

Video 6

Description: Paul Mercurio introduces Love Food Hate Waste in a paddock.

Paul: G'day and welcome to another episode of Love Food Hate Waste. I just love getting out and meeting people who share the same passion for fresh, local ingredients as I do. This is going to be great!

Description: Imagery from Ravens Creek Farm.

Paul: I'm visiting Ravens Creek Farm – they promote a sustainable form of farming and I just can't wait to start cooking with their produce.

Description: Paul Mercurio in a paddock.

You know when we waste our food – we really are wasting the effort and resources such as nutrients, energy and water, that goes into farming, processing and transporting our produce. And when I come to a place like this, I'm really reminded about how precious our food really is.

Description: Imagery from Ravens Creek Farm.

I guess what this means to me – is to simply make the most out of the food we buy so we don't waste it.

Description: Paul Mercurio speaking with Ravens Creek Farm's farmer, Hayden.

Hayden: You know, we've got a small farm, so it's about having a closed loop system. It's about paddock to plate, field to fork, whatever waste we use through our café, if it is veggie scraps or things like that, can go to out laying hens.

What I would see is perfectly fine fruit, being thrown away and discarded. Why not use those sorts of things for jellies, jams and chutneys? To see it going in the bin – it's, you know, it's disappointing.

Description: Paul Mercurio speaks from behind a table at Ravens Creek Farm. There are a range of ingredients sitting on the table.

Paul: Today what I thought I would do is make a schnitzel. I've got a beautiful piece of pork – it was a bit big – so what I've done is cut some steaks off it. I'm going to keep this and dice it up into a lovely curry tomorrow night for dinner – a lovely pork curry. And with the schnitzel I'm actually only going to use two of them today – I'm going to crumb them and cook them up – but the other I'll stick in the freezer and they'll be fine there.

Description: Paul Mercurio commences cooking.

First thing first, a bit of flour. Get some salt and pepper into that. Just a little bit of seasoning. Put all sorts of things – you could put some lemon rind in there, some zest, you know, that sort of stuff if got some laying around.

Got some beautiful eggs. Oh! The colour on those is fantastic.

You're crumbing, you go to the cupboard, you've got no breadcrumbs – find your container with your Weet-bix, you get a couple out – there's always going to be some crushed ones down at the bottom.

You might have a little bit of parmesan cheese, that's just going to give the crumbs a little bit of flavour.

One schnitzel...

You've got some crumbs leftover what are you going to do with them? You've got your egg, you put your crumbs into your egg - it's like a little crumb patty. I really love them.

Description: Images of Paul chopping up and cooking vegetables.

I'm going to prepare a meal using as much local produce and minimizing my food waste as much as possible.

Description: Landfill images shown, then images from Ravens Creek Farm are shown.

Paul: You know, with so much food ending up in landfill – a visit to a farm and meeting inspirational people like Hayden & his wife Jasmin really makes it clear to me that we need to think about how we can reduce food waste by planning our meals in advance and ensuring that all the produce that we have is fully used.

Description: Paul is at the table with the finished dish.

Paul: Well I reckon I've achieved that with this dish. That's it for me – don't forget to visit lovefoodhatewaste.vic.gov.au. See you next time – yum!