

FOOD CONNECTS US

Magazine of the Members' Club



MEET THE WINNERS!

Tatiana, Katharina
and Lotte & their
Sparkles of the
2023

NEW YEAR'S CELEBRATIONS

continue

with 5 incredible
hot cocktails

28

SEASONAL
RECIPES

COOKIE
BOX FROM
THE
WORLD

LUCIA MARECAK



A food photographer and creator of FOODlight (formerly Healthy Goodies by Lucia) - an interactive platform for food photographers worldwide.

Lucia is a Slovak-born, Italy-based food photographer. She creates food photography for companies, helps photographers to grow their knowledge and skills, and coaches small business owners to transform their physical business into an online space.

OUR TEAM



TATIANA TOR



A food photographer that can never sit still and always wants to create. Tatiana specializes in graphic design, creative production, and social media. Tatiana is France-born and Spain-based.

She is the creator of an online shop where she sells backdrops and props to food photographers. She started a business helping others regain focus and time where and when they can by helping them with routine business tasks.



In this photo from the left: Valérie Boehlen & Kasia C. Faber.
Photo taken by Lucia Marecak

OUR BLOGGERS

- | | |
|--------------------|-----------------------|
| Alessandra Zanotti | Katharina Nikiforow |
| Ana Rita M. | Lina & Leonie Zangerl |
| Anna Schwarz Laner | Lotte Kreiensiek |
| Birgit Loit | Monika Jonaite |
| Daniela Lambova | Sylvia Vaclavek |
| Fiona Tait | Tatiana Tor |
| Jamie Moore | Susi Bálint |
| Georgía Demertzi | Valérie Boehlen |
| Hajar Benomar | Veka Vanakova |
| Honey Yehia | Wambugi Rispah |
| Kasia C. Faber | Yvette Klubusova |

MEMBER'S CLUB

Learn more about our Members' Club [HERE](#), and become a member, if you want to grow amazing food photography skills, start your own photography business, or be featured in the next issue of our magazine.

Members' Club Magazine - Issue #4

Director: Lucia Marecak

Editing & Creative Direction: Tatiana Tor

We are a community of creatives driven by a passion for food and photography. Our members do everything you see in these magazines, creating the recipes, the photography, and all the content and layout. We are proud of what we do and excited to show our work, knowledge, and talents.

Here, you can see the list of all creatives who have contributed to this issue with their recipes, food styling, photography, copywriting, or any other way. You can download our previous issues of FOOD CONNECTS US here below through the links.

Visit www.healthygoodiesbylucia.com (soon www.foodlight.io) to learn more about us.

You can download this and previous issues - Issue n.1 [CLICK HERE](#) & Issue n.2 [CLICK HERE](#). No email or subscription is required, simply download the magazines and enjoy reading & cooking :)



ESTD.



2020



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MEET THE TOURNAMENT WINNERS

The members behind the
winner's tournament team!

*Lette
Kreienziek*



*Katharina
Nikiforow*



*Tatiana
Tor*



“Christmas is like candy;
it slowly melts in your
mouth, sweetening every
taste bud, making you
wish it could last forever.”



Photography & Styling: Birgit Loit

Almond Cookies,
p. 30

WELCOME TO OUR WINTER ISSUE!



Photography and styling: Veka Vanakova



Founder FOODlight, the Members' Club

The members wish you Happy New Year!

Hello and welcome to our newest FOOD CONNECTS US edition, filled with delicious and heartwarming winter recipes created especially for you by our fantastic and talented members!

Food CONNECTS US was born as a simple idea in 2021, and we are so excited and proud to introduce the fourth issue of our magazine. All the magazines are prepared by the members of our Members' Club. Twice a year, we team up, collaborate while having fun, and create the best content for you related to our tournament theme! It's a fun way to team up virtually, meet new creatives worldwide and create seasonal-related content to show the world what our Membersclub is about.

The Members' Club is an interactive learning community for food photographers. We come from different countries with different traditions, and seasons are different for many of us. However, what connects us all is our passion and Love for food that we proudly share with you.

Whether you love cooking or are just looking for inspiration for your next photoshoot, you will find amazing belly-warming recipes combined with beautiful festive photography in this edition. Winter is all about comfort, coziness, and heart-warming recipes to be enjoyed with family in front of the house chimney!

If you love this magazine, we will be very grateful if you support us and help us spread the word about our magazine with your friends and family or on your Instagram. So we want to thank you from our hearts for being here with us and for your support.

We wish you all festive and fantastic holidays and a happy new year 2023!

With Love,

Lucia Marecak



WHAT IS OUR MEMBERS' CLUB ABOUT?

We are the most interactive learning community in the world.

The Members' Club is the most interactive community for food photographers from all over the world. It's the place where you grow your food photography skills, learn, how to start and develop your creative business, and where you can progress and constantly grow as a creative person—and always have someone to guide you in this process while being part of a unique, interactive, and supportive community of like-minded creatives worldwide.

Inside the club, you will find food photography courses and other resources to help you achieve your photography and business goals, community, support, inspiration, and constructive feedback on your work.

We hope you enjoy our newest winter edition, full of delicious captures and heartwarming recipes! And we wish you all a happy holiday!

PRIVATE COMMUNITY

Private forum for our members, where you can post your images for feedback, share your questions or share and celebrate your wins



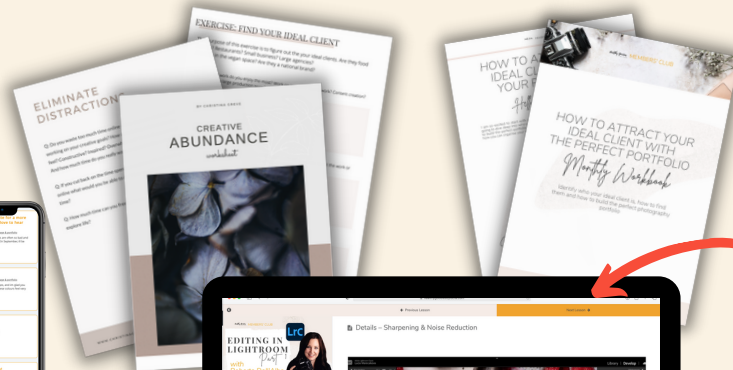
WORKBOOKS FROM FEATURED EXPERTS

You have the exclusive opportunity to learn from so many featured experts in our Club, and download their workbooks for the lessons



COMPLEX MONTHLY WORKBOOK

Every month, you get a new workbook that helps you follow all activities in the Club for the following month. In addition, it includes notes from the course lessons & space for your notes for every monthly activity.



PHOTOGRAPHY COURSES EVERY MONTH

Every month a new course is dedicated to a specific topic. This course will help you learn new skills regularly, step by step.

MONTHLY MASTERCLASS

Every month, I create a new masterclass for you - a virtual photography workshop - showing you detailed behind-the-scenes of creating images from the beginning till the end.



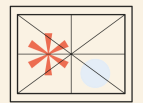
VIRTUAL TEAM WORK PROJECTS

Where you learn how to work in a virtual team on a specific photography assignment.



IMAGE CRITIQUES

You have the opportunity to submit two images for an image critique session, where I give you feedback on the composition, editing, or anything you struggle with



REGULAR LIVE CALLS

Regular live coffee networking & Q&A calls to help you through your daily struggles, where I answer your questions and chat with other members about food photography.



Visit www.healthygoodiesbylucia.com/members-club to learn more and become our member!

2022 OF OUR MEMBERS' CLUB *in numbers*

1

amazing community of food
photographers from all over the world

2

Food Photo
Tournaments &
Magazines issued



17

new courses & masterclasses
about composition, retouching,
bottles photography & business
added during 2022

9

experts invited in the club
for live interviews and
presentations

5635

minutes of conversations
during our live calls last
year

60

live trainings, coaching &
networking calls with
members

13.5

average number of
members attending live
calls in 2022

732

posts in our inside
forum of the Club

100

lessons in our 2022
courses




love, passion, support, inspiration, help, discussions, topics,
motivation, and courage of our community members, sharing
and supporting each others growth

MEET THIS ISSUE'S BLOGGERS



ALESSANDRA ZANOTTI

I'm Alessandra from Italy, Treviso, near Venice. I was a food blogger before starting as a food photographer, I needed to improve my photography and styling skills. After a while, I became passionate about this world, which completely captivated me, and I realized I had found my passion. Whether shooting a cozy soup or a delicious cake, my goal is to capture food's beauty through accurate styling and standing-out photography.

 [@pastafantasy](https://www.instagram.com/pastafantasy)



ANA RITA M.

Ana Rita is a food photographer from Portugal; she started as a food blogger but discovered the power of photography. It became her life's passion as well as teaching it. She loves to tell stories and bring back old memories in my photos and believes that an image can take you on a voyage through your past, bring back emotions. She loves to shop for antique props, go to vintage bazaars and fairs to seek new treasures.

 [@bembons_food_photography](https://www.instagram.com/bembons_food_photography)



ANNA SCHWARZ LANER

My name is Anna; I am an Italy-specific food photographer. I was only 18 years old when I knew I wanted to become a food photographer, as I always loved going to eat in restaurants. In 2020 I found out that I love to cook, and in late 2020, I took various courses in food photography, started to shoot for myself, which I published on my newly created food photography account on Instagram.

 [@nannls.food](https://www.instagram.com/nannls.food)



BIRGIT LOIT

Birgit is an Estonian photographer specializing in lifestyle-and food photography using natural light and moody setups. She is passionate about capturing nourishing food, creatives & their craftsmanship, and nature. Spending countless hours in the kitchen and growing fresh produce in the garden. She loves winter, autumn, rainy days. And Asian cultures; craving kimchi, ramen, travels, and conversations with like-minded people all day.

 [@birgit.loit](https://www.instagram.com/birgit.loit)



DANIELA LAMBOVA

Daniela hails from Sofia, Bulgaria. She possesses an infinite passion for baking. In 2012, she started her blog 'Dani's Cookings' as a side hobby while building her corporate career. Seven years later, she self-published her first cookbook named "Healthy Desserts". Daniela discovered her calling in 2020 and left her management job to pursue photography and to blog full-time.

 [@daniscookings](https://www.instagram.com/daniscookings)



FIONA TAIT


As an Irish-born food photographer, Fiona's passion and inspiration are to create a food story through memories. Her recipes are based on local Irish ingredients with an international twist based. Before becoming a self-taught food photographer, she ran a successful baking school in Spain. Currently dividing her time between Ireland and Spain, she has clients in both countries and has a passion for moody-style photography.

 [@the_gourmet_lens](https://www.instagram.com/the_gourmet_lens)



JAMIE MOORE


Jamie previously worked as an emergency physician and enjoyed travel photography as a hobby. However, the pandemic prompted her to reassess her career, and she decided to leave healthcare to focus instead on creating photographs that inspire health and well-being. She started her photography business in July 2022. She lives in Maryland, USA, with her husband, three children, and two cats. She is currently working on photography for a book about tea.

 [@reverieinblue](https://www.instagram.com/reverieinblue)



GEORGIA DEMERTZI


Georgia is a recipe developer, food blogger, and beginner food photographer in The Netherlands. As a Greek, she loves the flavors and cuisines of the Mediterranean. Having studied as a nurse, she knows the importance of good nutrition & the Mediterranean diet. Her blog is devoted to that, and because of food intolerances, most of her recipes are gluten-free. She started to love food photography, and is trying to develop a unique style that portrays her Mediterranean storytelling & lifestyle.

 [@foodathlon](https://www.instagram.com/foodathlon)



HAJAR BENOMAR

I'm a food & product photographer from Casablanca, Morocco. In March 2019, I quit my job in auditing to pursue a career in food photography. I have also build my website and my blog hajarbenomar.com where I share creative ideas & tips about food photography & ebooks. I work with restaurants, brands, agencies to help them tell stories through amazing images. I love working with restaurants, meeting the owners, and taking beautiful images of their menu.

 [@hajarbenomar](https://www.instagram.com/hajarbenomar)



HONEY YEHIA


Honey is an Egyptian food photographer who has a passion for home- made food and baking. She likes styling food in a way that evokes beauty and storytelling to make her images look mouthwatering. Honey pays attention to details in her photos and uses flowers, layering and different textures, combined with a love of artificial and natural lighting. Other than that, she loves travelling and has visited more than 30 cities.

 [@thebakingboutique1](https://www.instagram.com/thebakingboutique1)



KASIA C FABER

Kasia is a mum of a wonderful teenage daughter, an IT architect, and a food, drink, and nature photographer based in the UK. She is a 2x winner in the Pink Lady® Food Photographer of the year 2022 Awards. And is a member of the nature photographers association in Poland, where she originates. Her photography connects nature, love of food, culture, and passion for sustainable living. Kasia's work has often been recognized at a regional, national and international levels by many newspapers and more.

 [@kasia.c.faber](https://www.instagram.com/kasia.c.faber)



KATHARINA NIKIFOROW

Katharina - a food photographer & vegan food blogger from Germany with a big passion for website building & SEO. She enjoys to veganize traditional recipes of any kind but, especially from her Ukrainian family. She loves to search for beauty in the less obvious and sparkle joy in other people - especially through delicious food and a lot of laughter.

 [@vegastudio.de](https://www.instagram.com/vegastudio.de)



LINA & LEONIE ZANGERL

Leonie and Lina are not only sisters but also best friends. They were drawn to get creative around food for a long time but it took a pandemic and some lockdowns to figure out exactly what felt right. Lina is a passionate home cook, she loves experimenting in the kitchen, styling food and creating recipes. Leonie has a background in art education and lost her heart to photography in recent years. It's never just food for them, as it always comes with a story.

 [@studiove_food](https://www.instagram.com/studiove_food)



LOTTE KREIENSIEK

Lotte, a former packaging designer, is a passionate Hamburg based food photographer, food stylist and recipe developer. With her photography she wants to inspire others to cook, bake and enjoy food even more. She has a seasonal food blog where she also shares her love for Swedish baked goods. Did someone say cinnamon buns?

 [@little.l.official](https://www.instagram.com/little.l.official)



MONIKA JONAITE

Monika Jonaite is a UK-based food and product photographer, food stylist, and recipe creator. I love helping brands who want to tell a story with their products through brand colors or delicious recipes. During the pandemic, Monika found a passion for food photography and never stopped learning to improve her visual look. In her spare time, she loves gardening, growing veggies, and, of course, can be found in the kitchen trying out new recipes.

 [@foodtography.with.monique](https://www.instagram.com/foodtography.with.monique)



SYLWIA VACLAVEK


Born and raised in Poland, Sylwia has been living for over 21 years in San Diego, California. Agriculturalist by education and profession, she recently found food photography to be her passion. With a busy work schedule preparing meals ahead is her go-to recipe for success. She enjoys preparing homemade, easy meals that are not lacking in flavor. Combining Polish, American, and Mexican cultures in her cooking brings diversity and flavors to an ordinary dish. Sylwia has been sharing recipe cards and photos of her meals weekly on her IG.

 [@sylwiavaclavekphotography](https://www.instagram.com/sylwiavaclavekphotography)



TATIANA TOR

Spain based a passionate storyteller through images and texts, also known on Instagram as a baker and a busy bee. She loves to capture the soul of dishes, restaurants and is an avid learner of new techniques. She has been building her own online business since 2022 and loves to work for Lucia Marecak as a Creative Producer and Social Manager! Tatiana loves writing, creating, designing, playing with programs, and managing social media. She walks with her dogs through the mountains of Murcia in her free time and loves to cook new recipes for her blog!

 [@casadelavida.nl](https://www.instagram.com/casadelavida.nl)



SUSI BÁLINT

Hungarian-born, Amsterdam-based food photographer, stylist, and writer. With ten years of experience in a high-pressure academic environment, the kitchen and the photo studio became her creative outlet. It also gave her a sense of solace in both the easy and hard times. She expresses love to her dearest and nearest through flavors, colors, and aromas. She loves organizing big feasts, cooking and baking delicious recipes, and capturing these memories in pictures and narratives.

 [@susi_gastrostudio](https://www.instagram.com/susi_gastrostudio)



VEKA VANAKOVA

I am a Slovak living in Spain and a huge sourdough enthusiast. I rediscovered my love for food photography while taking pictures of my sourdough loaves of bread and other sourdough creations. I love to try new tastes, steps, and recipes, building them as much as I can only with the help of sourdough. Baking bread and sweets for me show my love for other people for whom I bake the dishes. My food photography style is dark and moody because it reflects pretty well my melancholic soul.

 [@masas_de_madre](https://www.instagram.com/masas_de_madre)



VALÉRIE BOEHLÉN

Valérie is a Belgian-Swiss photographer who divides her time with her husband and 2 boys between these 2 countries. She is a legal assistant by training and has worked in the hotel business for several years. Passionate about art and beauty, she started studying photography in 2019. Her focus is on Nature, Architectural, and Business photography, but her passion lies in Food Photography. Her work can be described as: creative, feminine, and atmospheric.

 [@a_spoonful_of_light](https://www.instagram.com/a_spoonful_of_light)



WAMBUGI RISPAN

Wambugi is a plant-based food photographer who loves sharing her passionate creations that evoke beautiful emotions with her clients and audience. With an eye for diverse, cultural ways of preparing food, she tells this and more stories through her beautiful, bold pictures. Currently switching bases between two capital cities, Nairobi and Cairo, Wambugi enjoys diversifying her work by taking images of cultural foods, hobbies, sports, and art.

 [@wambugirispah](https://www.instagram.com/wambugirispah)



YVETTE KLUBUSOVA

My name is Yvette and I come from the Czech Republic. I have studied computer graphic design but never stayed in the field. After school, I moved to the US for two years to work as an au pair. I'm currently living in Berlin and I'm still taking care of children. Food was always my passion, I started cooking when I was around 10, so when the pandemic hit I started my food blog and from there I quickly got into the beauty of food photography.

 [@flavorsinbite](https://www.instagram.com/flavorsinbite)

Do you want to be featured in our magazine too?

Members of our Members' Club prepare this magazine twice a year. You can become part of our community and register for the Food Photo Tournament, where you will create content for our next issue with other virtual team members.

[CLICK HERE](#)





Photography & Styling: Veka Vanakova



Photography & Styling: Georgia Demertzi



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Photography & Styling: Birgit Loit

SEASONAL SPECIAL

*in Egypt, Morocco and
Estonia*

By Hajar Benomar, Honey Yehia, Monika Jonaite

Photography & Styling: Honey Yehia

A photograph of a bowl of Egyptian Lentil Soup. The soup is a vibrant yellow-orange color, served in a light-colored ceramic bowl. It is garnished with fresh green herbs, likely parsley, and golden-brown croutons. The bowl sits on a matching saucer. In the background, a copper pot with a handle is visible, also containing the soup. The scene is set on a rustic wooden surface with scattered croutons and herbs.

Egyptian Lentil
Soup, p.17

Photography and styling by: Honey Yehia

A photograph of a glass of Ginger Drink. The drink is a bright yellow color and is served in a clear glass. A single star anise is floating on the surface of the liquid. The glass is placed on a wooden surface, and a piece of ginger is visible in the background.

Ginger
Drink, p.18

Photography & Styling: Hajar Benomar

A photograph of a pile of Kuciukai bread rolls. The rolls are small, round, and golden-brown, with some dusted with white powder. They are scattered on a dark, textured surface. A piece of brown paper is visible in the background, suggesting they were just taken out of a bag.

Kuciukai,
p.16

Photography & Styling: Monika Jonaite

Kuciukai

Photography, Styling & Recipe:
Monika Jonaite

INGREDIENTS

- 500g flour (can be used barley or buckwheat too)
- 250ml water or milk,
- 7g dry yeast,
- 2 tbsp oil
- 2 tbsp poppy seeds

METHOD

Wipe the yeast with the sugar, heat the water a little bit, and add the yeast and some flour. Stir, sprinkle with a layer of flour and place warm to rise. When the dough rises, add some more flour, oil, poppy seeds, and salt and knead until the dough becomes elastic and no longer sticks to your hands. Place the kneaded dough in a warm place for 50-60 min. to rise. Knead the raised dough well and roll the thin rollers. Cut them into pieces and sprinkle them with flour. Bake for 6-8 minutes in a 180C heated oven or until nicely browned.



Kuciukai, called in Lithuanian, is a traditional dish served on Christmas Eve. They are small, slightly sweet pastries made from leavened dough and poppy seeds.

Egyptian Lentil Soup

Photography, Styling & Recipe: Honey Yehia

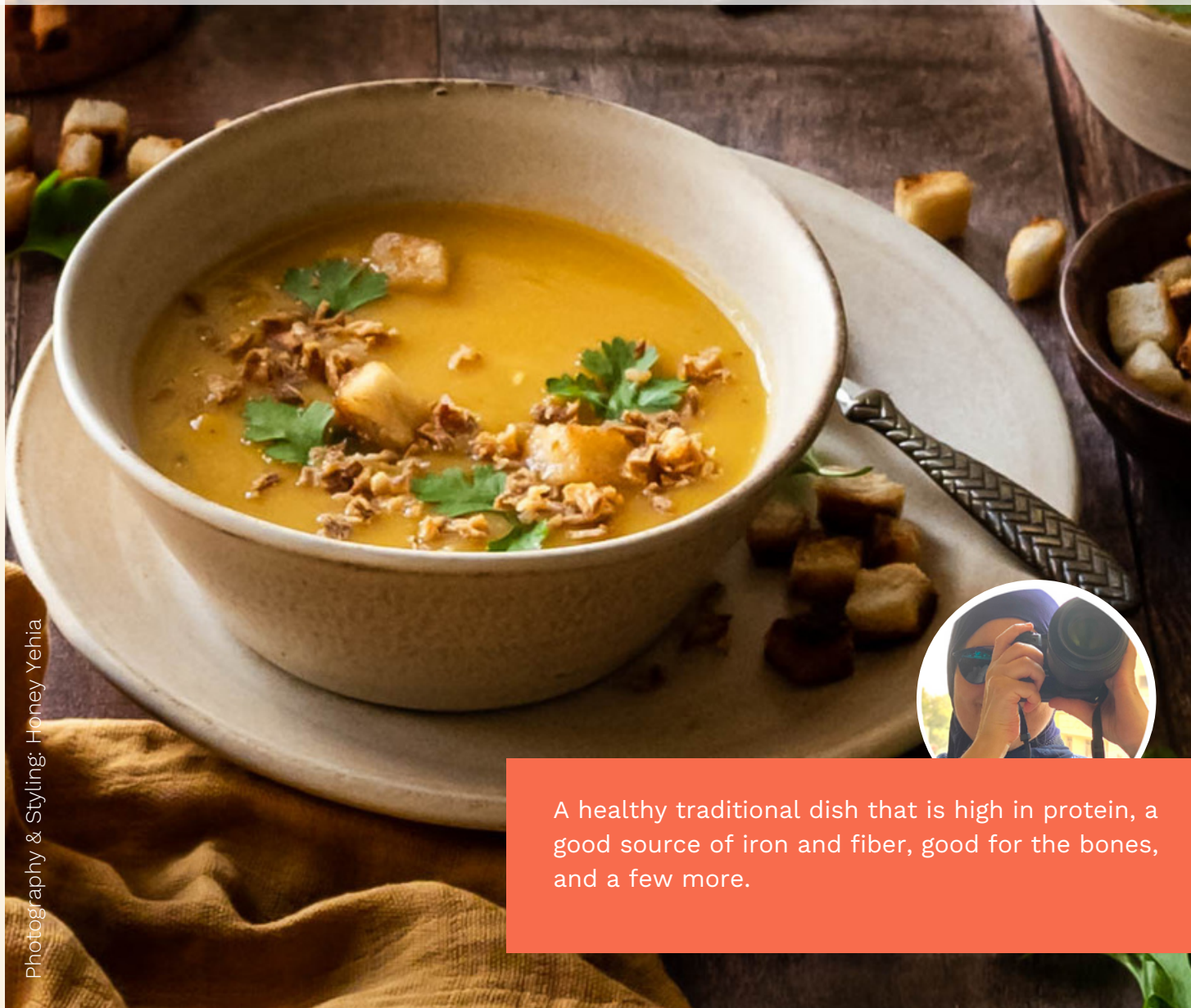
INGREDIENTS

- 1 cup of yellow lentil
- 1 large onion
- 1 carrot
- 1 potato
- 1 tomato
- 2 cloves garlic
- salt
- pepper
- cumin

METHOD

Place all ingredients in a pot and cover with water and chicken stock to bring to a boil and leave on low heat for around 30 min. until all veggies are tender, after blending all ingredients so well, garnish with butter fried croutons and some crispy onions.

Its Egypt it is called SHORBET ADAS.



Photography & Styling: Honey Yehia



A healthy traditional dish that is high in protein, a good source of iron and fiber, good for the bones, and a few more.



Ginger Drink

Photography, Styling & Recipe:
Hajar Benomar

INGREDIENTS

- 12 cm ginger
- 1 lemon
- 1/2 orange
- 2 anise stars (optional)
- 1/2 spoon of turmeric powder
- 500 ml water
- honey

METHOD

Bring the water to a boil. Cut the lemon, orange, and ginger into slices. In a jar, add slices of lemon, orange, and ginger to the water. Add anise stars, turmeric powder. Once the drink is cool, add honey.



A special drink made with ginger, spices, and lemon...perfect for the cold season, and very easy to make.

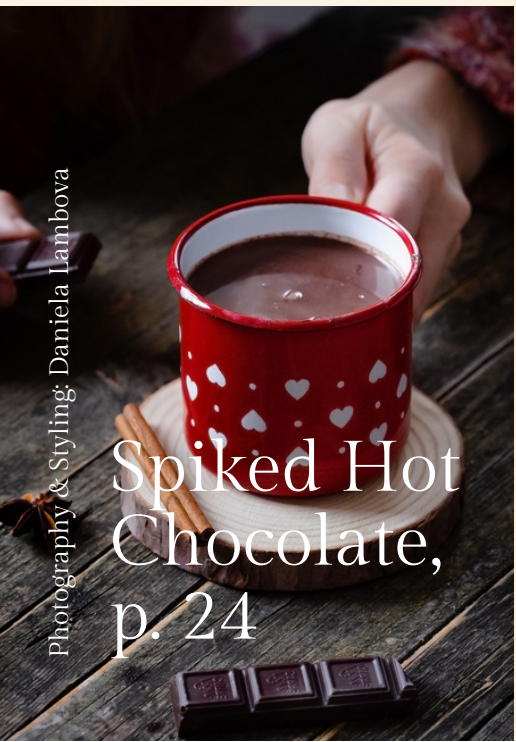
MEALS THAT WARM YOUR BODY AND SOUL

By Daniela Lambova, Ana Rita M. and Georgja Demertzi



Photography and styling by: Georgia Demertzi

Youvetsi,
p. 22



Photography & Styling: Daniela Lambova

Spiked Hot
Chocolate,
p. 24



Fatias Douradas,
p. 23

Photography & Styling: Ana Rita M.



Spiked Hot
Chocolate,
p. 24

Youvetsi

Recipe, photography, styling: Georgia Demertzi

INGREDIENTS

- 1 kg beef, boneless neck, cut into 3 cm cubes
- 1 large yellow onion
- 2 carrots
- 1 red sweet pepper
- 600g canned tomatoes, crushed
- 1 tbsp tomato paste
- 400g Orzo pasta (gluten-free)
- 6 tbsps extra-virgin olive oil
- 150g red dry wine
- 1/2 tbsp fine sea salt
- 1 tsp smoked paprika powder
- 2 bay leaves
- 4 whole allspice kernels
- 1 lt warm water or vegetable stock
- 1 tsp dried oregano
- Freshly crushed black pepper
- Chili flakes (optional)
- Grated cheese (to serve)

METHOD

Place a deep pot or dutch oven over high heat. Add 2 tbsp of olive oil and brown the meat on all sides, just to sear it. Work in batches if needed. Remove the meat from the pot. Dice the onion, carrot, and red pepper, and add 2 tbsp of olive oil to the pot.

Reduce the heat to medium, add the vegetables and cook for about 3-5 minutes until soft. Add the tomato paste and spices and stir for one minute.

Deglaze the pot with the wine allowing the alcohol to evaporate. Add the crushed tomatoes and add a bit of water or vegetable stock until all the meat is covered.

Cover with a lid and simmer for one hour to an hour and a half or until the meat is tender and the sauce is thick (If the pot has too much liquid, you should use only 4 cups of water for the orzo pasta).

Preheat the oven to 200°C and add a casserole dish or individual dishes to the oven. Remove the hot casserole from the oven, add the orzo pasta and the rest of the olive oil and stir to combine.

Remove the allspice kernels and the bay leaves from the stew pot and gently pour 4 cups of the sauce over the orzo pasta. Place the meat into the casserole(s) and add some more boiling water if needed.

Bake for about 20 minutes until the orzo is al dente.

Remove the Youvetsi from the oven and let it rest for about 20 minutes to allow the pasta to absorb more liquid.

Serve with grated cheese on top, and some chili flakes, if you like spicy food.



I used dark wood and dark blue accents to create a moody but warm feeling. Also, all my props were family pieces to add an extra homemade feel. And I used my mom's woodburning oven as a background because this is her way of cooking this dish.

Fatias Douradas *'Golden slices'*

Photography, Styling & Recipe: Ana Rita M.

INGREDIENTS

- 8 slices of bread (one or two days old bread)
- 2 eggs
- 250 ml of milk
- 2 tbsp sugar
- 1 tsp vanilla
- Sugar and cinnamon powder

METHOD

Put the eggs, milk, sugar, and vanilla in a deep bowl and beat everything.

In a frying pan, put 2 fingers of oil height. Heat it up. Soak a slice of bread for 2 minutes.

Drain and place in the frying pan.

Fry until lightly browned on one side and then on the other. Place on kitchen paper and then roll in sugar and cinnamon.



Fatias douradas is a Portuguese recipe created in the XV century to make good use of old bread. It was also a treat given to breastfeeding mothers because they believed it could increase their milk production. Nowadays, it is a recipe present on every Portuguese Christmas table as a comforting delight.

Photography & Styling: Ana Rita M.

Spiked Hot Chocolate

Photography, Styling & Recipe: Daniela Lambova

INGREDIENTS

- 1,5 cups/ 360 ml milk
- 2 tbsp sugar
- 2 tbsp cocoa powder
- 1,8 oz/ 50 g dark chocolate
- 1/4 cup/ 60 ml Irish whiskey
- 1/3 tsp cinnamon, optional

METHOD

In a small saucepan, combine milk, cocoa powder, cinnamon (if using), and sugar. Place it on the stove over medium heat.

Whisk continuously to dissolve the cocoa powder. Bring to a simmer. Remove the pan from the heat and pour it into two mugs. Add half of the whiskey in each and a piece of chocolate. Serve immediately.



Photography & Styling: Daniela Lambova



Enhance the moody feel of the image in post-processing: apply vignette and local masks to make the background darker and to increase the contrast and the highlights of the main object.



Granny Xmas Cookies, p. 28



Since I can remember, my granny and I have prepared this super easy 3:2:1 cookie recipe. As a typical city girl, I always slept until 10 am, but these days I didn't need an alarm to get up at 7; I was up already as I was so excited. So during the morning, we prepared the dough and baked the cookies. But the fun part came after lunch when I sat at the table, and for hours and hours, I decorated the cookies.

New Orleans Pralines

Photography, Styling & Recipe:
Jaime Moore

INGREDIENTS

- 2 cups (400 grams) brown sugar
- 1 cup (200 grams) white sugar
- 1 cup (250 ml) water
- 1 cup (250 ml) heavy cream
- 1 ½ cups (180 g) pecan halves

METHOD

Prepare two cookie sheets (lined with a nonstick baking mat, parchment paper, or grease with butter) and set aside. Combine the sugars, water, and cream in a heavy saucepan and cook over medium-high heat, stirring until the sugars dissolve entirely. Bring the mixture to a boil and monitor the temperature with a candy thermometer. Remove from heat when it reaches the softball stage (240°F/ 116°C). Let the mixture sit and cool to 210°F/ 99°C, then beat it with a spoon until it thickens and loses its glossy appearance.

Working quickly (the pralines will start to set very soon after the mixture thickens and loses its gloss), add the pecan halves, mix until they are evenly distributed, then drop by the spoonful onto a buttered cookie sheet (if the mixture starts to set in the pot before you have spooned out all the pralines, you can add a little water, return to heat, and stir until you can spoon out the rest).

Let the pralines rest on the cookie sheet until cool to the touch, then package them in pretty boxes or tins.



Photography and styling by: Jaime Moore

American pralines were derived from a 17th-century French confection of almonds coated in caramelized sugar. French settlers brought the recipe to the Louisiana territory in the early 1700s. These settlers included a group of Ursuline nuns who founded a school in New Orleans to educate young women in the domestic arts. Pralines remain a signature treat to this day. Many generations of my family have lived in the New Orleans area, and these pralines are a particular part of our holiday tradition.



Granny's Cookies

Photography, Styling & Recipe:
Susi Bálint

INGREDIENTS

- 300 g flour
- 200 g butter (cold and cut into small cubes)
- 100 g powdered sugar
- 1 lemon zest
- Christmas cookie decorations

METHOD

Put all ingredients in a mixing bowl and combine them until they come together as a dough. Chill the dough in the fridge for half an hour-hour.

Heat the oven to 175 °C / 350 F. Roll out the dough to 5 mm/0,2 inches thick on a floured surface. Cut the dough with the cookie cutter and place them on a baking tray. Bake the cookies for 8-10 mins.

DECORATIONS

1. You can create infinite glazes with powdered sugar and food coloring and decorate the cookies with the Christmas decoration you want. Here are some of our favorites.
2. Sugar & nut (when you've cut the dough with the cutter, brush them with egg white and sprinkle them with a mix of roughly chopped nut and granulated sugar).
3. Linzer (once you've rolled out the dough, you have to cut the top and the bottom: for the base, cut out circles; for the top, cut out the circles' center with a smaller heart/star-shaped cutter. Once baked, spread a teaspoon of jam over the bottom, sprinkle the tops with powdered sugar, and sandwich them together).
4. Chocolate & candied orange (glaze the baked cookies with chocolate and sprinkle candied orange)





Czech Gingerbread Cookies

INGREDIENTS

- 750g all-purpose flour
- 190g sugar
- 125g butter, room temperature
- 125g honey
- 3 eggs
- 1 tsp of baking soda
- Gingerbread spice mix

Gingerbread spice mix

- 2 tbsps of ground cinnamon
- 2 tps ground allspice
- 2 tsp ground cloves
- 1 tsp of cardamom seeds
- 2 tsp ground anise (optional)
- 1 tsp freshly grated nutmeg

Royal icing

- 150g icing sugar
- 1 egg white
- Few drops of lemon juice

Photography, Styling & Recipe:
Yvette Klubusova

METHOD

Mix all the ingredients together in a food processor and process them into a smooth, non-stick dough. Wrap into a food foil and leave it in the fridge overnight.

Preheat the oven to 150°C. Line baking sheets with parchment paper and set aside.

Cut out your preferred shapes with cookie cutters, arrange them on baking sheets a few mm apart, and bake for about 10-12 minutes. Let cool down.

Royal icing: Sift the icing sugar twice through a fine strainer, add a few drops of lemon juice, then add the egg white and stir with a spoon (never use a mixer; otherwise, the egg white will get whipped) until the sugar completely dissolves and is formed to a soft white icing. Dip the cookies into the frosting or decorate with a piping bag.



Photography & Styling: Birgit Loit

Almond Cookies

Photography, Styling & Recipe: Birgit Loit

INGREDIENTS

- 290g almond flour
- 50g coconut sugar
- 5 tsp ground ginger
- 2 tsp cinnamon
- 1 tsp baking soda
- 80g salted butter (soft) or coconut oil
- 60g liquid honey, or molasses, or maple syrup
- 2 tbsp water
- 1 egg

METHOD

Mix all the dry ingredients in a big bowl. Whisk all the wet ingredients in a separate bowl. Mix dry and wet ingredients together. Try not to over-mix it. Cover and freeze dough for 45min to 1 hour; easier to handle. Preheat oven to 175 °C. Prepare an oven tray with baking paper.

After freezing, roll the dough into smaller balls—1 big tablespoon per ball. (if you chose to add sesame seeds or crushed nuts, then now is the time to add it/roll it on top of the balls after taking them out of the freezer). Place them slightly apart from one another. Flatten each cookie with the palm of your hand. Bake cookies for around 10-12 minutes till the edges are golden brown. Voila!



Inspired by nutritious almond flour, ginger, and Chinese Almond cookies. This recipe combines Asian spices and chewy gingerbread texture delightfully. For extra toppings, feel free to roll sesame seeds or crushed almonds and hazelnuts on top. Optional spices to add in the mix: nutmeg, cardamon, and turmeric.

Photography & Styling: Birgit Loit



WINTER MEALS ON A BUDGET

with Love

By Valérie Boehlen, Lina and Leonie Zangerl and Sylwia Vaclavek

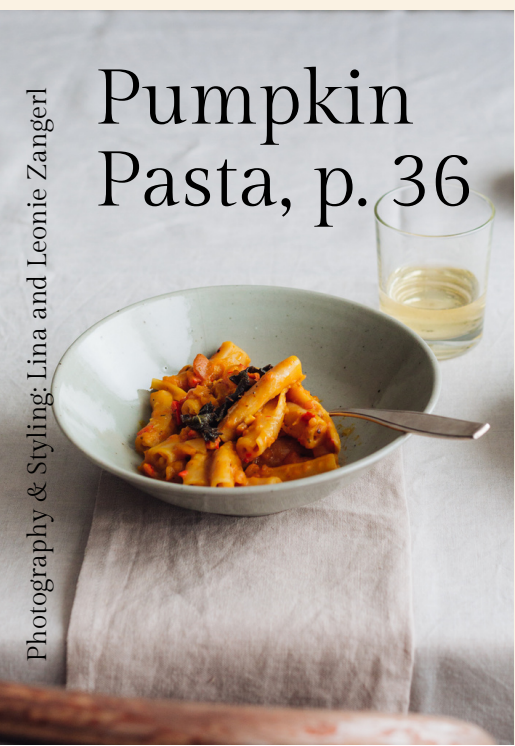
Photography & Styling: Lina and Leonie Zangerl



Apple Bread Pudding, p. 34

Photography & Styling: Valérie Boehlen

Budget Friendly Beef Stew, p. 37



Pumpkin Pasta, p. 36

Photography & Styling: Lina and Leonie Zangerl



Photography & Styling: Sylwia Vaciavek



Photography & Styling: Valérie Boehlen

Apple Bread Pudding

Photography, Styling Valérie Boehlen,
Recipe: Lina & Leonie Zangerl



VEGAN



SERVES 4



45 MIN.

INGREDIENTS (4 PERSONS)

- 200g / 2 cups stale white bread (brioche is best, but you can use any white bread)
- 300ml / 1 1/3 cups (plant) milk
- 2 tbsp sugar
- 2-3 apples
- 1 tsp lemon juice
- 1 tbsp cinnamon
- 50g / 1/2 cup slivered almonds
- 2 tsp cornstarch or custard powder
- 50g / 1/2 stick (vegan) butter

METHOD

Preheat the oven to 180 °C / 350 °F, butter an ovenproof dish (22 x 22 cm / 8 x 8 inches). Cut the bread into slices. Heat the milk with the sugar briefly until the sugar has dissolved, then let it cool down a bit. Wash, core, and slice the apples. Combine the apples with lemon juice, cinnamon, and almond slivers. Mix the cornstarch with a few spoonfuls of the milk in a small bowl until smooth, then add to the rest of the milk and mix. Briefly dip the bread slices into the milk mixture and alternate layers with the apples in the baking dish (either side by side or on top of each other). Spread the remaining milk mixture evenly over the pudding. Scatter small pieces of butter over the top and bake in the oven for about 30 until golden brown. If the pudding is browning too much, cover it. Serve warm or cold.



To create a moody food photo, it is advisable to use global and local adjustments when brightening. Going high with the exposure can cause your shadows to look flat if you can work more with luminance sliders instead of saturation in Lightroom or Camera RAW. It helps you brighten the colors individually.



Pumpkin Pasta

Photography, Styling & Recipe:
Lina and Leonie Zangerl

INGREDIENTS

- 500 g / 5 cups pasta
- 2 tbsp olive oil
- 1 onion, chopped
- 1 clove of garlic, minced
- salt and pepper to taste
- 1 pinch each of ground nutmeg and allspice
- 1,5+ l / 6+ cups vegetable broth
- 125 g / 1 ¼ stick (vegan) butter
- 10 sage leaves
- 1 tsp chili flakes
- Parmesan cheese to serve (optional)

METHOD

In a large pot, heat olive oil over medium heat. Sauté onion and garlic for 2-3 minutes, add pumpkin, and sauté for 3-4 minutes. Add enough broth to cover the vegetables, put a lid on the pot and simmer until the pumpkin is tender.

Use a potato masher to mash the pumpkin into a puree—season with salt, pepper, nutmeg, and allspice. Add the pasta to the pumpkin puree and cover everything with broth. Cook on medium heat until al dente. Keep stirring and add more broth as needed so the noodles are always covered. Meanwhile, in a small saucepan, melt the butter and, once it simmers gently, add the sage and chili flakes and let the butter brown slightly and flavors infuse. When the pasta is ready, season again. Place on plates, drizzle with sage butter and serve with parmesan.





Budget Friendly Beef Stew

Photography, Styling & Recipe: Sylwia Vaclavek

INGREDIENTS

- 2lb Beef Chuck Roast, cut into 2-inch cubes
- 1 yellow onion, diced
- 3-4 carrots, sliced into ½” thick pieces
- 1 lb baby Bella or white mushrooms, sliced
- 4 garlic cloves, minced
- 3-4 white rose potatoes (or 2 Yukon) diced into 2-inch chunks
- 2 cups beef broth
- ⅓ cup tomato paste
- 2 bay leaves
- 2 tsp fresh thyme
- 1 bunch of parsley (garnish, optional)
- 1 tbsp Worcestershire sauce
- 1 tsp salt
- ½ tsp ground pepper
- 2 tbsp olive oil
- 1 tbsp butter

METHOD

Preheat the oven to 325F.

Season the beef on all sides with salt and pepper. Heat the olive oil in a large dutch oven. Brown the beef on all sides. Do it in batches, 3-4 minutes per batch. Don't crowd the pan with the meat. Don't cook the meat all the way through.

Transfer the browned meat to a plate, set aside. Add onions, garlic, and carrots to the same pan and cook, occasionally stirring, for 3-5 minutes. Add the potatoes, beef broth, tomato paste, bay leaf, thyme, and Worcestershire sauce; stir well. Bring the mixture to a simmer. Add the browned meat; Cover the pot with a lid and transfer to the preheated oven.

Cook the stew for 2.5 hours or until the beef is tender and almost falling apart.

In a separate pan, melt 1 tbsp of butter; when the butter has melted, add the mushrooms; cook 6-7 minutes, stirring every 2-3 minutes.

Remove the stew from the oven, and let it cool slightly.

To serve, add the stew to bowls or plates and top it with the desired mushrooms; garnish with chopped parsley or thyme.

 SERVES 6	 2 H 50 MIN.
 MEAT	 4,33 €/SERV.



Buying all the ingredients for this recipe will be around 26 euros and this recipe yields 6 portions, which makes a serving about 4,33 cents! This is an easy meal to make, delicious and very nutritive for the whole family!







HOT COCKTAILS *for Christmas*

By Alessandra Zanotti, Kasia C. Faber and Anna Schwarz Laner

Christmas is such a wonderful and charming time of the year. You can find something to enjoy even when you're not in picturesque surroundings or a winter wonderland! Opening presents, building a snowman, having a third portion of Christmas pudding (perhaps you didn't need that ;)) As the temperatures outside drop and you find yourself craving a fire or an oversized cozy jumper, it's a perfect time to indulge in some warm Christmas cocktails.

From various mulled wines to creamy eggnog and a hot toddy, we have selected the best recipes to keep the party going this holiday season.

Enjoy these drinks as you mingle with your family and friends!



Spiced Mulled Wine, p. 43

When shooting drinks, composition is one of the essential techniques for stunning images. Create stand up flat lay images adding texture and layers to your hero



Eggnog



Photography & Styling: Kasia C. Faber

Recipe and Photography, styling:
Kasia C. Faber

2 PERSONS
5 MINUTES

INGREDIENTS

- 3 egg yolks
- 4 tbsp sugar
- 2 cups of whole milk
- ½ cup heavy cream
- ½ tsp vanilla extract
- ⅓ tsp freshly grated nutmeg
- a pinch of salt
- ½ cup spiced rum

METHOD

Combine milk and cream in a small saucepan over medium-low heat; add vanilla, nutmeg, and salt. Do not boil it, and remove it from heat as soon as it begins to simmer.

Add egg yolks and sugar into a mixing bowl and whisk until fluffy and smooth.

Temper eggs by slowly pouring warm milk mixture into beaten egg yolks while stirring constantly. Return the saucepan back to the hob and reduce heat. Whisk constantly for a couple of minutes until it begins to thicken slightly. Add rum, and immediately serve. Garnish with freshly grated nutmeg. It will instantly warm up your body!



Mulled Wine

Photography, styling: Anna Schwarz Laner

INGREDIENTS

- 1 bottle of red wine
- 1 orange
- 70g sugar
- a few whole cloves
- 1 cinnamon stick

METHOD

Cut the orange into pieces. Add everything to a pot, mix and heat at 80C. Let it simmer for a few minutes. Be careful: if the temperature exceeds 80 degrees, the wine will evaporate. Pass everything through a sieve and serve in a cup.



Spiced Vin Brulé

Recipe and Photography, styling: Alessandra Zanotti

INGREDIENTS

- 1 & 1/2 lt of red wine (such as Merlot)
- 3 cinnamon sticks
- 200g of sugar
- 1 apple
- zest of 2 washed organic oranges
- 8 cloves
- 2 star anise
- 1 pomegranate
- a pinch of nutmeg

METHOD

Wash the apple and cut it into thin slices of about 4/5 mm. Place the red wine in a saucepan with the sugar, cinnamon sticks, pomegranate, apple and orange zest, cloves, star anise, and a pinch of nutmeg. Stir the mixture and bring it almost to a boil (it should not boil!) for about 10 minutes until the sugar has dissolved. Your spiced mulled wine is ready to serve hot. Garnish with additional orange zest, apple slices, pomegranate seeds, cinnamon, and star anise, if desired.





Hot Toddy, p. 45



Don't use a light background if you want to capture steam. Prepare the scene and get the setup ready before making a cocktail if you'd like to capture steam, as you will have to act quickly before the cocktail cools down.



Hot Cranberry Punch

INGREDIENTS

- 3 cups of cranberry juice
- 1 cup of apple juice
- 1/2 cup of orange juice
- 3 tbsp of light brown sugar
- 4-5 cinnamon sticks
- 8-10 cloves
- 3 star anise
- 1 sliced orange
- 1 and 1/2 cup of cranberries
- 150ml of rum

METHOD

Pour the cranberry, orange, and apple juices into a saucepan. Add sugar, cinnamon sticks, cloves, star anise, 1 cup of cranberries, and orange slices. Cook on medium-low heat for 30-45 minutes. When you are ready to serve, add the rum and stir. Serve and top up a glass with remaining fresh cranberries, cinnamon sticks, and an orange slice. Enjoy!



Hot Toddy

INGREDIENTS

- 50ml dark rum or cognac
- 3 tsp honey
- juice from 1/2 lemon
- orange peel for garnish
- 2 cinnamon sticks
- 6 cloves
- star anise
- 1 cardamon pod
- 400ml boiling hot water

METHOD

Mix honey and 100ml hot water and stir until the honey is dissolved. Add cardamon. Whisk rum and honey syrup together and pour into 2 heatproof glasses. Top up glasses with 150ml hot water.

Add lemon juice to each. Garnish with an orange peel studded with cloves.

Add a cinnamon stick to each glass.

Serve immediately. Ready for a refill?



Mulled Wine, p. 43

Photography & Styling: Anna Schwarz Laner



I always use the Polarpro variable polarisation filter to reduce the reflection, even in glasses.
Tip 2: I used icing sugar to create the snow in my photo.

SPARKLES

*of the new year
2023*



By Tatiana Tor, Katharina Nikiforow
and Lotte Kreiensiek

Welcome to our stage! You are our star guest, and don't you look fabulous! So join us in our unique world on New Year's Eve!

New Year's eve unveils a new year, and unknown adventures await behind the curtain! New life lessons, new skills, and new inspiration! It's also a time to look back on a beautiful year that has passed.

And when the clock strikes twelve times at midnight, it's time for the show to begin!

Photography & Styling: Tatiana Tor

A Spanish Feast

p. 50



For every strike the clock made at midnight, one grape was eaten for good luck in the next year! This is believed to bring you good luck in the next year if you eat 12 grapes in those twelve strikes.



Photography & Styling: Tatiana Tor

A Spanish New Year Feast

Photography, Styling & Recipe: Tatiana Tor

When I moved to Murcia, I finally found a way to celebrate New Year, a table filled with delicious traditional Spanish Tapas, sweets, cava, and the 12 grapes at Midnight.

It's no secret that Spanish folk love to share food, but having one dish is not traditional. So my parents-in-law's tables are filled with gambas, cheeses, ham filled with grated sweet egg, asparagus served with mayonnaise, and so many more!

And like every year, we count our blessings and wish ourselves luck for the next year! And that is where the grapes became my personal New Year's golden game!

A SPANISH FEAST

- Cooked gambas
- Garlic mayonnaise
- Grated sweet egg with york ham
- Cheese and charcuterie board
- Grilled or canned asparagus
- Pate with bread
- Grapes
- Fruits
- Sweets, and holiday cakes

Apple Bacon Bite, p. 54



Photography & Styling: Torte Kreienstein

ER TAG DEN DU DIESES
JAHR IMMER UND IMMER
DER EPHEBE MOCHTEST



New year celebrations are to look back over the year and adventures, but also to take time and welcome the new year!



Photography & Styling: Katharina Nikiforow

Vegan Blinis

Photography, Styling & Recipe: Katharina Nikiforow

INGREDIENTS

Blini Batter

- 150 ml soy milk
- 1 tsp apple cider vinegar
- 1bsp sunflower oil
- ¼ tsp salt
- ½ tsp sugar
- 100 g flour
- 1 tsp baking powder

METHOD

Pour soy milk and apple cider vinegar into a mixing bowl and let the mixture stand for about 10 minutes. Mix in sunflower oil, salt, and sugar. Sift the flour and baking powder into the bowl and stir everything briefly. Attention: Mix only briefly, so you do not over-mix the batter. Heat a pan over medium heat and grease lightly. Using a tablespoon, pour small circles onto the pan and bake the blini for about 1 minute on each side.



Vegan “Caviar”

Photography, Styling & Recipe: Katharina Nikiforow

INGREDIENTS

Vegan dill mayo:

- 3 tbsp vegan mayonnaise
- 1 tbsp frozen dill

Vegan caviar:

- 100 gr beluga lentils
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tbsp gherkin water (optional)
- ½ tsp salt

METHOD

Vegan Caviar

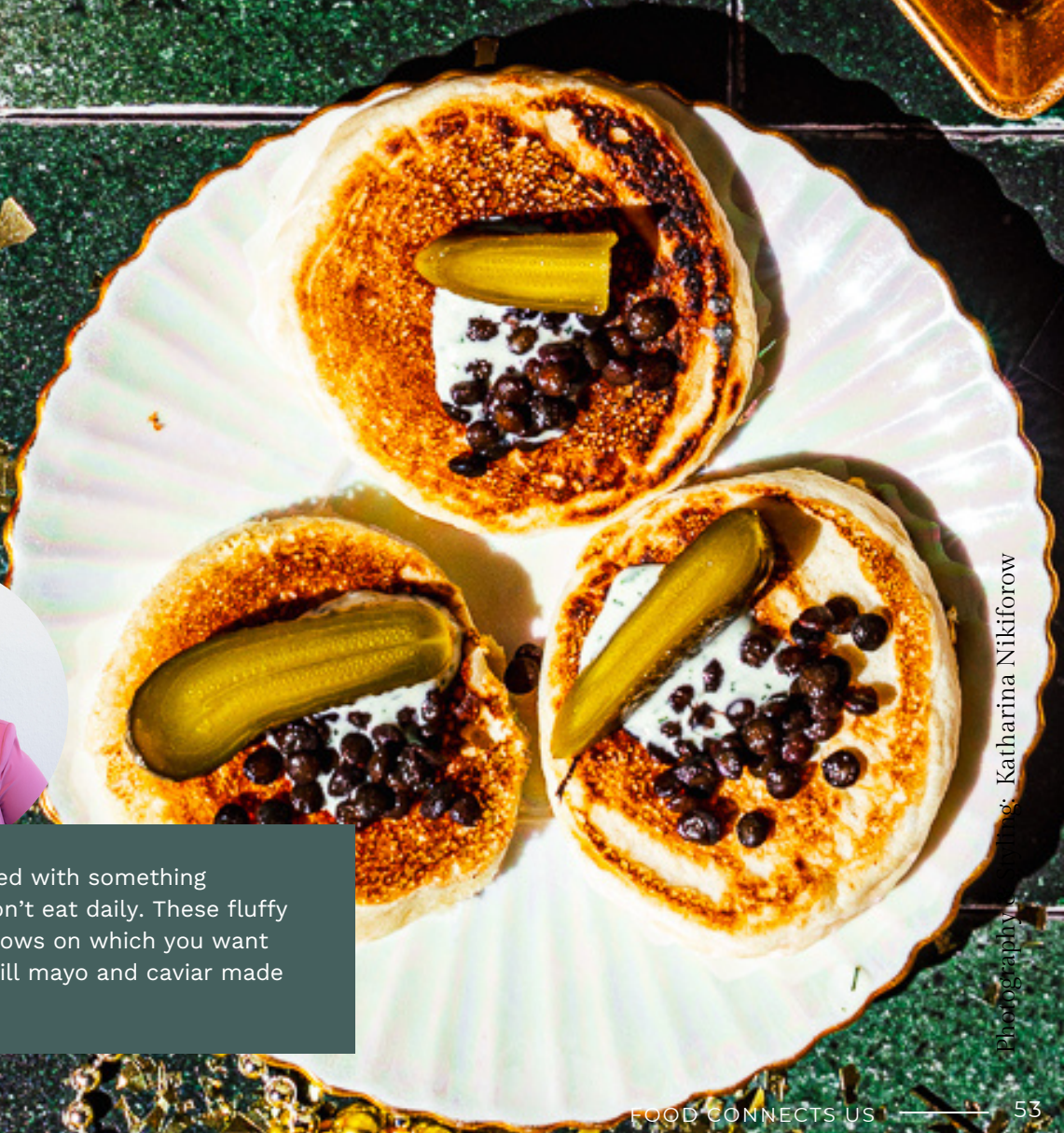
- Cook beluga lentils according to package directions.
- Let them cool, and afterward, mix in the rest of the ingredients.

Assembling the blini:

- Put about 1/2 teaspoon dill mayo on a blini and, on top, about 1/2 teaspoon lentil caviar.



2023 deserves to be welcomed with something decadent - something you don't eat daily. These fluffy mini blini are so soft, like pillows on which you want to sleep, and served with a dill mayo and caviar made out of beluga lentils.



Apple Drink

Photography, Styling & Recipe: Lotte Kreienstiek

INGREDIENTS

- 1 part applejuice
- 1 part Gin
- 1 eggwhite
- 3 splashes of lemon
- Tonic water
- Cinnamon

METHOD

Mix juice, gin, eggwhite a lemon juice in a cocktail shaker together with some ice cubes. Pour into champagne bowls, fill up with a bit of tonic water, place foam on top and sprinkle some cinnamon over it.

Apple Bacon Bite

Photography, Styling & Recipe: Lotte Kreienstiek

INGREDIENTS

- 1 part polenta
- 3 parts water
- 2 tbs butter
- 2 tbs parmesan
- brie cheese

METHOD

Boil up the water with salt, then stir in the polenta. When it starts to thicken, put in butter and parmesan. Spread out 0,5 cm on a piece of parchment paper. Let cool, and then cut out small circles. Slice the apple into thin slices. Fry the bacon in a pan and pour some honey over it. Stack some apple slices with a piece of brie cheese on top of the polenta circle. Place the bacon on top and drizzle over a bit of honey.





SOURDOUGH CHRISTMAS

Flour, water, salt. Bread. So simple and yet so complex. Bread is not just bread. It has its symbolic value, too, almost in any culture. For Christians, bread represents Jesus Christ, but it also symbolizes togetherness and fellowship with one another. Precisely what Christmas time is about too.

By Veka Vanakova

Photography & Styling: Veka Vanakova



Photography & Styling: Veka Vanakova

Yeast For Celebration

Photography, styling: Veka Vanakova from @masas_de_madre

Christmas is a very joyful time of the year when we celebrate that Jesus was born. Families and friends are gathering to spend this time together, to celebrate calm and peace, after being patient for a long time waiting for this moment.

Sourdough bread is much related to patience as well. And during the pandemic, patience played a considerable role for many of us. Patience to be able to meet our loved ones again. Some people were trying to isolate themselves to protect themselves or their loved ones. This year, however, will be different. And people will gather more than ever.

If you are one of those, who tried and learned to bake sourdough during the pandemic isolation, don't leave your skills to stay just there. Because bringing your sourdough bread to a Christmas dinner to surprise your loved ones and eating it together can be an excellent idea. Moreover, decorating your bread with some Christmas symbols will also be a nice decoration on the Christmas table.

Here we will give you tips and tricks on getting those beautiful bread scores without tearing the bread where you do not want it to tear. So let's dive into it!

Bread Scoring Tips

You need a sharp razor blade to score a beautiful image on your bread. There are many specialized handles to do this job that protect your hands from injuries. However, to make a beautiful image, it is easier to hold the razor blade directly in your hands - this way, you have much more control of the movements and, therefore, the drawings you want to create.

Some other useful instruments can be scissors and a toothpick. You can use a toothpick to draw your picture before scoring it, as once you achieve it, there is no way to correct it. The scissors are great for making minor cuts, for example, accentuating the Christmas tree branches.

While scoring only one long score is generally recommended, a few tips and tricks can help us achieve a beautifully decorated sourdough loaf.

First, to make your bread scoring easier, storing your bread dough in the fridge while you are heating the oven is convenient. This way, the dough will be easier to score once the range is hot enough.





Now the best trick comes, so read carefully. It is called "5 minutes score". Basically, it means that first, you score your decorative image on the bread, then put it in the oven to bake for 5 minutes. After 5 minutes, take it out from the oven and do the one main score where you want your sourdough bread to open. Do this quickly and put it back in the oven to bake completely.

This way, it is like you said to the bread where you want it to open. And therefore, you prevent it starts opening in some decorative part of the scoring, and the image is torn apart.

And that's it! Feel free to inspire yourself with our sourdough-scored images.



Photography & Styling: Veka Vanakova

Christmas Sourdough Star

Photography, styling & recipe:
Veka Vanakova from @masas_de_madre

INGREDIENTS

Leaven

- 150 g strong flour
- 120 g milk
- 30 g active sourdough starter

Dough

- Leaven
- 350 g strong flour
- 150 g yoghurt
- 60 g ghee
- 50 g sugar

Filling

- 300 g walnuts
- 60 g sugar
- 40 g ghee
- 30 g cocoa
- 1 tbsp vanilla extract
- 1 tsp cinnamon

METHOD

Two nights before preparing this sourdough star, prepare the leaven by mixing all the ingredients in a cup or bowl. Cover the cup or bowl with some material that does not let the air in and leave it fermenting at the ambient temperature overnight until doubled in volume.

When the leaven has doubled in size the next morning, prepare the dough. Put all the dough ingredients in a bowl and knead on a low-medium speed until you get a nice elastic dough.

Cover the dough in the bowl with some material that does not let the air in and leave it fermenting in a warm place for about 2 hours. Then put it in the fridge for 16-24 hours.

After that, take it out from the fridge and leave it for about one hour so it takes room temperature. In the meantime, you can prepare the filling for the sourdough star.

Mill the walnuts with a food processor until you obtain a creamy consistency. Then add the rest of the ingredients (sugar, ghee, cocoa, vanilla extract, and cinnamon) and mix well until you get a nice paste that can be spread.

Once the dough has room temperature, divide it into 4 equal parts. Roll each of them to get a circle about 30 centimeters in diameter.

Now let's form the star. Put one circle of the dough on your baking tray with baking paper. Put approximately one-third of the filling and spread it evenly. Then put another dough circle onto it and do the same with the filling. Repeat the same steps again, and finally, put the fourth circle of the dough on the top - this one will stay without the filling spread on it.



It is time to cut the dough into strips to help us create the star. First, put some round form in the middle of the circle. This form will help us and guide us - we will do all the cuts starting from the state and to the outside; the interior part has to stay untouched, uncut.

First, cut the dough into four equal parts, with the interior (where you placed the round form) untouched. Then divide each of the parts into halves. You will get 8 equal pieces. Finally, cut each part again in half - so eventually you get 16 equal parts - strips of the dough.

To form the star, grab two strips, one next to the other, each with one hand, and twist them away from each other 3 or 4 times. Put them down and press the two ends together. Press them well so then they do not open in the oven. Do this with all the cut strips of the dough. You will get a star with 8 points.

Cover the formed star with some material that doesn't let the air in and leave it fermenting in some warm place for about 2 to 4 hours until it rises in volume.

Then preheat the oven to 190°C. Once it is hot enough, brush the star with a mixed egg. Then put it in the oven with the baking tray and bake for 20-25 minutes, until it is nicely golden.

Take it out and let it cool. And then, just enjoy!



A WINTER WONDERLAND

By Fiona Tait

Home is where the heart is this Christmas with a sumptuous recipe for Guinness Gingerbread cake. A deliciously moist cake made with a combination of festive flavors, enriched with Irish stout and topped with a baileys Irish cream liqueur cream cheese frosting. The perfect centerpiece to wow your guests



Photography & Styling: Fiona Tait



Cooking with Guinness gives us a real taste of Ireland. Combined with molasses, it adds extra moisture to a cake giving it a sticky outside texture, perfect for gingerbread cake. Decorating with homemade gingerbread houses is the icing on the cake, and you will be proud to have this as a centerpiece on your Christmas table.

Guinness Gingerbread Cake

Photography, styling & recipe: Fiona Tait

INGREDIENTS

For the cake

- 350 ml Guinness or any Irish stout
- 300g molasses or black treacle
- 250g light soft brown sugar
- 50ml honey
- 200g butter
- 3 eggs
- 2 tbsp ground ginger
- 2 tsp ground cinnamon
- Pinch of cloves

- Pinch of nutmeg
- 350g self-raising flour
- 1 tsp bicarbonate of soda
- 1½ tsp baking powder

For the frosting

- 150g butter
- 150g cream cheese
- 200g icing sugar
- 3 tbsp Baileys Irish cream liqueur





Photography & Styling: Fiona Tait

METHOD

Preheat the oven to 180°C/350°F. Line two 6-inch tins with baking paper. Place the Guinness, molasses, sugar, honey, and butter into a heavy-bottomed saucepan. Heat slowly, stirring continuously until the butter melts and the sugar dissolves. Leave to cool. Once the mixture is excellent, beat in the eggs until well combined.

Sift the flour, bicarbonate of soda, baking powder, and spices in a separate bowl until well mixed. Add the Guinness and egg mixture to the dry ingredients and mix with a wooden spoon until well combined. Try to avoid mixing. Pour the mixture equally into the tins and bake for approximately 35 to 40 minutes or until a skewer comes out clean. Leave to cool slightly in the tins before turning out onto a wire rack. Leave to cool completely before icing.

To make the frosting, place the butter and cream cheese in a bowl and beat with an electric whisk until smooth. Sift in the icing sugar and beat until well combined. Add the Baileys and whisk for a further minute. Place in the fridge for an hour to thicken. Sandwich the cakes with some frosting, then continue icing the cake. Finally, decorate with gingerbread houses using your favorite gingerbread recipe.

Gingerbread Cookies

Photography, styling & recipe: Fiona Tait

INGREDIENTS

For the dough

- 130ml honey
- 150ml molasses or black treacle
- 100g coconut sugar
- 200g butter
- 530g spelt flour or plain flour
- 1 tsp bicarbonate of soda
- ½ tsp baking powder
- 1 tbsp ground ginger
- 1 tbsp ground cinnamon
- ¼ tsp ground nutmeg
- pinch of ground cloves

For the icing:

- 250g icing sugar
- 10g egg white powder
- 1 tbsp lemon juice
- 1 tbsp water

METHOD

Preheat the oven to 170°C. Place the honey, molasses, coconut sugar, and butter into a saucepan and heat slowly until the sugar and butter melt. Leave to cool slightly.

Sift the flour, bicarbonate of soda, baking powder, ginger, cinnamon, nutmeg, and cloves into a bowl. Add the melted mixture and combine well. It's easier using a dough hook or blend in your food processor. Leave for 10 minutes to rest. Roll into a ball, cover with baking paper or cling film, and place in the fridge for 30 minutes.

Roll out the dough on a floured, non-stick mat to ¼ inch thickness. Cut with cookie cutters and make a hole in the top if hanging on the tree.

Place on a lined baking tray and bake for 8-10 minutes until just cooked. Leave to cool completely before icing.

Ice with royal icing and leave to dry before hanging it on the tree or arranging it on a serving dish.



Welcome to a winter wonderland



UGALI MBOGA

a pharmacy :)

By Wambugi Rispah

Could this be Kenya's
most popular meal?





Photography & Styling: Wambugi Rispa

Ugali

Photography, Styling & Recipe:
Wambugi Rispa

INGREDIENTS

- 750 ml boiling water
- 2 cups corn flour

METHOD

Boil the water in a saucepan, add the corn flour in handfuls, and mix using a tough wooden spoon. Keep kneading with a wooden spoon until all flour is incorporated and stiffer. Ensure no lumps are left. Spread around the saucepan, coating its sides with the dough, and cook on low heat for 20 minutes. Please, prepare Mboga during this time. Fold it into a ball or cake at the center & overturn it into a serving plate. Keep covered.... and, ENJOY!





Photography & Styling: Wambugi Rispah

Mboga

Photography, Styling & Recipe:
Wambugi Rispah

INGREDIENTS

- 1 handful spinach/silverbeet leaves
- 1 small garlic clove, crushed
- 1 medium red onion, thinly sliced
- 3 red tomatoes, thinly sliced
- 4-6 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp coriander powder
- 1 tsp coconut sugar [optional]
- 1 small red chili [optional]

METHOD

Clean your Mboga leaves under running water & let them drip dry while you slice. Place your onions and olive oil in a saucepan over medium-low heat. Let cook slowly without over-stirring for 5-7 minutes. Add garlic & chili if using halfway. Add the tomatoes, and let cook on low heat for 7 minutes.

Chop up your Mboga & add to pan once the tomatoes are fully cooked. Add salt, sugar & coriander spice. Cook for 1 minute more & remove from fire.

Serve with ugali & enjoy!



Photography & Styling: Kasia C. Faber



Did You Know!?

Remember Popeye's secret? Spinach! Yes!!!
... green, leafy veggies are the healthiest food on the planet. As whole foods go, they offer the most nutrition per calorie.

Leafy greens are nutritional powerhouses that can be the star of a dish or make up a healthy side.

As Kenyans, we consume them as mains, and they are a staple of many local tribes here. We say Mboga all day, every day.

We also cook a variety of other dark green leafy vegetables in more or less the same way, such as Amaranths, African nightshade, and Kale, just to mention a few.



MEET THE TOURNAMENT WINNERS

Lotte Kreiensteil



Katharina Nikiforow



Tatiana Tor

We organize a Tournament in our Members' Club twice a year, where our teams compete to create the best content for you. Let me introduce the best team that won during the latest Tournament in each of these categories: Content, Photography, and Layout! So let me now introduce you to our winning members and tell you more about them!





GET TO KNOW OUR MEMBER

Lotte KREIENSIEK

 [@little.Lofficial](https://www.instagram.com/little.Lofficial)

CAN YOU DESCRIBE WHO YOU ARE AND WHAT YOU DO?

I'm a food and product photographer and food stylist in Hamburg, Germany. I'm also a seasonal food blogger passionate about Swedish baked goods. My grandmother and parents taught me to eat and cook/bake seasonally, so it comes naturally and never gets boring. My blog inspires others to eat seasonally and have fun in the kitchen again. As a Designer, I worked with appetizing food images for a long time.

A seasonal food lover and passionate creative with a love for details in food photography.



Then, when significant changes came with the corona pandemic, I brought my passions together and hopped into food photography, and am loving it ever since.

How would you describe your photography?

With my food photography, styling, and cooking, I create genuine, authentic and inviting images so the viewer is drawn into the scene and instantly wants to join or grab the goods.



My style is messy or, hands down, more elegant, with particular attention to the details, depending on the story I want to tell. Usually, I work with natural light, but lately, I'm discovering artificial light's variety and creative freedom, especially the advantages in the darker winter months.

WHAT AND WHO INSPIRES YOU?

Aww, that's a hard one. So many things inspire me. Sometimes it's the small things like a walk in the forest or a nice day on the beach where my thoughts can wander off. Sometimes it's the light that falls into the window a certain way, the texture of an ingredient, or the smell of a great dish. A dinner with good friends and of course music.

Then there are, of course, wonderful and inspiring food photographers like Viola Minerva or Linda Lomelino and their Scandinavian Style, as well as so many other food photographers and stylists. As for my cooking, Jamie Oliver, with his down-to-earth cooking, focussed on individual flavors.

WHAT CAN I OFFER TO POTENTIAL CLIENTS?

A trained eye for colors, compositions, and styling, a good hand in selecting props, and a new perspective on products or dishes. A smooth customer experience with first calls to talk about what they want, followed by mood boards and a shot list so we make sure to capture everything we need. I also love to advise my clients on overall imagery for their brand and try to show them new possibilities.

WHAT PROJECTS DO YOU ENJOY WORKING ON?

I have a lot of fun with action shots, but I also like experimenting with light and shadows. I always try to find the best way to showcase a specific story, food, or product. I love brainstorming with other creatives on a project to get their point of view, widen my workflow, develop new recipes, and try new flavor combos.






A creative soul who loves to spark the joy in others through laughter, good food and photography.

GET TO KNOW OUR MEMBER

Katharina NIKIFOROW

 [@vegastudio.de](https://www.instagram.com/vegastudio.de)

CAN YOU DESCRIBE WHO YOU ARE AND WHAT YOU DO?

Hello there! I am Katharina - a food photographer and blogger from Germany. My passion for food photography came directly after starting my vegan food blog in 2020. The goal was and still is to make food as tasty and look delicious as it can be. I currently work with clients on various projects - photography, recipe creation, social media, and SEO.

HOW WOULD YOU DESCRIBE YOUR PHOTOGRAPHY?

This must be the most challenging question to answer for a creative. Isn't creation about evolvment?! I think it is about letting myself try different things and grow in the process. n the first year of my journey, it was a mystery for me what everybody meant by finding your style. Now I get it - it allows me to express myself and lets these expressions change anytime I want to.



Currently, I am on my way to explore brighter, bolder, and louder photography and am very happy to do it with my lovely friend Tatiana Tor @retrofoodiesdigital. I wouldn't categorize my style into common sections like bright and airy but more into how I shoot: intuitive, bold, and explorative. I love to communicate and connect through photography, which is why each dish can lead you to different outcomes.

WHAT AND WHO INSPIRES YOU?

I am very much inspired by the little things - colors, smell, and feel of nature. Kindness and generosity of people and how people can live in any place in the world. All my senses inspire me to create something. The most inspiration I get is when I am relaxed - indeed, sitting still in a relaxed state is hard. I want to get up and create, create, create.

WHAT CAN I OFFER TO POTENTIAL CLIENTS?

I offer various creative services, from photography and recipe development to recipe video creation. As I have a thorough understanding of SEO, I can help potential clients with their content strategy and attract clients through custom content and beautiful photography.

WHAT PROJECTS DO YOU ENJOY WORKING ON?

I love to work on projects which force me to get out of my zone of comfort and where I can learn something new. As a creative, I think we can find a solution to any challenge, which is my jam. I enjoy creating and shooting custom recipes for my clients to help them communicate their messages. Also, creating a vision with my clients is one of my favorite things in the process. In the future, I can see myself in the art direction and letting bigger productions come to life.



A creative mind,
and a story teller
through images
and captions.

GET TO KNOW OUR MEMBER

Tatiana TOR

 [@casadelavida.nl](https://www.instagram.com/casadelavida.nl)

CAN YOU DESCRIBE WHO YOU ARE AND WHAT YOU DO?

My name is Tatiana Tor, and I am a creative food photographer. I started this journey with the idea of creating a cookbook, and then my passion for learning all there is about food photography started. Also, I love to know everything that interests my brain, like building websites, social media strategies, creative writing, and more. So, I set up a webshop for food photographers selling backdrops, downloadable, and more.

HOW WOULD YOU DESCRIBE YOUR PHOTOGRAPHY?

Playful, creative, colorful, and honest. I never really found my style; I've been jumping through styles for over a year. Participating for the second time in the food magazine tournament helped me find a new style I never thought I'd love so much. Can you imagine creating a picture that goes back in time with all the new equipment and tools we nowadays have? This is why retro photography fascinates me right now.



WHAT AND WHO INSPIRES YOU?

Right now, the retro style inspires me; I just discovered many great photographers, too many to name, haha. And I am grateful to have met Katharina Nikiforow through the food magazine tournament. She sparked my creativity with retro and vintage styles. And since I started my food photography journey, the talented and sweet Lucia Marecak has taught me so much, for which I am very grateful. And everyday inspiration, products that bring me new ideas, and about everything around me.

WHAT CAN I OFFER TO POTENTIAL CLIENTS?

I enjoy working with social media channels, thinking of strategies, and following trends. I love creating designs for cookbooks, magazines, and logos, but I also build websites and manage them! Of course, creating the perfect stuff for clients, brands, and business owners takes work. Every challenge for me is a new opportunity to learn and grow and help others to do the same. My goal is to take the client's stress away so they can keep their focus on the things that matter the most to them. And this is why I started a company helping others focus and grow their businesses.

WHAT PROJECTS DO YOU ENJOY WORKING ON?

I love working for Lucia Marecak, being part of her team, and growing the Members' Club. I love product photography, but I prefer working with restaurants as I enjoy taking pictures of dishes and thinking quickly on my feet! I started collaborating with a baking brand this year, which I very exciting for me. A spark ignited in my brain when Katharina and I started building a new Instagram profile @retrofoodiesdigital and the #goretrochallenge. It pushed me to finally get back to working on the project I started this long photography journey in 2020. And I put this project in a new jacket with a new marketing strategy. My ebook will come out at the end of January 2023! And I am very excited about the next steps in my journey and how all my projects will develop! But first, let's start this year in a sparkling way!





Photography & Styling: Tatiana Tor


PLACES TO VISIT

Must visit places
and restaurants
in the world chosen
by our members



Cervemur

By Tatiana Tor


Av. de Sta. Catalina,
100, 30012 Murcia
Spain

MEET CERVEMUR, IN MURCIA

Meet Cervemur, a beer paradise hiding in a giant hangar in Murcia. This beer paradise not only holds 80 taps with delicious beers, but it also contains a shop where they sell over 100 beer bottles, glasses, and merchandise.

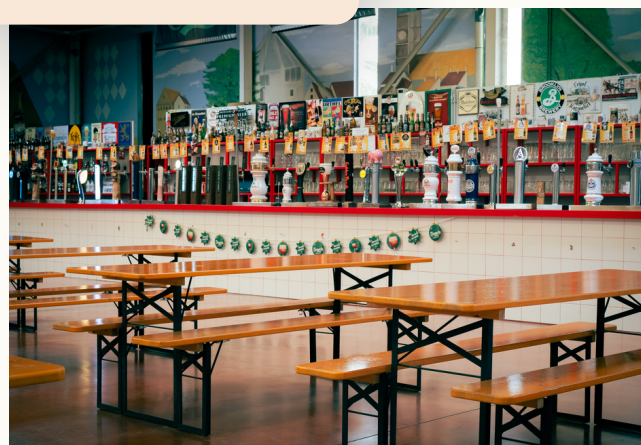
There are two Cervemur in Murcia, but this paradise also has a food court with delicious beer finger food, burgers, and pizzas, which can all be enjoyed while playing a game of table football, pool, or air hockey!

It is the best place to take a beer with friends, relax and enjoy all the different beers from all over the world with some delicious food! The glass system is also amusing, where you pay a two euros deposit per glass, which gives you the options to keep the glass if you want!

My favorite time to go there is when my friends from the Netherlands are visiting, as in Murcia, we do not really have a craft beer scene, and it's nice to taste beers from the whole world!

Cervemur offers you all kinds of beers and delicious treats under one roof, and when you are in Murcia, this hospitality concept is something to see!

You can reach it by bus or a walk from the city center, but if you cannot go there, you can always visit its sister concept where they also sell beers and food! I love this concept, and it brings me back to the Netherlands beer scene when I want to enjoy a good beer!





Alverà 200
32043 Cortina
d'Ampezzo BL, Italy



CASEIFICIO PICCOLO BRITE

By Romina Venier

The first cheese boutique in Cortina d'Ampezzo - The small, modern gourmet cheese dairy opened its doors in 2012 and is located next to the SanBrite kitchen. It offers first-class delicacies produced on the farm, complemented by a careful selection of local products. It uses only natural ingredients, including fresh cow's milk from the Brite de Larieto dairy, where animals are reared as they once were. The Piccolo Brite's cheesemaker only works with raw milk according to artisanal methods.



[HTTPS://WWW.SANBRITE.IT/PICCOLOBRITE](https://www.sanbrite.it/piccolobrite)



Artemisia

By Silvia Taccogna



Corso Umberto I, 57,
70127 Bari BA
Italy

MEET ARTEMISIA, IN BARI

Artemisia is a unique project in Italy because it was born on the "ashes" of what was, to all intents and purposes, the luxurious fortress of a mafia boss: over 1500 square meters, between buildings and land, a reinterpretation of a nineteenth-century villa used as an operations center of the Apulian crime dedicated to international drug trafficking.

Today Artemisia is a bistro and a B&B capable of offering its customers an experience with Mediterranean taste and a fascinating history that has its roots in the stubbornness of those who love the city of Bari and believe in the people who live there.

The seizure of the Villa of the Lazzarotto clan, which took place in the 1990s, immediately activated the work of the C.A.P.S. (Psycho-Social Help Center), which requests and obtains the assignment of the property.

Being the first asset confiscated from the underworld in Bari, it is an essential step in the fight against crime. It is also a completely new experiment aimed at demonstrating that a symbol of mafia activity can be transformed into an asset for the community. Themselves a second chance.



The setback for crime is evident; where once stood a nerve center for drug dealing, C.A.P.S. gives life to a therapeutic community for young drug-addicted women with children, achieving the double objective of providing hospitality and care to women in a serious state of marginalization, as well as drug addicts with their children and to create a small community within a neighborhood like Santo Spirito, with an attempt to reintegrate girls into a social fabric.

In 2011 the Villa was ready to host a new project, made possible by the funding provided for by the "Beni Confiscati 2013" tender of the Fondazione con il Sud, with the support of the Municipality of Bari and the Puglia Region, aimed at experimenting an innovative model of mix housing, residential and tourism-social.



For this purpose, a part of the Villa has been destined to an apartment group for Italian neo-adults and former unaccompanied foreign minors, allocating the additional spaces to catering activities, tourist-hotel reception, and cultural programming, co-managed by the young people themselves.

Thus begins "Artemisia Academy", a place where the young inhabitants of the house will have the opportunity to start from scratch, giving themselves a second chance.



Monte San Pietro,
Province of Bolzano –
South Tyrol



Hotel Peter

By Anna Schwarz Laner
(Photographer)
& Josef Pichler (Assistant)

Hotel Peter is located in Monte San Pietro, a small village in Val d'Ega, South Tyrol, Italy, in the middle of the mountains. It is a bit away from the tourist hotspots. It is a family-run 4-star hotel, still built by the grandparents, together with their boys, Margareth and John, run it today in a homely ambiance and with a lot of love for the guests, whether only in the restaurant or the hotel.

They place much emphasis on authentic, interpersonal hospitality and personality towards the guests, whether in the hotel or the restaurant. In addition to the hotel, the owners also have a gourmet restaurant directly in the hotel, with Mediterranean, regional cuisine, where local producers deliver fresh products every day.

They place a lot of emphasis on local, and regional products. In addition to fish, they also serve meat and vegetables. Everything is closely linked to nature, local mountain life, and their origins in Italy and South Tyrol.

The ambiance invites you to feel right at home thanks to the modern, traditional style. In addition to the modern breakfast corner and the new windowed hall, there is also a traditional hall that is both modern and still reflects the local mountain life, making you feel right at home. The decoration is also very local, with pine wood and flowers, which Margareth lovingly adapts according to the season. Their slogan is "At home in the mountains". A place where you can only feel at home.





Štefánikovo námestie
4, 052 01 Spišská
Nová Ves, Slovakia

Meetpoint SNV

Text by Lucia Marecak & Renata Krulova (manager of the Meetpoint),
Photos by Renata Krulova

Spisska Nova Ves is the town I come from, and I am excited to show you something new from this place. Meetpoint Cafe is located on Stefanikova Square in Spišská Nová Ves, near the city center and the longest square in Slovakia. The place offers the large glass entrance, that allows the light enter into it's premises, so you can enjoy a relaxing moment with coffee by yourself, hang out with friends, colleagues or go on a first date. Otherwise, just visit this place for a drink in the evening, or a delicious breakfast in the morning. The place offers a wide range of drinks and fantastic coffee that is hard to find!



OUR MEMBERS CREATE

Digital products & freebies from our Members

We are delighted and proud to see our members grow from the moment they step into our Members' Club.

And because of that, we want to make it our mission to put them in the spotlight and present the digital products they have created!

You can see these fantastic digital products or freebies, and support our members by visiting their website, purchasing their product, or downloading their freebies and letting others know about them too!



Lucia Marecak,
Founder FOODlight,
the Members' Club



Sourdough recipes ebook

Navidades de masa madre: An electronic cookbook with 12 Christmas recipes prepared with sourdough and much love. Take your sourdough skills to the next level and surprise your loved ones with these delicious European Christmas sweets. The book is written in Spanish, and all recipes are ordered based on their difficulty. So you can start with the easiest ones and, little by little, while increasing your sourdough baking confidence, GO FOR THE MORE DIFFICULT RECIPES.

[CLICK HERE](#)

Veka Vanakova
@masas_de_madre

E-book: 101 Food Styling Tips

A 27-page e-book filled with simple and effective food styling tips to help you create picture-perfect dishes, from savory and sweet plates to drinks and wider table scenes, as well as essential food styling tools and tips from expert food photographers in our community.

[CLICK HERE](#)



Linda Hermans
@lindahermansphotography



Vegan recipes ebook

Katharina's e-book is a vegan recipe book with 40 easy-to-make and delicious meals. This book teaches you how to make your tofu scrambled eggs, fluffy cinnamon buns, and raspberry cheesecake brownies. Everything in this book is vegan, without any fluff, and with approachable ingredients. It is divided into breakfast, sides, mains, and desserts. The e-book is currently only available in German. Enjoy your vegan meals!

[CLICK HERE](#)

Katharina Nikoforow
@veganwonda

Baking book and e-courses

Daniela started creating baking courses online, writing and self-publishing her own cookbook and an ebook.

Daniela is known on Instagram for delicious and healthy sweets, cakes, and treats and has a fantastic blog full of amazing recipes.

[CLICK HERE](#)



Daniela Lambova
@daniscooking



Hajar Benomar
@hajarbenomar

Transform your passion into a business

In this ebook, I give you the tips and advice you need to help you improve and turn your passion for food photography into a business. The ebook is available in French language.

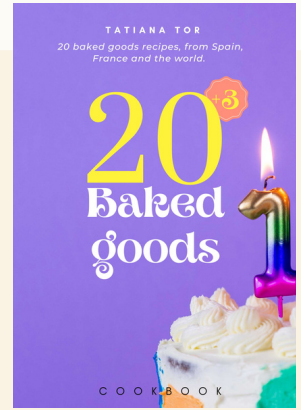
[CLICK HERE](#)

20+ baked goods ebook

Tatiana finally published her ebook, filled with delicious baked goods from France, Spain, and the rest of the world.

She divided this ebook into three chapters: the easy classics, the show-offs, and the craziest flavors recipes! There's something in the book for everyone!

[CLICK HERE](#)



Tatiana Tor
@casadelavida.nl



Tatiana Tor
@casadelavida.nl

Online services, V.A. & more

Tatiana launched her online web company as a food copywriter, a full-time Virtual Assistant, Social Media Manager, building websites for other businesses.

She specializes in Social Media strategies and helping business owners regain time and focus by taking over some of their daily tasks. In January 2023, her first e-cookbook will come out!

[CLICK HERE](#)

Wordpress, websites, social media & more!

Daniela is a food blogger since 2012. I am also a course creator and have a passion for helping people learn easily the skills and competences I've acquired through my creative career. She can help you create a blog or a website for your business and tech you how to maintain it easily without any web design experience. Being a professional blogger, Daniela can coach you how to earn money through your blog.



Daniela Lambova
@daniscooking

[CLICK HERE](#)

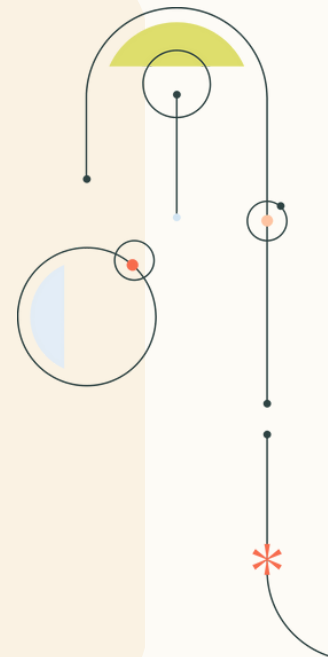


Coming soon Members' Marketplace!

We have launched the Members' Marketplace in our Members' Club and soon it will become available to public too!

A special place inside the club, where our Members can offer each other their services to earn an extra income. These services can vary from social media managers, copywriters to website builders! You can join the marketplace after becoming our Club member.

[CLICK HERE](#)





MEMBERS' MEET UP 2022

Last September, I had the joy of organizing our second annual MeetUp and meeting these beautiful and talented food photographers. I am very grateful to Valérie, Sarah, Monika, Kasia, and Tatiana for joining me for this special occasion.

We rented this beautiful mansion from a Comtesse, with a private chef cooking delicious food and lots of space for everyone's creative outlet.

We had the pleasure of photographing many scenes, from bundt cakes to wines and cheese, early breakfast scenes, and many more!

After the Meetup and the live class, we visited one beautiful winery an hour from this beautiful Mansion.

I treated my members to a delicious glass of wine, and we ended our last evening together with a delightful meal in a restaurant with a fantastic view of the Langhe Area of Piedmont, Italy.

We had a great time together after months of seeing each other on zoom; meeting in person is a pleasure. Thank you so much, ladies, for joining us!



Early start to catch
the first sun rays

Photography : Lucia Marecak, Model: Monika Jonaitte
Styling: Kasia C. Faber and Tatiana Tor



Photography & Styling: Tatiana Tor



Photography : Lucia Marecak

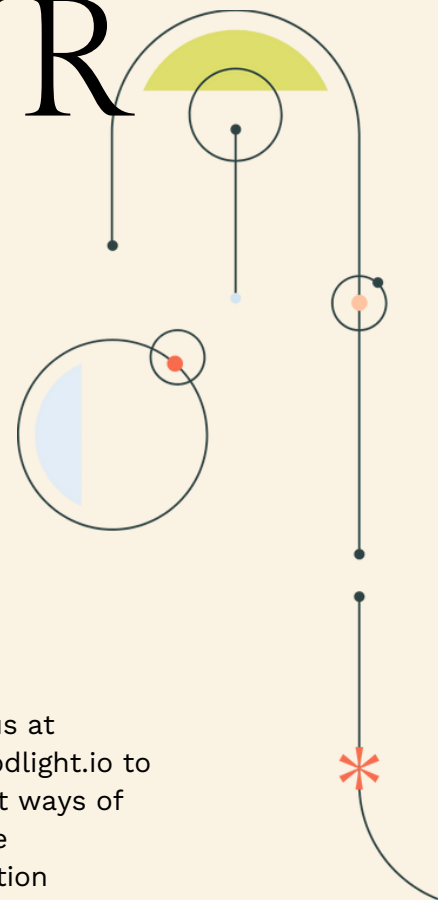
LEARNING ON THE SPOT

It's so beautiful seeing your members learn on the spot!



Photography : Lucia Marecak

BECOME OUR SPONSOR



Are you interested in working with us, becoming a sponsor, or having your product featured in our magazine?

We are food photographers from all over the world, and this magazine arrives to others, passionate about food photography, cooking, and baking.

Whether your product can be used in our recipes or we can create photographs using your ceramics, backdrops, or other tools, this is an excellent opportunity to increase your brand's visibility across the globe.

Moreover, your brand will be promoted on our @foodlight.io Instagram account and FOODlight website and shared on the contributor's social media profiles too!



Contact us at lucia@foodlight.io to talk about ways of our future collaboration



[@foodlight.io](https://www.instagram.com/foodlight.io)



www.healthygoodiesbylucia.com
www.foodlight.io (coming soon)



Photography & Styling: Daniela Iamboxa



Photography & Styling: Katharina Nikiforova



Photography & Styling: Valérie Boehlen & Tatiana Tor

FOOD CONNECTS US

MAGAZINE OF THE
MEMBERS' CLUB

ISSUE #4
WINTER 2022

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www.foodlight.io (coming soon)

WANT TO IMPROVE YOUR FOOD PHOTOGRAPHY AND JOIN OUR COMMUNITY?

Become part of our Members' Club and benefit from our amazing and inspiring community. More info at www.healthygoodiesbylucia.com/members-club

FOOD
light

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All the members of the
Membersclub would like
to wish you all a Happy
New Year!

