



# How To Choose Quality Food + Storage Tips

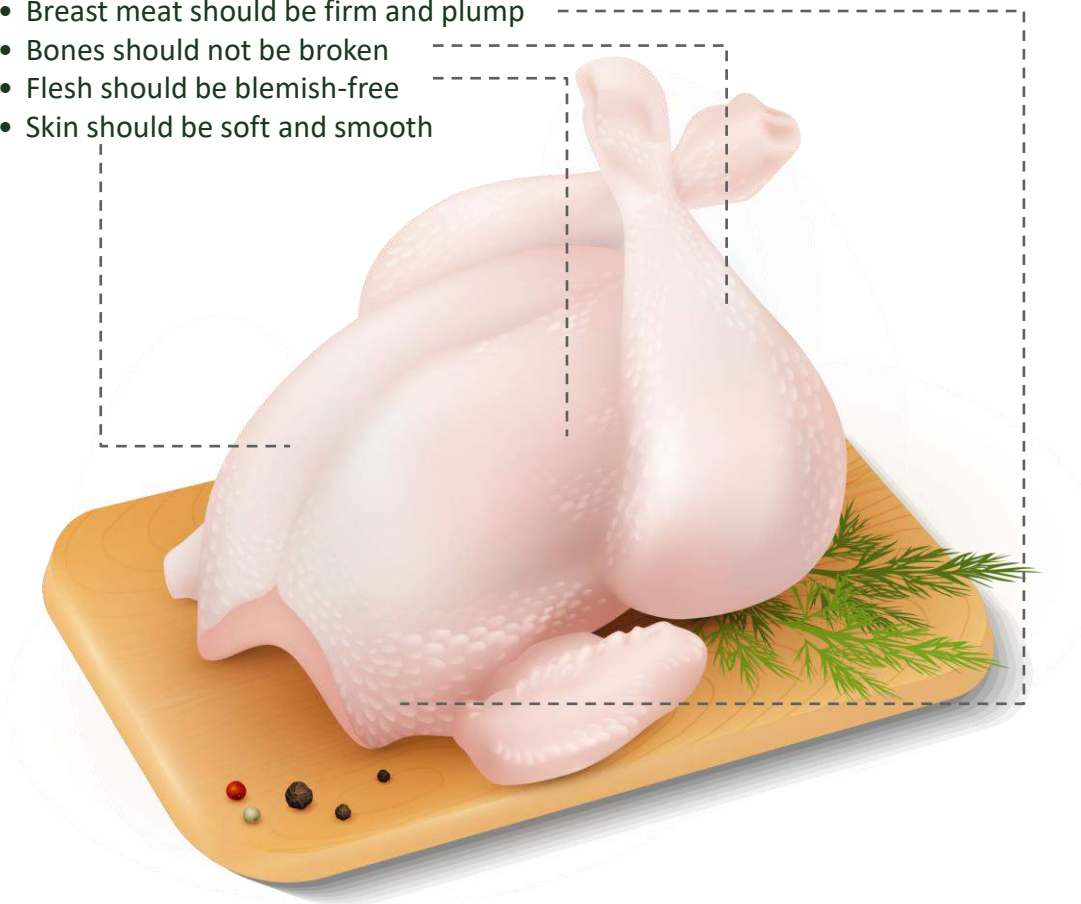
## Meat & Poultry

Use the tips below to choose the freshest cuts of meat.



## How to choose the best quality white meat:

- Breast meat should be firm and plump
- Bones should not be broken
- Flesh should be blemish-free
- Skin should be soft and smooth



### Storage Tips:



• Place chicken in resealable bag. Remove air, then seal, label and freeze for up to 3 months.



• Store cooked chicken in an airtight container in the fridge for up to 4 days.



• Never leave cooked chicken at room temperature for more than 2 hours. Refrigerate within 2 hours of cooking.



• To defrost chicken, place airtight container packaging in cold water, changing the water every 30 minutes.

### How to choose the best quality red meat:



Fat enhances flavour. A yellow hue suggests the animal was grass-fed



Surface should be smooth, not sticky or slimy.



Meat should have a mild but not unpleasant smell



Tender cuts are better with fine grain and little connective tissue



Tough cuts should have thicker grain



For stews best are cuts with fat and connective tissue



Marbling is a good sign that meat is full of flavour

### Storage Tips:

• Store cooked beef in an airtight container, then freeze for up to 3 months.

• To defrost beef, place airtight container packaging in cold water, changing the water every 30 minutes.

• Refrigerate cooked beef for up to 5 days. Eat premium cuts straight after cooking.



## Fish

*Fish have short shelf life, so use these tips to choose the freshest fish.*



### Smell.

Fresh slightly briny is best. Unpleasant and strong fishy aroma should be avoided.



### Eyes.

Bright, shiny and bulging eyes indicate a fresh fish. Avoid fish with milky, sunken eyes



### Skin & Scales.

A fresh fish will have metallic and bright looking scales. Dull, patchy or broken scales should be avoided.



### Gills.

Fresh fish have moist, clean and bright red gills. Dull and slimy are to be avoided.



### Feel.

Fresh fish will have a firm and springy consistency as opposed to a inelastic, soft and squishy.

## Storage Tips:



- Fresh raw fish should be refrigerated for up to 2-3 days



- Cooked fish can be stored for up to 2-3 days in the fridge or frozen for up to 1 month

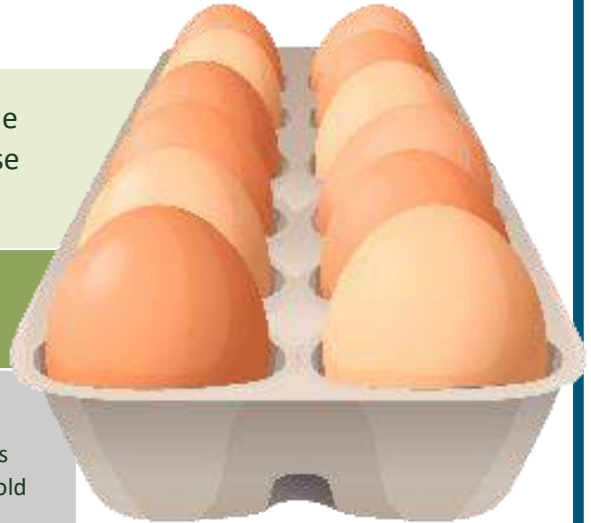
## Eggs

Use the water test to check the freshness of eggs.

To conduct this test simple place an egg in a bowl of water.

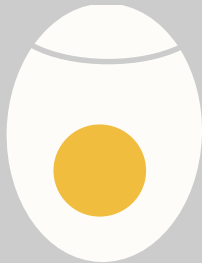
### Fresh Egg

The eggs will lie flat at the bottom of the bowl, indicating the freshest ones. These are best for poaching and boiling.



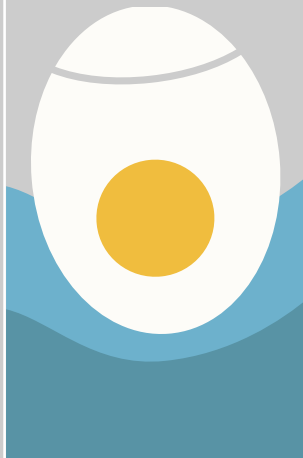
#### 1-3 Weeks Old

The eggs will sink to the bottom but tilt or stand upwards are past their peak of freshness but are still safe to eat. Older eggs should be stored in the fridge and are best used for baking or boiling.



#### 5+ Weeks Old

If egg floats on the water, this indicates that it is old and should be thrown away.



### Storage Tips:

In US, chickens are not routinely vaccinated against salmonella, so the advice is to store them in the refrigerator

In Europe, the advice is to keep eggs in a cool cupboard

Eggs should not be stored on the refrigerator door but in the main body of the fridge to ensure consistence temperature

Hard boiled eggs should be stored in the fridge for up to 1 week

Sources: *The Science of Cooking* by Dr. Stuart Farrimond