

Title:

Storing Food - The Basics

Word Count:

1301

Summary:

This article covers sweet and simple methodologies to store fruits, vegetables, meats, dry goods,

Keywords:

recipes, food, cooking, fruits, vegetables, spices, herbs, cooking thermometer, fresh herbs, fresh

Article Body:

In The Refrigerator

Foods stored in the refrigerator or freezer should be in excellently wrapped packaging such as

Food sealed effectively preserves flavor and moisture also thwarting any attempts of other foods

It is crucial to keep raw meats and poultry sealed as best as possible due to their tendency to

Perishable foods should be kept at a temperature of 35 to 40 degrees Fahrenheit to maximize fresh

Why does cooling or refrigerating help preserve foods? Well the basic science is simple. Temperatures

Conversely, Cryopathy or the ^destruction of tissue by freezing~ is where the molecules in living

However, refrigerator companies still see no reason to integrate a thermometer, allowing us to

Consequently whether storing, preparing, or serving your food it is essential to keep it at the

Storing Fresh Fruits

Fruits that can be stored at room temperature while ripening include but are not limited to apples

Apples stored in a refrigerator stay crisper longer however they can be stored at a cool room

Fruits purchased while ripe include but are not limited to berries, cherries, figs, grapes, melons,

Storing Fresh Vegetables

Many vegetables can be stored at room temperature or in the refrigerator. Yet the ideal for many

Remember that technically a tomato is a fruit not a vegetable, despite what it tastes like or

Some vegetables spoil faster than others and should be refrigerated; peas and corn should be eaten

Storing Canned and Dry Foods

Having a full pantry can be fun and reassuring. Yet keeping your canned and dry goods past their

Further more moving these items to puncture and spill proof containers such as jars and plastic

To add protein to your diet open all your bags and boxes of dry goods. Wait until you are

Dried spices and herbs keep their value to your cooking endeavors better in tightly sealed jars

Storing Fresh Herbs and Spices

Fresh is better than dried in my opinion and should be used whenever possible. Their scent and
Fresh herbs are quicker to expel their flavor than dried herbs thus they should be chopped just
When substituting fresh with dry herbs and spices or vice versa use the ratio of 1 teaspoon dried
Though herbs are quick to impart their flavor spices are a different story. Spices typically need

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