

ST. CATHERINE HIGH SCHOOL

SUBJECT: FOOD NUTRITION AND HEALTH

TOPIC: RECHAUFFE` COOKERY

(Creative Use of Leftovers)

OBJECTIVES:

At the end of the lesson students should be able to:

1. Define the term "Rechauffe Cooking".
2. Outline the guidelines/rules to be observed for successful Rechauffe Cooking.
3. Discuss the importance of correct storage of leftover food items.
4. Utilize prior knowledge of Methods of Cooking to transform leftover food items into creative meal options.

INSTRUCTIONS TO STUDENTS:

With aid of prior knowledge and credible resource material(s), read and complete the worksheet.



Rechauffe Cooking:

This is the skillful or creative use of leftovers or reheating of left food items to create new meal ideas.

GUIDELINES FOR THE USE OR TRANSFORMATION OF LEFTOVER FOOD.

- Leftovers should be used within 24 to 48 hours after items were cooked.
- Method of reheating should be quick to prevent drying out over cooking.
- Use fresh herbs and seasonings to add new flavors
- Adding vegetables and or legumes to leftover meats adds dietary fiber and nutrients.

Other guidelines for using and transforming leftover food items are:

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