



TEAM ANN - MAAN
AMITY INTERNATIONAL SCHOOL PUSHPI VIHAR

Left Over **SCRAPOEDIA**

MIXED VEG PAKORE





MIXED VEG PAKORE

 4 servings

 20 minutes

INGREDIENTS

- 1 cup of leftover mix veg slightly mashed
- 1/2 cup flour
- 1 tbsp finely chopped coriander
- 1 finely chopped onion
- Salt (as per taste)
- 1/2 tsp chilli powder or to taste
- Oil for frying (as required)

DIRECTIONS

- Take a large mixing bowl, add slightly mashed veg mix.
- Further add gram flour, chopped onion, chopped coriander, salt, and chilli powder. Mix it well.
- Heat oil in a kadhai.
- Deep fry until it is of golden brown colour and has a crispy texture.
- Leftover mix veg pakore is ready to serve with tea and chutney.

ROTI CHAAT





ROTI CHAAT



1 serving



20 minutes

INGREDIENTS

- 1 leftover roti
- 2 tsp oil
- 2 tbsp chopped onions
- 2 tbsp chopped tomatoes
- 1 green chilli (finely chopped)
- 2 tbsp green chutney
- Red chilli chutney (as required)
- 2 tbsp tamarind chutney
- 4 tbsp sweetened curd
- Red chilli powder Chat masala (as required)
- Salt (as per taste)
- Coriander leaves (as required)

DIRECTIONS

- Roast 1 leftover roti and place it in a plate
- Add 2 tbsp chopped tomatoes
- Add 2 tbsp chopped onions
- Add 1 chopped green chilli
- Add 2 tbsp green chutney / red chilli chutney
- Add 2 tbsp curd
- Add 2 tbsp tamarind chutney
- Sprinkle 1/4 tsp red chilli powder
- Add 1/4 tsp chaat masala
- Add salt for taste
- Add 1 tbsp curd
- Serve immediately

RICE DHOKLA





RICE DHOKLA

2 servings

20 minutes

INGREDIENTS

- 1 cup rice leftover
- 1/2 cup sooji
- 2 tsp besan
- 1 cup curd
- 1/4 soda
- 1tsp ginger paste
- 1 tsp green chilli paste
- 2 tsp oil
- 2 tsp ghee
- 1/2 tsp mustard seeds
- 1/2 tsp jeera
- 1/2 tsp hing
- 1/2 tsp sesame seeds
- 1 tsp sugar
- Salt (as per taste)

DIRECTIONS

- Blend rice, besan, curd until its smooth and transfer it to a bowl.
- Add green chilli paste, ginger paste, salt, 2tsp oil, salt, sugar
- Mix it and don't make it too thick or thin, keep consistency by adding enough water.
- Rest for 10min.
- Heat in steamer
- Add sooji to batter and mix it well and steam for 12-15 min.
- Place on a plate after cooling, cut it into pieces
- Heat ghee in a pan and add mustard seeds, sesame seeds and hing
- Present in a plate and add chilli powder
- Serve with sauce and chutney.

RICE CORN VADA





RICE CORN VADA



3 servings



30 minutes

INGREDIENTS

- 1 cup leftover rice
- 1 small grated boiled potato
- 1/2 cup Crushed corn kernels (not boiled, use directly)
- 1 tsp ginger green chilli paste
- 3 tsp besan
- 2 tsp thick curd
- Salt (as per taste)
- 2 pinch haldi
- 1/2 tsp Kashmiri chilli powder
- 1 tsp dhania (coriander) jeera powder
- 2 tsp chopped coriander leaves (dhania)
- 2-3 tbsp oil

DIRECTIONS

- Take 1 big cup of leftover rice, add one small grated boiled potato, half cup corn kernels (not boiled, use raw ones, crush them)
- Add 1 tsp ginger green chilli paste, 3 tsp besan and 2 tsp thick curd
- Mix everything well and keep aside for 15 mins
- Now add the spices, haldi, Kashmiri chilli powder, roasted jeera and coriander powder, garam masala, salt and coriander (dhania) leaves
- Mix well, shape them into balls
- Put some drops of oil in appam pan and place them in the pan
- Cook for atleast 8-10 mins on low flame.

NOTE : Optional ingredients that can be added to the dish - You can add onion, garlic or any other veggies of your choice

If you don't have above spices, alternatively you can add chat masala, pizza mix or oregano herbs

KESARIYA RABRI





KESARIYA RABRI



3 servings



30 minutes

INGREDIENTS

- Assorted leftover sweets (made with khoya)
- 1 litre milk
- Some chopped almonds (as per taste)

DIRECTIONS

- Take all leftover sweets (made of khoya).
- Add lukewarm milk and let it soak up for some time.
- Mix well.
- Heat the pan on medium flame.
- Stir it continuously for some time
- Add some chopped almonds. Let it cool. Refrigerate. Serve chilled.

BREAD UPMA





BREAD UPMA



3 servings



30 minutes

INGREDIENTS

- 10 leftover bread slices
- 1 onion
- 1/4 green capsicum
- 1/4 yellow bell pepper
- 3 eggs
- 1 tsp salt
- 1/4 tsp sugar
- 1 tbsp readymade pavbhaji masala powder
- 2 tbsp tomato ketchup
- 1 sprig coriander leaves
- 4 tbsp vegetable oil
- 3-4 curry leaves

DIRECTIONS

- Cut the bread slices into small cubes as shown.
- Scramble the eggs in 1 tbsp oil in a Kadai.
- In the same Kadai add 2 tbsp vegetable oil and add 3-4 curry leaves, sliced onions, carrot, bell peppers and fry till soft.
- Add the cut bread slices and mix well.
- Drizzle with 1 tbsp extra vegetable oil from the top.
- Add 1 tsp salt, 1/4 tsp sugar, and 1 tbsp readymade pav bhaji masala powder.
- Add the fried scrambled eggs and freshly chopped coriander leaves and mix well.
- Just before serving add some tomato ketchup or sauce of your choice.

Crunchy feast





CRUNCHY FEAST



2 servings



30 minutes

INGREDIENTS

- Potato Peels
- Salt/seasoning
- Olive oil

DIRECTIONS

- Preheat your oven to 400°F (200°C).
- Wash and dry the potato peels thoroughly.
- Toss the peels with olive oil, making sure they are evenly coated.
- Spread the peels in a single layer on a baking sheet.
- Sprinkle with salt and your choice of seasonings.
- Bake for 15-20 minutes or until the peels are crispy and golden brown.
- Remove from the oven and let them cool slightly before serving.

Crackling croutons





CRACKLING CROUTONS

2 servings

30 minutes

INGREDIENTS

- Leftover Bread crusts (about 4 cups)
- Olive oil (2 tablespoons)
- Salt (to taste)

DIRECTIONS

- Preheat your oven to 350°F (175°C).
- Cut the bread crusts into bite-sized pieces.
- In a mixing bowl, drizzle the olive oil over the bread crusts and toss them until they're evenly coated.
- Sprinkle some salt over the bread crusts. Toss them again to distribute the seasonings evenly.
- Spread the coated bread crusts in a single layer on a baking sheet.
- Bake in the preheated oven for about 10-15 minutes or until the croutons turn golden brown and crispy.
- Be sure to check and stir them occasionally to prevent burning.
- Once they're done, remove the baking sheet from the oven and let the croutons cool completely.

Nutrient green Powder





NUTRIENT GREEN POWDER

depending on pulp | 6 hours (total)

INGREDIENTS

- Green juice leftover pulp
- Blender

DIRECTIONS

- Firstly, when you make green juice, don't throw away the pulp and make sure there is as little moisture as possible and spread the juice pulp on a dehydrator tray and cure at 115F until dry.
- This may take about 6 hours or longer.
- If you do not have a dehydrator, line a baking sheet with parchment and spread the juice pulp as evenly as you can.
- Set the oven to its lowest temperature, let the pulp dehydrate for 4 to 5 hours.
- Once it is fully dry, transfer it a high-speed blender.
- Blitz until you have a fine homemade greens powder.

Broccoli stem fries





BROCCOLI STEM FRIES

 2 servings |  30 minutes

INGREDIENTS

- Leftover broccoli stems
- Cup of non dairy milk
- Cup of flour
- Breadcrumbs (as per required)

DIRECTIONS

- First, preheat the oven to 400F and line a baking sheet with parchment.
- Take a minute to peel the stems.
- Slice them into thin fries and set aside.
- In one bowl, mix the non-dairy milk with flour. Add the breadcrumbs to the other bowl.
- One by one, take each piece of broccoli and coat with the flour mixture, then dip it in the breadcrumbs. Make sure there is an even coverage across your broccoli stem fries.
- Once they're ready, place your fries on the baking sheet, and bake until the broccoli is crispy, about 15-20 minutes.
- Add salt to taste and enjoy with a dipping sauce of choice.

CARROT CAKE COCONUT POPS





CARROT CAKE COCONUT POPS

10 pieces

25 minutes

INGREDIENTS

- 1 cup shredded coconut
- 2/3 cup carrot pulp
- 1/3 cup chopped pecans
- 1/4 cup currants or raisins (chopped)
- 1 tsp ground cinnamon
- 3 tbsp maple syrup
- 1 egg white

DIRECTIONS

- Preheat oven: heat to 350 degrees F.
- Mix ingredients: Place the shredded coconut, carrot pulp, chopped pecans, currants, cinnamon, maple syrup, and egg white into a bowl and mix well.
- Mixture should hold together when squeezed into a ball.
- Prepare cookie sheet: Use a 1 1/2 oz cookie scoop to scoop the mixture onto a cookie sheet lined with parchment paper.
- Make sure to press the mixture into the scoop so it holds together once baked.
- Bake: Bake the macaroons for about 15 minutes.
- Edges of the macaroon should be golden brown.
- Cool: Cool for 10 minutes on the cookie sheet.

FALAFEL



FALAFEL

 15 servings |  25 minutes

INGREDIENTS

- 1 cup chickpeas (makes 2 cups after soaking) or 2 cups cooked mashed potato
- 1 cup old wrinkled herbs, finely chopped (such as parsley, celery leaves, cilantro)
- 1/2 wrinkly onion, chopped
- 1 tsp salt
- 1/2 tsp baking powder
- 1 egg (helps with binding but optional for vegans)
- 2 Tbsp chopped nuts (optional)
- 1 cup flour (use leftover vegetable pulp from juicing as a gluten-free substitute: $\frac{3/4 \text{ cup pulp}}{1/3 \text{ cup regular flour}}$)

DIRECTIONS

- Soak the chickpeas overnight in water, then drain.
- Blend with the salt and herbs until coarsely blended (not pureed).
- Add baking powder and vegetable pulp or regular flour.
- Mix in the egg.
- The dough should form a ball and not stick in your hands.
- Refrigerate for several hours.
- When ready to cook, form into balls about 1 1/2- to 2 inches wide.
- Heat vegetable oil in a wok or sauté pan and test by dropping a bit of batter in it and seeing it sizzle/fry.
- Next test fry one falafel ball first, browning about 2 minutes per side.
- If the falafel does not hold together enough, add a little more flour to the batter.
- Fry in batches of six.
- Remove, drain off oil and serve warm.

NOTE: if you have old bread, you can roll the falafel batter in the bread crumbs before frying for an extra crispy coating.

WHOLE CARROT SOUP





WHOLE CARROT SOUP



4-6 servings



30-40 mins

INGREDIENTS

- 1/2 kg Carrots, fronds removed from roots and set aside, roots peeled and roughly chopped
- 2 Tbsp freshly squeezed lemon juice
- 1/4 cup plus 2 tablespoons olive oil
- Salt and freshly ground black pepper
- 1 small onion, diced
- 1/2 kg russet potatoes, peeled (about 2 large)

DIRECTIONS

- Puree 1/2 cup of the carrot fronds and the lemon juice, 1/4 cup of the olive oil, and a pinch of salt and pepper in a small food processor, blender, or with an immersion blender. Set aside.
- Sauté the onion in a medium-size saucepan over medium heat in the remaining 2 tablespoons of olive oil until translucent, 3 to 5 minutes.
- Add the carrot roots, potatoes and bring to a boil.
- Lower the heat and simmer for 20 to 25 minutes, or until extremely tender.
- Puree the soup in a blender or with an immersion blender, being careful not to splash yourself with the hot liquid.
- Season to taste.
- Divide the soup among four bowls and drizzle a swirl of the frond mixture on top.
- Serve immediately.
- The soup and frond drizzle keep, cooled, covered, and refrigerated, for 2 to 3 days, or frozen for up to 3 months.

LEMON-ZESTY ACHAAR





LEMON -ZESTY ACHAAR

1 Jar

25 mins

INGREDIENTS

- 15 lemon's peel after squeezed
- 1.5 tsp Turmeric powder
- 2 tsp salt
- 1 tsp black salt
- 1.5 tsp Kashmiri red chilli powder
- 3 tbsp lemon juice
- 1 cup sugar
- 1 tsp carom seeds
- 1 tsp Kalonji seeds
- 2 pinch Hing
- 2 tsp yellow mustard seeds
- 3 tsp fennel seeds
- 3 tbsp mustard oil

DIRECTIONS

- Take a lemon peel then make holes by using toothpick and fork.
- Now cut each lemon peel into four parts and remove all seeds.
- Boil water in a steamer. Add lemon peel to the steamer. Give them steam till softened.
- When lemon peel will be perfectly soft then switch off the flame. Let it cool down in a bowl.
- Add turmeric powder, salt, black salt, Kashmiri red chilli powder, lemon juice and sugar.
- Mix it well and take aside.
- Heat oil in a pan. Add carom seeds, Kalonji seeds, Hing, yellow mustard seeds and fennel seeds. Let the mustard crackle then switch off the flame.
- Add them to the lemon peel and mix it well.
- Now pickle is ready to eat. Store it in an airtight container.

COFFEE DATE



COFFEE DATE

1 Cup Powder

15 mins

INGREDIENTS

Date seeds

DIRECTIONS

- Gather your leftover date seeds, using at least 12-15 seeds. (If they are sticky, you may need to soak and dry them for 24 hours before roasting).
- Next, oven-roast your date seeds for 30-45 minutes at 350°F on a tray lined with parchment paper.
- Once cooled, grind them into a fine powder using a coffee or spice grinder.
- Prepare your coffee beverage! Use your date seed powder as you would ground coffee, preparing it with a french press or pour-over.
- Add your favorite non-dairy milk or creamer, a hint of sweetness (date syrup) and a sprinkle of cinnamon. Serve and enjoy!

GRANOLA



1/2 cup Powder

GRANOLA

1-2 Cups

15 mins

INGREDIENTS

- 1 cup (or so) of leftover nut milk pulp
- $\frac{1}{2}$ - 1 cup nuts of choice, chopped (pecans, almonds, or walnuts work best)
- $\frac{1}{2}$ cup mixed seeds of choice (such as pumpkin, sunflower, or flax)
- $\frac{1}{2}$ - 1 cup coconut flakes, unsweetened
- $\frac{1}{4}$ cup honey or maple syrup
- 2 tbsp coconut oil, melted
- 1 tsp vanilla extract
- Cinnamon (optional)
- Sea salt (optional)

DIRECTIONS

- Preheat oven to 350 degrees F and line a baking sheet with parchment paper
- Add all of the above ingredients to a mixing bowl and mix until well combined.
- Evenly spread mixture on baking sheet and bake for 20-25 minutes, stirring halfway through.
- Once golden brown, remove from oven to cool.
- Serve and enjoy!

GRAIN-FREE CRACKERS





GRAIN-FREE CRACKERS

10-12 crackers

15 mins

INGREDIENTS

- Nut milk Pulp
- Olive oil
- Dried Species

DIRECTIONS

- To start, preheat the oven to 350 degrees F. Next, combine your leftover nut milk pulp (about $\frac{3}{4}$ cup) in a bowl with 2 tablespoons of olive oil and a sprinkle of fresh or dried spices of choice (such as chopped parsley, black pepper, sea salt, or garlic).
- Mix until well combined until the mixture forms into a dough.
- Line a baking sheet with parchment paper and place your dough on top.
- Top with another piece of parchment paper to spread, then evenly spread your dough mixture on the pan into $\frac{1}{8}$ - inch thickness (you can knead with your hands or a rolling pin).
- Once even, remove the top layer.
- Using a butter knife, score the dough into cracker-sized squares.
- Then, with a fork, poke holes in each square.
- Bake the dough for 15 minutes until golden.
- Remove from the oven, and carefully flip over each cracker to ensure an even bake.
- Place back in the oven and bake for an additional 15 minutes.
- Once crackers are golden all the way through, remove from the oven and let cool.
- Enjoy immediately or store in an air-tight container!

VEGGIE STEMS





VEGGIE STEMS



2-3 Servings



15 mins

INGREDIENTS

- Veggie peels
- Broccoli or cauliflower stalks
- Olive Oil

DIRECTIONS

- Start by peeling the hard outer layer with a veggie peeler.
- Then, slice each stem lengthwise into fry-sized pieces.
- Toss with olive oil and spices of choice to coat, then bake for 15-20 minutes at 400 degrees F.

WATERMELON JAM



WATERMELON JAM

2 jars

15 mins

INGREDIENTS

- 4 cups of watermelon rind (with some watermelon fruit attached), thoroughly washed and sliced into 1-inch pieces
- ¾ cup raw honey or maple syrup
- 1 cup fresh berries (strawberries)
- 1 lemon, freshly juiced

DIRECTIONS

- Add sliced watermelon rinds, berries, lemon juice, and sweetener to a large pot.
- Cook on medium heat until mixture comes to a boil, then reduce to a simmer, continuously stirring.
- Simmer until rinds have softened completely, about one hour.
- Once cooked through, add the mixture to a high-speed blender or food processor.
- Blend until smooth.
- Taste test and adjust ingredients as needed.
- Pour into an air-tight jar and store in the fridge.
- Use in place of traditional jam, adding to toast or yogurt bowls

BANANA PANCAKES





BANANA PANCAKES



6-8 Pancakes



15 mins



INGREDIENTS

- 2 ripe (brown) bananas
- 1 cup oats
- $\frac{1}{2}$ cup non-dairy milk
- 1 egg
- 1 tsp baking powder
- 1 tsp vanilla extract
- $\frac{1}{2}$ tsp cinnamon
- Pinch of salt, to taste
- 1-2 tbsp honey or maple syrup

DIRECTIONS

- Place the peeled bananas in a high-speed blender or food processor.
- Add the oats, non-dairy milk, egg, baking powder, vanilla extract, cinnamon, and salt to the blender or food processor.
- Blend until the mixture is smooth and well combined.
- If the mixture is too thick, add a little more milk to thin it out.
- Heat a non-stick pan over medium heat.
- Once the pan is hot, add a small amount of oil or cooking spray.
- Using a $\frac{1}{4}$ cup measure, scoop the batter and pour it onto the pan.
- Cook the pancakes for 2-3 minutes on each side, or until golden brown.
- Serve warm, and enjoy with optional toppings of choice, such as fresh berries or a drizzle of maple syrup!

PEEL CHIPS





PEEL CHIPS

 1 packet

 15 mins

INGREDIENTS

- The outer layer of fruit and veggies. eg. as apple peels and potato skins

DIRECTIONS

- Drizzle the peels and skins with some avocado oil and spices of choice (such as cinnamon, nutritional yeast, or garlic powder – depending on if you want sweet or savory), and bake them in the air fryer or oven at 400 degrees F until crispy



SCRAPOEDIA

"Experience culinary innovation with 'Scrapopedia', a recipe book curated by Team Ann-maan Food Wastage—four students of Amity International School, Pushp Vihar, championing a mission against food waste.

We present a collection of delectable recipes that repurpose surplus ingredients into gourmet delights. This recipe book goes beyond the kitchen, offering a compelling call to action for a more sustainable future. Discover practical solutions, inspiring insights, and join the movement to combat food wastage—one plate at a time. 'Scrapopedia' is not just a cookbook; it's a flavorful journey towards a better, more responsible world."

-Koena Malhotra, Shevansh Nagar, Naavya Lodh,
Samara Chauhan