

foods you shouldn't refrigerate

Avocado

When kept in the fridge, avocados are prevented from fully ripening and the flavour is affected.



Tomatoes

Store at room temperature to preserve the taste and texture of tomatoes. Trim off vines and flip upside down to further extend the storage time. Once cut, store in an airtight container in the fridge.



Cucumber

Cucumbers can last up to two or three weeks on the counter or in the pantry, however in the fridge this is cut down to a week. Once cut, cucumbers should be stored in the fridge, ideally wrapped in a damp paper towel.

Banana

If bananas are kept at room temperature, they are able to ripen properly. To ripen slower, wrap banana tops in plastic wrap. To ripen quicker, put them inside a paper bag.



Bread

If kept in the fridge, while less likely to get mouldy, will likely dry out and get stale. Bread is best enjoyed fresh or placing in the freezer as an alternative option.



Melon

Keeping melons at room temperature maintains flavour, and also keeps their antioxidants intact. Once cut they should be stored in an airtight container in the fridge.



Potatoes

Storing potatoes in the fridge can turn the starch into sugar and acrylamide. The best place to store potatoes is in a room temperature pantry.



Stone Fruit

Storing in the fridge can reduce stone fruit juiciness, and make cherries, nectarines, peaches, and plums soft and dry. Store at room temperature until they are ripe. Eat once ripe or store in the fridge for a few days.



Herbs

To ensure herbs don't dry out in the fridge, keep them fresh by storing in a glass of water, stem side down, on a bench away from sunlight. They should last up to a week like this and can then be frozen for later use.



Garlic

It's best to store garlic bulbs at room temperature. Once minced, or chopped, garlic should be stored in an airtight container in the fridge.



Onions

Like garlic, once diced, minced, or chopped, onions should be stored in the fridge. Prior to that, store onions at room temperature, as cooler temperatures can ruin the onion.

Honey

Refrigerating honey speeds up the crystallisation process, and as such it is recommended to be kept in the pantry, properly sealed.



Coffee

Storing coffee in the fridge won't prolong its life and can lead to the beans/grounds absorbing the other flavours in the fridge. Best storage technique is keeping the coffee in an opaque and airtight container in a dark and cool place for a maximum of two weeks, and then freeze it.



Cake

Cakes with cream, cheesecake, mousse or fresh fruit shouldn't be left at room temperature for more than a day, however other cakes can be enjoyed safely outside the fridge for up to a week. If you need to harden the frosting or icing, the cakes can be chilled for up to 15min.



Chocolate

Keeping chocolate in the fridge can turn it grey. This happens from the temperature changes that cause sugar crystals to form on the chocolates surface. Whilst being safe to eat the taste and texture can be affected. Store chocolate in a cool pantry without sunlight.

