

WE rarely think twice when tossing garlic peels or mushroom stems into the bin. Regarded as food waste, these scraps are casually discarded when we cook.

Saving Graze, a social enterprise that rescues surplus food and connects people to food with purpose, is encouraging us to rethink this habit. With a pinch of creativity, these food scraps can be transformed into something delicious.

"It's not just about being resourceful for the sake of it. It's about curiosity," founder and chief executive officer Clara Wan shared. "When you get curious

about an ingredient instead of writing off a part of it as 'waste', you start to discover there's so much more value in what you've already been given."

When Wan first opened Graze Market seven years ago, offering fresh produce and fruits that may not look aesthetically perfect, she noted an instinctive discomfort

among consumers with anything that did not look perfect.

"That taught us something important early on that we couldn't just sell the produce as is and hope people would come around and support this 'impactful' initiative," she said.

In response, Saving Graze shifted its focus to processing –

taking that same produce and turning it into higher-value products. And over the years, Wan has observed a positive shift among the consumers.

"More Malaysians today understand what food loss actually is, and there's a lot more openness to buying imperfect or surplus food. That's encouraging

because it means the conversation is moving in the right direction."

Here, Wan shared three recipes with *StarESG* that use ingredients often discarded as food waste. These dishes were served during the recent ESG Festival hosted by Taylor's Education Group.



Don't toss those scraps

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Stir-Fry Watermelon Rind

Ingredients

- **2 cups** Watermelon rind (skin removed, julienned)
- **1 cup** Carrots (julienned)
- **1/2 cup** Capsicum (cut into thin strips)
- **1 inch** Ginger (minced)
- **1 clove** Garlic (minced)
- **1 tbsp** Honey
- **1 tbsp** Soy sauce
- **1 tbsp** Fish sauce (optional)
- **2 tbsp** Sesame oil
- **1/4 cup** Mint leaves (optional)
- **1/4 cup** Cilantro leaves (optional)

Methods

1. Mix honey, soy sauce and fish sauce (if using) in a bowl until well combined to make the sauce.
2. Heat sesame oil in a large pan over medium-high heat. Add minced ginger and garlic. Stir-fry for about 30-60 seconds until fragrant and slightly translucent.
3. Add watermelon rind and carrots to the pan. Stir-fry for

- 4-5 minutes until they begin to soften. Then, toss in bell peppers and chopped cilantro.
4. Pour the prepared sauce evenly over the mixture. Toss for another 2 minutes until the vegetables are soft and well coated in the sauce.
5. Garnish with some mint leaves to serve and enjoy!

Vegan Meringue

Ingredients

- **1/2 cup** Aquafaba (liquid from canned chickpeas)
- **1/4 tsp** Cream of tartar
- **1/2 cup** Fine granulated sugar
- **1 tsp** Vanilla extract

Methods

1. Preheat the oven to 90°C.
2. Whip aquafaba and cream of tartar on high speed for 5 minutes until soft peaks are reached. (Pro tip: Ensure your mixing bowl and whisk are completely clean, dry and oil-free.)
3. Keeping the mixer on high speed, add in sugar about a tablespoon at a time, followed by the vanilla extract.
4. Continue mixing on high speed until stiff peaks are reached. (Pro tip: You should also be able to flip the bowl upside down without anything shifting!)
5. Fill the meringue into a piping bag fitted with a star piping tip.

6. Pipe the meringue onto a baking sheet into your desired shape.
7. Bake at 90°C for 2 hours.
8. Cool the meringues in the oven for about 10-20 minutes until only slightly warm to the touch. (Pro tip: To check if they're done, remove one from the oven and let it cool for a minute. Gently break it open. If the middle is no longer gooey, they're ready! If it's still soft, keep baking until they are completely crisp.)

Note: Top the meringues with passion fruit jam or lemon curd, or enjoy them as it is! For the extras, keep them in ziplock bags with a moisture absorber packet while slightly warm to the touch. They taste best when eaten fresh, but can last for about three days in storage.

Popcorn Mushroom Rendang

Ingredients

- Mushroom Marinade**
- **200g** Fresh local shiitake mushroom stems (or whole mushrooms)
 - **15g** Garlic powder
 - **5g** Salt
 - **4g** Dry mixed herbs

- Mushroom Frying Batter**
- **1 piece** Egg
 - **200g** Corn flour
 - **300g** All-purpose flour
 - **7g** Salt
 - **4g** Smoked paprika

- Others**
- Rendang paste 1 packet
Kaffir lime leaves, optional

Methods

1. Cut mushrooms or stems into bite sized pieces.
2. Marinate mushrooms with garlic powder, salt and mixed dried herbs for about 30 minutes.
3. In the meantime, prepare the frying batter mix by whisking together corn flour, all purpose flour, salt and paprika. Crack an egg into a separate bowl and beat well using a whisk or fork.
4. Heat about 2 inches of cooking oil in a pot over medium heat. (Pro tip: To test if it's hot enough, add a drop of egg into the oil. If it sizzles immediately, it's ready!)



5. When ready to fry, dip the marinated mushrooms into the beaten egg, allow any excess to drip off, then roll them thoroughly in the flour mixture until completely coated.
6. Carefully drop the mushrooms into the hot oil in small batches to avoid crowding. Deep-fry for a few minutes until crisp and golden brown. (Pro tip: Transfer to a wire

- rack or paper towel-lined plate to drain excess oil.)
7. In a separate pan, cook the rendang paste of your choice according to the instructions on the packaging and toss in the fried mushrooms to coat. Top up with some kaffir lime leaves for decoration.
8. Serve with a bowl of warm rice or enjoy as a snack!