



# Storing Fresh & Frozen Food

So where to keep your fresh ingredients . . . .

Now I am not saying that I am a master on this topic, but from years of working in kitchens professionally (with the view to keeping ingredients at their freshest and most flavour some) and as a nutritionist offering a kitchen clean out as one of my services, I do have a pretty good idea of some basic fresh ingredient pitfalls many of my clients and friends tend to make so here's my list!

**Eggs:** go in the fridge. Although they are not refrigerated in the supermarkets this is because they have air conditioning controlling the temperature. Egg's need to be stored below 20 degree's and most kitchens get hotter than this especially during summer.

**Bread:** keeping it in the fridge makes it go stale more quickly it should be kept in a bread bin.  
**Bananas and Avocados:** should be kept in a bowl until ripe, then moved to the fridge if you want to keep them longer (refrigerating stops the ripening process)

**Berries:** should go in the fridge straight away as they quickly go off at room temperature  
**Veg:** these keep well in the vegetable or salad drawer of the fridge, which isn't as cold as other parts.  
**Potatoes:** are best stored in a cool, dry, dark place as they will go green if exposed to daylight.

## Freezer Formalities!

While freezers may extend the life of many foods, you can't keep them indefinitely. Make use of these tips to help clear some space.

**Bread:** by 3 months bread starts to spoil in the freezer and usually by this stage is too misshapen to fit in the toaster anyway so throw it out!

**Meat:** people often freeze a large cut of meat as a 'back-up' for dinner. If it is older than 6 months, discard it. If you have meat taking up space, thaw, cook and cut into pieces to use in sandwiches, salads, soups etc. Don't keep mince for longer than 3 months.

**Fish:** if its been frozen for longer than 12 months you should throw it away.  
**Sauces, Stocks and Soups:** these often lurk in the bottom of the freezer. While tomato based sauces and soups can last for some months. Cream based sauces may not last as long. Discard anything that's not eaten within 3 months.

And lastly become a more efficient cook by de-cluttering your drawers too. If you haven't used the item in years then lose it.