



Guide to... CARAVAN CUISINE

Touring is even better when you can enjoy good food on your travels!
Here's all you need to know to cook up a storm in your caravan

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COOKING IN YOUR VAN

With a bit of planning, cooking in your caravan is a brilliant way to enjoy great food and local produce on the road, says Marcus Leach

EATING AND TRAVEL are very closely intertwined. It is impossible to set out on any trip without food playing a major part in the experience, from the meals we eat on the road, to the people and stories associated with all of the delicious local produce that we might discover.

I would argue that the ability to sample foods and regional delicacies that would not be easily available to us in everyday life is one of the greatest pleasures of travel, particularly caravanning.

I have lost count of the number of times we have been driving through a village or past a little roadside market, and pulled over on seeing purveyors of local produce that we would otherwise have very little

opportunity to cook and enjoy. Sampling their goods and hearing the stories behind them adds to the experience, not just of our trip, but also of the meal we eat as a family at the end of the day.

For us, that's one of the great advantages of travelling in a caravan and staying in different locations – the ability to buy and cook the foods that help to give the region we are exploring its identity.

From the UK's great cheeses, Murcia's paprika and Portugal's piri piri sauce, to olives in Provence, chorizo on the Iberian Peninsula and an abundance of fish along the Mediterranean coast, there's an endless supply of wonderful ingredients that we can use when we're out on the road.

A taste of something new

There's a common misconception that cooking in a caravan is an inconvenience, given that you have fewer facilities than at home. But it doesn't have to be.

With a bit of planning and organisation before your trip, you can be well equipped to rustle up all manner of tasty dishes and snacks, no matter where you are.

Just as it is at home for us, cooking is an integral part of the day when we are on the road and we look forward to it. Yes, there are nights when we arrive at a site later than expected, or turn up to find it has a brilliant restaurant (our weakness is wood-oven pizza, preferably with a local beer!), but we take great pleasure in cooking on tour. »



TOP COOKERY TIPS

Plan ahead

As much as we love buying produce we come across on our travels, we also take some essentials with us, so no matter what, we can cook. We will have a few set nights when we know exactly what we are cooking in advance, with the rest open to using whatever we happen to buy on tour.

Support local sellers

Be it at home or on the road, we always try to support small, local businesses and independent sellers when it comes to food. We may end up paying a little more at times, but we always get far better produce and on our travels, enjoy great food that we simply wouldn't be able to find elsewhere.

Keep it simple

You don't have to have a Michelin star to create tasty meals in your caravan. Speaking from experience, the best dishes are often the simplest, using a few pots and pans, and eating as a family in a beautiful location.

Make it fun

We involve the children as much as possible, be that peeling vegetables or helping to mix ingredients. It gives them a sense of purpose and a feeling that they're contributing – even if, half the time, they'd rather be outside playing! But the focus for us has always been on having fun, whatever we are doing.

Be prepared

There's nothing worse than not having the right equipment to cook with, so make sure you have a good set of knives, pots and pans that fit the smaller hobs and a selection of other basic kit.

This will allow you to prepare a variety of dishes and not end up frustrated because you don't have the right tools. One luxury item we have is a compact food processor.

Take spices with you

Herbs and spices can transform any meal from half-hearted into delicious, so keep a good selection in your lockers and you'll

always be able to serve tasty dishes. Bear in mind that they don't last forever – be sure to replace them when they reach their use-by date.

Store safely

Make sure that you store your food safely, particularly if you're not going to be using the caravan for any length of time.

Remove all fresh food when you leave and ensure that dried foods are securely stored in airtight containers. For more information about safely packing your caravan fridge, see p80.

Buy local produce, keep a few standby tins in the cupboard and most of all, have fun when you're cooking in your caravan!

Keep it simple

Sometimes you don't have time to cook, or simply can't be bothered – in which case, make it easy for yourself. Keep tins and packets of beans, stews and noodles in your lockers and you'll always have something ready to rustle up. Having this option will also help save money.

As for your first evening in the van, the chances are you'll have had a long drive, so before you go, cook a favourite dish and freeze it. Put it in your fridge before you leave, then, at your destination, you'll have a tasty meal that just needs reheating.



GOURMET GADGETS

Our pick of the best foodie gear and accessories!

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Aerolatte milk frother

Hot chocolate Velvetisers are all the rage, but for a cheaper alternative, use this battery-operated milk frother to cover your favourite drinks in attractive froth in less than 20 seconds.

Price £19.42 **Web** amazon.co.uk



Wacaco Nanopresso coffee maker

This nifty espresso maker will give you creamy coffee every time, and all it needs is ground coffee and hot water – it's even manually operated, so there's no need for a power source to charge it up.

Price £84.90 **Web** amazon.co.uk



Cadac Safari Chef 30 Compact

Weighing in at less than 4kg, this gas barbecue lives up to its name. Supplied with interchangeable cooking surfaces, it's ideal for quickly rustling up plenty of delicious food on tour.

Price £140 **Web** cadacuk.com



Omnia oven

The ultimate oven-on-a-hob, and a favourite here at *Practical Caravan*, this lightweight cooker is small and adaptable, allowing you to bake bread and cook tasty oven dishes directly on the hob.

Price £44 **Web** buyomniaeu.com



Kampa Midnight Blue 12-piece set

After preparing your feast, the next important step will be dishing it up, so step forward, melamine crockery.

Its robust, break-resistant nature offers valuable peace of mind, too.

Price £35 **Web** kampaoutdoors.com



Outwell Collaps Pot with Lid

Space-saving products always get a big thumbs-up from us, and this useful 2.5-litre pot from Outwell folds completely flat when you're not using it, which is perfect for easy storage.

Price £64.99 **Web** outwell.com

»



Hydro Flask water bottle

Stylish and hardwearing, Hydro Flask double-wall vacuum-insulated stainless steel bottles are a great investment for staying hydrated while you're on the go. They will keep water cold and fresh for up to 24 hours and come in a range of bright, attractive colours.

Price £35 **Web** cotswoldoutdoor.com



Food storage set

This 13-item set is great for keeping all of those bits and pieces from the fridge fresh. Good for leftovers, all the boxes have clip-lock lids and fit inside the biggest one, which has a carry handle, so is perfect for picnics. That makes for simple storage in your caravan, too.

Price £17 **Web** gooutdoors.co.uk



Outwell Penguin Cool Bag

Made from polyester with an easy-care lining, this cool bag comes with sturdy handles and mesh pockets. The 20mm PEVA insulation means it can keep things cool for 13 hours with an 800ml icepack.

Price £22.99 (six-litre bag), £32.99 (15-litre bag) or £38.99 (25-litre bag)

Web outwell.com



Outwell Collaps Kettle

Even if your caravan kitchen is small, this collapsible kettle can squeeze into the smallest space in a locker or drawer. It's available in two sizes and three colours.

Price £42.99 (1.5 litres), £52.99 (2.5 litres)

Web outwell.com



Ridgemonkey griddle

Ridgemonkey's versatile mini-griddle can be used over the campfire or your gas stove. Using this clever little griddle, you can rustle up a delicious toastie, fried eggs or even a steak, in no time at all.

Price £24.99 **Web** amazon.co.uk



Easy Camp Adventure Coffee Pot

This 1.4-litre coffee percolator is so robust, it can sit on your hob and even over a campfire. It has a detachable lid with a transparent knob, so you can keep an eye on your coffee as it brews.

Price £19.99 **Web** easycamp.com



Beeswax wrapper kit

As a sustainable alternative to film or foil, these plastic-free, grippable cotton wrappers just need a coating of the supplied beeswax before use, and they can then be washed and reused.

Price £15 (set of three, brush and wax)

Web kikkerlandeu.com



Olpro Berrow Hill melamine set

What could be more suitable for stylish dining in your tourer? This lightweight, almost unbreakable eight-piece melamine set from Olpro boasts a cheerful pattern that includes jaunty caravans among its colourful, camping-inspired designs.

Price £23 **Web** olproshop.com



Outwell Collaps Water Carrier

We have found this a godsend, both as an emergency reserve of water and if you are just stopping somewhere for the night and can't face the hassle of refilling your water container. It holds 12 litres and comes in a choice of three smart colours.

Price £34.99 **Web** outwell.com

CHIPOTLE CHILLI BEEF BURGERS

A classic dish gets a spicy twist for added flavour!

TOP TIP

The burgers can be frozen for up to a month. Defrost in the fridge overnight before continuing with Step 2

Using kidney beans to bulk out the meat provides you with a really punchy burger.

■ Serves six

■ Ready in 25 minutes, plus chilling

INGREDIENTS

400g/14oz can kidney beans, rinsed and drained

500g/1.1lb beef steak mince

1.5 tbsp tomato purée

2 garlic cloves, crushed

1 large free-range egg yolk

10 cornichons, very finely chopped

Large handful of coriander leaves, finely chopped

1-2 tsp dried crushed chipotle chilli

Quarter tsp sweet smoked paprika

1 tbsp sunflower oil

METHOD

1 Mash up the kidney beans with a fork. Put all the ingredients except the oil in a large bowl and use your hands to mix well. Divide into six equal portions, then shape into burgers. Cover and set aside in the fridge to firm up for at least two hours or overnight. You need them to firm up well or they could fall apart while on the grill.

2 Prepare your barbecue or a frying pan. Brush the burgers with the oil and cook for around four minutes on each side or until cooked through. Serve on a bun, if you like, with guacamole and tortilla chips.

n Per serving

Cals 231, Fat 13g, Sat fat 5g, Carbs 8g

'Kidney beans bulk out the meat for a really punchy burger'



FOODIE FESTIVALS

There's no better way to celebrate the superb choice of fine food throughout the UK than by taking a trip to a festival!



1

1 Hampton Court Palace Food Festival

This family-friendly event will provide visitors with a huge array of delicious food and drink, while music and a selection of pop-up bars are sure to create a very lively atmosphere. Of course, you also get to enjoy these culinary feasts while taking in the historic splendour of Hampton Court Palace itself.

When 27-29 August

Where Hampton Court Palace, Molesey, East Molesey KT8 9AU

▶ hrpfestivals.com/hampton-court-palace

Where to stay Walton on Thames Camping and Caravanning Club Site is around a 15-minute drive away

▶ campingandcaravanningclub.co.uk

2 Essex Festival of Food & Drink

There's bound to be something to tickle your tastebuds at this festival, with wine and beer tasting, a Barbecue Theatre and plant-based workshops all on offer. That's

on top of live music, delicious street food to sample, a cookery school for children, demonstrations by celebrity chef Rosemary Shrager, and much more!

When 18-19 June

Where Cressing Temple Barns, Witham Road, Cressing, Essex CM77 8PD

▶ lovefoodevents.co.uk/essexfoodfestival

Where to stay It will take 20-25 minutes to drive to the festival from Colchester Country Park, a Regional Winner in our *Top 100 Sites Guide 2022*

▶ colchestercountrypark.com

3 Sausage and Cider Festival

If speed-eating sausages is your superpower, the Sausage and Cider Fest could be your time to shine, with its 'eat 1m of sausage' competition. If not, there's a chilli-eating contest, live music, and lots of tasty food and drink to enjoy at this evening event.

When 17 June

Where Greenhead Park, Trinity Street, Huddersfield HD1 4DT (and other

locations throughout the year; visit the website for more information)

▶ sausageandciderfest.co.uk/huddersfield

Where to stay Only a 15-minute drive away, you'll find Holme Valley Camping and Caravan Park

▶ holmevalleycamping.com

4 The Great British Food Festival

The magnificent 18th-century Harewood House hosts this wonderful food and drink festival. An artisan market is on offer, as are cooking demonstrations by celebrity chefs, street food, live music and much more. There's also the chance to put your own baking skills to the test by entering the Cake Off – participants have free entrance to the festival and could win a prize!

When 2-5 June

Where Harewood House, Harewood, Leeds LS17 9LG (and other locations throughout the year, visit the website for more information)

▶ greatbritishfoodfestival.com/harewood-house



4



5



6

Where to stay Maustin Park, in the heart of the fabulous Yorkshire Dales, is just over 10 minutes away from Harewood House by car

➤ maustinpark.com

5 The Festival of Food and Drink

There will be plenty to enjoy at this lively event in Nottinghamshire, including the opportunity to sample great food from around the world, a Cookery Theatre, TV chefs and live music. It's a fun atmosphere and a great way to try some new dishes.

When 17-18 September

Where Clumber Park, Worksop S80 3AZ
➤ festivaloffoodanddrink.com

Where to stay Riverside Caravan Park, in Worksop: a 15-minute drive away
➤ riversideworksop.co.uk

6 Foodies Festival Edinburgh

The Foodies Festival in Edinburgh is a great place to visit for a celebration of all things food-related. You'll have the chance to

watch skilled chefs – including MasterChef Champions – creating their signature summer dishes, while the Cake and Bake Theatre will be the must-visit location to perfect your cake-making skills.

A chilli-eating contest, street food from around the world, and much more, will combine to make this event fun for all.

When 5-7 August

Where Inverleith Park, Arboretum Place, Edinburgh EH3 5NY (and other locations throughout the year, visit the website for more information)

➤ foodiesfestival.com/events/edinburgh

Where to stay It takes 10-15 minutes to reach the festival from Edinburgh Caravan and Motorhome Club Site

➤ caravanclub.co.uk

7 Vegan Camp Out

There are no fewer than 60 food vendors confirmed for Vegan Camp Out. As well as delicious food, other activities will include yoga, music and talks. Each night, there will also be an afterparty where DJs perform, allowing the fun to continue.

When 15-18 July

Where Stanford Hall, Stanford Road, Lutterworth, Leicestershire LE17 6DH

➤ vegancampout.co.uk

Where to stay You can stay on site at the event – caravan pitches with or without electric hook-up are available

8 Shrewsbury Food Festival

Cookery demonstrations by top chefs, and the chance to enjoy mouthwatering food and refreshing drinks, make the Shrewsbury Food Festival the perfect destination for foodie caravanners.

This family-friendly event also provides plenty of entertainment to keep the children occupied, along with great live music from some of the best local bands.

When 25-26 June

Where Quarry Park, Shrewsbury SY1 1RN
➤ shrewsburyfoodfestival.co.uk

Where to stay Only around a 10-minute drive away, Love2Stay is ideally situated for taking in the wonders of historic Shrewsbury and the surrounding area

➤ love2stay.co.uk



10 SITES FOR GREAT FOOD

One of the many pleasures of caravanning is discovering fabulous restaurants and eateries! Here are some of our favourites



2

1 Heston Blumenthal's The Fat Duck and The Waterside Inn, Bray

Heston Blumenthal opened The Fat Duck 25 years ago to promote immersive fine dining and molecular gastronomy. This year, the restaurant is celebrating with a four-volume menu, charting his journey through experimental cooking and some of his most renowned dishes. Housed in a 16th-century building in the riverside town of Bray, the restaurant received its third Michelin star in 2017.

➤ thefatduck.co.uk

➤ waterside-inn.co.uk

Where to stay Henley Four Oaks Club Campsite is a 20-minute drive away, on the edge of the Chiltern Hills Area of Outstanding Natural Beauty

➤ caravanclub.co.uk



1



2

2 Ludlow Farm Shop, South Shropshire

Ludlow Farm Shop is an award-winning food hall nestled in South Shropshire and surrounded by the farmland that supplies it. Some 80% of the food they sell comes from Shropshire and provides ingredients for their café, as well as Sunday roasts and afternoon teas in the nearby pub. Along with artisan food and drink, you'll also find an artists' gallery, a plant centre and a children's play and picnic area.

➤ ludlowfarmshop.co.uk

Where to stay Ludlow Touring Park is a clean, modern site surrounded by the rolling Shropshire countryside

➤ morris-leisure.co.uk/caravan-parks/ludlow-touring-park.htm

3 Yorkshire Dales Food & Drink Festival, Skipton

Held on Funkirk Farm, just east of Skipton, this celebration of all things delicious has hundreds of street vendors and artisan food and drink stalls. You'll also find live music, a vintage funfair, children's activities and tasting sessions. And don't miss The Hairy Bikers and James Martin on stage! The event provides grass pitches on site, or you can stay nearby.

➤ www.yorkshiredalesfoodanddrinkfestival.com

Where to stay Onsite, or at Niffany Farm, Skipton, by the Leeds and Liverpool Canal

➤ niffanycaravan-camping.co.uk



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4 Quicke's Cheese Tour, Exeter

The Quicke family has a rich history that spans centuries. Today, they make slowly matured, clothbound cheese that celebrates their heritage. The cheese tour navigates the story of the locality and the techniques that set their produce apart: watch cheese being made, and enjoy a tutored tasting and a farm tour, finishing off with lunch at local pub, The Beer Engine.

➤ quickes.co.uk

➤ thebeerengine.co.uk

Where to stay Barley Meadow Touring Park is around a 30-minute drive away in Dartmoor National Park

➤ barleymeadow.co.uk

6



5 Piper's Pitch Food Van and The Stable Yard Café, Northumberland

A food truck in a car park might not spring to mind when you think of good food, but Pipers Pitch will change that. This takeaway café behind Craster Tourist Information Centre serves hearty food including haggis and breakfast buns, but their speciality is the splendid Craster Kipper Bap.

➤ piperspitch.com

➤ thestableyardcraster.co.uk

Where to stay Dunstan Hill Camping and Caravanning Club Site is just a five-minute drive from Craster and overlooks the Northumberland Coast Area of Outstanding Natural Beauty

➤ campingandcaravanningclub.co.uk

6 Dylan's Restaurant and Menai Food Festival, Menai Bridge

Dylan's offers an extensive menu of locally sourced produce, accompanied by dramatic views. Menai Bridge was the pilot venue, serving various cuisines on an enclosed terrace overlooking the magnificent Menai Strait. Visit in early August and you'll catch the Menai Food Festival, with live music and a mini funfair.

➤ dylansrestaurant.co.uk

➤ menaifoodfestival.com

Where to stay Nearby Tai Hirion Caravan and Campsite is a quiet and well-equipped site with panoramic views of Snowdonia

➤ taihirioncamping.com

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7 Clynesh Distillery, Brora

This grand Highlands distillery is one of the Four Corners of Johnnie Walker. Here they create the Highland Malt that is not only found in the famous whisky, but also enjoyed on its own. For an insight into the fascinating history of Clynesh, organise your designated driver and then you can enjoy a 45-minute tutored tasting. And if you decide that you want to find out more about the intricacies of distilling great whisky, there's also a comprehensive 1.75-hour tour covering the whole process.

➤ malts.com

Where to stay Brora CAMC Campsite is just a 25-minute scenic walk from the distillery and only 300 yards from beautiful Brora Beach

➤ caravanclub.co.uk

8 The Royal Oak, Peak District

The Royal Oak is a cosy pub, nestled in the south Peak District, serving hearty, locally sourced food and great cask ales. In the garden, you'll find a tented patio area perfect for summer evenings.

➤ peakpub.co.uk

Where to stay Pomeroy Caravan & Camping Park, a family-run campsite just 40 minutes away on foot, with the High Peak Trail on its doorstep. They have goats and cows that you can feed, and a fresh milk vending machine stocked by the owners' dairy farm

➤ pomeroycaravanpark.co.uk

7



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9 Robinson's Café, York

Earning TripAdvisor's prestigious 'Travellers' Choice Best of the Best', this brunch spot is a real must-visit if you are heading to York. You'll find great breakfast and lunch offerings, along with homemade cakes, in Robinson's modern, laid-back café on Bishopthorpe Road. Balancing trendy and traditional, the parade, known fondly as Bishy Road, is also home to all sorts of independent shops, cafés and food vendors.

➤ robinsonscafe.co.uk

Where to stay York Rowntree Park CAMC site is on the banks of the River Ouse, just a 20-minute walk from the town centre

➤ caravanclub.co.uk

8



10 The Jam Pot Café, St Ives

This traditional Cornish café provides a welcome cup of tea, but with a difference: it's housed in an eye-catching circular Grade II listed ex-coastguard lookout, offering customers unrivalled views of St Ives Bay and Godrevy. Perched on the cliffs above the South West Coast Path, The Jam Pot also serves homemade soup, pasties, cakes and cream teas in their cosy café and stunning garden.

➤ 01736 755 811

Where to stay Gwithian Farm Campsite, with excellent facilities, is just a few miles east of St Ives and a 10-minute walk from the beach

➤ gwithianfarm.co.uk

9



SPANISH CHORIZO AND PEPPER PASTA

Simple and quick, this pasta favourite is economical, too

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TOP TIP

This dish can be served hot or cold - try doubling the quantities, so you can have half for lunch the next day

Colourful, bright and full of flavour, this recipe is sure to please the whole family.

- Serves four
- Prep time about five minutes
- Cooking time 15 minutes

INGREDIENTS

1 red onion, chopped
200g pasta bows
150g chorizo sausage, roughly diced
1 tbsp olive oil
400g tin cherry tomatoes
1 tbsp sherry vinegar
75g Spanish green olives stuffed with peppers, sliced
Small handful of flat-leaf parsley

METHOD

- 1 Cook the pasta in boiling, salted water according to the packet instructions.
- 2 Meanwhile, fry the onion and chorizo in the oil for 2-3 minutes, before adding the cherry tomatoes. Simmer for another five minutes, then stir in the vinegar and season.
- 3 Drain the pasta and tip into the mixture. Stir well to coat. Scatter the olives and parsley over the top.

■ Per serving

Cals 418, Fat 19g,
Sat fat 5.5g, Carbs 43g

'Bright and full of flavour, this is sure to please the whole family'



Fridge power

Most modern caravans have absorption fridges with no moving parts. Cleverly, they can work on three different power sources: gas, mains electricity (230V), or 12V, usually only when the tow car's engine is running. It's important to check your fridge functions in all three modes – you wouldn't want extended periods, such as a long drive on 12V, when the contents are inadequately chilled because of a fault

KEEP COOL & CARRY ON

John Sootheran provides some ice-cold (or thereabouts) tips on how to get the most from your fridge when out on tour

AH, THE HUMBLE refrigerator... it'll keep on quietly chilling away for years without a whimper. In fact, modern fridges are so good, we get complacent – until they go wrong, that is. Then it's like being plunged back into the listeria-filled Dark Ages.

Here's some great advice to help your caravan fridge perform at its best.

General overview and maintenance

- 230V mains electricity gives the best fridge performance. Gas is the second best, while 12V is generally considered to be the least effective.
- A well-maintained, modern caravan fridge will chill brilliantly, even in extreme holiday temperatures. I caravanned in 42°C temperatures in France, a few years back. I was concerned about fridge cooling, but shouldn't have been. On mains hook-up the (new) Thetford refrigerator performed well, arguably better than our fridge at home.
- Some modern fridges have a removable icebox, which can be taken out when you need to expand the chilling space.
- Keep your fridge clean by washing the inside with warm water mixed with

bicarbonate of soda. If there's a persistent bad smell, place half an onion inside. They are excellent at absorbing odours.

- Keep your freezer box full, because it will freeze more effectively.
- Top shelves deliver the most consistent temperatures, bottom shelves are coldest.
- Always empty your fridge between trips.
- When the van's not in use and the fridge is off, leave the door slightly ajar for better airflow. Some fridges have catches to hold the door in this position.
- Never overload your fridge to the extent that it doesn't close properly.
- You can buy clips to prevent containers and canisters moving around in the fridge when towing. Camco 44033 Fridge Clips cost around £18 for a pack of two online.

Prepping and using the fridge

- Ideally, you should pre-cool your caravan's fridge-freezer before packing it for your trip. Turn it on for at least three hours, but ideally 24 hours, before you need to load the contents.
- Once the fridge is down to the correct temperature, you can then load it up with pre-chilled food supplies.

- If your caravan is stored on your drive, run an extension power cable to it, so that you can power the fridge on 230V mains electricity. If it's kept out on the road, use gas cooling instead.

- Pack the contents carefully, ensuring they don't cover or touch the cooling fins at the back of the fridge, as these need to absorb heat from the compartment.

In addition, make sure there is space around the various items, so that cold air can circulate properly and chill all of the contents evenly and effectively.

- Putting chilled-drinks tins and bottles, or frozen icepacks, in the fridge might help it achieve its cooling temperature faster.
- Take care to buy cool-box icepacks, which fit into your freezer compartment.
- Your fridge should remain cool for periods of several hours – such as on a ferry crossing – so long as you don't open the door. For longer crossings, wait until you arrive to buy meat and fresh veg/fruit.
- Consider pre-freezing appropriate fridge contents, such as bread, cooked meals and milk, before packing the fridge. This keeps them fresher longer and helps to lower the temperature of the fridge compartment.

Why it matters

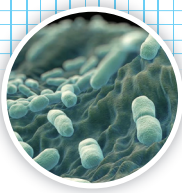
Inadequate refrigeration of certain foods can cause really unpleasant foodborne illnesses, like listeriosis. This is caused by the *Listeria monocytogenes* bacteria (pictured above). The symptoms include fever, sickness and diarrhoea, and that's a best-case scenario. You wouldn't want these symptoms at home, but in a caravan? Let's not even go there!

- Don't store non-perishables in the fridge. Transfer them to it as you need them.
- Set your fridge temperature gauge to between 1°C and 4°C, for the best food chilling performance.
- Do not put hot food and leftovers into the fridge until cooled. In hotter climates where the fridge is in frequent use, it might never regain its sub-5°C safe temperature.
- Some fruit and vegetables, such as avocados, bananas, nectarines, peaches, pears, plums and tomatoes, will release ethylene gas that can make other fruit and veg spoil prematurely.
- Dry foodstuffs, such as beans, lentils, quinoa and couscous, will keep best in the freezer box.
- Keep fresh soft-stalked herbs, such as parsley, coriander and basil, in good condition by placing them upright in a jar with an inch of water in the bottom. Loosely cover it with a plastic bag.
- Keep hard-stalked herbs fresh by wrapping them in a single layer of damp paper towel and placing in a resealable plastic bag, before refrigerating.
- Fruit and vegetables should always be washed before eating, but shouldn't be left wet when stored, because this will promote early deterioration.
- Potatoes and onions should be kept in a cool, dry environment, not in the fridge.



TOP LEFT You can tell a lot about a person from their fridge!

ABOVE With a bit of planning, you'll be able to make best use of your fridge while on tour



Pack your fridge properly



FRUIT

Keep your fruit in the low-humidity drawer. Fruit keeps best when it's not exposed to too much moisture and should not be stored in tight sealed bags. Most fridges provide a low-humidity or crisper drawer, for grapes and apples.

■ **Apples** will stay crisper longer (for up to two weeks) if they are stored at 4°C.

■ **Oranges** should be kept in the fridge. A ripe orange loses its vitamin C more slowly if chilled.

■ **Berries and melons** should be kept out of the fridge until ripe. They can then be chilled for a short period, but will go mouldy quickly.

■ Ripen **bananas** outside the fridge, then maintain their freshness for up to two weeks by chilling them.

■ Ideally, **tomatoes** should not be chilled, because it adversely affects their flavour.

■ **Grapes** should be refrigerated. Only wash them before eating.



VEGETABLES

Most veg lasts longer in a moist environment, so some fridges have a higher-humidity drawer, usually next to the crisper.

■ To maintain their freshness longer, store your whole vegetables

in this drawer, either loose or in open bags.

■ **Salad and cut vegetables** go off more quickly, so store them on the middle or top shelf. You'll also see them more often here, so won't forget about them.

■ **Vegetables** stay fresh longer if left unwashed. Water only increases the growth of bacteria.



RAW MEAT

You need to be very careful about how you store your uncooked meat products.

■ **Meat** should be stored in the coldest part of the refrigerator, usually at the bottom and at the back of the compartment, although some fridges have a meat drawer.

■ Keep your **meat** separate from other items in your fridge, ensuring that no fluids are spilling onto any other foodstuffs.

■ Clean the **raw meat section** more regularly than other places.



EGGS & MILK

■ Most caravanners store **eggs** and **milk** in the fridge door. However, this is the warmest part of the fridge, so they'll go off more quickly.

■ **Cream, soft cheeses, yogurt** and most other dairy products should also be stored on the fridge's cold shelf.

CUT OUT
AND KEEP
GUIDE!



COOKED MEAT AND CHEESES

Deli meats and soft cheeses should go in a colder area.

■ Many fridges have a shallow drawer below the top or middle shelf, ideal for storing these foods, plus **bacon, hotdogs** and other **cooked meats**. Clean this drawer when you clean your raw-meat section.



CONDIMENTS, BUTTER AND DRINKS

■ **Condiments** often contain salt, vinegar and preservatives, so can be stored in the warmest fridge area.

■ **Drinks** tend not to go off quickly, so are fine in the door, too.

■ **Butter** doesn't need to be as cold as milk when you store it.

■ **Olive oil** can be kept in a cool, dark cupboard for up to a year without deteriorating.

READY-TO-EAT FOODS AND LEFTOVERS

■ Keep **leftovers** and **ready-to-eat foods** on top/middle shelves.

■ Items that don't need to be especially chilled include **pizza** and **saucers**.

■ The top or middle is also fine for **medicines**, a **water jug** and other consumables that won't spoil easily.



LEMONY ETON MESS WITH RASPBERRIES

The perfect treat on tour – a luxurious dessert that's ready in minutes!



TOP TIP

As an alternative, crush 75g strawberries with 2tsp icing sugar, fold into 100g fat-free fromage frais and the meringues and serve (133 cals)

Meringue makes everything look and taste rather special – even low-fat yogurt!

- Serves one
- Ready in five minutes

INGREDIENTS

2 mini meringue nests
50g/1.7oz frozen raspberries, crushed
100g/3.5oz fat-free natural yogurt
1 tbsp lemon curd

METHOD

1 Lightly crush the meringues and raspberries. Mix with the yogurt, reserving a few raspberries. Now, gently fold in the lemon curd, then spoon into a serving dish and serve immediately, garnished with the reserved raspberries.

■ Per serving

Cals 150, Fat 1.2g,
Sat fat 0.2g, Carbs 27g

***'Meringue makes everything
look and taste rather special'***