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15 biggest food myths, debunked

No, you don't need to sift flour! It's time to update the rules says chef and food writer, Orlando Murrin

9. Large eggs aren't better quality than medium or small

Smaller eggs tend to be laid by younger birds, at the peak of health, and are excellent quality. The yolks are proportionately larger than the yolks in bigger eggs, and the whites tend to be less watery. Yet because recipes often specify large eggs, people often turn up their noses at small and medium. The result? Hens are put under increasing pressure to lay larger and larger eggs through multiple husbandry techniques. Pressure is the word: large eggs can be painful and exhausting for the hens. Jane Howorth, the founder of the British Hen Welfare Trust, urges shoppers to buy mixed-weight boxes instead. "The farmers and hens will thank you, and you'll get more yolk for your buck." Plus, if you're following a recipe, switching egg size is unlikely to throw it off. As for the "should I store eggs in the fridge?" debate — yes, they keep better. Ideally remove half an hour before using, or float them in a bowl of warm water for a few minutes.