

FOOD & WINE

5 Ways to Make a Low or No-Waste Meal

Make tasty meet sustainable tonight.

By Dana Givens | January 2, 2024



Le Barthélemy Hotel & Spa

A stay at [Le Barthélemy Hotel & Villas](#) on the island of St. Bart's is already a special one. You can count on this place to be ultra luxurious in every sense, from its private pool suites with views of the sugar-sand beaches and gin-clear waters or scheduling a facial at its La Mer spa to feel rejuvenated from a morning of sunbathing outside your balcony attached to your private villa. When you're hungry, just book a table at Amis for its spectacular seaside dining that will have you begging for seconds. While it can give you all that and more, it can also provide you with a brand-new skill: How to make a zero-waste meal.

Guests staying in the resort's private villas, like the six-bedroom beachside Villa Aqua, can participate in a private cooking class inspired by the property's commitment to sustainability. Led by the resort's executive chef, Jeremy Czaplicki, whose restaurant Les Oliviers earned a Michelin star, the class is a hands-on experience. You'll come out of your room with your onsite butler preparing the kitchen for you and your guests, complete with aprons and a small book to take notes. The class teaches you not only how to make a customized seasonal dish that you can enjoy by the pool on the outdoor deck afterward for lunch but will also show you how to make a more sustainable meal for your everyday life. Here are five takeaways from the class you can use in your home kitchen.

Turn vegetable leftovers into stock

One of the most common things you learn from other chefs is to use the leftovers from cutting up your veggies for soil compost. That's great if you have a green thumb and like to grow your own herbs, but there are also other valuable ways to use your scraps, like turning them into stock. Chef Czaplicki recommends using the stock to replace oil for a homemade salad dressing.

Use scraps for cocktail garnishes

According to Czaplicki, you can also keep some scraps to help elevate your cocktail game. You can use different things like orange peel, lime wedges, coconut flakes, and pineapple shells to add garnishes to your drinks that will certainly impress your friends.

Save the seeds

You don't have to toss out your seeds while cleaning up your cutting board. Czaplicki points out how he likes to use the seeds from squash and pumpkin by

cooking them in a saucepan with no oil and light seasoning, lightly roasting them to create a new appetizer or snack on the side.

Stick to what's in season

Another key to eliminating waste is sticking to what's in season, Czaplicki explains. It's better to opt for the local market for fresh goods and smaller locally-owned businesses than big-box stores selling everything under the sun. This also helps limit the transportation needed to source different foods, reducing your meal's overall carbon footprint.

Reduce overall meat consumption

While you don't have to take meat out of your diet completely, another way Czaplicki suggests reducing general waste is by choosing to put vegetables first. Czaplicki, the hotel shared in a statement about his new position as executive chef, is known to have a culinary identity "focused on the sea and vegetation," putting the environment front and center on the plate.

There is also plenty of science to back Czaplicki up, which shows how reducing consumption of red meat can have a real effect on climate change, so opting for

a more veggie-focused meal now and then can really stack up. As for seafood, Czaplicki suggests shopping at your local market to see what's in season, just as you would your produce.

The class begins at €550 (about \$600) per person, with a minimum of two people and a maximum of six. While the experience is reserved for villa guests, those staying at the hotel may be lucky enough to swing a reservation if they are visiting in the off-season, depending on the property's occupancy, so don't be afraid to ask the concierge to see what they can make happen.