



## WHAT INGREDIENTS NEED TO BE REFRIGERATED?

Here are always a few ingredients where you are not sure if they need to be placed in the refrigerator

# TIPS AND TRICKS

## What to Refrigerate

### **Soy Sauce**

If you're reading the label on-the-bottle instructions, it's best to move this fermented product to your refrigerator once it's opened. There, it can remain in its cool condition for a good for one year - even though we know you'll use it faster than that.

### **Olive Oil**

This loved cooking ingredient - and lovely complement to nuts, breads, salads and even desserts. Olive oil will last the exact same amount of time whether you keep it in your cupboard or in your refrigerator. (Keep it no longer than about 12 months.) Please keep it in a cool, dark place; it tastes much better at room temperature anyway.

### **Salad Dressing**

It may be obvious to store creamy ranch dressing in your refrigerator, but oily dressings such as Italian or a vinaigrette should be kept cold after opening too. That's because their key ingredients - think things such as shallots and citrus juice; will go rancid without refrigeration.

### **Honey**

Not only is this loved sweet syrup totally safe to eat straight from the pantry, but you could be making it difficult to use if you put it in the refrigerator. Cold, honey thickens- and it quickly becomes all-but-impossible to use. Store it in a dark dry place.

### **Mayonnaise**

You may buy mayonnaise off a non-refrigerated shelf, but the second you pop the top, you must put it in the refrigerator. In fact, the USDA recommends opened mayo be tossed in the trash if its temperature reaches 50 degrees or higher for more than eight hours.

### **Dijon Mustard**

High quality mustard cost a pretty penny; and if you don't put it in the refrigerator, you could, as mustard giant French's says, ruin its flavor profile. So while Dijon mustard won't necessary spoil at room temperature, you'll get more bang for your buck by keeping it in the fridge after it's opened.

### **Peanut Butter**

With the exception of natural and organic peanut butters, this delicious nutty spread can be safely kept in your cupboard for up to three months after its opened. But beware: because peanut butter has few preservatives, it can easily degrade. One easy way to keep it in tip-top shape is to use a clean utensil every time you scoop from the jar.