
KITCHEN HACKS

Freezer Edition

Seafood and Your Freezer: Budget BFFs

The next time a fish you like goes on sale, stock up so that you'll have enough for a few weeks. For the best flavor and texture, freeze your seafood right when you get home. Fish freezes really well, even if it was frozen one time before. Have a grocery store employee cut the fish into portion-sized pieces for you so that you can defrost only what you need when it's time to cook dinner.

When you want to cook the seafood, take the exact number of servings out of the freezer and defrost them slightly in the microwave. Place them in a preheated oven or on the grill to cook. Be careful not to overcook your fish: use a thermometer to make sure that your fish is cooked perfectly.

Store Bacon in the Freezer:

To get all of the fun of having bacon in a dish without overloading the serving size, keep bacon in the freezer and slice off a tiny strip to use in cooked dishes. You'd be surprised how much smoky and salty goodness you can tease out of just a little bit of bacon.

By keeping the bacon in the freezer, you extend its shelf life significantly without compromising flavor or texture. A single slab can last for months! Not sure where to start? Try draping a single strip of bacon over a piece of baked chicken. Or use slices to sauté with kale or other greens. You could even start a soup by chopping and sautéing a slice or two of bacon.

