

Vegan Health

Turn Kitchen Waste into Delicate Cuisine

Written by Wei-Yun Peng

“What? Fruit peels can be turned into delicious pancakes?!” To demonstrate what to do with annoying kitchen wastes, the dietitian team of Hualien Tzu Chi Hospital hosted a “Saving Food Waste” event at Da-Ai Building Hall on Dietitian Day, Feb. 22. By incorporating the concept of “Reducing Kitchen Waste” and “Recycling Food” the chef of dietitian team Chun Ying Yu showed how to turn commonly discarded fruit peels, vegetable leaves, and other kitchen wastes into delicious dishes.

To demonstrate this, dietitians Hui-Min Lin and Hui-Fang Zhang made use of commonly discarded kitchen wastes like stems of white radish, carrot peels, celery leaves, soy pulp, etc. and turned them into delicious dishes such as “stir fried fresh radish stems”, “vegetarian balls”, and “homemade pancakes”. The dietitians encouraged the public not to waste precious food and therefore

protect the environment with such action. After the demo, the audience sampled the dishes and all of them gave thumbs up. Many surrounded dietitian Hui-Min Lin and Hui-Fang Zhang to learn more on selecting ingredients.

Dietitian Hui-Fang Zhang stated that white radish is a year-round common vegetable in Taiwan but its stems and peels are frequently thrown away. In fact, radish stems are rich in fiber, vitamin C, and sulfide minerals. In addition to lowering cholesterol, it can reduce cell oxidation and promote anti-cancer effect. Also, the fibrous homemade pancake of soy pulp, carrot peels, and celery leaves can facilitate cholesterol metabolism thus lowering cholesterol absorption. Soy pulp contains very few calories and carrot peels are rich in carotene, with celery leaves comprised of multiple nutrients. Aside from making this pancake a champion of nutrition, all these



ingredients enhance texture, colorfulness, and aroma.

Furthermore, Dietitian Hui-Min Lin presented twelve principles from the latest version of “Daily Diet Guide” and “Vegetarian Diet Guide” published by the Department of Health. The principles advocate a balance intake of six major food groups while reducing deep-fried, fattening, and pickled food and increasing water intake. The dietitian especially emphasized on avoiding sugary drinks and a daily intake of at least one-third of whole grain foods. She also reminded the public to pay attention to food source label and make sure the food content complies with sanitation standards so we may eat to our health.

“Eat 80% full and leave 20% to the needy; zero kitchen waste, healthy and eco-friendly.” The Superintendent of Hualien Tzu Chi Hospital, Ruey-Ho Kao, pointed out that many people in Taiwan simply throw away all the leftovers into waste bins. According to the statistics, two out of every five food portions are thrown into waste bins, producing up to 1,8 million tons of kitchen wastes every year. Stuff in waste bins one meter in height, the wastes would pile up to the size of one thousand and seventeen Mt. Everest’s. Looking at the occurrences of food waste and famine, Superintendent Ruey-Ho Kao also indicated that from a medical/health perspective, eating until



Up: Dietitians HuiMin Lin (first from left), Hui-Fang Zhang (first from right) and Chef Chun-Yin Yu(center), demonstrated the concepts of “Reducing Kitchen Waste” and “Recycling” by turning discarded peels and kitchen wastes into delicious dishes. After the demo, the audience enjoyed the dishes and to learn more on.

80% full best meets body’s needs. Turn the rest of 20% into a compassionate giving to help those in need, and waste problem would cease to exist.

On Feb. 22, 2012 the Dietitian’s Day, Superintendent Kao conveyed a special message of appreciation to the dietitians for their efforts to share their expertise on the concepts of “Reusing Food Ingredients”, and for their love of Earth by working together with the public toward the goal of “Zero Kitchen Waste” in daily life.

CHERISH CUISINE WITH LOVE

Fried White Radish Stems

1. Soak radish stems in salt water for 30 minutes
2. Rub the stems to get rid of the unsmooth taste
3. Chop the stems into small pieces
4. Stir fry with ginger and pepper for flavor

* This recipe makes use of white radish stems which usually being treated as leftovers for its thickness. After processed, it has a surprisingly pickled taste of freshness.



CEO Chin-Lon Lin (second from left) and wife Tzu-Lien (second from right) went to Tzu Chi's Great Love Farm to harvest organic radishes.

Vegan Ball

1. Steam soy pulp
2. Stir fry for 30 minutes in a pan without oil
3. Add (spicy) bean sauce or vegetarian oyster sauce, sugar, etc. for flavor

* This is the delicious stir-fried soy pulp. It is tasty and only costs pennies.
* You can make very cute vegan balls by mixing stir-fried soy pulp with leftover rice.
* It's quick and easy for breakfast or picnic; kids can participate as well.



Homemade Pancake

1. Sparingly add flour and eggs (no need for vegans) to carrot peels, celery leaves, and steamed soy pulp, etc. and mix
2. Pan fry them on low heat until golden on both sides.

* This is good for breakfast or kid's snack. Finish with thick soy sauce for extra flavor.

