

SARAH WILSON'S HOME WASTE HACKS



Ditch the baking paper. Simply grease and flour your trays and tins, as our



grandmothers did. I go one step further – I collect used butter foils from cafes and use these to grease my 'wares. Fold the foils in half and store in the butter compartment of your fridge.

If you must use baking paper, use it multiple times. In the shooting of **Simplicious Flow** I used one sheet of baking paper (from a roll I had leftover from shooting a previous cookbook) for the whole shoot. I simply wiped it down between uses.

Never buy kitchen paper again. Collect your (slightly soiled) serviettes from cafes and keep

stacked in a drawer.

Never buy bin liners again. Use any plastic that passes through your home instead. I'm not talking plastic carry bags (these will be completely banned Australia-wide soon). I'm talking Express Post bags, the plastic wrap some online purchases came wrapped in, your frozen pea bag!

Use crockery and pots instead of cling wrap. Cover food in bowls with a side plate. Leave leftovers in the pan if you're reheating in the next day or two. Cover bulky things on plates (the leftover roast?) with an upturned bowl.

Don't wash up. Never wash your cast-iron (you know this, right?) And if a dish has only held vegetables or fruit, or anything that's not fatty, simply rinse.

Wrap your greens and herbs in an old tea-towel or pillowcase and place in the crisper. They will keep happily for two to three weeks this way! Storing fruits and vegies in plastic bags is actually the worst thing to do (non-disposable waste aside). It sees them rot in their own ripening agents.



Waste not, want not: (From left) Sarah Wilson's fabulous fridge; Wilson's banana peel cake.

Carry a jar with you at all times. I wrap rubber bands (retrieved from bunches of broccolini etc) around an old glass jar (with a lid) and keep it in my bag. It's my takeaway coffee cup (the rubber bands provide the insulating grip!), as well as my water bottle and

takeaway food container (I carry home any uneaten food from plates at the table when I go out).

Save all bananas. If your bananas are ripening too fast, store them in the fridge. The skins will go dark and brown, but the flesh will be perfect for a good five days. Bananas that are totally ripe, peel, break into chunks and store in the freezer to make smoothies and one-ingredient banana ice-cream (recipes in **Simplicious Flow**). Fun fact: banana tastes sweeter when frozen.

Don't chuck banana skins. Place a ripe banana under your meat when cooking a





roast – it will keep the meat moist. Or make my sugar-free banana peel cake.

Know the 2:4 doggie bag rule. Don't be scared of food poisoning when taking leftovers home from cafes and restaurants. If you get your meal to the fridge within two hours, and keep it there for no more than four days before eating (and reheat it in the microwave for at least two minutes until it's steaming hot), you won't land in trouble.

Don't peel things. The skins contain fibre, vitamins and minerals along with protective compounds that help plants defend and heal themselves . . . which in turn do us good. Things I don't peel include limes and lemons (the rind contains anti-carcinogenic properties; I drop whole citrus into smoothies) and I don't peel strawberries or kiwifruit if they're going in a smoothie either – the fibre is a boon!

Use your freezer for nut, flour and herb storage. Tree nuts, for instance, go rancid very quickly when exposed to heat, light and air. They'll last for six to 12 months in the freezer, however. Triple the life of your flour and herbs by doing the same. Plus know this: A freezer runs more efficiently when full. This is because solids freeze at a higher temperature than air.

These hacks are from Sarah Wilson's latest book **I Quit Sugar Simplicious Flow**, available nationally.