

How to Save More Of:

Your Dough

By Lidia Bastianich



AS CONSUMERS CUT back on spending, the famed chef and author of *Lidia's Italy* zeroes in on one way to stretch your food dollar:

"Americans waste a lot of food. For example, we all love bread, but we all have bread left over, and we ultimately throw it out. So let's recycle it, and make it into a great new meal.

"I come from a very basic family. I grew up in Italy, where my grandmother lived not too far from us. She had all the animals that were necessary to feed an extended family—chickens, geese, pigeons, rabbits, goats. Plus, she had a garden. Nothing got thrown away! Even if we peeled potatoes or cucumbers, the scraps went into a bucket to feed the pigs and the chickens. So it was a complete 360 degrees. For a chef or someone who loves food, there is no better feeling."—AS TOLD TO ANDREA SACHS ■



Save More Daily Bread

To see Bastianich in action and get some recipes, go to time.com/bread



1 | Panzanella

WASTE NOT

Use a serrated knife to cut bread that is a few days old into half-inch cubes. "Don't worry if the bread is hard," says Bastianich



FORGET THE LETTUCE

Stick with a few seasonal vegetables (or gussy up with grilled chicken or shrimp). Add olive oil and red-wine vinegar



GET ALL DRESSED UP

After tossing, let stand for 10 minutes. By then, Bastianich says, "the bread will be juicy and delicious." Garnish with basil



2 | Parfait

AMP UP THE CAFFEINE

Soak slices of old bread in leftover coffee or espresso ("Make it intense," Bastianich says). Add rum for extra kick



SWEETEN THE HEAT

"Use all those little pieces of chocolate you have around," she says, and melt them in a double boiler to avoid overheating



ASSEMBLY REQUIRED

Layer the bread, chocolate, whipped cream and any type of nuts. "It's easy," Bastianich says, and a good last-minute dish



3 | Storage

SKIP THE PLASTIC

To avoid mold, don't put bread in a plastic bag (except in the freezer). A dry windowsill is fine



4 | French Toast

SPICE IT UP

In addition to using cinnamon, tweak a classic by adding lemon or orange zest or shredded apple



5 | Bread Crumbs

NO NEED TO BUY 'EM

Wait until any type of bread is "bone dry," Bastianich says, chop it in a food processor and freeze