

Preservation



Freezing tricks

- Try recreating a vacuum packaging (airless) as well as possible; for example, suck the air out of a bag using a straw.
- Use strong aluminum foil to wrap foods that you plan to keep for three weeks or more.
- Use plastic bags made specifically for freezing, or which fastener will allow a hermetic seal for foods that you want to keep for a longer period.
- Avoid regular plastic wrap: it loses its airtightness when exposed to the cold.

To avoid

Lettuce

Thawed lettuce will be bland and softened.

Tomato, bell pepper and chili pepper

These foods will lose their crunchy texture. They can be used in cooked dishes.

Eggs

The raw egg shell will crack in the freezer. Cooked, it will get a hard, rubbery texture. Beaten eggs can be frozen.

Spicy foods

Seasonings get more or less spicy during freezing. It is better to season them after they are thawed.

Refrigeration

Meats	Preservation mode	Preservation time
Large piece Tip: Change the packaging every day.	Remove the meat from its original packaging and wrap hermetically, but not too tightly.	2-3 days
Sliced meat	Place a waxed paper sheet between each slice and wrap hermetically, but not too tightly.	2-3 days
Ground meat	In its original packaging	Maximum 1-2 days
Processed meats (sausages, bacon, in their original packaging charcuteries)	Wrap in plastic wrap	5-6 days in a plastic wrap 2 à 3 jours dans une pellicule plastique
Cooked meats	Cooled and wrapped in a plastic wrap.	2-3 days

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Poultry	Preservation mode	Preservation time
Raw Tip: Change the packaging and the plate every day.	On a plate, loosely wrapped in a plastic wrap.	2-3 days
Cooked	Cooled and covered with a plastic wrap.	2-3 days
Fish	Preservation mode	Preservation time
Cru Tip: Renew the packaging after the first day.	Rinse under icy water and sponge, place in a plate covered with plastic wrap.	1-2 days
Cooked	Cooled and covered with a plastic wrap.	2-3 days
Smoked	In its original packaging or wrapped in a plastic wrap.	3-5 days
Other foods	Preservation mode	Preservation time
Cheeses	Wrapped with 2 layers of plastic wrap.	2-3 days
Eggs	Leave them in their original packaging (they are very sensitive to odours and temperature variations)	2 weeks
Lettuces	Washed, well-dried and placed in a plastic bagde closed without removing the air.	Up to 2 weeks
Inflorescence vegetables (brocoli, cauliflower) Root vegetables (carrots...)	In an airtight container, not washed.	5 days
Root vegetables (carrots...)	Washed and well-dried.	2 weeks
Hard fruits (apples, pears, citrus)	In a plastic bag.	2 weeks
Soft fruits (strawberries, blueberries...)	Placed in a single layer on a tray and covered with paper towels.	2-3 days