

10 HANDY HINTS FOR YOUR KITCHEN

Resident Healthy Kids chef and canteen business manager, Jacqui Gowan, shares her best food, storage and equipment tips.



1.

Cleaning your chopping boards

Soak them in a solution of one part vinegar to five parts water for 10 minutes before giving each a good scrub and propping up in the sun to dry. This helps to kill any stubborn bacteria and will get rid of any smells and discolouration.



2.

Storing tomato paste

Big quantities of tomato paste tend to go off in the fridge before you can use it all. To maintain freshness, make sure the inside top of the container or jar is always clean, and add a little oil on top of the paste every time you use it. This helps to preserve it and prevent mould.



3.

Preparing raw chicken

After you've chopped your chicken, remove any leftover bits from the chopping board and wash it thoroughly with cold water first, then hot soapy water. Using hot water first sets the protein in the chicken onto the board and makes it much harder to clean.

4.

Cleaning fridge seals

There's no easy fix here, you simply need to grab a cheap toothbrush and a bucket of hot soapy water and give the seals a good going over to remove all the grit and grime.

5.



Removing calcium from inside your kettle

Pour one part vinegar and five parts water into your kettle and allow it to boil twice (with a short rest in between). Rinse it thoroughly with cold water and repeat if needed.

6.

Softening hard lemons and limes

If you come across hard lemons and limes that feel like they have hardly any juice in them, pop them in the microwave for five seconds and then roll them on the bench with the palm of your hand, using slight pressure. They'll release more of their juices as you cut into them.

7.



Storing bananas

Separate your bunch of bananas and store them away from other fruits. They actually let off a gas which causes fruit to ripen faster – great for those underripe avocados though!



8.

Keeping knives sharp

Never put knives in the dishwasher, never cut directly on a bench without a chopping board, and always wash them in hot soapy water and dry them straight away. If you've got a few blunt knives, a quick trick is to sharpen it on the bottom of a coffee cup. Hold the knife on a slight angle and run it over the unglazed rim and a few times on each side.



9.

Removing bugs from lettuce

Wash the lettuce first in a tub of water then add a pinch of salt. This will help to draw out any bugs and bring them to the surface.



10.



Storing plastic containers

To keep your unused plastic containers from smelling, place a pinch of salt in them before storing. It helps to absorb moisture and prevent odours from spreading.

