

Name : \_\_\_\_\_

Date: \_\_\_\_\_

# Rechauffe



1. What does the term 'rechauffe' mean ?

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2. How many times can food be reheated ?

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3. Why is it so important to follow basic rules when it comes to rechauffe ?

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4. How can the nutritional value of left over foods be improved?

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5. How can heat sensitive nutrients be replaced in rechauffe dishes ?

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6. List 2 rules for preparing left over foods

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7. What are the three methods of re- heating food ?

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8. List 5 different rechauffe dishes

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