

Zero-waste Recipes

An activity of "Don't Throw Away that Banana Peel. Cook it."

Read "Don't throw away that banana peel. Cook it." (page 18, *What's Up* June 2021). There are many other examples of edible plant parts that we may not usually eat. This activity introduces some of them.

1. Watch this lovely video to see how the lotus plant is completely used in various recipes: "Making Use of Every Part of the Lotus: Flowers, Leaves, and Roots" by Liziqi (2019)
➤ https://youtu.be/o33PRJR_yVI
2. Today, your challenge is to follow a simple recipe to prepare a part of a fruit that is usually thrown away. Choose from either one of the two recipes below. Before you start, get permission to use the stove and, if you need help, ask an adult.

Salted Jackfruit Seeds

Ingredients

15-20 jackfruit seeds
½ teaspoon of salt
Pepper (optional)
800 ml of water

Directions

- 1) Boil the jackfruit seeds in the water for 30 minutes or until soft.
- 2) Let them cool down before you de-shell them.
- 3) Transfer the peeled seeds to a frying pan and toss them in salt and a dash of pepper.
- 4) Enjoy! 😊

Watermelon Rind Salad

Ingredients

250g of watermelon rind
½ teaspoon of salt
1 teaspoon of sugar
2 tablespoons of rice vinegar
1 tablespoon of sesame oil
½ teaspoon of chilli oil (optional)
Pepper (optional)

Directions

- 1) Shred the watermelon rind using a grater (preferably with larger holes).
- 2) Marinate with 1 teaspoon of salt and leave to stand for 1 hour.
- 3) Squeeze out marinade from the watermelon rind over a sieve.
- 4) In a small bowl, mix the sugar into the vinegar and sesame oil.
- 5) Add to the rind and mix. Add a dash of pepper and teaspoon of chilli oil if you like some spice. Enjoy! 😊

3. Sample the food you have prepared. Do you like it?
4. Share your dish with your family or friends. Ask them to guess the main ingredient. Explain why it is a good idea to use zero-waste recipes.