

Name : _____

Date: _____

Rechauffe



1. What does the term 'rechauffe' mean ?

2. How many times can food be reheated ?

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

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

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

6. List 2 rules for preparing left over foods

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

8. List 5 different rechauffe dishes
