



The Ethnic Communities' Council
Love Food Hate Waste project celebrates
the diversity of food and cultures in NSW

A dessert using milk

Ligia and Emma are mother and daughter from Colombia. They told us that back home no food gets thrown away. If you have old milk you prepare a desert for dinner. If you have old bread you make a pudding. Using left over beans you can prepare reheated beans with some onion and garlic. Here is a recipe using milk that is approaching its use by date.

Ingredients:

1 litre of milk (almost at it's used by date)
1 or 2 tablespoons of lemon or lime juice
Brown sugar
Cinnamon
Cloves

Preparation:

Boil the milk on the stove, add lemon/lime juice and steer constantly. The heat makes the whey separate from the rest of the milk.

Strain the whey.

Keep the white part on the stove. Add brown sugar, cinnamon and cloves to taste.

Let it cool down and serve cold after dinner.



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