



Heating Instructions for Dine at Home Dinners

(For microwave reheating, please refer to your user guide for instructions.)

GENERAL HEATING METHODS

It is a good idea to have a thermometer when reheating food. Digital thermometers are the easiest to use and read. Health standards recommend pre-cooked food needs to be reheated to 165 degrees F to avoid any potential bacteria.

If you don't have a thermometer you can stick a fork in the food (thickest part) and then touch the fork to your lips. If it's hot it's done, if it's cold it's not.

Oven reheating is best done low and slow – 275 to 325 degrees F, most food will heat in about 15-25 minutes. Keep food covered. Foil is a convenient way to heat your food.

A simple method to reheat food in an oven/toaster oven is to put a piece of foil on a baking tray, place food directly on foil, and wrap up so it is in an enclosed packet. Follow heating guides for all types of food. No pans to clean!

On the stove top add a little moisture to the pan This way you won't burn your pan or food. Put the food to be reheated in the pan with a few tablespoons of water or a knob of butter or a little oil. Put a lid on your pan. Low to medium heat and watch your food as it will be a faster method with direct heat.

We often provide you with sauces in containers, some will be better hot – cream sauces, butter sauces, some can be cold – fruit sauces, gastriques.

Best way to reheat food is to consider how it was cooked. Is the food dry, in a sauce or baked goods?

Stew/casserole/soup/stir-fry (in a sauce) is best reheated in a pan on the stove top

Steak/Chop (dry) can be reheated in a pan on the stovetop or in a preheated oven

Fish best covered in foil and heated in the oven. If fish is breaded, leave cover off or it will get soggy.

Sauces that will be best hot can be added to the protein part way through the reheat – whichever heating method you choose.

Veggies (dry) if vegetables are roasted put them in the oven (a little later than your protein). You can also heat them in a pan – add a little moisture as described above in general heating methods.

Baked goods, pies, calzone, pizza are best heated in the oven, if large, cover for part of the reheat time and then remove cover to keep it crisp.

Starches Dry rice/pasta are best in heated in the oven covered with foil or a lid, with a little moisture added, or steamed on stovetop in a double boiler.

Starches in Sauce are best heated in the oven covered with foil or lid or on the stovetop.

Frozen foods. Dine at home meals can be frozen to be enjoyed later in the week. Generally, food in a sauce such as a casserole or pot pie will be the best to freeze. When you're ready to eat the meal, remove it from the freezer and defrost in your refrigerator overnight. This way your food is defrosted evenly and is kept at a safe temperature. Then follow the heating guidelines above.