Use of Left-Over Foods

As food is an expensive item in the household budget, it makes sense to use leftover items from one meal to prepare another. It is possible to produce tasty and nutritious meals by adding other ingredients to left over foods. The re-heating of left over foods is called **rechauffe** cookery.

Methods of cooking used for rechauffe dishes

Some left over foods such as fish, poultry, and some meat she be protected from being recooked by one of the following means:

-coating in batter
-covering with a layer of sauce or potato
-coating with egg and breadcrumbs
-covering with pastry

(a) Frying: meat of fish fritters, burgers

(b) Baking: meat pies (shepherds pie), pastry covered dishes

(c) Sauces: savory minces sauce
(d) Soups and stews

Advantages of Rechauffe Dishes:

1. Saves money/cost: monies spent on an entirely new dish can be used on another item in the household budget by making good use of left over.

2. Moisture is replaced in foods through the addition of a gravy or sauce

3. Additional flavoring can enhance the new dish, creating a tasty meal.

4. Heat sensitive nutrients which were destroyed during initial cooking can be replaced by incorporating fresh ingredients such as fruits and vegetables.

Disadvantages of Rechauffe Dishes

1. Leftover meat and fish can harbor harmful bacteria if stored incorrectly or if not cooked thoroughly, which can cause food poisoning.

2. recooking can toughen protein foods making them indigestible.

3. Reheated foods must be served immediately when ready and cannot be kept warm as this will encourage bacterial growth.

4. Left over foods must be used within 24-48 hours to avoid possible food poisoning.

Questions

Answer the following questions in complete sentences.

1. In your own words define the term rechauffe. (1pt.)

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2. Explain why leftover foods should be used within 24-48 hours and only reheated once? (2pts.)

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3. Why is it important not to recook leftover protein foods? (2pts.)

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(b) Name one method used to prevent recooking of some meats, fish and poultry. (1pt.)

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4. Suggest a dish that can be made from each of the following leftover (4pts.)

(a) Fried Fish _____

(b) Stale Bread _____

(c) White Rice _____

(d) Baked Ham or Turkey _____