

REHEAT FOOD SAFELY



**REHEAT FOODS TO AT LEAST 70°C
& HOLD FOR MINIMUM 10 MINS**

(MEASURE WITH A FOOD THERMOMETER)



**REHEAT SAUCES, SOUPS & GRAVIES
(BRING THEM TO A ROLLING BOIL)**



**ARRANGE FOOD EVENLY IN A COVERED
MICROWAVE GLASS OR CERAMIC DISH,
(ADD SOME LIQUID IF NEEDED).**



**STIR OR ROTATE FOODS OFTEN
WHEN REHEATING IN A MICROWAVE**



FOOD CONSULTING SERVICES

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