

rare recipes
by
Reena Malhotra

Refrigeration Tips

- Set your refrigerator temperature between 35°F (1.67°C) and 40°F (4.44°C). At warmer temperatures bacteria that cause food spoilage and food borne illness multiply quickly. To prevent your food from getting icy, do not set the refrigerator temperature lower than 35°F (1.67°C). Allowing your fridge or freezer to get too warm can decrease foods' shelf life and increase the growth of unhealthy bacteria.
- Keep your freezer temperature at or below 0°F (-17.78°C). At that temperature the growth of harmful bacteria will be halted. Foods that are kept constantly frozen at 0°F or lower will keep safe indefinitely. However, Bacteria already present in foods is not killed upon freezing those foods. When frozen food begins to thaw, bacterial growth will resume. Foods may remain safe when frozen, however they will lose texture, flavor and taste with prolonged storage.
- For rapid and even cooling during refrigeration, divide and store leftovers in shallow containers, preferably less than 2 inches deep. Larger or deeper containers take longer to cool.
- In most cases, it is better to wash raw fruits and vegetables just before eating. If washed prior to storing in the refrigerator, the moisture can accelerate spoilage. (Unlike most fruits and vegetables, lettuce and other leafy vegetables should be washed and drained, before storing in a sealed plastic bag with paper towels to absorb excess moisture).
- Refrigerate these foods immediately after purchase : Cherries, Black Currants, Figs, Grapes, Litchis, Raspberries and Strawberries. Leaving them at room temperature will speed up their decay.
- You may store these foods at room temperature for some time or refrigerate them immediately for longer storage life : Lemons, Limes, Oranges, Pomegranates and Watermelon.

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- Lettuce stays Better if you store it in a Refrigerator without Washing. Wash it at the time when you use it.
- Wrap Fruits and Vegetables in Paper before refrigeration, to keep them fresh for long.
- Question: Can I put hot food in the refrigerator? Answer: It's fine to place hot food directly in the refrigerator. Place hot food in shallow containers so that it cools quickly to reach a safe temperature, once it's in the refrigerator. You can also quick-chill the food in an ice water bath before refrigerating it. Be sure to refrigerate the food within 2 hours of cooking it.
- For easy grating and shredding of Cheese, freeze cheese in the freezer compartment of your refrigerator. Store hard cheese varieties in the freezer for 30 minutes and soft cheese varieties for 15 to 20 minutes before grating / shredding.
- Refrigerate Pizza within 2 hours of cooking/ purchase. Cover Pizza with an aluminium foil/ plastic wrap when refrigerating. Freeze Pizza after tightly wrapping in aluminium foil/ plastic freezer wrap/ bag.
- Serve ice cream in chilled bowls, preferably glass. The frosted bowl is good to look at and retains shape of the ice cream for longer.
- Marinate Mutton in Red Wine in a covered container in a refrigerator for 6 to 8 hours to tenderize it. *Do not marinate more than 24 hours.*
- To make Soft & Juicy Tandoori / Fried Chicken, marinate Chicken in Butter Milk in a covered container in a refrigerator for 4 to 6 hours to tenderize it. *Do not marinate more than 24 hours.*
- Open bottles of Tomato Ketchup can be safely stored at room temperature, due to its high acid content. However the ketchup will taste better, if refrigerated.

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- Keep some unpeeled boiled potatoes in the refrigerator. They will come handy, when needed.
- To quickly and easily clean the inside of your Refrigerator, use Salt and drinking Soda.
- Question: Is it better to store bread at room temperature or in the refrigerator? Answer: Storage at room temperature is definitely better than refrigeration. Bread stored in the refrigerator will dry out and become stale much faster than bread stored at room temperature. Bread can be stored at room temperature for 1-7 days depending on its type and whether it is sliced/ not.
- The refrigerator is not the best place for storing Potatoes. Refrigeration can cause potatoes to darken during cooking and to develop an unpleasantly sweet taste. The reason is that the chilly environment of the fridge helps to convert the potato's starch to sugar. Store potatoes at room temperature/ at a temperature between 45° and 55° F.
- Do not store olive oil in the refrigerator, it solidifies at 2 degrees Celsius. If olive oil contains a layer of white solids, the bottle has been chilled. Leave it to reach room temperature before use.
- Always store honey at room temperature, not in a refrigerator. Honey retains its texture at room temperature. Never boil honey. If honey becomes cloudy, it can be due to crystallization. Crystallization of honey can be removed by placing the jar of honey in warm water till the crystals disappear.
- You can store lemons for long periods by refrigerating them at temperatures between 10-15 degrees Celsius. At lower storage temperatures they deteriorate faster.
- When unripened tomatoes are stored below 13 degrees Celsius, ripening comes to a halt and the flavor never develops.

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- You can store lemons for long periods by refrigerating them at temperatures between 10-15 degrees Celsius. At lower storage temperatures they deteriorate faster.
- If you're not sure if a refrigerated food item has gone bad, remember that smelling or tasting the food is not a good indicator of safety. That's because most harmful bacteria can't be seen, smelled or tasted. The best policy is to simply throw it away.

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