

Reducing Food Waste - Bread

Using up bread is an ongoing struggle, bread is one of the most wasted items in the family kitchen.

Keeping an eye on the breadbin is essential if you are to use the bread before it goes mouldy.

Slices can be frozen or dried to preserve.

Another way to avoid waste (and you can also do this if it's already a bit stale) is to blitz the bread into breadcrumbs. Pop them in a freezer bag and grab a handful when you need them.

Bread slices can be dried, then blitzed, stored in a jar or fresh and then frozen can be used for toppings, stuffings or coatings on left over risotto for arancini, or on fish.

Slices can be used for eggy bread, bread pudding, bread and butter pud, savoury veggie eggy bake,

Toasties made in non stick pop up bags , bruchetta and toasties made with stale bread need a wet or moist topping to almost reconstitute it.

How to Store Bread

It's inevitable that sometimes you just won't get a chance to use up your bread. Storing it in the right way means you can avoid waste.

The length of time bread keeps fresh depends on the type and whether or not it has additional ingredients to help preserve it. For example, French bread only stays fresh for a day, while a shop-bought sliced loaf may easily last for three or four days. Freshly baked bread goes stale, which involves drying out and becoming harder as its structure changes. Bread that contains preservatives often goes mouldy first.

Room temperature, fridge or freezer?

The best way to keep bread is to wrap it in plastic or foil, this helps to combat a loss of moisture. Store it at room temperature if you know you're going to get through it.

It may seem counter intuitive, but the fridge won't prolong the life of a loaf. In fact, it accelerates the change in structure and can make it become hard sooner.

Conversely, the freezer is the best option if you want to keep bread fresh beyond a day or two. Seal well in a freezer bag on day one. You can slice it first if you like.