

Rescue Recipe

This recipe is great for using up leftover chicken.



Les Rillettes

Introduction

Everyone in France knows this charcuterie delicacy called rillettes made often with pork and duck or goose, however you can make excellent rillettes with leftover cooked fish or roast chicken.

Ingredients

Roast chicken	approx 250 gr
Fresh tarragon	½ bunch
Lemon juice	1 lemon
Butter melted	50 gr
Grain mustard	1 little spoon
Good mayonnaise.	1 little spoon

Method

- Shred the chicken with a fork and place in a bowl; add chopped tarragon, lemon juice, seasoning, mustard and mayonnaise.
- Mix well and add the melted butter at the end, mix again and store in the fridge with a cling film on top.
- The rilette will set and get a nice consistency ready to spread on a slice of rustic bread for any snack or starter.

For the salmon or other fish rillettes simply use dill instead of tarragon and serve on bread or blinis with a crunchy lettuce salad - and a glass of cold white wine of course.



The rillettes will keep for 3 days in an airtight container or wrap in cling film.

Franck Pontais is a Traiture Chef - an Artisan who has risen through the ranks of the butchery and charcuterie departments. He has developed the Traiture counters of both Harrods and Selfridges, and has catered for film premiers and royal functions. He is a chef unlike no other working in the UK today.

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Every year in the UK we throw away £12 billion worth of food, costing the average family £50 a month.

The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away. Here are a few of our favourites to make the most of your meat and fish.

Meat and Fish

Freeze for later

Buying large quantities of meat or fish can often be economical, just divide up the big packs into smaller portions and freeze.

For a quick supper, cut raw meat into thin strips or chunks before freezing, it will defrost in no time and is great for stir-frys and curries.

Lovely leftovers

Often small portions of meat are left over from last night's supper. Why not keep that odd portion of pie, curry or stew to have as a tasty lunch the next day.

Cooked meat and fish will keep for two days in the fridge, just cool quickly and wrap well.

Flake leftover fish into scrambled eggs for a delicious breakfast or mix with cream cheese or mayonnaise for a quick pâté.

Did you know?

If you defrost raw meat and then cook it thoroughly, you can freeze it again. Take care to defrost thoroughly and re-heat until piping hot.

For handy tips and recipes to help reduce food waste, visit lovefoodhatewaste.com

