WASTE LESS, TASTE MORE 008

One Roast Chicken. More Delicious Meals.



SAVE THE MEAT. KEEP THE BONES. PLAN TOMORROW.

After serving roast chicken at a dinner party, the remaining meat can become tomorrow's sandwich or soup. The carcass and bones kept in the kitchen can become stock, giving another meal a flavorful foundation.

1 Separate the meat from the bones

Remove the remaining meat and refrigerate it promptly in a covered container. Keep the kitchen-held carcass and bones separately for stock.

Why: You have sandwich-ready chicken and the beginnings of a soup without having to sort everything later.

2 Make stock from the carcass

Place the carcass in a pot with water, onion, carrot, and celery. Simmer gently, then strain. Use promptly or cool quickly in shallow containers and refrigerate or freeze.

Why: The bones and attached bits of meat still have something useful to contribute.

3 Give the meat a new role

Make a chicken sandwich the next day, or combine some of the meat with stock, vegetables, and noodles for soup.

Why: One dinner becomes the starting point for another meal with its own flavor and presentation.

KITCHEN NOTES

Tomorrow's sandwich

Layer sliced chicken on toasted bread with mayonnaise or mustard, crisp lettuce, and sliced tomato. Cut neatly and serve with a small dressed salad.

A comforting soup

Use the strained stock with diced vegetables and shredded chicken. Add cooked noodles near serving so you can control their texture.

Save stock for another dinner party

Freeze it in useful amounts for a future soup, risotto, or pan sauce. Label each container with the contents and date.

Keep the timing connected

Making soup does not restart the storage clock for leftover chicken. Use the chicken within its original refrigerated storage window, or freeze it.

THE PLATING MINDSET

Give tomorrow's sandwich or bowl of soup the same attention you gave tonight's dinner.