



HOME FOOD PREPARATION INSTRUCTIONS

- **Pastrami Sandwiches:** To reheat a sandwich, you have two options, depending on the temperature your sandwich: if your sandwich is still warm, but the bread is not toasty, just simply heat both sides of the sandwich in a frying pan (medium heat), until the bread is returned to toasty goodness. If your sandwich cold, put the whole sandwich in the microwave for 15-45 seconds (all microwaves are different). Next, transfer the sandwich to a frying pan, and initiate the toasting procedure above.
- **Refuge Family Meal:** If you are unable to eat your Family Meal the same day, you will need to steam the pastrami to reheat. If your pastrami is in a whole slab, follow the directions for “Whole Pastrami Slab” below. If your pastrami is sliced you can either reheat the pastrami as above, for individual sandwiches, or you can gently steam the slices in a double boiler until they are warm. Do not overheat slices! They will become difficult to manage when making sandwiches. For a reuben, we recommend making a kraut and swiss grilled cheese, then add the pastrami, so everything is hot. But it’s your show! Have fun. Get creative.
- **Pastrami Slices (cold):** If your pastrami is not sliced, you must slice it (always against the grain) for this procedure. Take the sliced pastrami (not more than 8-12oz.), and put it in a microwave-safe bowl. Next, put a tablespoon of water in the bowl. Cover with plastic wrap, and heat on high for 30-60 seconds. Heat to your desired temperature. 160 degrees is usually pretty good for slices. Start small and work your way up. Pastrami hates dry heat. The key here is to steam, steam, steam!
- **Whole Pastrami Slab:** If you do not want to slice the pastrami as above, then you must steam the meat in a double boiler or in pressure cooker. Steam to an internal temperature of 211-213. There’s no easy way around this. That’s why we recommend slicing first, then using the microwave method. In case you suspicious of microwaves, just know that I have used them in the past, before Refuge was open. I made a sandwich for food writer, Nicolas Bohr of the Contra Costa Times, using his microwave in his employee dining hall. He later reviewed Refuge 3 months after we opened...he gave us 3 ½ stars!
- **French Fries:** Oh boy! Now we’re moving into sensitive territory. Fries, especially Refuge fries were never designed to be put in a plastic box and eaten 30 minutes later. But, if you have the will, you can restore them to glory. First, if you have a deep fryer, or a large pot that you can fill with about 4 inches of canola oil, you and your fries are golden. Simply, heat the oil to 350 degrees, drop the fries into the pot, and fry for 1-2 minutes or until slightly golden brown. Remove from the fryer with a large slotted spoon (we call it a spider in the biz), shake off excess oil, and transfer to a bowl, and toss with salt and pepper to taste. If you are not that adventurous, just cook the fries on medium

heat in a fry pan with 1-2 tablespoons of oil. The oil must be hot before you put the fries in the pan. Drain and season as described above. The third method is to heat the fries in a 350 degree oven. It is recommended to lightly spray the fries with cooking spray before placing them on a sheet pan. If you have a rack for the sheet pan, this is ideal. It should not take more than ten minutes to make the fries hot and crispy. This method is not as good as the above methods, but these days it will have to do. And last but not least, use that brand new air fryer! 5 to 10 minutes should do, but you must keep an eye on them to toss or rotate for even cooking.