

shape it

INSTANT

Moulded Food Reheating Guide

- » Food moulded with **Shape It** can be served hot, warm, room temperature or cold.
- » Moulded foods intended to be served hot or warm require more **Shape It** than those served cold or at room temperature. The recipes we provide take this into account.
- » Foods moulded with **Shape It** are freeze-thaw stable and heat stable up to 75°C (internal food temperature). If you want a higher internal temperature you may need to add more **Shape It**.
- » Always reheat moulded foods at lower temperatures to avoid shape distortion or food drying out. Refer to directions below.
- » Always consult your Speech Pathologist to ensure the texture is suitable for your clients.

OVEN OR HOT BOX/RETERM TROLLEY

- Cover food securely to prevent drying out. A light spray of cooking oil over the food may be helpful.
- Low temperatures are preferable to avoid food overheating or forming a crust or skin. Oven/hot box temperatures around 120°C conventional (100°C fan-forced) are recommended.
- Heating time will depend on portion size and amount of food being heated – check the internal food temperature with a probe to determine when the food has reached a suitable temperature.

STEAMER OR COMBI OVEN

- Follow the oven directions.
- If steam is being used ensure the food is well-sealed. If steam reaches the food it will add additional moisture and may cause the food to lose its shape.

MICROWAVE

- Cover food securely to prevent drying out. A light spray of cooking oil over the food may be helpful.
- Use a low power setting.
- Heating time will depend on portion size and amount of food being heated – check the internal food temperature with a probe to determine when the food has reached a suitable temperature.



Once prepared, food and drinks should be handled and stored according to your site's Food Safety protocols. Flavour Creations recommends use of the '2 hour/4 hour rule' if serving vulnerable persons, refrigeration between serving, and discarding any leftover product after 24 hours.