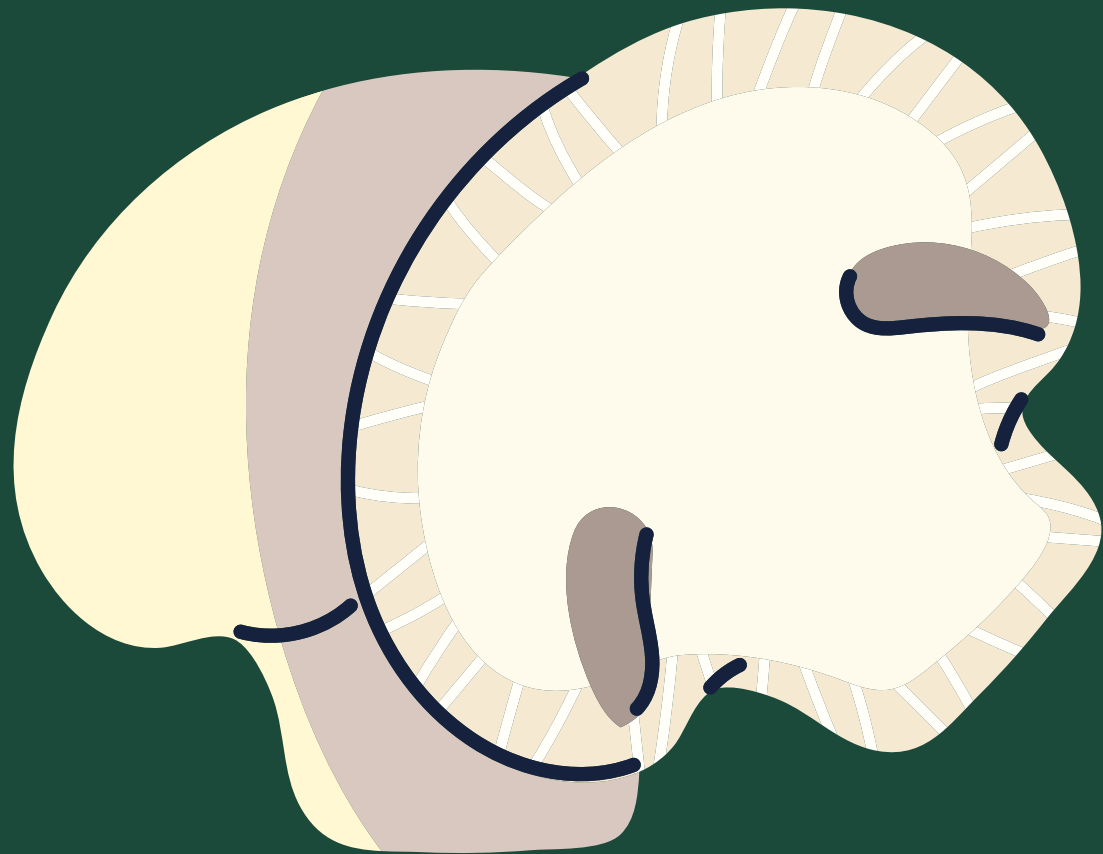


If it sprouts, plant cloves in soil for them to grow into a new bulb

If it dries up, add it to your stock, stews or soups

Mushroom

TOP TIP FOR
REDUCING
FOOD
WASTE



Store unwashed in a paper bag
in the fridge



Gone wrinkly? Fry them up for stews,
soup or sauces or freeze them for
later



Bacon



Store at the bottom of the fridge
in an airtight container



Cooked too much? Add it to salads,
soups, stews and sauces

Onions



Store in a pantry or cupboard
(away from potatoes!)



Chop up before freezing

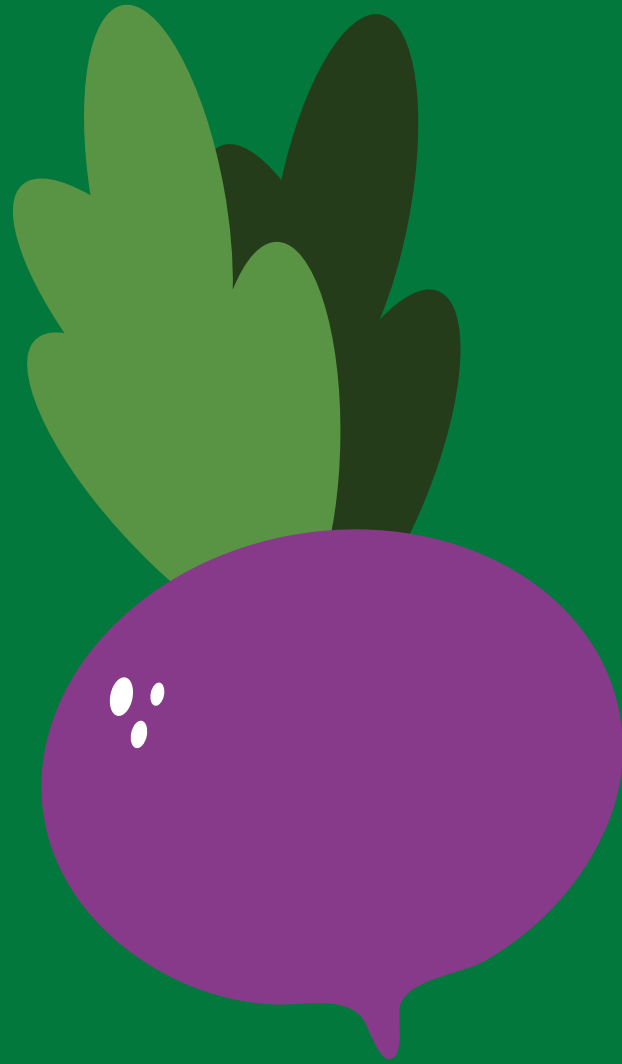


Got leftovers? Add them to sauces,
stock or soup

TOP TIP FOR
REDUCING
FOOD
WASTE



Beetroot



Store whole in the fridge



Boil or steam before freezing



Once peeled or cut, store in an airtight container in the fridge

TOP TIP FOR
REDUCING
FOOD
WASTE



GET CREATIVE!

**MAKE A SOUP WITH
WHATEVER IS LEFT IN
YOUR KITCHEN.**

**#STOPFOODWASTEDAY
WEDNESDAY 27 APRIL**

**STOP
FOOD
WASTE**



Day®

PLAN AHEAD!

**USE UP WHAT'S LEFT
IN YOUR FRIDGE
AND ALWAYS MAKE
A LIST BEFORE
YOU SHOP**

**#STOPFOODWASTEDAY
WEDNESDAY 27 APRIL**

**STOP
FOOD
WASTE**



Day®



**THE FREEZER IS
YOUR FRIEND!**

**LABEL ITEMS WITH
THE DATE AND USE
THEM IN ORDER**

**#STOPFOODWASTEDAY
WEDNESDAY 27 APRIL**



GET CREATIVE!

**BLEND YOUR LEFTOVER
FRUIT TO MAKE A
DELICIOUS AND
NUTRITIOUS SMOOTHIE!**

**#STOPFOODWASTEDAY
WEDNESDAY 27 APRIL**





GET CREATIVE!

EXPERIMENT WITH
WHAT YOU HAVE
IN THE FRIDGE
AND TRY MAKING
COLOURFUL FRITTATAS

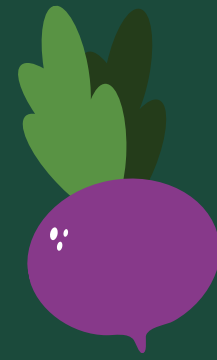
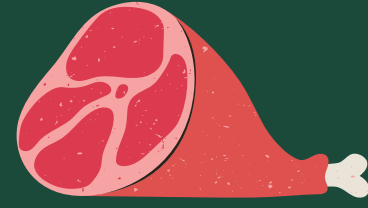
#STOPFOODWASTEDAY
WEDNESDAY 27 APRIL



5 tips for reviving food

TOP TIP FOR
REDUCING
FOOD
WASTE

- 1 Dip wilted veggies into icy water for 5-10 mins to perk them up
- 2 Toast stale chips and crackers for 1 min to crisp them back up
- 3 Too salty? Add vinegar, lemon juice, brown sugar or a raw, peeled potato
- 4 Burned? Put the un-blackened portion into a new pot and cover with a damp cloth for 10 mins
- 5 Overcooked? Puree it and transform it into a soup or sauce



Expiration Date

vs.

Best Before Date



refer to nutritional
specifications



refer to quality

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Dad's love us because we're quick and less messy

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Breweries love us because we help them become more sustainable

The planet loves us because we're reducing food waste

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FOODMESH20

Resources to help you use up your food

01 FoodMesh | foodmesh.ca/category/tips-and-resources



 Love Food Hate Waste Canada | lovefoodhatewaste.ca

02

03 BBC Good Food | bbcgoodfood.com



 Save The Food | savethefood.com

04

05 FoodHero | foodhero.com/blogs/best-ways-reuse-leftover-food



Share your own food waste reduction tips



#MetroVanLovesFood

FoodMesh

Give food a second chance