

# ZERO WASTE COOKBOOK

Enjoy Sustainable Cuisine  
with Wisdom and Creativity

ZERO WASTE COOKBOOK



**Shenzhen One Planet Foundation**

Shenzhen One Planet Foundation is a 4A non-public raising foundation registered in Shenzhen. Its purpose is to create a bright future in which human beings live in harmony with nature by protecting biodiversity, reducing ecological footprint and ensuring the sustainable use of natural resources.

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The World Wide Fund for Nature (WWF) is the world's most prestigious and largest independent non-governmental conservation organization. It has more than 5.2 million supporters and a global network active in over 100 countries and regions. WWF's mission is to stop the degradation of the planet's natural environment and to build a future in which humans live in harmony with nature, by conserving the world's biological diversity, ensuring that the use of renewable natural resources is sustainable, and promoting the reduction of pollution and wasteful consumption.

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The China Hospitality Association (CHA) is a national association accredited by the Chinese Ministry of Civil Affairs. Founded in 1994, CHA serves enterprises, educational institutions, suppliers, and industry chain companies in the hotel and catering industry across China. CHA has a well-developed framework that covers government affairs, platform services, training, information, and international exchanges. It actively organizes brand activities, promotes the development of a complete industry chain, and provides a platform for industry communication and cooperation. With its extensive network of industry experts, outstanding members, and its access to abundant industry and cross-industry resources, CHA has a significant impact on the hotel and catering industry in China.

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Catalogue

ZERO WASTE COOKBOOK

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# PREFACE



Nowadays, the increasingly refined food processing is gradually making the connection between land and table less distinct. In the fast-paced urban life, we may overlook the hard-earned food on our tables, thus contributing to astonishing levels of waste. Statistics reveal that approximately one third of the global food is lost or wasted, equivalent to around 1.3 billion tons annually.

The time-honored and profound Chinese cuisine has an inherent respect for every ingredient. From steaming and stir-frying to frying, boiling, stewing and more, we can fuse the diverse techniques with creative flair to make the most out of "scraps and leftovers". Therefore, reducing food waste not only upholds Chinese cultural heritage but also aligns with the current wave of environmental consciousness and sustainable development. Inspired by the "Pride on Our Plates" project and the 1st Zero-Waste Cooking Contest, we have compiled the "Zero Waste Cookbook" to encourage innovative approaches to food and ensure that every ingredient is utilized to its utmost potential. This cookbook not only showcases the exceptional culinary expertise of chefs but also explores the harmonious coexistence between humanness and nature.

Each recipe exemplifies the charm of ingredients and guides us to unlock their full potential. Whether it's using leftover ingredients to create new delicacies or combining different materials through creative cooking techniques, these recipes enable us to experience the diverse possibilities of reducing food waste.

Let's work together to address the issue of food waste and find intelligent and innovative ways to reduce waste at every stage of production and processing. We hope that the "Zero Waste Cookbook" will inspire you to optimize your cooking process, turning every dish into a work of art, and making every bite of unwasted food a source of "Pride on Our Plates."

Ding Gan, Secretary General of Shenzhen One Planet Foundation

Frugality and thrift are traditional virtues of the Chinese people, and timeless principles that underpin personal cultivation, family harmony, and effective governance. The Central Committee of the Communist Party of China (CPC) and the State Council have always placed great importance on combating food waste. Since the 18th National Congress of the CPC, President Xi Jinping has repeatedly put forward important instructions, calling for "practicing thrift and opposing waste." In response, local authorities and relevant departments have introduced various policies and measures, enthusiastically promoting the ethos of "practicing thrift and opposing waste", and implementing initiatives like the Clean Plate Campaign to tackle the issue of wastefulness. The catering industry, among others, has also stepped up the efforts to combat food waste, embrace conservation practices, provide eco-friendly services, and foster a culture of sustainable consumption. The China Hospitality Association and other industry organizations have consistently issued appeals, urging the entire sector to take actions for green consumption and against food waste, such as offering smaller portion sizes, supporting the Clean Plate Campaign, implementing separate meal systems, promoting green dining practices, providing consumer reminders, and organizing anti-waste competitions. Food and beverage enterprises have also actively participated in these collective efforts, yielding positive social outcomes.

As the efforts to curb food waste have now entered a more practical phase, it is crucial for society as a whole to actively get involved and shoulder greater social responsibility. Consumers should further embrace the principles of mindful and eco-friendly consumption, while catering businesses are expected to go the extra mile to strengthen meticulous management, cost-effectiveness, and efficiency for food waste reduction throughout the entire food supply chain. The "Zero Waste Cookbook" has been developed with the aim of achieving this objective. It strives to introduce innovative recipes that make the most of leftover ingredients, exploring new culinary creations and applications, and maximizing ingredient utilization to promote a waste-free dining experience. Through this book, we hope to expand and extend the concepts of zero waste processing and innovation, spreading the ethos of anti-waste to every nook and cranny of the catering industry.

The combat against food waste requires a persistent and consistent effort in a steadfast and enduring approach. We call upon all sectors of society to join forces and wage a protracted campaign to promote a culture of responsible consumption. This entails raising awareness among consumers about the value of ordering only what is needed and cherishing food resources. It also means encouraging businesses to adopt sustainable, eco-friendly, and cost-effective production and operational practices. Together, let's spark a new trend of civilized conduct that condemns waste and celebrates conservation, make every effort to minimize waste, embrace frugality, guide consumption, and reap the benefits in the present while leaving a lasting legacy for generations to come!

Chen Xinhua, President of the China Hospitality Association



## SHOP SMARTER, COOK SMARTER, EAT SMARTER

Food is intricately intertwined with nature and humanity. The global food system plays a pivotal role in maintaining ecological balance. It is responsible for over 30% of greenhouse gas emissions worldwide, causing 80% of tropical deforestation. Additionally, it is a key factor in soil degradation, desertification, water scarcity, and the decline of biodiversity.

Meanwhile, approximately one-third of the world's food is lost or wasted, with an annual waste of 1.6 billion tons, including 1.3 billion tons of edible food. Data shows that 14% of food is lost before reaching the retail stage, while 17% is wasted at the consumption stage. Taking action against food loss and waste can lead to an annual reduction in greenhouse gas emissions equivalent to 8% of the total global emissions. By reducing food waste, we not only uphold our traditional virtues but also protect forests, grasslands, wildlife, and water resources.

How can an ordinary consumer reduce food waste through action?



We have summarized a few practical suggestions for daily life: "Shop Smarter", "Cook Smarter", and "Eat Smarter." By flexibly applying these methods, everyone can become a zero waste gourmet.

### Shop Smarter

- To avoid food spoilage, it is advisable to shorten the shopping cycle and opt for fresh and seasonal ingredients. Additionally, consider purchasing some long-lasting food items and regularly adjust your shopping food list. In this way, you can not only enjoy the taste of freshness but also put an end to unnecessary wastage.
- Regularly take inventory of your fridge and pantry and plan your meals accordingly.
- When shopping, buy the right quantity based on the number of diners to prevent ingredients from going bad for the sake of both human health and environmental sustainability.

### Cook Smarter

- Store and handle food correctly. For example, onions, bananas, and potatoes can be stored better outside the refrigerator.
- For seafood and meat, clean and separate them before freezing. Adopt the "first in, first out" policy by placing older items in the front of the fridge and pantry, and newer ones in the back.
- Cook in moderation, preparing portions that you think are appropriate for each meal.
- When cooking, skillfully combine ingredients, make use of leftovers, and try new recipes for delightful surprises.

### Eat Smarter

- Don't judge food by its appearance. Don't reject imperfect-looking vegetables, fruits, and other ingredients to avoid waste. When dining out, try to finish your plate and if you can't, take the leftovers home.
- Additionally, if you can bring your own reusable containers, it's even more environmentally friendly.

03

## ZERO WASTE RECIPES

We encourage the maximized utilization of ingredients.

The following recipes are specifically created for utilizing leftovers, with some suitable for home cooking and others for restaurants.

We hope these recipes will help you become a "zero waste gourmet" and join us in the battle against food waste!



# Renowned Chef Recipes



Xu Juyun  
Chinese Culinary Master, Master of Hunan Cuisine

## Renowned Chef Recipes

Xu Juyun (Chinese Culinary Master, Master of Hunan Cuisine)

# Pepper Salt Spinach Roots

## Main Ingredients

200g spinach roots

## Additional Ingredients

1000g vegetable oil (50g actually consumed), 3g salt,4g chicken powder,10g Sichuan peppercorn oil, 10g sesame oil,150g flour,150g cornstarch,2 eggs, 400g tomato sauce, 5g thirteen-spice powder, 5g chili powder

## Instructions

- 1 Blanch the spinach roots in boiling water. After cooling and draining, marinate them with the seasonings.
- 2 Make a batter by mixing eggs, flour, and cornstarch.
- 3 Heat some oil in a pan and fry the batter-coated spinach roots until golden brown. Remove them from the pan and heat some Sichuan peppercorn oil and sesame oil in the pan. Add a pinch of salt and MSG, then stir-fry the spinach roots. Serve with tomato sauce and pepper salt powder.



## Dish Features

Crispy, tender, and flavorful

Chef's Tip: Control the frying temperature for best results.

Nutrition Facts (per serving): Approximately 7.2g protein, 5g fat, 9.3g carbohydrates, 216mg calcium, 159mg phosphorus, 5.4mg iron

Health Benefits: Promoting blood circulation, reducing bleeding, tonifying yang energy, alleviating internal heat

Spinach roots have a red color and falls into the category of red food, known for its remarkable therapeutic benefits. Spinach root is packed with nutrients, including fiber, vitamins, and minerals, while being low in fat. Interestingly, when people typically select spinach, they tend to consume only the stems and leaves, discarding the root due to its tough texture and less palatable taste. However, the root can actually be utilized more extensively for its numerous benefits.

# Egg-Infused Soybean Residue



### Main Ingredients

200g soybean residue

### Additional Ingredients

2 eggs, 50g green peppers, oil, salt

### Instructions

- 1 Mix beaten eggs with the soybean residue until well blended.
- 2 Heat a pan and add diced green peppers.
- 3 Season with salt, stir well, and drizzle some oil.
- 4 Add the egg-infused bean dregs and stir-fry until cooked. Serve on a plate.

### Dish Features

The soybean residue produced from making soy milk is often overlooked due to its unappealing texture. However, it is rich in protein and low in fat. Additionally, soybean residue is high in fiber, which can help absorb sugar and reduce the body's absorption of excess sugar. By relieving hunger and suppressing fat production, soybean residue can aid in weight loss. The dish "Egg-Infused Soybean Residue" is a flavorful way to transform the otherwise unappetizing soybean residue into a tasty treat through cooking.

Renowned Chef Recipes



Corentin Delcroix  
Senior Chef in French Cuisine and Culinary Innovation



# French Creamy Pea Soup



## Main Ingredients

250g potato, 150g peas,  
180g pea pods

## Additional Ingredients

20g green onion (finely chopped) 15g sunflower seed oil  
50g onion (finely chopped) 900g water  
20g garlic (finely chopped) 22g bread cubes  
10g salt 66g butter  
0.6g white pepper powder

## Instructions

- 1 Peel and dice the potatoes. Chop the welsh onion, finely chop the garlic and onion.
- 2 Heat oil in a pot, add onion, garlic, and green onion, stir-fry over high heat for 2 minutes.
- 3 Add pea pods, continue stir-frying for 1 minute.
- 4 Add peas, potatoes, salt, and white pepper powder, stir-fry for 1 minute.
- 5 Add water, bring to a boil, then simmer over medium heat for 10 minutes. Let it cool, then blend with a blender.
- 6 Cut bread into small cubes of 0.8cm\*0.8cm, sauté in butter until golden brown.

Soup yield: 1250g

## Plating

Pour the soup into a dish, drizzle with a little olive oil, top with bread cubes, and sprinkle with chopped parsley.

# Broccoli Stem Salad

## Main Ingredients

90g broccoli stems

## Additional Ingredients

13g sesame oil 1g Sichuan pepper oil  
15g vinegar 0.2g green onions, finely chopped  
1.5g white sugar 0.5g garlic, minced  
16g soy sauce 0.2g small red chili peppers, sliced

## Instructions

- 1 Thinly shred the broccoli stems and blanch them in boiling water for 40 seconds. Remove and soak them in ice water.
- 2 In a bowl, mix together sesame oil, vinegar, white sugar, soy sauce, and Sichuan pepper oil.
- 3 Finely chop green onions, mince garlic, and slice small dried red chili peppers.



## Plating

Stack the broccoli stems on a plate. Top with chopped green onions, minced garlic, and sliced small red chili peppers. Drizzle the sauce at the base.



Vegetable Scraps

## Vegetable Scraps Steamed Cornmeal-Coated Celery Leaves

Recipe by Gui Jiujiu (Karamay Xuelian Hotel)

### Main Ingredients

Celery leaves

### Additional Ingredients

Cornmeal, salt, Monosodium Glutamate (MSG), chicken bouillon, minced garlic, soy sauce, vinegar, small red chili peppers

### Instructions

- 1 Coat cleaned celery leaves with cornmeal, ensuring every leaf is evenly coated.
- 2 Steam the coated celery leaves in a steamer basket for 3 minutes.
- 3 For the sauce, combine a pinch of salt, 3g MSG, 5g chicken bouillon, minced garlic to taste, 5g soy sauce, vinegar to taste, and small red chili peppers to taste.



### Dish Features

Celery leaves are packed with nutrients, containing higher levels of carotene, vitamin C, vitamin B1, and calcium compared to celery stalks. They are also known for their anti-cancer properties. Traditional Chinese cooking often discards celery leaves, only using the stalks. This innovative dish transforms the slightly bitter leaves into a delicious blend of cornmeal fragrance and the distinct flavor of celery. It's a simple and creative recipe, perfect for reducing food waste in home kitchens.



# Vegetable Scraps

# Vegetable Balls

Recipe by Tang Chengbin (Wanli Restaurant, Longquan City, Zhejiang)



## Main Ingredients

Celery leaves

## Additional Ingredients

Salted tofu, carrots, shiitake mushrooms, eggs, a little ginger

## Instructions

- 1 Blanch the celery leaves in water with a pinch of salt and sugar.
- 2 Finely chop the blanched celery leaves and the additional ingredients. Crush the salted tofu. Finely chop a small amount of ginger. Place all the ingredients in a bowl and mix well. Add 2 raw eggs, 3g each of salt, MSG, and chicken bouillon, and 15g of lard. Thoroughly mix the filling, then add 50g of flour and mix well.
- 3 Heat oil in a frying pan and shape the filling into balls. Fry until golden brown.

## Dish Features

Celery leaves contain a rich array of nutrients and bioactive compounds, including flavonoids, unsaturated fatty acids, minerals, chlorophyll, amino acids and more, which offer various health benefits.

When it comes to reusing celery leaves, turning them into veggie balls after properly cooking to eliminate any bitter taste actually enhances the overall flavor. This not only adds an extra touch to the balls but also provides a great ingredient option for vegetarian appetizers.

# Vegetable Scraps

# Crispy Celery Chicken

Recipe by Zheng Hang (Head Chef, Baxian Restaurant, Ba County)

## Main Ingredients

Celery leaves

## Additional Ingredients

Chicken breast, salt, lard, egg white, ginger-scallion water, 250g all-purpose flour, 50g sweet potato starch, 10g cornstarch

## Instructions

- 1 Wash the celery leaves and remove excess fat and tendons from the chicken breast. Use the back of a knife to gently pound the chicken breast into a paste. Remove any remaining tendons and put the chicken paste in a bowl. Season the chicken paste by adding a pinch of salt and vigorously stirring in one direction. Add a little lard and mix well.
- 2 Add half of the egg white and continue stirring in the same direction.
- 3 Add a suitable amount of ginger-scallion water, 250g all-purpose flour, 50g sweet potato starch, and 10g cornstarch to the chicken paste. Add water and salad oil to make the mixture smoother and fluffier.
- 4 Wrap the celery leaves around the seasoned chicken paste. Dip them in a crispy batter and deep-fry them in medium-heated oil for about ten seconds. Remove from the oil and arrange on a plate.



## Dish Features

Celery leaves are packed with a multitude of vitamins and minerals, which help promote a healthy metabolism, boost immunity, and provide antioxidant properties. With their delightful aroma and refreshing flavor, celery leaves can be incorporated into various dishes as a versatile ingredient or prepared on their own to create delectable culinary delights. The cleaned celery leaves can be cooked using a range of methods such as stir-frying, boiling, or steaming. In this recipe, simple deep-frying transforms ordinary celery leaves and chicken paste into a mouthwatering culinary masterpiece.



## Vegetable Scraps

# Egg and Veggie Pancake

Recipe by Wang Chanjuan (Shenzhen One Planet Foundation)



### Main Ingredients

Refrigerated vegetables

### Additional Ingredients

2-3 eggs, salt, salad oil

### Instructions

- 1 Slice and blanch the refrigerated veggies (carrots, spinach, endive, etc.), then chop into small pieces.
- 2 Beat eggs, add chopped veggies, salt, and optional Sichuan pepper powder or sesame. Mix well.
- 3 Heat oil in a pan, pour in the mixture, and spread evenly. Cook on low heat until the bottom is set, then flip and cook the other side until fully done. Cut into pieces for easy serving.

### Dish Features

No time for daily cooking? Worried about veggies losing freshness in the fridge? No time to shop and only unwanted veggies remain?

Don't waste them! Combine them with eggs for a simple, nutritious Egg and Veggie Pancake.

## Vegetable Scraps

# Fragrant Veggie Roots

Recipe by Zhu Huaibao (Century Golden Source Hotel)

### Main Ingredients

Coriander roots,  
cauliflower stems

### Additional Ingredients

Red pepper strips, carrot strips, small chili peppers, garlic, ginger, 80g granulated sugar, 170g soy sauce, 100g vinegar, a dash of flavor enhancer

### Instructions

- 1 Cut the coriander roots and wash them, then set aside. Peel the organic cauliflower stems and cut them into thin strips. Slice the green pepper into strips and cut the carrot into strips.
- 2 Put all the ingredients into a bowl, add a pinch of salt to draw out moisture.
- 3 Add small chili peppers, garlic slices, ginger slices, 80g granulated sugar, 170g soy sauce, 100g vinegar, and a dash of flavor enhancer (optional).
- 4 Mix well and cover with plastic wrap. Let it sit for 4 hours before serving.



### Dish Features

Coriander roots and cauliflower stems are the "typical kitchen scraps". Today, with this Fragrant Veggie Roots dish, we bring you a delicious appetizer that makes use of these "standard scraps".

By marinating a variety of veggies for a short time, we infuse the roots with the sweetness of sugar, the spiciness of ginger and garlic, the tanginess of vinegar, and the savory goodness of soy sauce. This dish is a perfect appetizer to enjoy over a drink, with its balanced sweet, sour, salty, and umami flavors that tantalize the taste buds and stimulate the appetite. It's a waste-free and scrumptious dish, ideal for both summer home cooking and restaurant menus.

# Vegetable Scraps

# Mom's Classic Delight

Recipe by Chen Yang (Yueshanxuan Hotel, Changshu)



### Main Ingredients

Cauliflower stems

### Additional Ingredients

Garlic, Sichuan peppercorns, pickled peppers, organic vegetable sprouts, ginger, scallions, salt, chicken bouillon

### Instructions

- 1 Wash and chop the cauliflower stems. Prepare 500ml of mineral water and add scallion pieces, ginger slices, a spoon of salt, half a spoon of chicken bouillon, a pinch of Sichuan peppercorns, garlic slices, and two spoons of pickled peppers along with some pickled pepper water.
- 2 Add high-proof liquor to remove any fishy odor and white vinegar for enhanced crispness, and soak the cauliflower stems for 8 hours.
- 3 Heat oil in a wok, add scallions, ginger, garlic, and a few Sichuan peppercorns. Stir-fry the soaked cauliflower stems over high heat.
- 4 Add a touch of chicken bouillon and stir-fry until well-seasoned.

### Dish Features

Cauliflower is packed with dietary fiber, vitamins, and minerals. Ancient Westerners discovered that regular consumption of cauliflower has a soothing effect on the throat, improves vocal quality, moisturizes the lungs, and relieves coughs. This earned cauliflower the nicknames of "nature's gift" and "doctor of the poor". It is also one of the foods with the highest ketone content and contains flavonoids, which act as excellent blood vessel cleansers. Regular consumption of cauliflower can boost liver detoxification and enhance immune function, preventing colds and scurvy. This dish ingeniously utilizes often-discarded cauliflower stems, skillfully seasoned to create a "Mom's Classic Delight". The name and flavors truly evoke a sense of nostalgia.

# Vegetable Scraps

# Creative Cauliflower Stalks

Recipe by Jiang Hangcheng (Hangzhou First Technician College)

### Main Ingredients

Cauliflower stalks

### Additional Ingredients

Hot chili pepper, jalapeno pepper, garlic, rapeseed oil

### Instructions

- 1 Transform the cauliflower stalks into caterpillar-like shapes.
- 2 Trim the excess parts of the cauliflower to form cylindrical shapes, using a rolling knife to slightly round the edges. Cut into halves.
- 3 Slice the halved cauliflower stalks into loosely connected thin pieces, about 2.5-3 centimeters in length, then cut them into smaller segments.
- 4 Soak the cauliflower stalks in pickled chili pepper water, add chopped hot chili pepper.
- 5 Slice two garlic cloves and soak the cauliflower stalks in the pickled chili pepper water, refrigerate overnight to marinate fully.
- 6 The next day, remove the cauliflower stalks from the liquid and stir-fry them.
- 7 After cooling, hold the bottom tightly to shape them into caterpillar-like figures.



### Dish Features

This dish showcases meticulous knife work and presents itself as a picturesque art piece on the plate. It is not just a delightful appetizer but also an artistic creation that offers a dual sensory experience of both visual and taste. With a satisfying crunch and a savory flavor, this dish ingeniously transforms cauliflower stems from scraps into a precious gem with a touch of culinary magic.



## Vegetable Scraps

# Shrimp Tomato Braised Cauliflower Stalks

Recipe by Du Pengfei (Taihe International Hotel, Shuanghe City)



### Main Ingredients

Cauliflower stalks, shrimp heads

### Additional Ingredients

Tomatoes, shrimp meat, pre-made shrimp broth, green onions, salt, MSG, chicken bouillon, sugar, black pepper, salad oil

### Instructions

- 1 Heat a small amount of salad oil in a pan and sauté the green onions and tomatoes.
- 2 Pour in the pre-made shrimp broth, add cauliflower stalks, a pinch of salt, MSG, chicken bouillon, sugar, and black pepper. Cook over high heat for two minutes.
- 3 Add the prepared shrimp meat.

### Dish Features

Cauliflower is a common ingredient in daily meals, but its stalks are often neglected. However, cauliflower stalks are rich in dietary fiber, beneficial for intestinal health, and can even strengthen the kidneys and spleen. Tomatoes are packed with carotenoids, vitamin A, and C, offering anti-aging and skincare benefits. This dish cleverly incorporates shrimp broth made from shrimp heads and tails, along with the often-overlooked cauliflower stalks, showcasing a delightful combination of flavors while emphasizing the importance of reducing food waste.

## Vegetable Scraps

# Mushroom Veggie Spring Rolls

Recipe by Quan Changhai (Junlintianxia Food Co., Ltd., Qingyuan County, Zhejiang Province)

### Main Ingredients

Mushroom stalks

### Additional Ingredients

Carrots, celery, 6 spring roll wrappers, 1 egg

### Instructions

- 1 Shred the shiitake mushroom stalks. Slice celery (50g) and carrots (25g) into thin shreds. Fry the mushroom stalks until golden brown.
- 2 Add oyster sauce and stir-fry the mushroom stalks. Add celery and carrot shreds and continue stir-frying.
- 3 Separate the egg white and yolk. Take a spring roll wrapper, flatten it, and place the stir-fried shreds on top. Roll it into a veggie spring roll.
- 4 Heat oil to medium temperature and fry the veggie spring rolls until golden brown.



### Dish Features

Shiitake mushrooms have a meaty and tender texture, delicious flavor, and unique aroma. They are not only nutritious but also have medicinal properties, making them highly valuable. Shiitake mushroom stalks contain trace elements like manganese, zinc, copper, magnesium, and selenium, which can support normal metabolism and promote longevity. They also have preventive and therapeutic effects, especially for children in mineral-deficient areas. Typically discarded in cooking, shiitake mushroom stalks, when shredded and combined with celery and carrot shreds, create a delightful fusion of fibers. Coupled with the crispy spring roll frying technique, this dish brings out the distinct taste of mushroom stalks. It is a truly exceptional and waste-free vegetarian option.

Recipe by Zhang Ke (Xushengji Restaurant)



Main Ingredients

Radish skin

Additional Ingredients

Salt, cilantro, peaches, millet, chili, garlic slices, ginger slices, salt, chicken bouillon, MSG, sugar, Sichuan peppercorns, soy sauce

Instructions

- 1 Peel and wash the radish, then cut the skin into pieces.
- 2 Mix with 20g of salt and marinate for 3 hours. In 1000g of cool boiled water, add cilantro, peaches, millet, chili, garlic slices, ginger slices, salt, chicken bouillon, MSG, sugar, Sichuan peppercorns, and soy sauce to make a brine. After marinating for 3 hours, squeeze out excess water and bitterness. Place the radish skin in the brine, stir well, cover, and let it soak for another 3 hours.

Dish Features

Dried radishes are rich in nutrients like vitamin C, calcium, iron, and protein. Its high fiber content aids digestion and regulates the intestines. It also contains sulfides, which boost the immune system, fight cancer, and lower blood lipids and sugar. Dried radish can be enjoyed in many ways, such as soaked, stir-fried, or added to soups for enhanced flavor and aroma. Especially in dry autumn and winter, it becomes an important source of hydration and nutrition. Often discarded as leftovers, radish skin showcases culinary skills. Refreshing radish skin may seem like a simple dish, but the subtleties of the soaking process truly reveal its essence.



## Fruit Peels

# Braised Pomelo Peel with Dried Scallops

Recipe by Huang Liyong (Guangzhou Peninsula Investment Group)



### Main Ingredients

Pomelo peel

### Additional Ingredients

Dried scallops, lard, fish broth, salt

### Instructions

- 1 Remove the green layer from the pomelo peel and soak it in boiling water for 25 minutes.
- 2 Rinse with water to remove bitterness. Squeeze out excess water and rinse repeatedly.
- 3 Press the pomelo peel dry and place it on a dish. Add a little lard.
- 4 Arrange the lard-coated pomelo peel piece by piece in a pot. Add fish broth and a pinch of salt. Braise for 35 minutes.
- 5 Slice the pomelo peel.

### Dish Features

Pomelo is a seasonal fruit with many health benefits, including asthma relief, cough suppression, digestion improvement, and spleen strengthening. It is perfect for autumn and suitable for all ages. However, after enjoying the pomelo flesh, people often don't know what to do with the peel. In the past, it was commonly used for making preserves, repelling mosquitoes, or freshening the air.

This dish, Braised Pomelo Peel with Dried Scallops, transforms the ordinary fruit scraps into the star of the plate, making the most use of the ingredients and embodying the essence of "zero waste" cuisine. After the pomelo peel is rendered bitter-free and paired with the refreshing dried scallops and the rich fish broth, the pomelo flesh melts in the mouth, offering a delightful and unique flavor experience.

## Fruit Peels

# Orange Peel Beef Rolls

Recipe by Jiang Man (A culinary student at Guangxi Hezhou Senior Vestibule School)

### Main Ingredients

Orange peel

### Additional Ingredients

puffed rice, chili pepper, minced garlic, eggs, beef, scallions, enoki mushrooms, glutinous rice paper

### Instructions

- 1 Cut orange peel into strips, blanch in boiling water for 1 minute, and soak for 4 hours.
- 2 Cut the beef into strips, marinate it with oyster sauce, soy sauce, salt, chicken powder, and a mixture of water and cornstarch. Stir well.
- 3 Slice the red chili pepper and enoki mushrooms, mince the garlic, and blanch the chili pepper and mushrooms in boiling water for 1 minute.
- 4 Heat oil in a pan to low-to-medium temperature, add the beef and stir-fry until slightly cooked.
- 5 After soaking the orange peel for 4 hours, drain the water and stir-fry the orange peel, chili pepper, enoki mushrooms, beef, oyster sauce, soy sauce, salt, chicken powder, and cornstarch. Transfer to a plate.
- 6 Separate the egg white and yolk. Crush the egg yolk. Take a piece of glutinous rice paper, roll it with the orange peel and beef, seal it with the egg yolk, and coat it with the egg white, followed by puffed rice. Deep-fry the beef rolls in oil at a medium temperature until golden and crispy.



### Dish Features

Orange peel contains a high concentration of vitamin C and essential oils. After being washed and dried, it releases a refreshing fragrance that invigorates and improves air circulation. Orange peel is known for its ability to promote digestion, resolve phlegm, aid in stomach health, and lower blood pressure. It is also a valuable ingredient in traditional Chinese medicine.

In folk kitchens, orange peel is a popular ingredient. It adds a delightful fragrance and enhances appetite when added to porridge. When used in roasting meat or ribs, orange peel brings out the flavors and helps balance the richness.

This dish ingeniously blends orange peel with beef to create flavorful rolls. From the utilization of ingredients, flavor pairing, texture, and presentation, it showcases the young chef's attention to detail and creativity.





Meat Bones & Scraps

## Meat Bones & Scraps

# Fragrant Roasted Pork Bones

Recipe by Zhang Shaowei (Peninsula Investment Group)

### Main Ingredients

Roasted suckling pig meat scraps

### Additional Ingredients

10g light soy sauce, 10g oyster sauce, 40g garlic juice, a pinch of pepper powder, 1g five-spice powder, 20g fermented red bean curd juice, peanut oil, sweet potato starch

### Instructions

- 1 Prepare the suckling pig meat scraps.
- 2 Clean off any blood before marinating.
- 3 Marinate the meat scraps with 10g light soy sauce, 10g oyster sauce, 40g garlic juice, pepper powder, 1g five-spice powder, 20g fermented red bean curd juice, peanut oil, and sweet potato starch. Mix well.
- 4 Heat the oil to 100 degrees Celsius and deep-fry the marinated meat.
- 5 Arrange the dish by placing assorted vegetables as a base, then add the roasted pork bones and salad greens.



### Dish Features

Roasted suckling pig is a must-have dish on the dining table in Guangdong and a highlight of the Manchu Han Imperial Feast. Dating back to the Western Zhou Dynasty, it was already regarded as one of the "Eight Delicacies" and was known as "pao tun" back then. In Jia Sixie's "Qimin Yaoshu (Essential Techniques for the Welfare of the People)", a classic Chinese agricultural encyclopedia, roasted suckling pig is poetically described as having a hue reminiscent of amber and a resemblance to genuine gold, with a melting tenderness that rivals snow and a truly extraordinary creamy succulence. This is a testament to the awe-inspiring culinary skill that existed in ancient China over 1400 years ago.

Traditionally, the pig is deboned before roasting. However, modern chefs have taken this dish to a new level by using the roasted pork bones to create another exceptionally delicious dish. Embracing the zero-food-waste trend, the marvelous utilization of fragrant roasted pork bones has emerged as a remarkable delicacy on par with the iconic roasted suckling pig.

Meat Bones & Scraps

Fragrant Citrus Crispy Pork

Recipe by Hu Yinlin (UI New Land Hotel)



Main Ingredients

Pork scraps and tendon fragments

Additional Ingredients

Onion, sugar, orange juice, cilantro

Instructions

- 1 Slice the pork tenderloin and pork tendons into thin strips.
- 2 Marinate the pork tendons with 1 tablespoon of salt, 1 tablespoon of baking soda, and 5 tablespoons of beer. Let it marinate for 10-15 minutes.
- 3 Cut the vegetables into segments.
- 4 After marinating, rinse the pork tendons with water and drain. Place them in a basin and add the base seasoning: 1 tablespoon of salt, 1 tablespoon of MSG, 1 tablespoon of sugar, and 1 tablespoon of black pepper. Add some pepper and salad oil, and mix well.
- 5 Deep-fry the marinated pork tendons in oil until they turn crispy on the outside and tender on the inside. Remove the fried pork and drain the excess oil. In a hot wok, stir-fry onions and ginger until fragrant. Add the prepared orange peel strips and red bell pepper slices, and continue stir-frying.
- 6 Add the fried pork tendons, a pinch of salt, MSG, sugar, and orange juice. Stir-fry and add cilantro stems.

Dish Features

By utilizing the pork tendons from the loin and enhancing the flavors with tangy orange juice, fragrant red bell pepper, and cilantro stems, the pork tendons are transformed into a mouthwatering dish that exudes sophistication. This fragrant citrus crispy pork not only makes for a perfect appetizer but also showcases the ingenious repurposing of often overlooked pork loin scraps. With its simple preparation and customizable taste, it can be enjoyed as a comforting home-cooked meal or promoted as an enticing specialty dish.

Meat Bones & Scraps

Colorful Crispy Pork Skin with Gong Bao Sauce

Recipe by Yang Shuai (Dongguan Yiyang Catering Management Co., Ltd)

Main Ingredients

Pork skin

Additional Ingredients

Bell peppers, salt, green peas, corn, red peppers, scallions, ginger, Gong Bao sauce, Gong Bao sauce, cashews

Instructions

- 1 Bring water to a boil with salt and oil. Blanch the bell peppers with the pork skin for two minutes, then remove and drain. Blanch the additional ingredients - green peas, corn, and red peppers - in the same water.
- 2 Heat oil in a pan and add scallions and ginger. Add one and half tablespoons of Gong Bao sauce and stir-fry. Add the pork skin and stir-fry until excess oil is cooked off, around one minute. Add the pre-mixed Gong Bao sauce and continue stir-frying. Add the additional ingredients with a little oil and stir-fry. Remove from the pan.
- 3 Transfer the cooked pork skin to a plate and stuff it into the bell peppers. Arrange on a plate, sprinkle with cashews for garnish, and shape with additional peppers.



Dish Features

Gong Bao Chicken is a well-known traditional dish both in China and abroad, found in Shandong cuisine, Sichuan cuisine, and Guizhou cuisine, with variations in ingredients and cooking methods. Its origin is linked to "Jiang Bao Chicken" in Shandong cuisine and "Hu La Zi Chicken" in Guizhou cuisine. It was later refined and popularized by Ding Baozhen, the governor of Sichuan during the Qing Dynasty, and became a new dish called "Gong Bao Chicken", which is also considered a dish from the Beijing imperial court. Gong Bao Chicken has also spread to foreign countries. This dish creatively uses leftover pork skin from banquet preparations instead of traditional chicken and is cooked using the Gong Bao method to reduce greasiness. The pork skin is stuffed into bell peppers, enhancing both the flavor and visual appeal. This innovative approach also aligns with the principle of reducing food waste.



# Meat Bones & Scraps Spicy Tube Bone Meat with Cucumber

Recipe by Liu Yu (Chongqing Gongjia Catering Management Co., Ltd)



### Main Ingredients

Tube bone  
(pig leg bone)

### Additional Ingredients

Ginger, scallions, salt, MSG, sesame oil, sugar, soy sauce, garlic paste, spicy chili oil, mint leaves

### Instructions

- 1 Blanch the tube bone to remove blood and foam, then boil it in a pot for 5 minutes and remove it.
- 2 Place the tube bone in a soup pot with boiling water, add ginger and scallions, cover it, and simmer over low heat for 1 hour.
- 3 Slice the cucumber, place it in a bowl, add a pinch of salt, monosodium glutamate, and sesame oil, mix well, and arrange it on a plate.
- 4 Take out the simmered tube bone, remove the meat from it, and put the meat in a bowl. Add salt, sugar, MSG, soy sauce, ginger, garlic paste, mix well, add spicy chili oil, mix well, and transfer it to a plate. Garnish with scallions and mint leaves.

### Dish Features

In the southern region of China, pig leg bones are an indispensable ingredient. People often simmer pig leg bones into a flavorful soup to nourish their bodies and boost their energy. Similarly, in the northern China, pig leg bones are a classic culinary delight. They are cut into chunks, roasted and simmered to create a delicious and satisfying dish. Many chefs tend to discard the tube bone after making soup, but in reality, there is still plenty of meat and connective tissue left on it. This dish creatively utilizes the meat scraps from the pig leg bone and combines them with a spicy and refreshing dressing. Paired with crispy cucumber slices, it has become a classic cold dish on the dining tables of the Sichuan and Chongqing regions, embodying the principle of reducing food waste.

# Meat Bones & Scraps Pork Skin and Green Pepper Medley

Recipe by He Yingbin (Wansheng International Hotel)

### Main Ingredients

Pork skin, green pepper

### Additional Ingredients

Cooking wine, pickled peppers, ginger, garlic, Chinese celery

### Instructions

- 1 Pan-fry the pork skin to remove any hair and unpleasant odor.
- 2 Place the pan-fried pork skin in water, use a knife to scrape off any remaining hair, make crosshatch cuts on the surface of the pork skin, and then cut it into strips. Pour in cooking wine and pickled pepper powder, marinate the pork skin.
- 3 Heat oil to medium-to-high temperature, add the pork skin and fry to remove excess oil. Remove from the pan.
- 4 Wash the green pepper and Chinese celery, cut them into sections, and stir-fry the green pepper in the pan.
- 5 Add ginger and garlic slices to the pan, stir-fry until fragrant, add Chinese celery and the fried pork skin, stir-fry, add chicken essence, MSG, and spicy sauce, stir-fry, then remove from the heat and plate.



### Dish Features

When it comes to pork skin, many people immediately think of greasiness and oiliness, which often leads to wastage. However, with the right cooking techniques to reduce the oil content, pork skin can be transformed into a simple yet sophisticated "star dish". In this recipe, the combination of pork skin and green pepper perfectly embodies the essence of Chinese culinary culture, with an emphasis on excellent color, aroma, and taste. The collagen in the pork skin adds a tender and velvety texture that harmonizes beautifully with the crisp and refreshing flavor of the green pepper. The lusciousness of the pork fat, combined with the aromatic green pepper, creates an unforgettable dining experience.

## Meat Bones & Scraps

## Sauce-Spattered Tofu & Spicy Delight

Recipe by Wang Jianli (Jiudawan Folk Restaurant in Lantian County)



Pork Belly Strips

### Main Ingredients

One piece of crispy pork belly  
(used for making pork belly strips)

### Additional Ingredients

Goji berries, scallions

### Instructions

- 1 Slice the crispy pork belly into strips.
- 2 Heat oil in a pan and stir-fry the scallions and goji berries. Add spices and then toss in the pork belly strips, stir-frying them until fragrant.
- 3 Cut the tofu into slices and simmer it in the pan. Add salt, chicken powder, vegetable oil, dried chili, and carrot slices, simmer until well-cooked. Remove from heat.
- 4 Serve the stir-fried pork belly strips on top of the tofu.

### Dish Features

Lantian County is not only renowned for its exquisite jade, but also for its skilled chefs and delectable Shaanxi cuisine. The county's Jiudawan, or Nine Big Bowls, is a culinary gem of Shaanxi cuisine. In Lantian, whenever there are weddings or funerals, hosts always honor their guests with Jiudawan's distinguished dishes to demonstrate utmost hospitality. Among the signature dishes, two standouts are Pork Belly Strips and Jujube Meat. When chefs prepare these two dishes, they pay careful attention to ingredient consistency, which results in plenty of leftover shavings and scraps. By using the leftover meat from the iconic Lantian dish Sauce-Spattered Tofu, which was altered during the cutting process, two equally timeless home-cooked dishes are born. This ingenious approach ensures nothing goes to waste while offering distinct and delightful flavors.



Spicy Delight

### Main Ingredients

Green chili, pork belly strips scraps, spinach bread

### Additional Ingredients

Ginger, garlic, chili, pepper

### Instructions

- 1 Dice the meat into small pieces and arrange them on a plate.
- 2 Heat oil in a pan. Add ginger, garlic, chili, pepper, and MSG. Stir-fry until fragrant, then remove from heat and plate.

## Meat Bones & Scraps

## Flavorful Lamb Rolls

Recipe by Xiaoyong Feng (Haofeng International Hotel)

### Main Ingredients

Lamb meat trimmings

### Additional Ingredients

Green and red bell peppers, onions, 5g salt, 5g cumin powder, 5g chili powder, eggs, breadcrumbs

### Instructions

- 1 Dice the lamb meat trimmings into small pieces. Dice the cleaned green and red bell peppers and onions.
- 2 Heat oil in a pan, fry the lamb meat trimmings after cutting, then add the diced bell peppers and onions, and stir-fry.
- 3 Add 5g salt, 5g cumin powder, and 5g chili powder, and stir-fry until well mixed. Plate the mixture.
- 4 Roll the flavorful lamb mixture in spring roll wrappers, trim the ends of the lamb rolls neatly, dip them in beaten eggs, and coat them with yellow breadcrumbs.
- 5 Deep-fry the lamb rolls until they turn golden brown, then arrange them on a plate.



### Dish Features

The abundance of leftover trimmings from grilled lamb chops is expertly repurposed to create flavorful lamb rolls. With a blend of lean and fatty meat, these trimmings elevate the filling, with enriched taste. Paired with bell peppers, onions, and other ingredients, they are cooked to perfection through a combination of stir-frying and deep-frying techniques. These mouthwatering lamb rolls become a delightful dish on any dining table.



# Meat Bones & Scraps

# Bi Feng Tang Style Crispy Beef Brisket

Recipe by Liu Zhengzhong (White House Catering)



### Main Ingredients

Silverside scraps

### Additional Ingredients

Crispy batter, 5g salt, 5g chicken powder, 5g MSG, 5g white sugar, 5g fried garlic, 10g breadcrumbs, 5g fermented black beans, 4-5g dried chili peppers, sansevieria (for garnish), golden willow sprouts (for garnish)

### Instructions

- 1 Heat oil to medium temperature in a wok. Coat the beef scraps evenly with the crispy batter. Fry the coated beef in the wok until golden brown.
- 2 Add the chili peppers, fermented black beans, breadcrumbs, fried garlic. Then put fried beef brisket in the wok.
- 3 Stir-fry and add the MSG, white sugar, and chicken powder. Remove from heat and serve.

### Dish Features

In everyday cooking, there are often beef scraps left over from processing silverside. If these scraps are simply stir-fried or stewed, they may result in less desirable texture, often leaving a feeling of "tasteless but too wasteful to discard." In this dish, we break through the limitations of the meat scraps' natural texture by coating them with a crispy batter and deep-frying them. We then enhance their flavor by adding fermented black beans, garlic, and breadcrumbs. This creates a dish with multiple layers of aroma, crispy on the outside and tender on the inside, with a delightful spicy kick. This method is not commonly seen in beef preparation, showcasing the chef's creativity. It not only caters to the current dining preferences of young people but also offers an innovative dish that aims to minimize food waste. It can be recommended as a unique and inventive dish for restaurants and snack shops.

# Meat Bones & Scraps

# Duck and Chive Pancake Rolls

Recipe by Chen Wei (Ningxia Shiwei Lou Catering)

### Main Ingredients

100g shredded duck meat

### Additional Ingredients

50g chives, 20g cilantro, 5g shredded red bell pepper, 20g Weijixian sauce, 2g salt, 2g chicken powder, 5g minced ginger, 5g chopped green onion, mint leaves (for garnish), sansevieria (for garnish)

### Instructions

- 1 Heat oil in a wok. Add chopped green onion, minced ginger, and shredded duck meat.
- 2 Stir-fry the chives. Add Weijixian sauce, cilantro, and shredded red bell pepper for flavor.
- 3 Season with 2g salt and 2g chicken powder.



### Dish Features

The combination of duck meat and pancakes always satisfies the taste buds of diners. The famous Beijing dish "Peking Duck" is a perfect example of this classic yet still popular flavor pairing, loved by food enthusiasts from all walks of life. During roasted duck preparations, there are often leftover shredded duck meat on the bones. Apart from using it for soup or seasoning with salt and pepper, the shredded meat can be utilized in various creative ways. The Duck and Chive Pancake Rolls are made using the shredded meat from the duck bones and paired with fresh chives. This dish builds upon the traditional duck pancake rolls, taking them to a new level by incorporating local flavors and catering to the preferences of diners. It pays homage to tradition while promoting health and appealing to people of all ages. Guided by the principle of minimizing food waste, this dish makes full use of the shredded duck meat, offering a creative twist by transforming it into pancake rolls that are both innovative and delicious.





## Seafood Scraps

## Prosperous Fish Soup with Three-Color Noodles

Recipe by Wang Lei (Beijing Futianxia Tangruilong Catering Management Group Co., Ltd.)

### Main Ingredients

500g mandarin fish bones

### Additional Ingredients

150g three-color vegetable noodles, 50g baby bok choy, 20g each of scallions and ginger, 10g other vegetables

### Instructions

- 1 Chop and pan-fry the fish bones, then set aside.
- 2 In a pan, sauté the scallions and ginger until fragrant. Add the fish bones, cooking wine, boiling water, cover, and simmer over high heat for 6 minutes.
- 3 Remove the fish bones and add the three-color vegetable noodles. Cook for 4 minutes, then season with salt and white pepper powder. Add the baby bok choy and cook until tender.



### Dish Features

Mandarin fish bones are packed with nutrients like protein and cartilage, making them a prized ingredient in Anhui cuisine, particularly in the famous dish "Stinky Mandarin Fish." Usually, we tend to discard fish bones after extracting the meat. To combat food waste, we simply pan-fry and season the fish bones. Paired with three-color vegetable noodles, the resulting fish soup rivals the richness of meat-based broths. This fusion of land and sea flavors creates a delightful harmony. The three-color vegetable noodles are fresh, aromatic, smooth, and refreshing, boasting vibrant colors that whet the appetite. This dish is versatile for home cooking or as an innovative addition to restaurant menus, showcasing resourcefulness and culinary innovation at its finest.

Recipe by Sun Xiang (Yiwu City and Town Vocational School)



## Main Ingredients

Fish bones

## Additional Ingredients

Salt, MSG, cooking wine, light soy sauce, dark soy sauce, salad oil, green onion, ginger, garlic, white sugar

## Instructions

- 1 Cut the fish bones into uniform three-centimeter segments.
- 2 Place the fish bones on a plate and season them with light and dark soy sauce for flavor and color. Add cooking wine, salt, MSG, and other seasonings for a well-rounded taste. Mix well to ensure each piece is coated evenly.
- 3 Marinate the fish bones with green onion, ginger, and garlic for half an hour. Meanwhile, prepare the seasoning sauce by combining salt, MSG, white sugar, soy sauce, light soy sauce, salad oil, and 250g purified water. Set aside. Heat 1/3 oil to a high temperature in a pan, add and deep fry the fish bones until golden brown. Remove and set aside.
- 4 Simmer the seasoning sauce until thickened. Add the fried fish bones and stir-fry on high heat to infuse the bones with the sauce. Serve the dish garnished with chopped green onion.

## Dish Features

"Smoking" is an intriguing cooking method, with two main types: wood smoking and sugar smoking. Shanghai-style smoked fish, traditionally prepared with sugar smoking, is a beloved dish among the locals. It used to be a staple at family banquets and in local delicatessens before China's liberation. Prior to the modern refrigerator and translation, the local women would simmer soy sauce, rock sugar, green onion, ginger, star anise, cinnamon, and other ingredients to create a rich sauce, in which they would soak the fried fish for preservation. This not only extended its shelf life but also enhanced its flavor. When enjoying fish balls, we often have a lot of fish bones left. What can we do with these fish bones? This dish has transformed them into a unique Shanghai-style smoked fish delicacy. The innovative creation makes the most of the fish bones without waste. By applying the traditional smoking technique with a distinct Jiangsu-Zhejiang flair, the fish bones become infused with flavor, evoking a nostalgic sense of home.

Recipe by Dan Tangcui (Nine Colors Rabbit Catering Management Company)

## Main Ingredients

Rice eel bones

## Additional Ingredients

Ginger, green onion, cilantro, onion, salt, cooking wine, sweet potato starch, cornstarch, table salt, chicken essence, MSG, minced ginger, white sugar, Sichuan peppercorns, ground pepper

## Instructions

- 1 Clean and rinse the rice eel bones, removing any blood. Marinate the bones with ginger, green onion, cilantro, onion, salt, and cooking wine for 5 minutes.
- 2 Mix sweet potato starch, cornstarch, table salt, white sugar, minced ginger, MSG, chicken essence, Sichuan peppercorns, ground pepper, and water to make a thick batter. Pour the batter over the eel bones and mix well.
- 3 Deep-fry the coated eel bones in hot oil until golden brown. Remove and fry them again for extra crispiness and aroma.
- 4 Plate and serve.



## Dish Features

Rice eel bones have the unique ability to clear heat and detoxify the body, making them effective in treating conditions caused by excess heat and skin issues. In southwestern China, there are various ways to prepare eel, with Chongqing-style spicy eel and Guizhou-style sour soup eel being popular choices that usually involve removing the bones. This dish ingeniously utilizes the bones left after extracting the meat from the eels, ensuring no waste. Crispy fried with the distinctive southwestern seasoning, the eel bones acquire a delightful texture that surpasses the meat itself. They make for a perfect appetizer, especially when accompanied by your favorite drink.



Recipe by Luo Jiabin (Guangxi Aquatic Animal Husbandry School)



Main Ingredients

Fish bones

Additional Ingredients

Ginger, green onions, rice wine, salt, white sugar, black pepper, egg, cornstarch, corn flour, salt and pepper powder, green and red bell peppers

Instructions

- 1 Cut the fish bones into small pieces and marinate them with ginger, green onions, rice wine, salt, white sugar, and black pepper. Mix well.
- 2 Add an egg yolk, cornstarch, and corn flour to the marinated fish bones. Mix well and set aside.
- 3 Cut the green and red bell peppers into small pieces. Heat oil in a hot pan until it reaches medium temperature, then add the fish bones and fry for two minutes until they are fully cooked and firm. Remove from the pan.
- 4 Heat the oil to medium-to-high temperature and fry the fish bones again. Remove from the pan.
- 5 Leave a small amount of oil in the pan, stir-fry the bell peppers until fragrant. Add the fried fish bones and stir-fry. Season with salt, pepper powder, and chicken essence. Stir-fry until well mixed. Transfer to a serving plate.

Dish Features

Hengzhou fish salad, also known as "liang pian", is a celebrated traditional delicacy in Guangxi. It has long been hailed as the epitome of local culinary expertise and dining culture, earning the title of "signature dish" among the Hengzhou locals. When it comes to showcasing the finest cooking techniques and hospitality standards, nothing compares to Hengzhou fish salad. Interestingly, even the leftover fish bones, after extracting the meat, can be skillfully repurposed to create a side dish that complements the fish salad, adding an extra touch of visual appeal. While fish bone soup is a popular way to minimize waste, the preparation of Pepper Salt Fish Bones offers an alternative method that suits both restaurants and everyday home cooking.

Recipe by Yang Jin (Renaissance Wuhan Hotel)

Main Ingredients

400g rice eel bones

Additional Ingredients

150g winter melon peel, 200g water tofu, 5g dried shrimp, 8 goji berries, ginger, salt, peppercorns, broth, chicken bouillon, cooking wine, green onions

Instructions

- 1 Blanch the rice eel bones in cold water to remove impurities, then drain and pat dry. Heat a little lard in a pot and sauté sliced ginger until fragrant.
- 2 Add the eel bones and sear them on both sides until golden. Pour in a splash of cooking wine, followed by hot water. Transfer everything to a clay pot and simmer.
- 3 Cut the winter melon peel into chunks and add them to the clay pot. Let it simmer on low heat for 30 minutes. Cut the water tofu into small pieces and add them, along with the dried shrimp, goji berries, salt, cooking wine, and pepper, to the pot.
- 4 Once it boils, season with MSG, a few drops of sesame oil, and sprinkle with green onions.



Dish Features

Rice eel bones are often discarded, but they are a hidden treasure of nutrition. Rice eel bone soup is not only rich in nutrients but also contains a unique substance called "Eel Essence" which has remarkable benefits. It can help clear heat, detoxify the body, soothe pain, reduce swelling, and promote intestinal health. It's also known to regulate blood sugar levels, making it an excellent choice for those with hemorrhoids or diabetes. What's more, eel is low in fat and abundant in DHA and lecithin, essential nutrients for our brain cells and vital organs. The combination of eel bones and winter melon peel creates a delightful and nourishing soup that not only satisfies your taste buds but also boosts your overall well-being. It's a perfect choice for replenishing energy and promoting vitality.

Recipe by Wu Lei (Xianning Liantou Xiangcheng Quandu Hotel)



## Main Ingredients

Fish fillet, fish head, fish tail

## Additional Ingredients

Ginger slices, scallion sections, salt, MSG, chicken essence, white sugar

## Instructions

- 1 Prepare fresh grass carp, leaving a little bit of the tail for shaping later. Clean the black film and internal organs, then dissect the fish.
- 2 Transform the fish fillet and fish bones into small cubes.
- 3 Begin the marinating process by adding ginger slices, spring onion sections, salt, MSG, chicken powder, and white sugar. Mix well to ensure even coating and marinate for 15-20 minutes.
- 4 Fry breadcrumbs, fermented black beans, and minced garlic in oil for 15-20 seconds at low temperature until a light golden color, then remove and drain excess oil.
- 5 Mix eggs, flour, cornstarch, and custard powder to make a batter. Dip the fish in the batter and deep fry until golden. Fry it a second time for extra crispiness.
- 6 Prepare diced green and red bell peppers, diced onions, white sesame seeds, sesame oil, and chopped scallions.
- 7 Sauté the seasoned pepper salt until fragrant, add white sesame seeds, then use the residual heat of the pan to sprinkle our pepper salt mixture. Finally, garnish with chopped scallions to enhance the fragrance and appearance.

## Dish Features

Before the 1990s, a sizable population in the Bi Feng Tang (Storm Shelter) area called the water their home, with many being fishermen or descendants of water-dwelling communities. They developed a distinct water culture that set them apart from the mainstream culture of Hong Kong. The highlight of this dish is the unique flavor of fried garlic, lovingly referred to as "Golden Garlic" by Cantonese people. What makes it special is its crispy and fragrant texture, without being greasy. The combination of garlic aroma, spiciness, and the umami taste of fermented black beans creates a perfectly balanced flavor. Fish meat and fish tails are often left unused. This dish ingeniously utilizes the fish fillet from the fresh grass carp, along with the fish head and fish tail, blending them with Bi Feng Tang seasoning and other ingredients to create a "whole fish" dish. Not only does it follow the principle of minimizing waste, but it also showcases the flavors and presentation of the fish in a delightful manner.

Recipe by Xia Shun (Chongqing Jiahe Catering Culture Co., Ltd)

## Main Ingredients

Fish skin

## Additional Ingredients

Ginger, scallions, salt, white wine, pepper, Sichuan peppercorns, shredded chili, bread-crumbs, salted chicken powder, cilantro

## Instructions

- 1 Clean and cut the fish skin into strips. Place them in a bowl and add ginger, scallions, salt, pepper, and white wine.
- 2 Mix well and marinate for 2-3 minutes.  
In a clean pan, sauté the salt and pepper. Heat the pan and add pepper, Sichuan peppercorns, and salt. Stir-fry until the white salt changes color.
- 3 Transfer the salt and pepper mixture to a cutting board and finely chop it.
- 4 Heat oil in a pan to around medium-to-high temperature. Add the fish skin strips one by one and fry until they turn golden brown. Remove from the pan.
- 5 Leave a little oil in the pan and add shredded chili. Stir-fry until fragrant. Add breadcrumbs and continue to stir-fry with the fish skin. Sprinkle with salted chicken powder for color and aroma. Add the homemade salt and pepper mixture and stir-fry until well combined. Finally, add cilantro, stir-fry thoroughly, and serve.



## Dish Features

Fish skin is often discarded when making dishes like sour and spicy fish or fish cakes. However, when fried with salt and pepper, and especially with the addition of breadcrumbs, it can be transformed into a culinary delight. This dish features fish skin as the main ingredient, seasoned with various spices, resulting in a crispy and aromatic delicacy. Fish skin can be collected from fish vendors. With each bite, you will first experience the satisfying crunch, followed by layers of flavors and a delightful aroma that lingers on the palate. Whether for a family gathering or a special banquet, Pepper Salt Fish Skin is a popular dish that will continue to be enjoyed at dining tables.



## Seafood Scraps

# Pepper Salt Fish Scales

Recipe by Hu Yuming (Liantou Peninsula Hotel & Resort)



### Main Ingredients

250g grass carp fish scales

### Additional Ingredients

50g chopped bell peppers, 5g salt, 3g chicken bouillon powder, 5g seasoned salt and pepper, 20g ginger, 10g scallions, 10g Huadiao wine

### Instructions

- 1 Rinse the fish scales to remove any fishy smell. Marinate them in a mixture of 5g salt, 3g chicken bouillon powder, ginger, and scallions. Rub the mixture onto the scales and add Huadiao wine to enhance the flavor. Let the scales marinate for 8-10 minutes.
- 2 Remove any excess moisture from the fish scales. Heat oil to about medium-to-high temperature and deep-fry the scales until they turn triangular and crispy. Repeat the frying process once.
- 3 Soak the broccoli stems in water for 2 hours, then arrange them on a serving plate. Stir-fry the chopped bell peppers until fragrant, then stir-fry them together with the fish scales. Plate and serve.

### Dish Features

Fish scales are rich in protein, fat, vitamins, iron, zinc, calcium, essential trace elements, and collagen. They also contain various unsaturated fatty acids that can reduce cholesterol buildup on blood vessel walls, preventing conditions like arteriosclerosis, high blood pressure, and heart disease. In some regions, fish scales are even used for decorative purposes. The scales of many fish have patterns that represent the age of the fish. This dish makes use of fish scales, coating them in a flavorful blend of salt and pepper, resulting in a plate of crispy and mouthwatering delights that resemble "golden armor."

## Seafood Scraps

# Fish Scale Jelly

Recipe by Zeng Wenjie (World Wide Fund for Nature Beijing Office)

### Main Ingredients

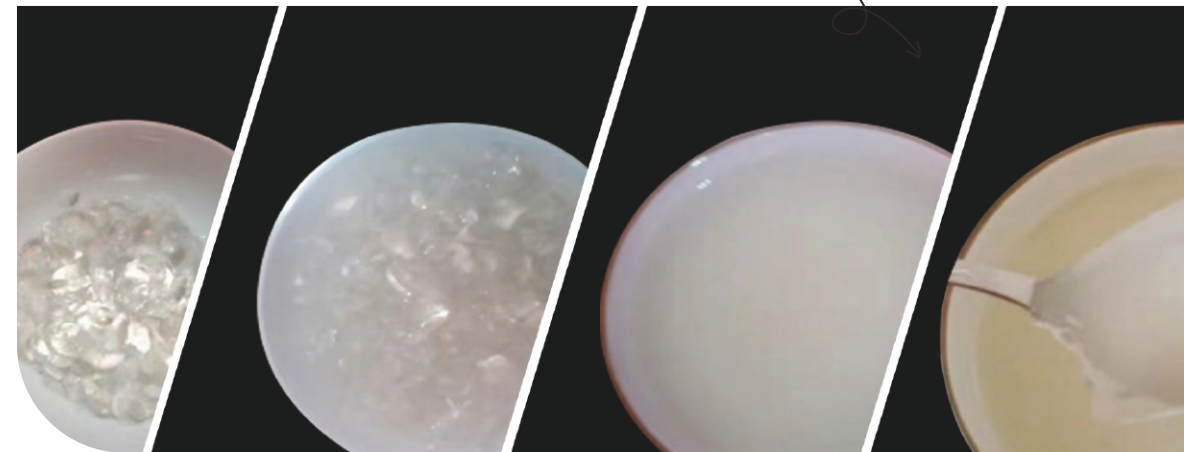
Fish Scales

### Additional Ingredients

Sichuan-style soy sauce, chili sauce, etc.

### Instructions

- 1 Gather unused seafood: When purchasing fish, kindly request the fishmonger to save the fish scales for you to take home.
- 2 Rinse the fish scales thoroughly and place them in a bowl.
- 3 Add enough water to the bowl, ensuring that it covers the fish scales completely.
- 4 Steam the bowl for at least 20 minutes until the fish scales turn white and curl, releasing all the gelatin into the water.
- 5 Strain out the fish scales, but retain the water infused with the gelatin.
- 6 Allow the strained water to settle at room temperature or in the refrigerator for a minimum of 10 hours until the gelatin solidifies, transforming the liquid into a jelly-like consistency.
- 7 Add your desired seasonings, such as Sichuan-style soy sauce, chili sauce, or any other preferred combination.



### Dish Features

Fish scales are often disregarded as mere leftovers. However, they are rich in gelatin, making them ideal for creating fish scale jelly. Extracting the gelatin and incorporating it into dishes not only enhances the nutritional value but also adds a delightful burst of flavor. It's worth noting that you can even skip purchasing fish and simply request a bowl of fish scales from your local fishmonger.



# Seafood Scraps

## Shrimp Broth Cabbage and Tofu Stew

Recipe by Yin Jianan (Head Chef at Futianxia)



### Main Ingredients

200g shrimp shells and heads

### Additional Ingredients

200g cabbage leaves, 150g tofu, 20g ginger slices, 20g scallions

### Instructions

- 1 Peel and slice the ginger, and dice the tofu. Set aside. Heat oil in a pot until it reaches medium temperature, then add scallions and ginger. Sauté until fragrant. Add the shrimp heads and shells, stir-fry over high heat, deglaze with cooking wine, and add boiling water. After boiling for 6 minutes, remove the shrimp heads and shells.
- 2 Add cabbage and tofu, season with salt and white pepper. Stew for 4 minutes and then serve. Peel and slice the ginger, and dice the tofu. Set aside. Heat oil in a pot until it reaches medium temperature, then add scallions and ginger. Sauté until fragrant. Add the shrimp heads and shells, stir-fry over high heat, deglaze with cooking wine, and add boiling water. After boiling for 6 minutes, remove the shrimp heads and shells.
- 3 Add cabbage and tofu, season with salt and white pepper. Stew for 4 minutes and then serve.

### Dish Features

In everyday cooking, shrimp heads and shells are often discarded as "scraps", barely considered as ingredients. However, they are packed with protein, trace elements, and calcium carbonate, offering benefits like calcium supplementation, osteoporosis prevention, blood pressure and cholesterol reduction, and boosted immunity. Simultaneously, when used creatively, they can become the "essence" of dishes, even transforming into the highlight. For instance, in traditional snacks from Fujian and Guangdong, there's a dish known as "shrimp noodles." Its distinctive and flavorful broth is crafted by simmering shrimp heads, shells, and tails. The resulting broth is delectable and visually appealing, with the shrimp meat in the soup maintains its original taste. Combined with plain alkaline noodles, it creates a unique "flavor of the sea". This dish ingeniously repurposes common leftovers such as cabbage and tofu in shrimp broth, offering an excellent strategy to minimize food waste in day-to-day cooking. For restaurant owners, it also serves as a visually captivating dish with a distinctive selling point.

# Seafood Scraps

## Prawn and Vegetable Broth Medley

Recipe by Li Hua (Qinhuangdao Haitianyise Catering Co., Ltd.)

### Main Ingredients

10 Bohai prawn heads

### Additional Ingredients

Scraps of golden crispy shrimp, poached shrimp eggs, 200g diced potatoes, 50g fresh scallop slices, a mixture of celery leaves, turnip, oilseed rape leaves, and crown daisy stems (totaling 500g), 50g crispy frying flour, 50g cornmeal, eggs, 500g clear chicken broth

### Instructions

- 1 Use a small amount of oil. Heat until the oil reaches medium temperature and then add the prawn heads. Fry over low heat for about two minutes.
- 2 Pour in 500g prepared chicken broth, add diced potatoes, 5g salt, and 5g MSG. After seasoning, simmer for 5 minutes, then serve in bowls.
- 3 Mix the green vegetables, cleaned vegetable roots and leaves, eggs, crispy frying flour, salt, MSG, and other seasonings evenly. When the oil temperature reaches 50% heat, place spoonfuls of the vegetable mixture into the oil and fry for about three minutes until the exterior turns golden brown and crispy. Remove from the oil.
- 4 Offer garlic paste and pepper-salt dipping sauce before plating.



### Dish Features

Repurposing the "heads and tails" of the signature dish, Golden Crispy Shrimp, this innovative creation combines a flavorful prawn broth with vegetable fritters. The resulting amalgamation of flavors in the vegetable-infused broth and the richness of the prawn soup, coupled with the satisfying crispiness of the vegetable fritters, caters to palates of all ages. This creative dish is applicable in both restaurant and home kitchens, showcasing culinary ingenuity.

Seafood Scraps

Steamed Goose Egg with Shrimp Oil

Recipe by Tang Zhaobiao



Main Ingredients

300g shrimp heads

Additional Ingredients

50g sweet peas, 8 goose eggs, salt

Instructions

- 1 Peel the shrimp heads and shells and marinate the shrimp meat with salt.
- 2 Make a small opening in the goose eggs and separate the egg yolks and egg whites. Clean the goose eggshells thoroughly with water and set them aside.
- 3 Heat oil in a pan and sauté the shrimp heads and shells over medium-low heat until they become fragrant. Gently press on the shells with the back of a spoon to extract more shrimp oil.
- 4 Add boiled water and cook for 30 minutes. Then pour out the shrimp oil and reserve it. Take 2 cracked goose eggs, add shrimp oil to them, and then combine the egg mixture with the prepared shrimp oil broth. Season with salt and mix well.
- 5 Pour the egg mixture back into the cleaned goose eggshells, ensuring an even distribution with a small spoon. Place the eggs in a steamer set to 90 degrees Celsius, and steam for 10 minutes until the eggs are fully cooked.
- 6 Boil water in a pot and blanch the sweet peas. Once the water is boiling, quickly blanch the seasoned shrimp meat.
- 7 Place the blanched shrimp meat into the cooked goose eggshells and garnish each egg with two sweet peas.

Dish Features

Goose eggs are abundant in nutrients such as proteins, fats, minerals, and vitamins, making them an excellent nutritional source for the elderly, children, and individuals with weak constitutions or anemia.

This dish presents an innovative approach to utilizing shrimp heads and shells to produce shrimp oil, which is then harmoniously combined with goose eggs within their shells. The addition of vibrant sweet peas not only enhances the visual appeal but also provides a nutritionally balanced and exquisite "miniature" presentation.



Grain Leftovers & Residue



# Rice Jelly

Recipe by Sha Wenxuan (School of Tourism and Culinary Science, Yangzhou University)



Main Ingredients

Rice and glutinous rice paste

Additional Ingredients

Pork, garlic, bean sprouts, dried tofu, dark soy sauce, salt, chicken powder, chopped scallions, gelatin sheets

Instructions

- 1 Soak the rice and glutinous rice in water for 8 hours, then blend them together in a blender until smooth. Pour the mixture into a cloth bag and let it filter overnight. Remove the mixture from the bag and knead it into a smooth dough. Add some water as needed while kneading.
- 2 Heat oil in a pan and sauté the garlic until fragrant. Then, stir-fry the filling mixture.
- 3 Add the pork to the pan and stir-fry until partially cooked. Add the bean sprouts, dried tofu, and other vegetables, and continue stir-frying. Season with dark soy sauce, salt, chicken powder, and chopped scallions. Cook until the filling mixture is done.
- 4 Heat a pot and pour in the rice paste. Utilizing the leftover ingredients, add the filling mixture to the pot. Cook for 1 minute and remove from heat. Once cooled to 50°C, add two gelatin sheets. Place the pot in the refrigerator and let it set. Serve in a dish.
- 5 Prepare the dough, fill it with the filling mixture, and shape it into desired forms. Steam the rice jelly for 8 minutes and remove from heat.

Dish Features

This dish creatively utilizes leftover rice and glutinous rice paste, making the most of its vitamins, minerals, and starch to create a unique rice jelly. It showcases the culinary skills and ingenuity of a young chef. With meticulous preparation, the rice jelly has a delightful texture that is smooth, tender, and refreshing. The flavorful and aromatic soup, combined with the well-balanced filling mixture, produces a dish that is both innovative and delicious.

# Soybean Residue Meatballs in Vinegar Sauce

Recipe by Chen Ligang (Shiwei Lou Restaurant, Yinchuan, Ningxia)

Main Ingredients

200g soybean residue

Additional Ingredients

200g ground pork, ginger, chopped scallions, chicken powder, salt, cornstarch, eggs, vinegar sauce, sesame seeds, lard, starch

Instructions

- 1 Heat oil in a pan and add 100g of lard. Stir-fry the soybean residue until cooked and remove any bean smell.
- 2 Transfer the fragrant soybean residue to a bowl and mix it with the ground pork.
- 3 Add 10g of salt, 10g of chicken powder, 20g of chopped scallions, and 20g of ginger to the mixture. Mix well.
- 4 Add two eggs and an appropriate amount of cornstarch. Stir until well combined. Pour in and heat salad oil to low-to-medium temperature. Fry the meatballs until golden brown.
- 5 Add the prepared vinegar sauce and stir. Add starch slurry for thickening, then add the fried meatballs. Coat the meatballs evenly.
- 6 Before serving, drizzle some hot oil and sprinkle with sesame seeds. Garnish with mint leaves.



Dish Features

In everyday life, soybean residue left after making soy milk is often wasted. However, soybean residue still contains nutrients such as lecithin and soy protein. This dish creatively utilizes soybean residue by combining it with ground pork and various seasonings. The stir-frying process removes the bean smell and infuses the fragrance of lard into the soybean residue. Soybean residue is not just a leftover ingredient but has been used in many excellent Northern and Southern Chinese dishes. The highlight of this dish is that the soybean residue is not only stir-fried but also incorporated into the meatballs. The fragrance of the soybean residue helps balance the greasiness of the meat, and the vinegar sauce adds a tangy and savory flavor. This dish showcases the chef's creativity in reducing food waste and is a delicious and popular choice for both home cooking and restaurant menus.



# Mushroom-infused Tofu Skillet Cake

Recipe by Zhang Yongling (Junlintianxia Cuisine Co., Ltd., Qingyuan County, Zhejiang Province)



Main Ingredients

1000g soybean residue

Additional Ingredients

130g finely chopped shiitake mushrooms, 220g minced meat, 3 eggs, 10g green onions, 200g cornstarch, 10g garlic chives

Instructions

- 1 In a bowl, mix soybean residue, minced meat, shiitake mushrooms, and green onions.
- 2 Add a pinch of salt, chicken essence, MSG, and eggs. Mix well. Add cornstarch and continue mixing until the mixture becomes a cohesive texture. Press the mixture into a flat iron tray.
- 3 Steam the mixture and let it cool. Slice into thick pieces.
- 4 Heat some oil in a pan. Fry the tofu cake until both sides turn golden brown. Add chopped green onions for extra flavor.

Dish Features

This dish is a creative "Tofu Residue Revival". By combining meat and vegetables and transforming them into a pan-fried cake, it takes the "fragrance of residue" to a whole new level. This refreshing snack offers a fresh solution for using leftover tofu and vegetables.

"Pride on Our Plates" Zero-Waste Cooking Contest The second prize

# Dual-flavored Soybean residue

Recipe by Zheng Weihua (The Pearl Boutique Hotel Group)

Main Ingredients

Soybean residue

Additional Ingredients

Fried dough sticks, cilantro roots, water chestnuts, chopped pickled mustard greens, bamboo shoots, minced meat, carrot, eggs

Instructions

- 1 Cut fried dough sticks, cilantro roots, water chestnuts into small pieces. Get all the ingredients in place. Heat oil in a pan. Stir-fry pickled mustard greens, bamboo shoots, minced meat, and carrots. Season with spices.
- 2 Add soybean residue and cilantro stems. Stir-fry until well combined. Then add fried dough sticks and continue cooking until fully incorporated.
- 3 Make soybean residue patties by mixing residue, eggs, chopped pickled mustard greens, bamboo shoots, minced meat, shrimp skins, and flour. Shape the mixture into small patties and fry them until golden brown on both sides.



Dish Features

This dish captures the essence of the renowned Southern Song Dynasty delicacy "Bo Jin Zhu Yu" from Lin Hong's "Mountain Family's Clear Offering (Shan Jia Qing Gong)". Bo Jin" refers to the tender shoots of bamboo, which are delicately combined with thin noodles and pan-fried in oil to enhance the flavor. "Zhu Yu" involves cutting the bamboo shoots into square pieces and cooking them with white rice to create a porridge. By incorporating soybean residue in two distinct ways - one being soft and tender, and the other crispy and fragrant - this dish beautifully contrasts and harmonizes the flavors.

Grain Leftovers & Residue

Soybean Residue Lion's Head Meatballs

Recipe by Huan Chuanming (Yangzhou University)



Main Ingredients

Soybean residue

Additional Ingredients

Pork belly, shrimp, bamboo shoots, water chestnuts, eggs, greens, scallions, ginger

Instructions

- 1 Dice the pork belly, shrimp, water chestnuts, and bamboo shoots into small cubes. Julienne the ginger. Season with salt, pepper, and a dash of MSG. Add the diced ingredients to the mixture along with cooking wine. Mix in the starch and soybean residue. Sprinkle a little scallion and ginger water, and vigorously stir until well combined.
- 2 Simmer the bone broth and shape the meat mixture into meatballs. Cook them in the broth, remove from heat, and plate.

Dish Features

Tofu is a beloved staple in Chinese cuisine, while its residue is often discarded as mere scraps. However, this dish ingeniously transforms soybean residue into a mouthwatering and healthy culinary creation, breathing new life into this humble ingredient.

The pairing of meatballs and soybean residue is a match made in culinary heaven, captivating everyone with its irresistible flavors. The tantalizing fragrance permeates the air, while the taste on the palate is simply irreplaceable.

Grain Leftovers & Residue

Crispy Fried Salted Egg White Vegetable Rolls

Recipe by Huang Jiuqi (Zhijin Hotel, Bijie City, Guizhou)

Main Ingredients

30g soybean residue

Additional Ingredients

Salted egg whites, 30g milk, 10g tomato, 1 egg, a pinch of chopped green onion, 20g red breadcrumbs

Instructions

- 1 Mix salted egg whites and milk together. Heat oil in a pan and stir-fry the mixture until cooked. Transfer to a bowl.
- 2 Add soybean residue, chopped tomato, MSG, salt, pepper, and sesame oil to the bowl. Mix well. Pour in the salted egg white mixture and mix again. Add chopped cucumber.
- 3 Wrap the mixed filling with wafer paper into a strip shape. Coat it with beaten egg and breadcrumbs.
- 4 Heat oil in a pan. When the oil reaches medium-to-high temperature, fry the wrapped wafer sticks until golden brown. Remove from the pan and plate.



Dish Features

Many classic dishes only use salted egg yolks, leaving the salted egg whites unused. Soybean residue, a byproduct of tofu production, is often discarded. Salted egg whites and soybean residue are ingredients that are easily wasted in the kitchen. However, when combined, they create unexpectedly delicious dishes. The salted egg whites, which are often discarded after making mooncakes, bring a unique texture and flavor to the vegetable rolls. The combination of the savory taste of salted egg whites and the soft texture of soybean residue makes the vegetable rolls delicious. By utilizing these ingredients, we can avoid food waste and enjoy the delightful experience of exploring new and tasty food combinations.



Recipe by Mo Yilin (Guangxi Hezhou Senior Vestibule School)



### Main Ingredients

Soybean residue

### Additional Ingredients

Pomelo peel, cornstarch, flour, scallions, ginger, shiitake mushrooms, bean paste, beef tendon

### Instructions

- 1 Blend the bean paste and soybean residue in a blender until smooth. Mix the flour, cornstarch, and orange juice into the blended mixture, kneading it vigorously into a smooth dough. Sprinkle some dry powder and roll it out into thin bean skin.
- 2 Use a mold to press the bean skin into the shape of rose petals. Thread them together counterclockwise with toothpicks, forming a rose-shaped pattern. Brush thick starch water onto the gaps at the bottom of the rose petals, sticking them together. Place them on a plate. Heat oil to low heat and fry them.
- 3 Make a sweet and sour sauce by thickening the sugar and vinegar mixture. Once it starts to bubble, add thick starch water while stirring continuously. Turn off the heat and let it cool. With the petals facing up, evenly drizzle the syrup over them and plate.
- 4 Prepare the red-braised beef with pomelo peel by peeling the pomelo skin and removing the green layer. Cut the rectangular pomelo peel into halves from the side.
- 5 Take a piece of beef with tendons, remove and chop the membrane. Chop the ginger and mix it with some scallions for basic seasoning.
- 6 Boil the pomelo peel in hot water until soft, then transfer it to a bowl. Rinse it for 10 minutes, squeeze out the excess water from the pomelo peel, and stuff the filling into each piece, creating stuffed pomelo peels.
- 7 In a pot of boiling broth, add salt, chicken essence, and the stuffed pomelo peels to cook until done. Remove them and place in a bowl.
- 8 In the same pot, add a little salt, chicken essence, and thicken the broth. Pour the sauce over the stuffed pomelo peels and plate.

### Dish Features

Soybean residue is packed with protein, lysine, tryptophan, and methionine, making it a hair-nourishing ingredient. It's also a rich source of magnesium, which supports the function of the ear arteries and softens the blood vessels in the inner ear. Additionally, it's high in calcium, which promotes brain health, boosts immunity, and has a calming effect. The highlight of this dish lies in its ingenious use of soybean residue and pomelo peel, often considered leftovers, along with the fruity essence of orange juice. The result is a visually stunning and creatively crafted culinary masterpiece that offers a delightful combination of flavors and textures.



Granted by the EU "SWITCH-Asia" program, the "Pride on Our Plates" project was launched in September 2020 .and spearheaded by the Shenzhen One Planet Foundation. The project aims to to strengthen China's MSMEs (micro, small and medium-sized enterprises) through proven food waste solutions and replicate best practices throughout the industry.



"Pride on Our Plates"  
WeChat Mini Program QR Code



The The Care for Food - Food Loss and Waste Reduction Initiative" was jointly initiated by the World Wide Fund for Nature (WWF) Beijing Office and eight non-governmental organizations, associations, enterprises, and investment institutions from the catering industry during the "2023 Earth Hour" event. This initiative encourages all stakeholders in the industry to take action on reducing food loss and waste – from supervision and management, technological innovation, smart operations, green finance, to industry standards, and public education.