

Video 5:

Description: Paul Mercurio introduces the Love Food Hate Waste video from a residential kitchen.

Paul: G'Day and welcome to another episode of Love Food Hate Waste.

Did you know that almost one quarter of the waste in your bin is made up of food that could have been eaten? So, today it's all about using the 'full ingredient' in order to get the most value and flavor from our fresh produce.

Description: Images of Paul cooking the Beer & Herb Marinated Chicken are shown.

Paul: On our menu today is Beer & Herb Marinated Chicken. That's right... beer and chicken.

Paul: Now, the great thing about this menu is nothing will go to waste! I'll use the legs and the thighs and the wings and I'll marinate them and cook them on the BBQ, I'll cut the breasts off and use them for a risotto or a chicken and red rice. Then I'll take that beautiful carcass and put in a pot with some water and herbs and carrot and flavours and make a fantastic stock. See? Easy.

Description: Images of Paul cutting up the chicken are shown.

Paul: So, look at that – beautiful!

Description: Image of chicken breast fillets are shown.

Paul: I'm going to freeze those – we don't waste.

Description: Image of Paul throwing ingredients into a pot are shown.

Paul: All that's going to be beautiful flavour.

Description: Image of Paul making a marinade are shown.

Paul: So just make a marinade

Paul: You know, one of the reasons we waste food is simply because we cook more than we need – so it's really important to start with menu planning and portion sizes.

Paul: See – this has not been too hard has it? It looks good and I tell you, it's going to taste even better!

Description: Image of Paul cooking the chicken on the BBQ.

Paul: Cook it, turn it, cook it.

Description: Image of Paul outside.

Paul: How's that for one ingredient? We've invented three recipes and you could feed up to twelve people. Now that's using the total ingredient! Fantastic!

Description: Image of Paul in the kitchen.

Paul: Now for more handy hints, tips and recipes go to lovefoodhatewaste.vic.gov.au, and remember, always consider menu ideas that embrace leftovers or use the whole ingredient! Bye for now!