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## How to store salmon in the fridge

Blasphemy, you're thinking, right? We have never heard of all of us, always, always, memorize the tomatoes inside the fridge. Serious tests eat, however, suggest that there are moments you'll want to break this rule. Dear Lifehacker, my husband stores the maple syrup in the fridge, but says that butter can actually be left ...Contracts the culinary director of the site, Daniel Gritzer, Put dozens of tomatoes to the test in two series. For the first, he found that the normal supermarket tomatoes taste better on the countertop than the refrigerator after a storage day. However, after two days, the fridge tasted better. Teorize this is because the definition of "environment temperature" is usually between 68 and 73 ° F, but often the kitchens of the real world are warmer than so. This has a negative effect on tomatoes: As well as a 70 ° F sauce to a tomato could stay in optimal conditions for several days on the counter, in my kitchen of the real world, the tomatoes reached the peak of maturity after their first day of room Temperature Conservation, began to become too mature, lose taste and texture in the process. Refrigerated, meanwhile, were protected by those harmful heat effects. The exact details of these results will vary, of course, from kitchen to kitchen. In a follow-up test, using mature tomatoes, of better quality from the farmers market, the results were the same, if not more pronounced. (See image above.) As you should preserve the tomatoes will depend on the temperature of your kitchen, if the tomatoes are underwater, and perhaps the quality of the tomatoes. Check the full article for recommendations and never ever tell you to store tomatoes in the fridge. Why should you refrigerate tomatoes and ignore anyone who says otherwise | Eat Seri Most of us probably threw food because of deterioration, but doing it regularly is terribly expensive and expensive. Luckily, you can safely store the quality of your food and make it last longer by learning some food storage techniques. There are a few things to keep in mind when storing food, such as: how to safely store food to prevent food diseases, the types of containers you use and how long foods normally last in the refrigerator or freezer. Here are some USDA guidelines (and, if you notice, other sources): handle food safely saved raw meat, poultry and fish away from other foods so that they do not contaminate them. (This is probably why many refrigerators have a meat compartment at the bottom of the refrigerator; if your is not, store raw meat/sea fruits on the lowest rack to prevent their juices from spilling on other foods). Also wash your hands € "There is a better way to do it - before and after handling the food, whether by cooking or putting it away. Much how to clean, wash your hands is something that we all hope, but not really ... read the mower and freezer Temperatures The temperature of your refrigerator should be 40 ° f or lower and the freezer at 0 ° f or lower. The leftovers of the leftovers and the foodtiming deperible: Freeze or fry the food deperable within two hours or an hour if the temperature is higher than 90 ° F. A general guideline is to eat leftovers within four days. This chart shows pizza and meat or poultry cooked should last from three to four days, while meats and egg, tuna or salads of macaroni can last from three to five days. Container: store food in the lower, shallow containers. Glass storage containers have the advantage of being easy to control content,be microwagavable and are more environmentally friendly. If you already have plastic containers, just check to make sure they are labeled BPA free; Since DealNews mentions in "6 best choices for food storage containers", if the number on the recycling icon on the container has a "7" on it, it probably has the BPA in it, which can be dangerous. If your kitchen is drowning in food containers, it might be time to cut your supply to include only the most essential types of containers. Your food storage containers can A big difference in the amount of space you have available in the kitchen. Read more trick to make sure your leftovers are actually eaten, and not just stored cutely, is to put the food just cooked behind previous leftovers. If you have problems remembering when you put food in the fridge, try using a dry marker to note the date on the cover. Fruit and vegetable relationship can be difficult to keep because some types of fruit and vegetables are incompatible if stored together. Some fruits emit ethylene gas that can cause premature deterioration of vegetables. Vegetarian Times recommends keeping out of the fridge these Å «Gas Releasers»: avocado, bananas, nectarines, peaches, pears, plums and tomatoes. You can put in the refrigerator apples, apricots, cantaloupe, figs and melata, but keep them out of the container for The vegetables where you can keep ethylene. Sensitive vegetables (see the Vegetarian Times article for the list of these vulnerable vegetables; VT also recommends such as fruit and vegetables to eat first based on how quickly deteriorate). Reporting the basket for vegetables, most Standard refrigerators has a crispy for vegetables designed to keep the products soda and fresh longer, and sometimes they are equipped with moisture and temperature controls. This could be a good place to keep gas-sensitive vegetables, as the area is sealed from the rest of the refrigerator. Do not store fruits and vegetables in hermetic bags or containers, because this could accelerate the decomposition. Producing preservatives such as Debbie Meyer Green Bags, on the other hand, could help prolong the life of your products (but we cannot guarantee personally for them) .G / O media can get a Meyer Green Bags Commission (20 pack) storage Of the eggs © There are so many types of egg-based products and eggs require particular attention to avoid food poisoning, FoodSafety.gov has a chart on how to keep the different egg-based products, in the refrigerator or freezer. Basically, the raw eggs in the shell can last long (from three to five weeks), while the substitutes of the liquid eggs last only a few days. Receive the food in hermetic packaging in the freezer to prevent the burner freezer, which degrades the Quality of food. If you are not ready to invest in something like the vacuum sealer FoodSaver, an economic alternative is the Reynolds Handi-Vac vacuum sealing kit, which works according to the same principle of removing the air from the freezing bags that accompany them. It's a bit noisy, but save space on the counter and works (for the most part) .tinknut says to wrap the meat as a professional for freezing, use good quality freezer. Fold the paper over the meat and bend, then continue folding and press the air. After bent and rotated under the ends, seal with freezer tape. You can double the paper or layer with an aluminum sheet or a plastic sheet for greater safety. SIMPLE recommends to let cool bread and other baked products before freezing it into the freezer bags, so that the humidity Do not form ice crystals at the inside. Label your frozen foods with the date and the name of food and try to separate them in portions to facilitate heating. Infine, the National Domestic Food Storage Center has a long list of freezing information for specific foods, more than To general advice like foods that do not freeze well (eg milk sauces), how much head space to leave between packaged food (from 0.5 inches to 1.5 inches), and advice for management freezer, how to make sure to keep the freezer full for maximum efficiency. See the USDA cold storage table for safe time limits to store foods in the refrigerator or freezer (there are many others available as this from the University of Nebraska-Lincoln and this from Colorado State University). Do you have any advice or advice for better food preservation? Let's listen to them in the comments. Photo of Rubbermaid. You can follow or contact Melanie Pinola, author of this post, on Twitter. FotoDuets/ShutterstockTene the apples in a basket in the kitchen is a good visual reminderGet your doctor-recommended one per day. Did you know that you can also make some amazing crafts with apples? Apparently, however, keeping apples on your counter could cause them to go wrong weeks before when you put them in the refrigerator, reports the Daily Meal. At room temperature, apples last about a week. But if you put them in the fridge, they can stay fresh for one or two months. This is essential to reduce food waste, which is why UK sellers are now obliged to add a refrigerator icon on the packaging of foods such as apples, which should be kept cold. Take a look at these 26 food preservation tips to make your food last longer, too. Apples should be kept as cold as possible without freezing them. Food & Wine report. Ideally, you should keep them at temperatures ranging from 31 to 35 degrees Fahrenheit. Apples start freezing at about 29 degrees. So, what is the best place to store the bushel? The coolest drawer in your fridge. Keep in mind, however, that you should not store your apples along with other products. Apples emit ethylene, which can damage other fruits and vegetables. If you are not going to eat all your apples within a few weeks, you may want to consider the variety you buy». The smaller the apple and the thicker the peel, the longer the conservation will be", said Norm Schultz, head of the farm of Linvalla Orchards in Media, Pennsylvania, Food & Wine. "Also, for some reason, the tarter apples keep more 'for a long time than the sweetest apples." So Granny Smiths should last longer than Golden Delicious, for example, he says. A bonus? They also make a delicious apple pie. Then, find out more guidelines for the preservation of foods you were not aware of. What to look for in a new refrigerator: Guide to buying the refrigerator Nobody wants a piece of sweaty cheese that smells in the refrigerator. But according to an expert, there is a very special way to preserve cheese to ensure its optimal freshness. Dan Bliss, Paxton & Whitfield cheese refiner, revealed four important things to do to preserve cheese. First, Dan says: «You should always keep it in the special paper in which it was purchased because it is specifically designed to allow the cheese to breathe. » MORE: 7 SEE REPRESENTS TO CREATE FORGIO CAULIFLOWER PERFETTO Subsequently the cheese should be sealed and stored in a Tupperware box (to contain the smell), and ideally preserved in the refrigerator salad drawer for an optimal temperature. Finally (and the most surprising thing about all), put a sugar hose in the corner of the Tupperware box. According to Dan, "the cube absorbs moisture from the cheese and prevents it from sweating. » Who would have thought sugar was the key to keeping the cheese fresh and good to eat? MORE: 48 RESEARCH DELIGHTFULLY SEMPLICE FOR YOUR SINTESI FESTIVE CHEESEBOARD Do you like this? Subscribe to the Good Housekeeping newsletter. These content is created and maintained by third parties and imported on this page to help users provide their email addresses. 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