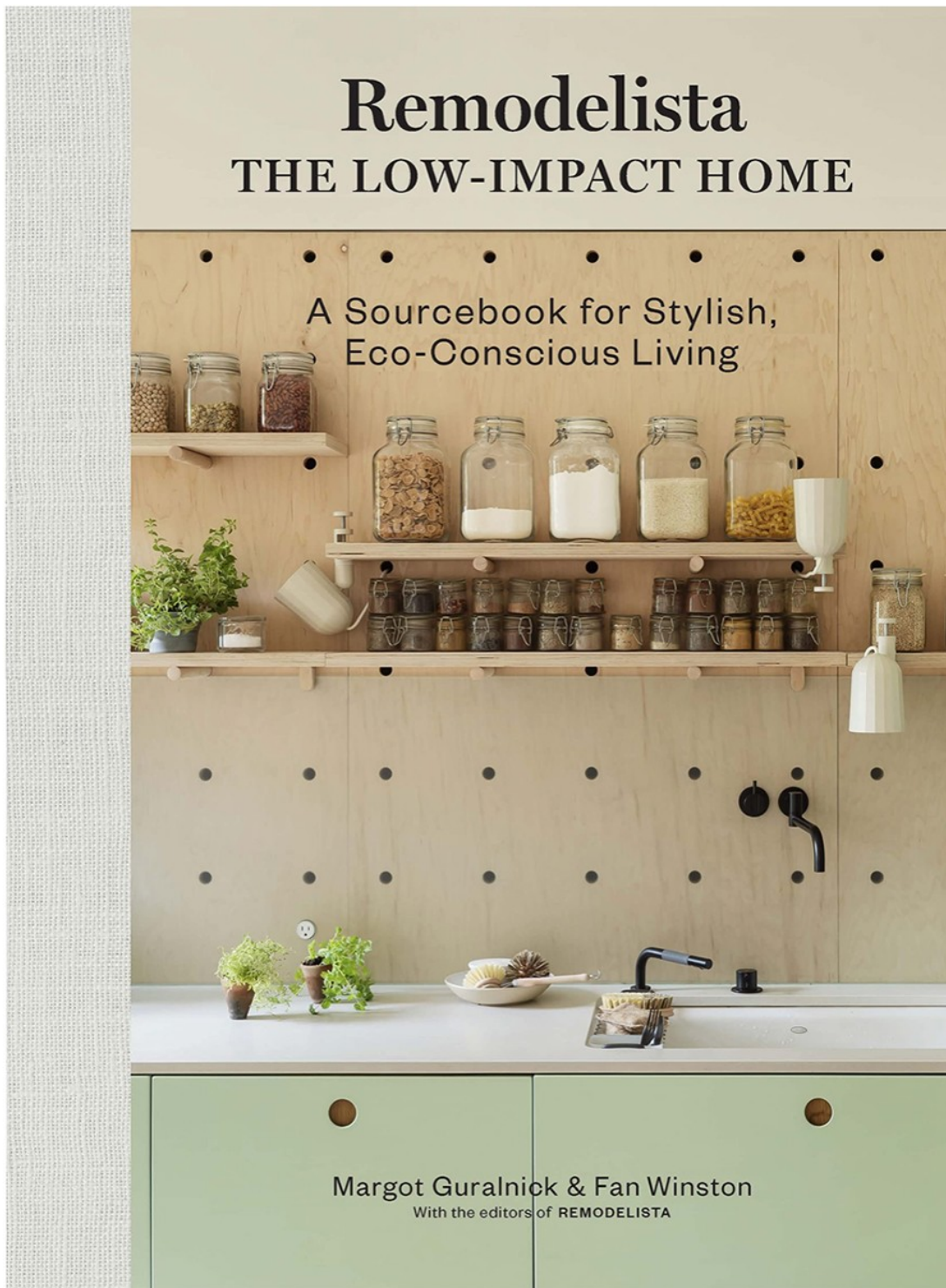


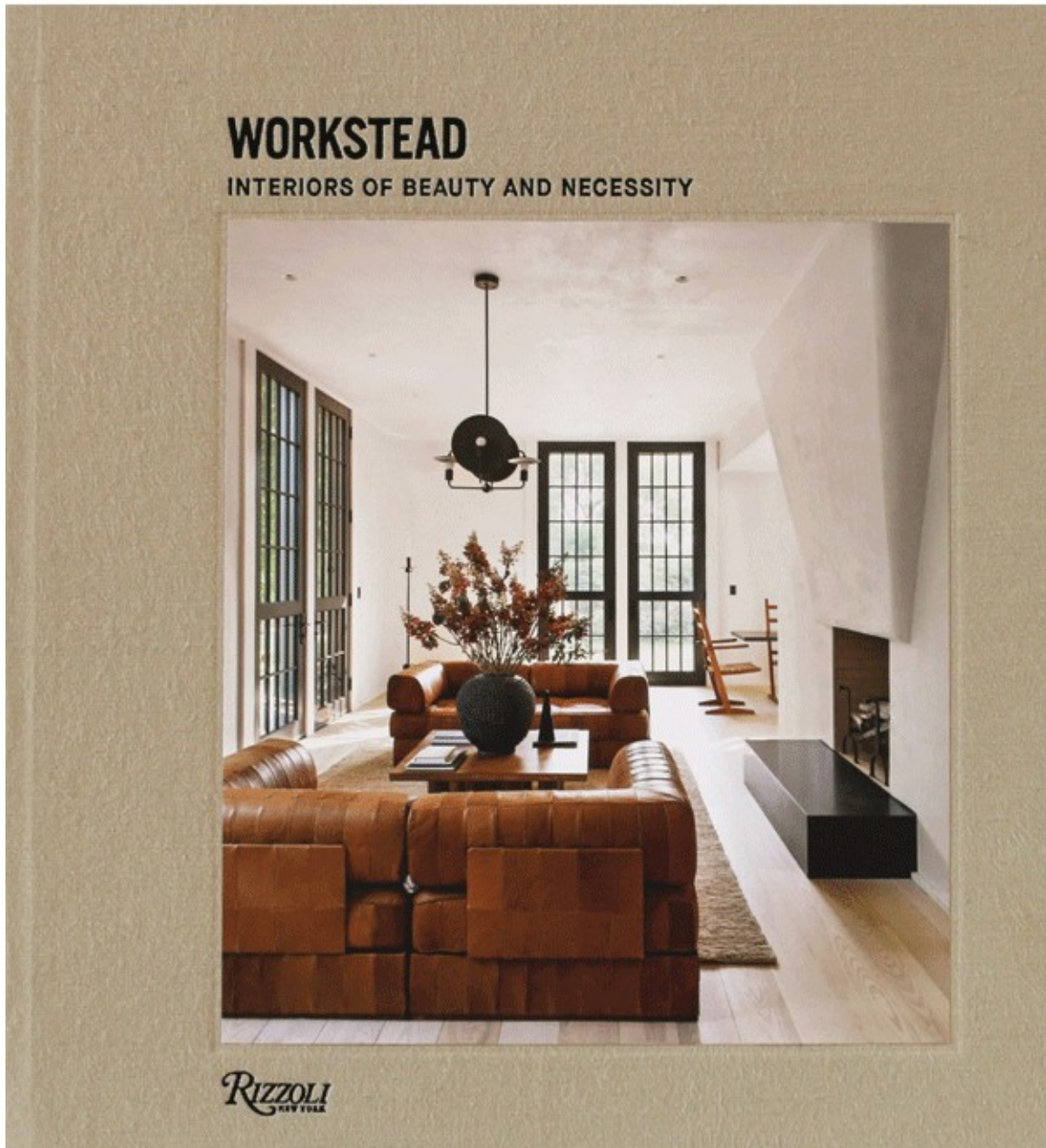
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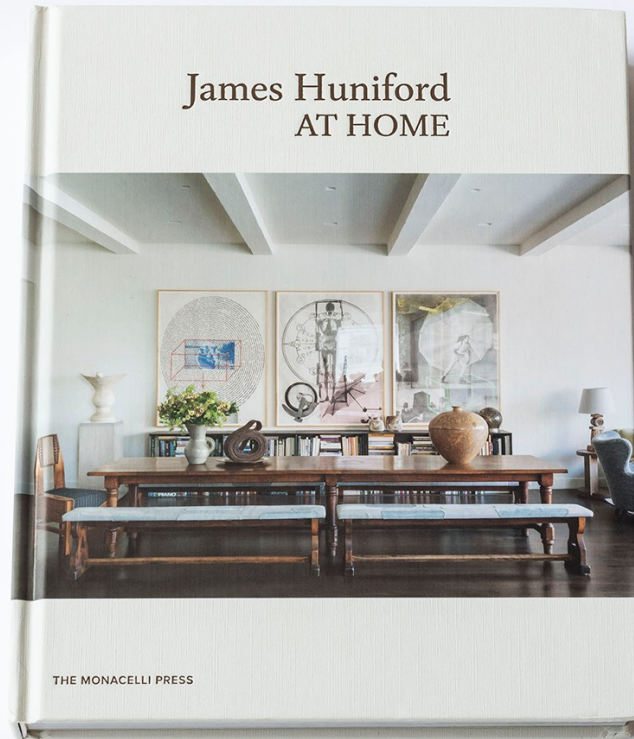


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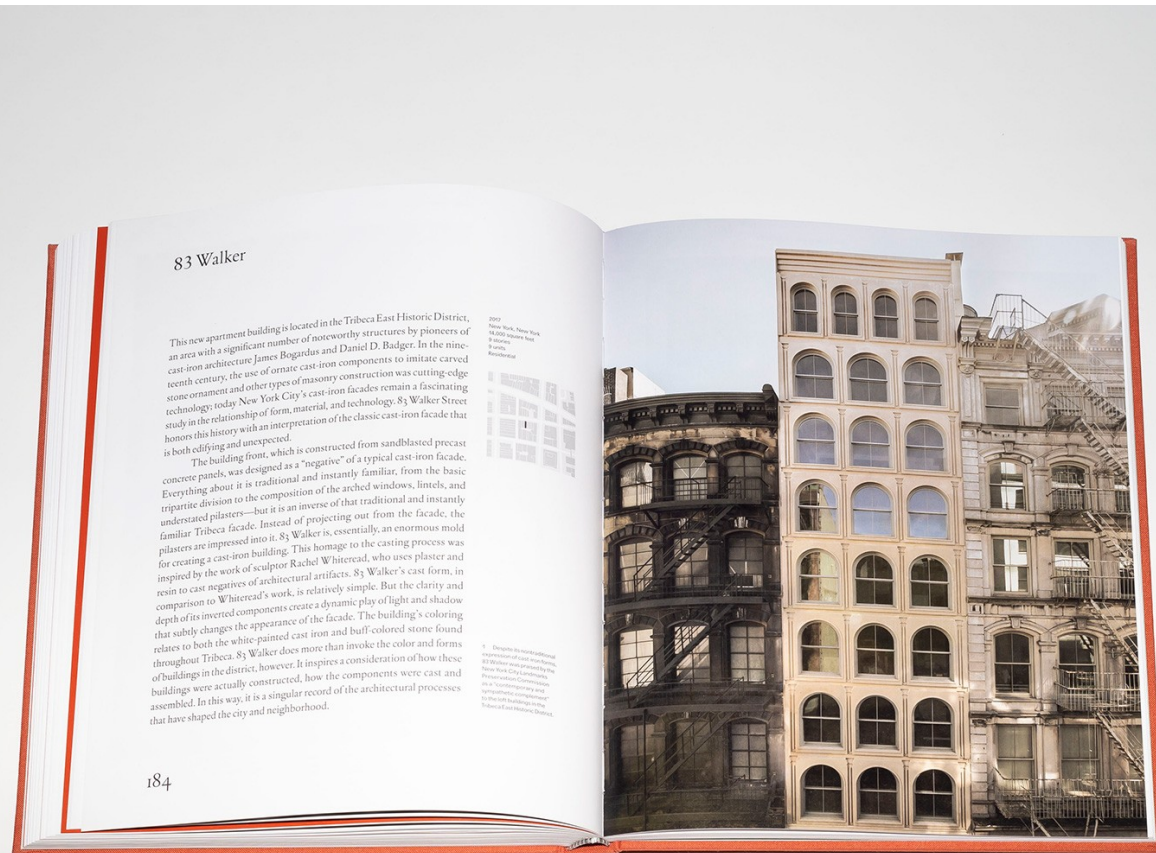


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## EXPERT ADVICE

### Think Like a Foodie

Good cooks care about the way kitchen staples are stored. How to tame the jungle inside our refrigerators? **Karen Mordechai**, food photographer, founder of Sunday Suppers, and cookbook author, has six smart answers.

- 1 **Buy in smaller quantities and avoid overcrowding.** "I've learned over the years to purchase food in a more thoughtful manner," says Mordechai. "Sometimes that means shopping more frequently, but I'm okay with that. I love having a refrigerator that feels approachable and inspiring."
- 2 **Establish distinct storage zones.** To avoid a free-for-all, store like with like to introduce predictability and order. In most fridges, the bottom shelf is the coldest zone, making it ideal for meat; beverages do well on the top shelf; vinegar-based condiments (such as ketchup and mustard) belong in the door compartments, which are less chilly. Leftovers, meanwhile, should be clustered at eye level where they're sure to be noticed.
- 3 **Practice first in, first out.** Adopted from grocers and other retailers, the FIFO approach ensures that what needs to be used first, such as milk that will soon expire, is stocked up front.
- 4 **Commit to a once-a-week fridge cleanup and clear-out.** "I find this very therapeutic," says Mordechai. "It always inspires a kitchen-sink meal or two, such as a frittata, a soup, and a big salad."
- 5 **Use enamel, ceramic, and glass containers.** Unlike plastic, they can go directly from fridge to oven to table (and your food doesn't have to mingle with things like BPA and phthalates). Label containers with washi tape to keep track of contents and dates.
- 6 **Store produce in reusable cloth and mesh bags (instead of plastic).** For sources, see page 182. And use your fridge properly: The high-humidity drawer is for things that wilt, such as greens, herbs, and strawberries. Oranges, apples, stone fruits, avocados, and other ethylene producers go in the low-humidity drawer.

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PREPAREDNESS KIT

Eliminate last-minute packing panic by keeping a kit of small items at the ready. These can range from the essential—your passport (it should have a permanent home here, so you never have to hunt for it)—to extras that help smooth the way.

- Passport
- Travel toothbrush and toothpaste in a zippered pouch
- Travel wallet for foreign currency, tickets, and receipts
- Foreign currency (saved from past trips)
- Plug adapters for other countries
- Foldable shopping tote

- Homemade plane care package, including Aesop Ginger Flight Therapy—a cure for motion sickness/general pick-me-up—eye masks, earplugs, and socks
- Melatonin (as a jet lag preventative, if you're a believer) in an art supply jar
- Travel umbrella
- Travel-size toiletries
- Mini sewing kit
- U.S. hundred-dollar bill (per our peripatetic photographer Matthew Williams, "A hundred bucks will get you out of just about any travel pinch, especially if you're traveling off the grid")





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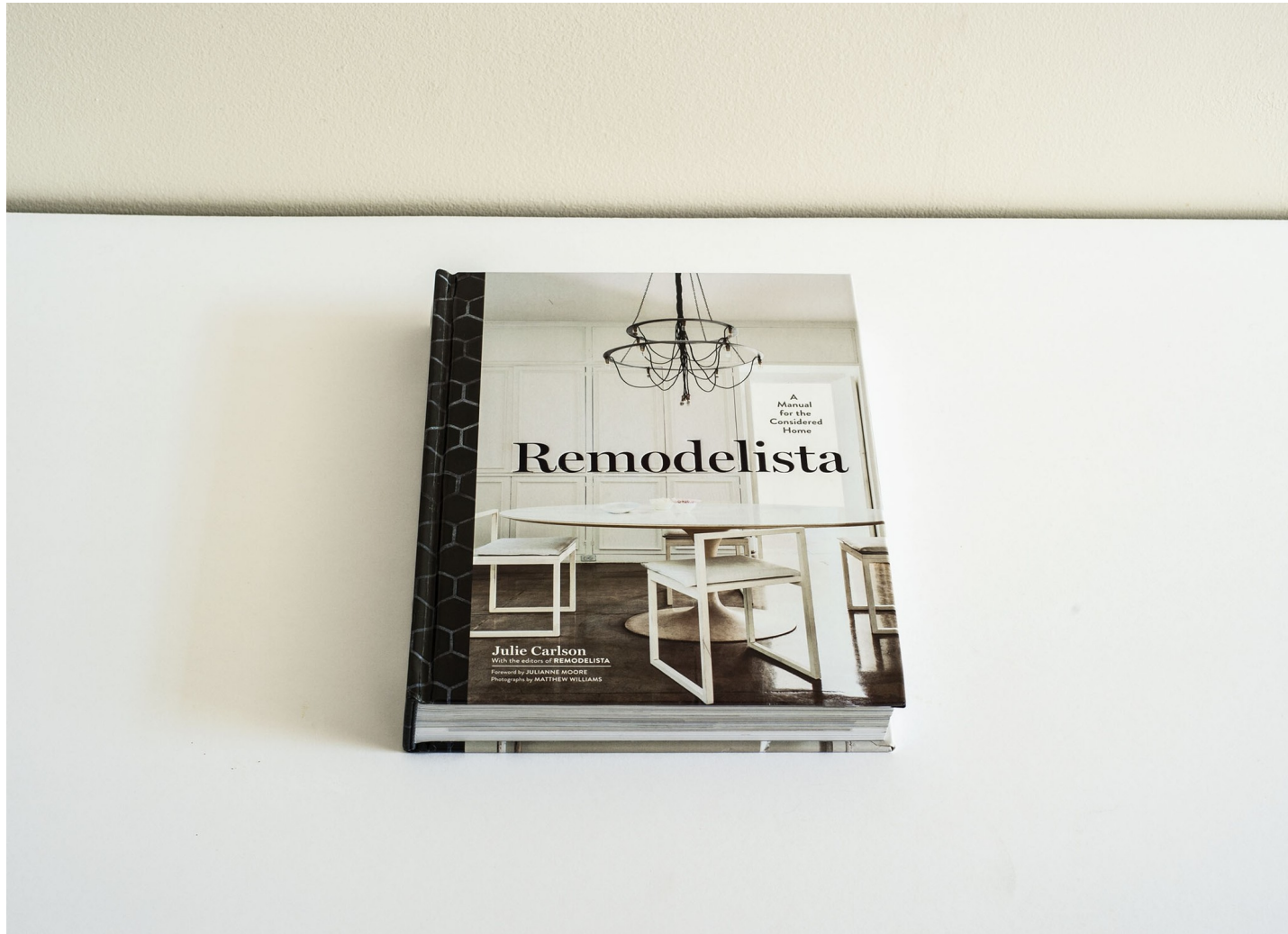


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