

# TIPS FROM THE KITCHEN

A better future starts at home



## #1

To keep tomatoes longer, there are small tricks to take. Clean the stalk from the longest twigs and leaves, then place the cleaned tomato upside down on a flat surface.

The ideal temperature for storing eggs in the refrigerator is 4-5°C, then place them on the highest shelf of the refrigerator to keep them cooler. Leave them in the purchase container away from other foods to avoid the risk of contamination and bacteria.



## #2

## #3

Bananas? Wrapping a little film around the stalk will prevent the premature ripening of the fruit. Storing bananas separately from each other and not in a single helmet can prolong their life too.



An easy suggestion about onions: in the pantry, keep them away from potatoes. The gases produced by onions sprout potatoes faster. It is

better to combine them in the cooking phase.



## #4



A tip for storing strawberries longer: prepare a solution with 10 parts of water and 1 of white vinegar or apples in a salad bowl. Plunge the strawberries, mix a few times, drain and rinse. The vinegar will eliminate bacteria and mold and the fruit will last about two weeks.

## #5

## #6

To keep the salad always crisp and fresh, transfer the leaves to a bowl or container. Put a couple of sheets of kitchen paper on top and wrap tightly with plastic wrap to exclude all possible air. This will prevent moisture from settling on the leaves, helping them to stay cool and prevent wilting.



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