

24

easy things

You can do to have a more eco friendly & less wasteful braai.

Love to braai, but hate waste?

We were very proud to be the organic waste provider for Season 8 of The Ultimate Braai Master. During the series Earth Probiotic ran an online competition asking for tips on how to have a less wasteful and more eco friendly braai.

There were a lot, really a LOT, of great ideas sent through to us.

This little booklet consolidates these tips.

Enjoy your braai.

And now you can waste less.

(For our non-South African readers, a “braai” is just our word for BBQ).





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1

Cook your greens on demand.

Don't cook too many greens up front. Rather cook more when people want more. Cooking greens is quick (no-one will be irritated waiting for some quick fried spinach with garlic and hummus).



2

Buy from your local butcher.

Not only will you be supporting a local business with significant expertise, you can also buy only exactly what you want. And reduce the amount of packaging from your order.



3

Compost everything.

You can compost your wood ash, charcoal bits and vegetable peels. And, with a bokashi bin, you can also compost any cooked leftovers (if you have not donated them to someone else).



4

Use a tea bag to light your fire.

Ok. Not quite. First soak it in some paraffin. Then light it. It will work just as well as a fire lighter; and be cheaper.



5

Donate your left overs.

If you do have left overs, pack them for your guests. Or pack them to give to a hungry security or car guard. And, these days in South Africa, a homeless person directing traffic at non-working robots (yes, “traffic lights”).



6

Don't overdo the snacks

Overdoing the snacks will ruin your guests appetite for the main event. Rather serve snacks in small portions. And refill as necessary (you don't want to seem mean!).



7

Use proper storage.

If you do have leftovers, store them properly in order to reduce spoilage.



8

Don't throw away your charcoal bits.

Often, we have small and large bits of charcoal left in our braai. Store these and reuse them for the next braai.



9

Pickle your leftover salads and greens.

Pickling and fermenting are very easy and healthy ways to preserve your vegetable and salad leftovers.



10

Fertilise your garden.

Wood ash and charcoal bits are excellent for your garden. Wood ash is full of minerals like potassium. While charcoal works to hold moisture and nutrients in your soil.



11

Don't forget your pets!

You can add some flavour to your dog's kibbles by soaking them in any leftover fat or pap (maize meal).



12

Repurpose food containers.

You can turn egg cartons, plastic trays, etc. into seed trays.



13

Bokashi your food scraps.

Using bokashi you can recycle all your food waste including cooked and uncooked meat, small bones, seafood, and dairy.



14

Don't over cater.

We are too often guilty, especially at a braai, of cooking too much. Do your calculations before you braai. Ask your guests how much they want. And if some people are still hungry, it's easy enough to cook a bit extra specifically for them.



15

Get your guests to contribute.

The thinking here is that if they make it they won't waste it. And they can take anything that's leftover back home.



16

Dem bones, dem bones!

Dry out chicken bones, or roast bigger bones. Then crush them up and use the powder in your garden. Bones are full of phosphorous and calcium.



17

Egg shells are great for your garden.

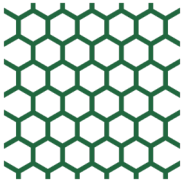
Dry out egg shells and then use this as a fertiliser. Our soil is often lacking in calcium. And egg shells are a good source of calcium, potassium and magnesium.



18

Use alternative food wrappers.

Beeswax wraps work really well. And when they are old, tatty and no longer useful, you can use them to light your next braai.



19

Make stock or broth.

You can make stock from your off-cuts and bones. Homemade stock is great for stews, soups and even can be used as an alternative to milk when making a white sauce.



20

Leftover bread has many uses.

You can turn left over bread into bread crumbs, croutons or even just to feed the birds.



21

Avoid single use & disposable items.

Instead of using paper trays, cups and plastic straws, use glass, metal and proper plates. Yes, there's more washing to do. But much much less waste.



22

Buy local & seasonal produce.

This will help our farmers and, critically, reduce the carbon footprint of your food. Moreover, the less distance your food travels the lower the spoilage rate. And the less energy will be used to get it onto your fire.



23

Braai well.

Don't spoil your food by cooking it badly (badly cooked food is wasted more than well cooked). Definitely don't burn it! And if you're not a great braai'er, ask for help (yes, not very South African, but hey being eco is also hip!).



24

Braai some veggies!

Traditionally we mostly braai meat (and more meat).

Try some vegetable alternatives.

They are cheaper and definitely more eco friendly than a big steak. And also, when done right, taste great!



Acknowledgements

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And also to “The Ultimate Braai Master” series for using our Earth Bokashi system in order to reduce their own food waste footprint during the filming of the series.





23 Easy Things is a tip list which can help you reduce—or eliminate—your braai waste. Reducing your waste is not only good for the environment, it will also help you save money.

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