

CRUNCH TIME

Fresh Food



INGREDIENTS – CLASSIC BEEF:

- 1 Bunch bananas in fruit bowl
- 1 Bag of apples
- 1 Bunch grapes in perforated bag
- 1 Cucumber in plastic bag
- 1 Bunch celery in plastic bag
- 1 Avocado half with seed in
- 1/2 Lemon
- Vegetables in plastic bag - green beans, broccoli, cauliflower and/ or carrots
- 1 Carton eggs
- 1 Milk carton
- 1 Cooked chicken or meat in air-tight container
- 1 Bunch herbs in glass of water
- 1 Bag of potatoes
- 3 Onions in bowl

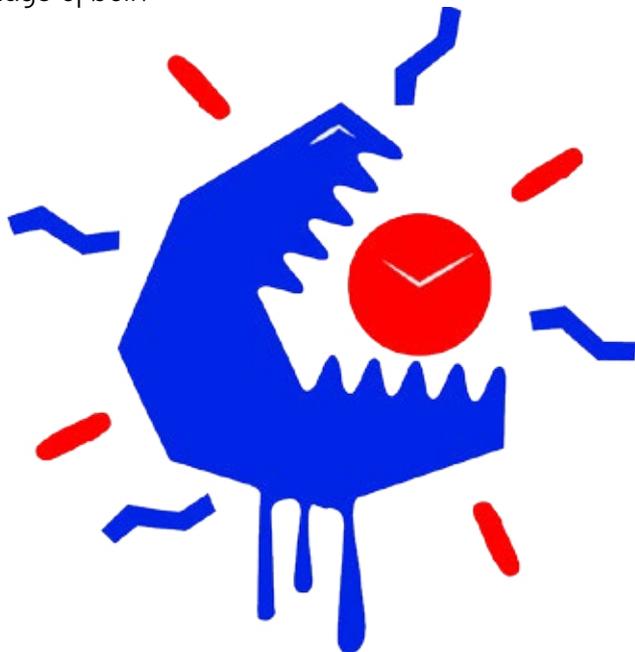
EQUIPMENT:

- Foil
- Air-tight container for cooked meat
- Glass for herbs
- Bowl for onions
- Fruit bowl



METHOD:

1. Some fruits store better on the shelf and some in the fridge. The trick to keeping bananas from going brown is to keep them together for as long as possible. Only snap one off when you're ready to eat it
2. Apples produce a gas which keeps potatoes fresher and firmer. But keep apples away from other fruits and veggies. The gas might be good for the potatoes, but it's bad for almost everything else. Store in a plastic bag in the fridge
3. With fruit like grapes and strawberries, discard any bruised or mouldy fruit before storing in the fridge in perforated plastic bag. Do not wash until ready to eat as excess moisture during storage will hasten decay
4. Salad ingredients like cucumbers and lettuce will last a week in the fridge in a plastic bag. Do not wash them until you are ready to eat them
5. Celery wrapped in plastic will last a week or two. But swap the plastic for foil. It lets the gas that spoils celery escape, rather than trapping it like plastic, so the celery stays crisper longer
6. Let avocados ripen at room temperature and then put them in the fridge until ready to eat. Once you've cut them, keep the stone in the remaining half and squeeze on a little lemon juice to preserve them even further
7. Refrigerate vegetables like green beans, broccoli and cauliflower in a plastic bag and do not wash until ready to use
8. Fresh eggs will last much longer when stored in the carton in the main body of the fridge, not on the door as the temperature is too warm.
9. Milk will also last longer in the main body of the fridge, rather than the door
10. Raw meat will last 3-5 days in the original packaging in the fridge whereas chicken, fish and shellfish will last 1-2 days. Once cooked they will last 3-4 days in an airtight container
11. Treat herbs like a bunch of flowers. Store the bunch in a glass of water on the windowsill
12. Store onions in a cool dry area. Don't store them near potatoes, as the chemical reaction will speed the spoilage of both



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