

## STEPS FOR HEATING YOUR MEAL(s) AT HOME

1. If picking up: Bring an insulated box or cooler when picking up your meals at the restaurant. If ordering delivery: skip this step.
2. Keep the “sous-vide” bags chilled in a refrigerator at a temperature between 41°F and 34°F or freeze them straight away.
3. Place a large pot of water on the stove (*if using a microwave, please refer to the guidance below step 10*)\* The pot must be big enough to hold the sous-vide bag(s) plus enough water to cover the sous-vide bag(s) completely. Make sure the pot is large enough not to overflow with the bag(s) inside. DO NOT OVERFILL the pot with water. Doing so could cause serious injury.
4. Bring the water to a full “rolling” boil.
5. Carefully place the bag(s) into the boiling water, making sure to avoid touching the boiling water or the hot pot,. When water is simmering again, leave the bag(s) an additional 10 minutes on the lowest heat/to a low simmer?.
6. After heating for the appropriate period of time, the food in the bag(s) should reach an internal temperature of 165°F for at least 15 seconds.
7. Turn off the heat under the pot and carefully remove bag(s) from the pot with a set of tongs or other kitchen tool that allows you to safely remove the bag(s) from the water. Use caution to avoid touching the water, pot, or hot bag, with your bare skin. Utilizing hot pads is strongly recommended when handling hot items and surfaces.
8. Carefully open the bag(s) with scissors, taking extra care to avoid the steam that will escape from the bag when opened, and empty the contents from the bag into servicing (?) dish or plate. The steam escaping from the bag(s) when opening is extremely hot – open with caution.
9. Ensure the food has reached a safe temperature before eating!
10. Bon appetit !

***BXL TIP: FOR CRISPY CHICKEN SKIN, PLACE CHICKEN UNDER THE BROILER FOR A MINUTE AFTER REHEATING***

*\*You can also heat up your meals in the microwave. Just remove the meals from the bag prior to heating. Make sure to put the meal in a microwave safe container*

### IMPORTANT INFORMATION REGARDING YOUR BAGGED MEALS

Sealed meals can be safely stored for future use in a refrigerator for up to seven days from the delivery/pick-up date, and can stay in the freezer for 6 months. –I changed this as I, for a fraction of a second, thought this means I can reuse the bag – told you I am your perfect idiot-proof test.

Once a bag has been placed into boiling water, the bag should be opened and the food consumed. A bag that has been heated or placed into boiling water cannot be removed from the boiling water and re-frozen for later enjoyment/use. Left-over food may be refrigerated and re-heated utilizing good food handling and storage practices.

If you have any questions, please feel free to reach us at (646) 692-9282. We look forward to helping you enjoy the delicious BXL Zoute meals at home.