

# From Slaughter to Plate MEAT STORAGE MAGICS



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Coming Eid, we'll all be celebrating with family and loved ones and surely be consuming a lot of meat. But even after that, you're going to have substantial leftovers, right? Let this article be your guide to safely store your leftover meat for months to come.

#### SAFETY IS KEY

Keeping your meat safe is of utmost priority. It goes without saying that you

should wash your hands, your chopping boards and knives before and after handling raw meat. This is important because if you're working with raw and cooked meat at the same time, and cross contamination can occur and it has a good chance to spoil both. Always use separate cutting boards and utensils and make sure to store them in different compartments as well.

#### ADJUST THE TEMPERATURE

The first and foremost commandment

to storing meat the right way is temperature. It is crucial that you maintain a temperature below 4°C in your refrigerator for short term storage. For longer durations, utilise your freezer and adjust it so the temperature stays below -18°C and store the meat there. Chilled environments deter harmful bacterial growth and let your food stay healthy longer!

#### PACKAGE THERAPY

Keep in mind that packing meat helps to

keep the freshness locked in longer. It is advised that you store them in airtight packaging. Some examples include zip lock bags, aluminium foil and freezer bags to avoid freezer burn. This helps to keep moisture and air away from the meat and potential odours away from the other foods in the fridge as well.

Pro tip: Label each package so you know exactly what and when it was packaged.

#### DIVIDE AND STORE

In order to be as efficient as possible, divide your meats in smaller portions before you freeze them. Smaller portions not only freeze faster but they also thaw faster too, saving you precious time before cooking them. It also minimises waste because you only need to defrost what you needed rather than picking away at a large portion of frozen meat. Zip lock bags come in handy again as they are a perfect guide to what portion you can store in them.

#### THE ART OF DEFROSTING

Defrosting can be a time-consuming process. Rushing this procedure will spoil the meat if you're repeating it multiple times. The safest way to defrost meat is by transferring it from your freezer to your fridge and leaving it overnight. This allows the meat to thaw safely because thawing it outside can encourage bacterial growth. If you're in a rush, then place and submerge your frozen meat in a bowl filled with cold water. Change the water every 30 minutes till fully thawed.

#### MARINATING MAGIC

It's always good to store your meat marinated as it not only enhances the flavour of your meats but also prevents bacteria from growing on it. Acidic marinades, with ingredients like citrus juice and vinegar give a good antibacterial effect. Store the meat in a sealed bag and keep it in the fridge for the recommended amount of time. Just keep in mind to discard any leftover marinade and dry your meat thoroughly before you cook it.

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#### FREEZE AND THAW SMARTLY

When freezing cooked meat, it's important to let the meat cool down completely before you store it in the freezer. This prevents the meat from spoiling quickly in the freezer. When thawing cooked meat, make sure to heat it to at least 74°C to eliminate any potential bacterial growth. For the best results, store cooked meat in small meal-sized portions so it's easy to defrost and freeze them.

#### MEAT STORAGE TIMES

There are actually specific times before the freshness of your meat starts to fade away. It differs from how and where you stored your meat. If you store larger portions of meat in the fridge, it should be good for about three to five days. The freezer stretches this time from three to six months. Smaller portions last about one to two days and about three to four months in the freezer.

#### TRUST YOUR GUT

Trusting your gut is as important as following a guideline. While this guideline should cover all bases, if you feel like your meat smells, has a weird texture or appears discoloured, it's always good to be on the safe side and discard it properly. Your senses can best pick out these factors and as such, you should trust them when needed.

## Celebrate Eid-ul-Adha in Style with the Best Refrigerator Features in Bangladesh

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This feature ensures that specific items requiring cooler temperatures, such as dairy products or delicate desserts, can be stored in an optimal environment. When it comes to preparing for Eid-ul-Adha, refrigerators with quick cooling and freezing features prove to be indispensable. With the festival just around the corner, these cutting-edge innovations are your best options to ensure food quality and minimize temperature fluctuations, guaranteeing that your ingredients remain safe and fresh. For instance, Konka freezers offer supreme freezing capacity, allowing you to freeze meat and food items efficiently. On the other hand, Hitachi refrigerators from Transcom Limited feature a Quick Cooling mode that rapidly cools your fridge, enabling you to freeze your meat or food quickly.

In Bangladesh's scorching summers, refrigerators with integrated water and ice dispensers become particularly valuable. Transcom Limited's Hitachi French Bottom Freezer goes the extra mile by automatically and continuously producing ice cubes when you fill the water tank. This eliminates the need for manual ice tray filling. Mohit, the Head of Marketing at Vision Refrigerators, adds, "Vision fridges have external water dispensers that facilitate convenience in people's lives. It eliminates the repetitive activity of putting bottles to store chilled water." With these refrigerators, you can enjoy cold water and ice cubes at your convenience, saving you time and effort.

Modern refrigerators have embraced sleek styles with digital displays, adding a touch of elegance to your kitchen. These displays not only enhance the aesthetics but also provide a user-friendly interface for temperature control. Mohit shares an example, stating, "Vision Double Door fridge displays

the temperature and helps set the optimal temperature for the food items." This feature allows you to easily adjust the temperature settings with a simple touch, ensuring that your food stays fresh for longer durations. Additionally, digital displays and temperature controls are available in fridges from other reputable companies as well, providing you with intuitive control over the storage conditions of your food.

Taking it a step further, Jamuna Refrigerator is introducing temperature control by app along with digital touch display. "No

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matter where you are, you can check the temperature inside your fridge and change it just by a click on your phone screen", adds Salim Ullah Salim, Director of Marketing at Jamuna Electronics and Automobiles Ltd. They also have built-in Bluetooth music that can be operated through the app as well.

One common challenge in refrigerators is food odor and cross-contamination. With a variety of food items stored in the fridge, from leftovers to fish, meat, and vegetables, the flavors can mix, and odors can build up over time. To

combat this issue, Konka fridges incorporate an activated carbon deodorizer that maintains food quality by deactivating up to 99.9% of bacteria. Nurul Afser highlights the benefits, stating, "It does not allow the flavor of one food to be mixed with another food." Similarly, Hitachi fridges employ a triple power filter that removes bacteria and odors, ensuring your fridge remains fresh and clean.

In a country like Bangladesh, where energy consumption is a growing concern, refrigerator manufacturers have introduced new technologies to increase energy efficiency. Transcom Digital has incorporated Vacuum Insulation Panel (VIP) Technology into their Hitachi fridges. This technology utilizes a thin panel with a fine glass fiber vacuum inside, providing high heat insulation performance. By preventing external heat from escaping, the VIP Technology ensures energy savings, making these fridges more efficient in their energy consumption.

Recognizing the voltage fluctuation issues that occur in many areas, Md Nurul Afser, Deputy Managing Director of Electro Mart Ltd, addresses the problem by introducing wide voltage range functionality in Konka fridges. This feature allows the fridges to operate smoothly even when the electricity voltage fluctuates between 125 to 265 volts, eliminating the need for a separate voltage stabilizer in such cases. This innovation not only enhances convenience but also helps overcome challenges related to voltage irregularities.

As you prepare to celebrate Eid-ul-Adha, the best refrigerator features in Bangladesh offer a wide range of functionalities that elevate convenience and efficiency. With these remarkable features, your kitchen becomes a hub of culinary excellence, enabling you to create delightful feasts and share the joy with your loved ones.

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