



Household Food-Saving Handbook

Creative Recipes & Tips to Reduce Food Waste at Home



Household Food-Saving Handbook

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Household Food-Saving Handbook

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Acknowledgments

The creation of this recipe booklet was a collaboration, and we would like to express our profound gratitude to everyone who shared their knowledge, time, and enthusiasm to make this project possible.

We want to express our gratitude to the Faculty of Applied Science, UCSI University, Kuala Lumpur, for making this booklet a reality. This project could not have been finished without their encouragement, resources, and constant support, for which we are incredibly thankful.

We are also grateful to Associate Professor Dr Satvinder Kaur D/O Nachatar Singh for her excellent direction and careful input, which significantly improved the organisation and clarity of this booklet. Our heartfelt gratitude goes to Chef Mohamad Fadzly bin Che Omar, whose culinary ingenuity and generosity in sharing and verifying recipes greatly enhanced this collection. We would also want to thank the many people who evaluated this booklet. Your insightful comments and meticulous attention to detail were critical in improving its content and presentation.

Thank you for sharing your knowledge and supporting our objective to promote joyful and sustainable cooking. This handbook would not have been feasible without your support.

Preface

This booklet, Household Food-Saving Handbook, is the result of a collaborative effort by a group of Nutrition with Wellness students from UCSI University, guided by Associate Professor Dr Satvinder Kaur D/O Nachatar Singh. With the support of our partners, sponsors, and collaborators, this project was developed as part of our initiative to promote food sustainability and reduce household food waste.

This booklet aims to inspire individuals and families to adopt simple, practical, and creative approaches in the kitchen by turning commonly discarded ingredients into nutritious meals. Food waste is a growing global issue, and in Malaysia, large amounts of edible food are lost daily. By addressing this problem at the household level, small changes in behaviour can create a significant impact on both health and sustainability.

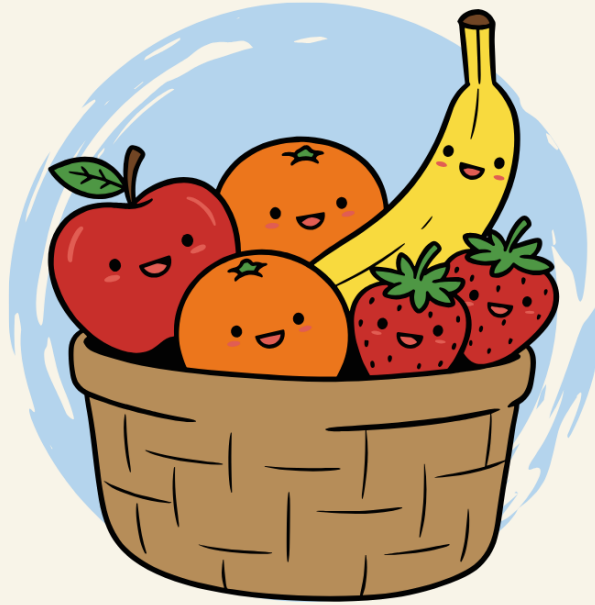
Our focus in this collection is not only on recipes but also on encouraging a shift in knowledge, attitudes, and practices toward food rescue. Drawing on principles of nutrition and wellness, the recipes provided highlight how food scraps or overlooked ingredients can be repurposed into delicious, balanced dishes. The inclusion of practical tips and culturally adaptable methods ensures that the content is accessible and relevant to diverse households.

We believe that the Household Food-Saving Handbook will serve as a valuable guide for individuals, families, educators, and community groups seeking practical ways to reduce waste while promoting healthy eating. We hope this booklet contributes to ongoing conversations on food security, sustainability, and responsible consumption, ultimately inspiring more people to take action in their everyday lives.

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1

Fruits



LEMON

Spot the Difference: Is Your Lemon Still Good?



Sign of Spoilage



There's **visible mold**.



It's very **soft, shriveled, or slimy**



It's **heavily bruised or discolored**



Sour/alcohol-like smell

LEMON RESCUE IDEAS



Edible Lemons → What You Can Do

- Mix **lemon juice + water + sweetener**
- **Refreshing** way to use a big batch quickly

Lemonade



- Use **in recipes** (salad dressings, marinades, baking)
- Lasts only **2–3 days in fridge**

Lemon Juice



Lemon Curd

- Sweet & tangy **spread for desserts**
- Keeps **~1 week in fridge**
- **Freeze** extras for later



Baked Goods

- Try **lemon bars, muffins, pies, or cakes**
- Great way to use both juice & zest



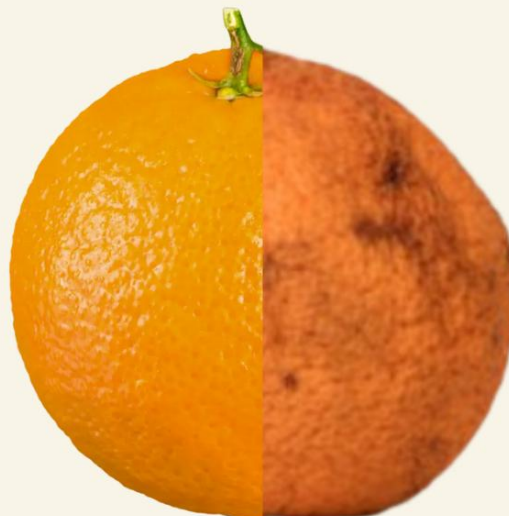
ORANGE

How to pick your oranges?

Firm, finely textured skin

Heavy for the size

Bright vibrant color



Dark, dull skin

Sunken spot

Brownish spot

ORANGE



Methods to Store Orange



Store oranges at **room temperature** for up to **1-2 days**.



Ripe oranges can be stored in the **refrigerator** for up to **2 weeks**.

How to prepare oranges?



Always wash before eating



Use a knife or orange peeler; roll the orange to loosen the peel.





Vegetables



CHERRY TOMATO

How to Tell & What to Do

Green, pale yellow,
orange hues

Feel **firmly**



Smell little with **no**
tomato scent

Should put **ripen**
in room temp

UNRIPE

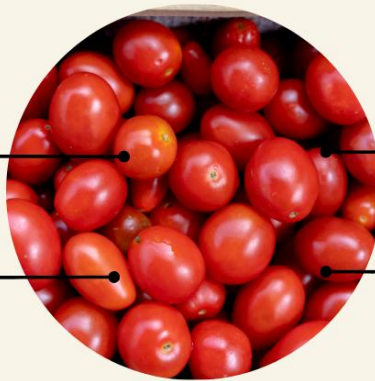
CHERRY TOMATO



How to Tell & What to Do

Deep red, no pale or green patches

Slightly soft, still **firm** and plump



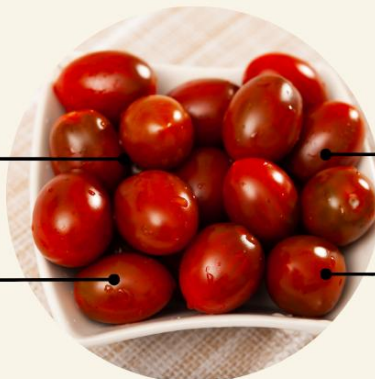
Smell sweet and **fragrant**

Store in fridge to slow down ripen process

FRESH

Very dark and **intense red**

Soft and yielding, not leaking



Rich tomato-sweet

Eat !

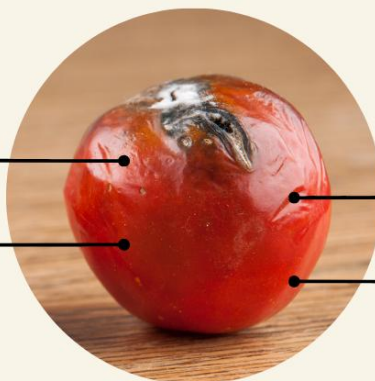
VERY RIPE

CHERRY TOMATO



How to Tell & What to Do

Dark red, **wrinkled**,
visible mold and **wet**



Mushy and
leaking juice

Smell sour,
fermented

Compost/ Discard



ROTTEN

Methods to Store Cherry Tomato



Place whole tomatoes
stem-side up, and **tape**
over the stem
(to reduces oxygen and
moisture exposure)



Stem-side down at
room temperature





CUCUMBER

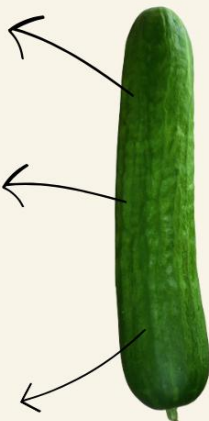
How to Tell & What to Do



**Green &
Vibrant**

**Firm, even
coloured
skin**

**No soft or
wet spots**



**Slimy &
Mushy**

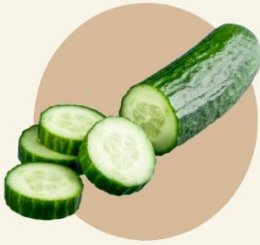
**Sour smell or
leaking
moisture**

**Yellowed or
hollow inside**



CUCUMBER RESCUE IDEAS

Storage Tips



- **Diced/Sliced cucumber** can be store in **air-tight containers** for **2-5 days**
- **Wrapped in a paper towel** to **absorb excess moisture**
- Tip: Use to make sandwich, salad, garnish



- **Cucumber juice** is perfect for **refreshing drinks, smoothies even soups**
- Tip: **Freeze in ice cube trays** for **longer storage**



- **Grated cucumber** can be store in **air-tight containers** and use **within 1-2 days**
- **Store with a paper towel** to **absorb excess moisture**
- Tip: Use to make sauce, cucumber noodles, dips

Recipe Ideas

Cucumber Sandwiches



Cucumber Raita



*Raita is a cooling, creamy Indian side dish

Cucumber Lemonade





CARROT



How to Tell & What to Do

Bright orange color, smooth & firm skin

Firm and crunchy when squeezed or snapped.

Clean, earthy, and slightly sweet aroma.



Dark discoloration, visible mold, or deep cracks and splits.

Soft, mushy, or slimy

Unpleasant, musty, or off-putting odor.



Tip:

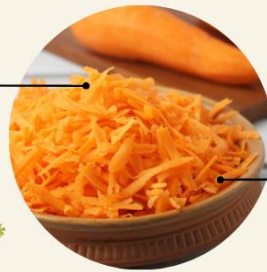
A white blush on the skin means carrot is dry **HOWEVER** it is still safe to eat. To make it firm again, place it in a bowl of water in the refrigerator.

CARROT RESCUE IDEAS



Storage Tips & Practical Use

Make salads, baked goods, coleslaw



Store in **airtight container** with a **paper towel** to absorb moisture

GRATED CARROTS

Carrot snacks, dipping, roasted, grilled



Remove green top and keep **submerged in water** in a container in the **refrigerator**

CARROT STICKS

Soups, sauces, baking



Store puree in containers in **refrigerator**

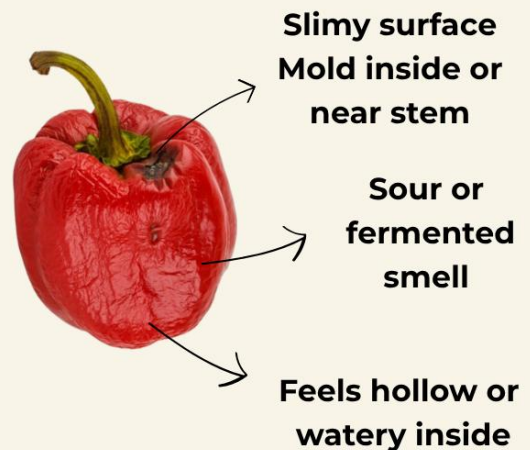
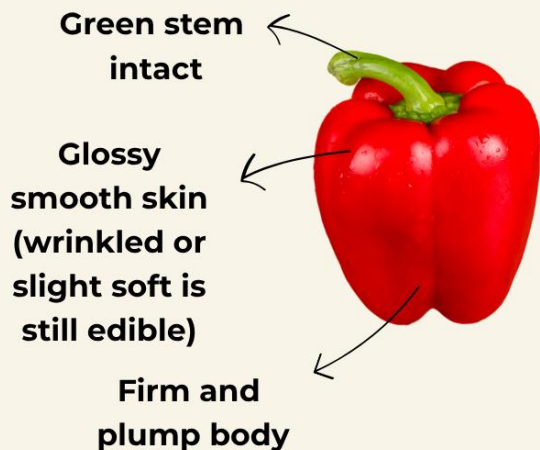


CARROT PUREE



BELL PEPPERS

Spot the Difference: Is Your Bell Pepper Still Good?



BELL PEPPER RESCUE IDEAS

Storage Tips & Practical Use



1



Store unwashed bell pepper as a whole in a **produce bag**



Stir Fry



Pizza Topping



Salad

2



Store sliced bell pepper unwashed in a **container wrapped in paper towel** in the refrigerator



Sauce



As a snack



To dip





ASIAN GREENS

How to select asian greens ?

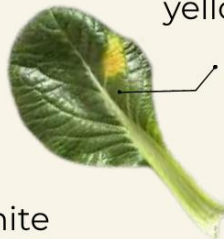
**Bright green
leaves**



FRESH

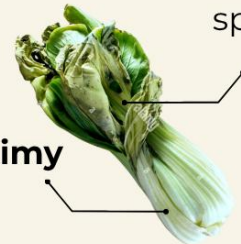
Firm white
stems

**Slight
yellowish**



EDIBLE

**Brown/Yellow
spot**



SPOILED

ASIAN GREENS



How to store asian greens ?

1



Wrap in a **damp paper towel** or **cloth**.

2



Place the bok choy into an **unsealed plastic bag**.

3



Store this setup in the **crisper drawer of your refrigerator**, which helps retain moisture and maintain freshness.

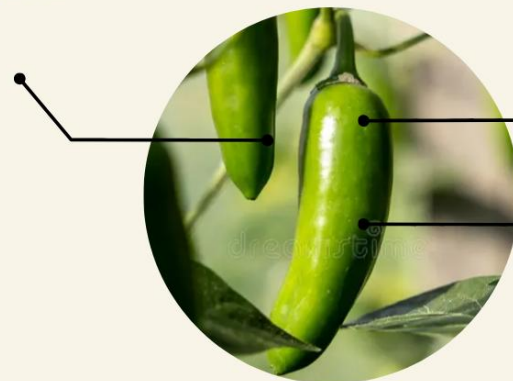


RED CHILI



How to select red chili?

Firm, smooth &
shiny



Green

Less heat

UNRIPE

RED CHILI

How to select red chili?

Glossy, **smooth skin**

Firm



Bright vibrant red



FRESH

Slightly wrinkled skin



Deep red, darker at tip

Still firm but **starting to soften**

VERY RIPE

Mold, off smell leaking juices



Dark red to **brown or black patches**

Wrinkled, dull, soft and mushy

ROTTEN



RED CHILI



Small tips for red chili



CHILI OIL RECIPE



WAYS TO
PRESERVE CHILI



How to store red chili?

Short term storage

- Use **open or loose container**
- Can last up to several weeks



Long term storage

- Kept longer
- Easy to slice



Stem are usually remove to prolonged shelf life to prevent bacterial growth in stem area



ONION

How to Tell & What to Do



Fresh

- **Firm** and heavy for its size
- **Dry, papery outer skin**
- **No strong smell** until cut

ONION

How to Tell & What to Do

- **Slightly soft** outer layers
- **Small sprouts** (cut off before using)
- **Slight blemishes** (trim them away)



Very ripe



Rotten

- **Slimy or sticky** texture
- **Mold or black spots**
- Feels **hollow, squishy, or smells rotten**

Methods to Store Onion



WHOLE ONION



- Onions need **good airflow** to prevent moisture buildup and spoilage.
- Use **mesh** or **baskets**
- Cool, dry, dark, and well-ventilated space



- Plastic bags trap moisture
- **Keep away from potatoes**, they release gas and moisture that make onions sprout or rot.





ONION

HOW TO STORE ONION?



Freezing (Best Method)

- **Dice onion and spread flat** on tray before freezing (Prevents clumping, easier to take portions)
- Last up to **6 months**
- Best to use in cooked dishes



Keep in fridge

- Keep in airtight containers or plastic bag
- Last up to 1 week



REFRIGERATOR STORAGE



Prevent drying out and absorbing odors from other foods

AIRTIGHT STORAGE



BITTER GOURD

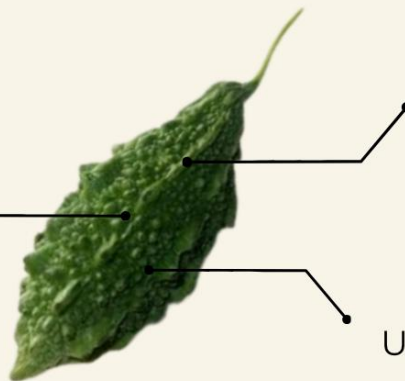
How to select bitter gourd? 

Dark Green

Firm and hard

Usually **small in size**

UNRIPE





BITTER GOURD

How to select bitter melon?

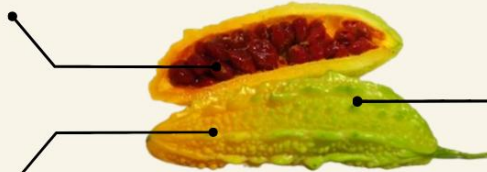
Light green, vibrant
but **not yellowing**



Still firm but not
rock hard

FRESH

Seeds turning red

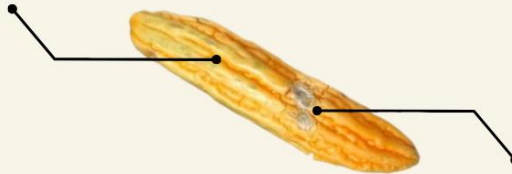


Green **turning yellow**

Softer

VERY RIPE

Very **yellow/orange skin**



**Wrinkled, mushy,
sour smell**



ROTTEN

BITTER GOURD



Storage tips for bitter gourd



- Wrap with **plastic wrap** or **enclose in a bag** in a **cool, dry place**
- Prevent moisture loss & reducing spoilage



- **Refrigerate**
- Use **within 5 days for freshness** and optimal flavor



- **Keep unwashed during storage** and wash only when ready to cook



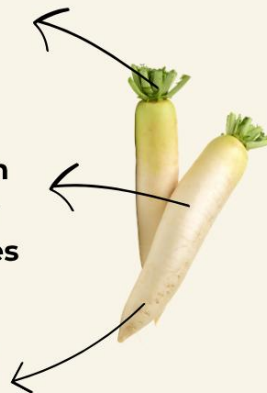
DAIKON/ WHITE RADISH

How to Tell & What to Do

Green & Vibrant

Firm, smooth skin
Clean white color
Few / no blemishes

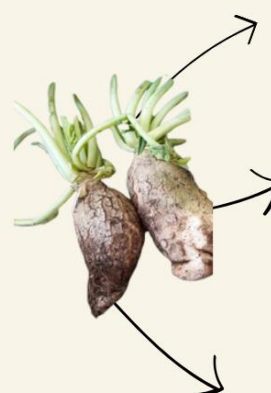
Moist & Hydrated
Not dry



Yellowed & Wilted

Soft, spongy
Cracked / dry skin
Sour smell

Rigid or **overly fibrous**
Excessive ridges / roots





NAPA CABBAGE



How to Check if It's Still Good

👁️ Visual Inspection

👋 Texture Test

👃 Smell Check



**Vibrant, uniform
green/red**

**Heavy for size,
dense head**

Mild, earthy aroma



**Dull, patchy,
brown/yellow
spots, holes, mold**

**Soft or mushy spots,
bendy leaves**

**Sour, sulfur-like,
rotten**



3

Recipe



CHERRY TOMATO OIL



Best for: Very ripe, sweet cherry tomatoes (no mold or sour smell)

INGREDIENTS :

- Cherry tomatoes
- Oil to preference
(Recommended olive oil)
- Sugar
- Salt
- Parsley

HOW TO MAKE :

- Wash and drain cherry tomatoes.
- Cut in half and arrange on a tray.
- Marinate with sugar, salt, and parsley/oregano (optional) for 5–10 minutes.
- Slow roast the cherry tomatoes for about 2 hours.
- Transfer to a container and cover completely with oil (add more if needed).
- Store in a cool, dry place away from direct sunlight.





WANTAN AGLIO OLIO



INGREDIENTS :

- Cherry tomato oil
- Dried wonton noodle (or any noodle you like)
- Napa cabbage
- Garlic
- Olive oil
- Seasonings (Black pepper, salt)

HOW TO MAKE :

- Blanch the wonton noodles.
- Heat olive oil in a pan.
- Sauté the garlic until fragrant.
- Add cherry tomato oil along with a few cherry tomatoes.
- Add sliced napa cabbage and stir-fry.
- Add the blanched noodles and continue stir-frying.
- Season to taste.
- Serve hot and enjoy!





CITRUS MARMALADE

INGREDIENTS :

- Orange peel
- Lemon peel
- Tapioca Starch
- Sugar
- Lemon juice
- Water



HOW TO MAKE :

- Wash the fruit peels and drain.
- Remove as much of the white pith from the orange peels as possible to reduce bitterness.
- Slice the orange and lemon peels into thin julienne strips.
- In a pot, add the peels with some lemon juice and water. Simmer over low heat.
- Slow-cook for at least 1 hour, until the peels turn translucent.
- Add sugar and stir well.
- Mix in tapioca starch to thicken.
- Let cool, then transfer to a clean container.
- Store in fridge!





PICKLE RED CHILLI BITTERGOURD SALAD

INGREDIENTS :

- Red onion
- Bittergourd
- Red chili
- Sugar
- Salt
- Vinegar



HOW TO MAKE :

- Wash bitter gourd, cut off both ends (save for stock), then slice in half.
- Scrape out seeds and cut into thin slices.
- Soak slices in salted water until the bitterness reduces. Drain.
- Slice red chillies
- Mix bitter gourd and chillies with salt, sugar, and rice vinegar to taste.
- Marinate for 5-10 minutes.
- Transfer to a container and store in the fridge.



KOREAN PICKLED RADISH

Firm and crunchy!
Serve chilled with fried chicken, grilled meats,
or as a refreshing side



WATCH NOW



INGREDIENTS :

- 500 g radish (Korean radish or daikon), peeled and cut into 1–2 cm cubes
- 1 cup water
- 1 cup vinegar (white or rice vinegar)
- $\frac{3}{4}$ cup sugar
- 1 tbsp salt
- 2-3 tbsp of white sesame seed

HOW TO MAKE :

- Prepare radish: Peel and cut into cubes
- Make brine: In a saucepan, combine water, vinegar, sugar, and salt.
- Then add in white sesame seeds.
- Assemble: Place radish cubes in a clean, heatproof jar
- Add brine: Pour brine over radish until fully submerged
- Cool & store
- Ready to eat after a few hours; best flavor after 1–2 days



Radish cut into cubes



Add brine & Store



Eat!

Best for: Fresh or slightly less crisp radishes (no mold)



KIMCHI (막김치)



Preserve Your Cabbage – Give It a Longer Life

INGREDIENTS :

- 2 napa cabbages
- 1 small Korean radish
- 1 ¼ cups coarse sea salt + 6 cups water
- 5–7 scallions, chopped

SEASONING:

- 1 cup gochugaru (red chili flakes)
- ⅓ cup salted shrimp, minced
- 4 tbsp fish sauce
- ¼ cup garlic, minced
- 2 tsp ginger, grated
- 1 tbsp sugar



HOW TO MAKE :

- **Salt the cabbage** – Soak 2 hrs, rinse & drain.
- **Prepare Radish** – Slice, salt 30 min & drain.
- **Make Seasoning** – Mix chili flakes, shrimp, fish sauce, garlic, ginger, sugar + water.
- **Mix** – Combine cabbage, radish & scallions with seasoning.
- **Store** – Pack tightly into jars, press down to remove air pockets.
- **Ferment** – Leave 1–2 days at room temp → refrigerate. Best after 1–2 weeks.

SCAN OR CLICK



to Learn Kimchi Step by Step!





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