

HomeMeal.

Cooling

Bacteria usually multiply faster at higher temperatures. The refrigerator should therefore be set to temperatures of no more than + 7 ° C and the freezer to -18 ° C to -20 ° C. The growth of germs is greatly reduced at refrigerator temperature, but there are also microorganisms that can multiply at these temperatures.

Therefore:

- Put the minced meat in a cool place immediately and process and cook through on the day of manufacture or purchase
- Fresh fish and fishery products must be stored at temperatures below + 2 ° C
- In order to maintain the viability of mussels and oysters, cooling at + 4 ° C to max. + 10 ° C
- Always defrost meat and poultry in the refrigerator or microwave
- Let the food cool down before putting it in the refrigerator. Portion larger quantities so that the cooling process is not too long.
- Only prepare meals that contain raw eggs (e.g. tiramisu) with very fresh eggs and then cool and consume immediately
- Freezing prevents or slows down the growth of microorganisms and thus extends the shelf life of the food. The killing or reducing of germs is usually not associated with deep freezing.
- Don't overfill your fridge. Leaving space allows air to circulate and maintains the set temperature.



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