

FOOD
light
CREATIVE
SOLUTION

Magazine of the Members' Club

FOOD CONNECTS US

ISSUE #5
SUMMER
2023



MEET THE WINNERS!

Kristina and Natalie
awarded for the best
contribution to this issue!

36
SEASONAL
RECIPES

Our team

LUCIA MARECAK



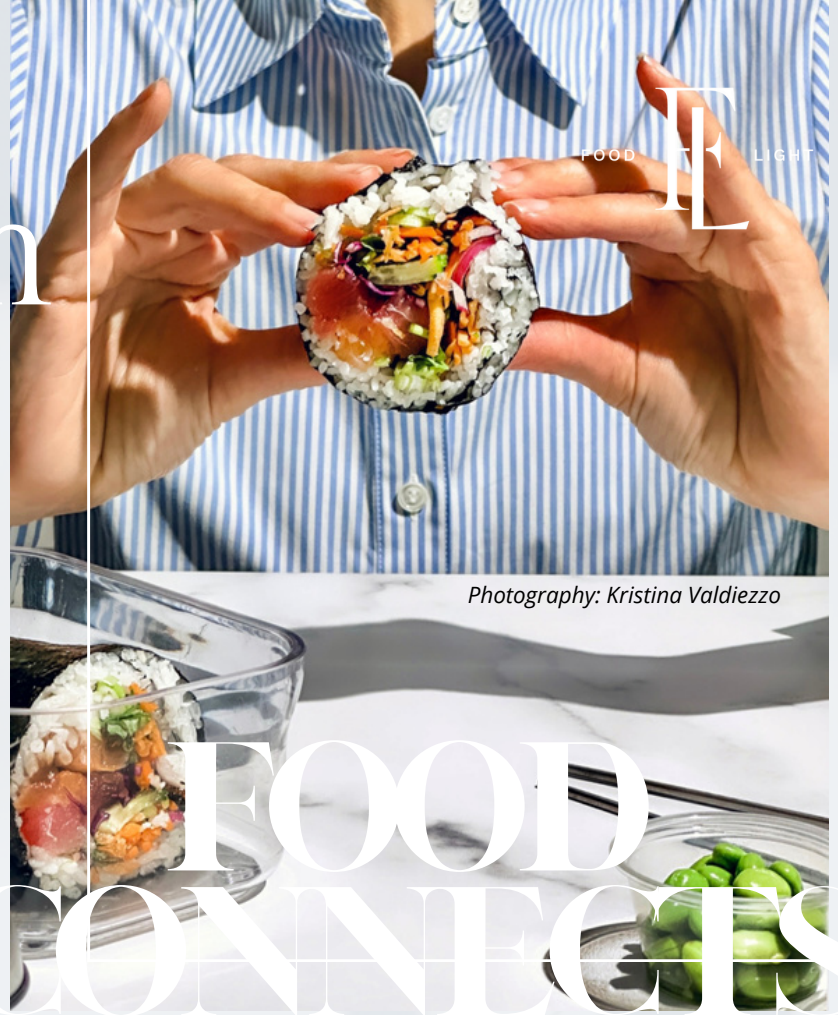
A food photographer and creator of FOODlight (formerly Healthy Goodies by Lucia) - an interactive platform for food photographers worldwide.

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 CONTRIBUTORS

Alessandra Zanotti
Ana Miskind
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Shana Romia
Veka Vanakova
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Wambugi Rispah
Yvette Klubusova
Zuzana Rainet



Photography: Kristina Valdiviezo

FOOD CONNECTS US

Members' Club Magazine
Issue #5

We are a vibrant community of food-loving creatives fueled by a shared love for culinary delights and captivating photography. Our talented members bring their expertise to every aspect of our magazines, crafting delectable recipes, visually stunning imagery, and engaging content. We take immense pride in showcasing our work, sharing our knowledge, and celebrating our unique talents. Explore our contributors' impressive list for this issue, featuring their remarkable contributions in recipe creation, food styling, photography, copywriting, and more. Access our previous issues of FOOD CONNECTS US below.

Discover our Members' Club [HERE](#) and join us to enhance your food photography skills, launch your own photography business, or secure a feature in our upcoming magazine issue.

You can download this and previous issues - Issue n.1 [CLICK HERE](#), Issue n.2 [CLICK HERE](#), Issue n.3 - [CLICK HERE](#), as well as Issue n.4 [CLICK HERE](#). No emails or subscriptions are necessary. Just download the magazines and indulge in reading and cooking to your heart's content. Enjoy!





cover stories

LUNCHES ON THE GO!

Simple & nourishing recipes for your busy days

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Healthy, delicious and fresh



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Create your summer memories with our recipes



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Salads, hamburgers, and ice creams are meals that connects us





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Refreshing recipes with fresh herbs and well-matched spices



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Life and flavors blend in a delightful symphony

Meet the winners

Get to know Natalie and Kristina - the top-performing team in the Content, Photography, and Layout categories!

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Welcome to our Summer issue!

Hello and welcome to our newest FOOD CONNECTS US edition, brimming with delightful and refreshing summer recipes crafted exclusively for you by our remarkable and talented members!

Food CONNECTS US started as a simple idea in 2021, and we couldn't be more thrilled and proud to present the fifth issue of our magazine. As always, each magazine is thoughtfully prepared by the dedicated members of our Members' Club.

Twice a year, we join forces for the occasion of the Food Photo Tournament, collaborate with joy, and curate the finest content for you! It's an exciting opportunity to virtually team up, connect with creative minds from all around the world, and create this amazing, seasonal-inspired content.

Our Members' Club is an interactive learning community for food photographers, uniting food photographers from diverse countries and cultures. Yet, what binds us together is an unwavering passion and love for food and photography, which we are proudly eager to share with all of you.

Whether you're an avid cook seeking culinary inspiration or an aspiring photographer in search of your next captivating photoshoot idea, this edition holds a treasure trove of sensational recipes, harmoniously paired with mesmerizing summer-themed photography.

Summer is the season of pure delight, embracing sunshine, joyous gatherings, and delectable recipes to relish with loved ones under the warm, azure skies.

If you cherish this magazine as much as we do, we would be incredibly grateful for your support in spreading the word about our publication among your cherished friends and family or on your Instagram platform.

We want to thank you for being with us on this food adventure and supporting us wholeheartedly. May your summer be filled with abundant joy, extraordinary moments, and delicious culinary experiences!

With Love,



Lucia Marecak
Founder FOODlight,
the Members' Club

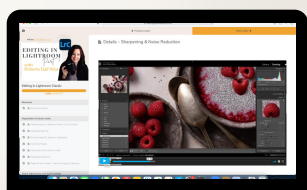


WHAT IS OUR MEMBERS' CLUB ABOUT?

The members club is the most interactive learning community for food photographers from all over the world. It's the place where you connect with like-minded people, where you grow your food photography skills; where you learn how to start and develop your creative business, and where you grow and progress as a creative person. It is a unique photography and business coaching program.

Inside our Members' Club, you will find pre-recorded resources, live trainings or coaching calls and a direct support of Lucia Marecak, professional photographer and founder of FOODlight.

Lucia guides her members and supports them through the challenges they face, so they can successfully grow their skills, develop their business and achieve their goals.



23+ PHOTOGRAPHY COURSES

In-depth courses focusing on food photography, marketing, and business. Our courses cover everything you need to learn to start from zero to become a successful photography business owner.



23+ MONTHLY MASTERCLASS

Masterclass is a virtual photography workshop - that shows you how to apply composition or lighting into practice. It's a detailed behind-the-scenes of creating images from the beginning till the end.



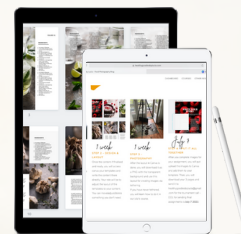
COMPOSITION, EDITING OR PORTFOLIO FEEDBACKS

Not only you can receive a personal guidance of Lucia during our live call, moreover, you can receive a review on your images, editing or retouching work, or your portfolio.



REGULAR LIVE CALLS

We have regular coaching live calls focusing on composition, lighting, editing or retouching, goal setting and Q&A. Lucia is live, ready to help you overcome your daily struggles, answer all your questions and fully support you on your journey.



VIRTUAL TEAM PROJECTS

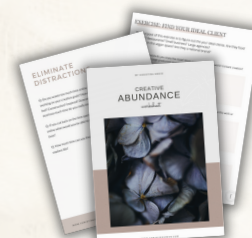
Food photography is an alone job, therefore learning how to work in a team is extremely important.

Our Club offers virtual team assignments, where you work with other members on a specific photography project. This way, you can learn how to communicate more effectively, negotiate and collaborate with others.



PRIVATE COMMUNITY

Private forum for our members, where they share their questions, engage with others, and get feedback on their images, portfolios, or anything else they are working on.



WORKBOOKS, TEMPLATES, CHECKLISTS AND MORE

Our members have access to the Resource Library, full of insightful workbooks, overlays, templates, checklists and other documents that help them follow our activities, create better images or manage their businesses more effectively.



all the fantastic quarterly challenges that help you put everything you learn into practice and take you on a journey of improving your photography or business skills.



Visit www.healthygoodiesbylucia.com to learn more and become our member!

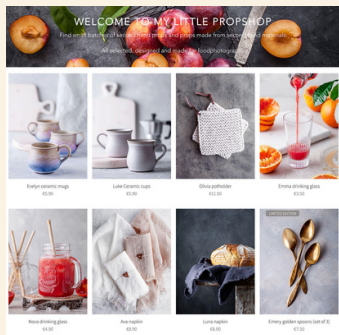


Sourdough recipes ebook

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.

Veka Vanakova
@masas_de_madre

CLICK HERE



Propshop

Find small batches of unique second hand props and handmade props made from second hand materials. All selected, designed and made for food photography!

CLICK HERE

Kati Finnel -
<https://www.katifinell.com/shop>



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

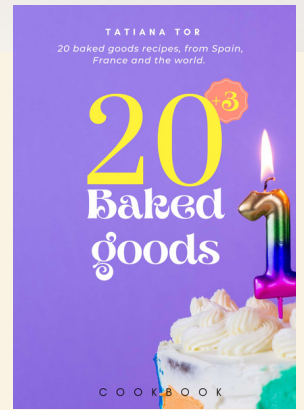
Hajar Benomar
@hajarbenomar

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

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

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!

MEET THIS ISSUE'S BLOGGERS



ALESSANDRA ZANOTTI

Alessandra is an Italian based freelance photographer specializing in food, beverage, and product photography, as well as food styling and recipe developer. She thrives on the creative process of experimenting with new dishes, food styling techniques, colors, and compositions to produce stunning images. As a food photographer, her mission is to help brands stand out by creating beautiful images that will grab the customer's emotions.

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



ANA MISSKIND


Ana is a Photographer, Stylist and Stop Motion Animator based in Portugal, passionate by telling creative stories and catchy imagery full of color in a playful mood. Having a background as Graphic Designer in Advertise Agencies, she tends to exercise multiple creative concepts in Visual Storytelling in order to get compelling images that captivate emotions and magic standing out the Brands from the crowd.

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



ROSSANA PERTOSA

Rossana is an Italian food photographer based in Vienna growing up in a family that celebrates every occasion around the dining table. Over time, her love for food evolved into a full-blown obsession, leading her to think about sharing her recipes on social media in 2017. She turned her passion into a full-time job that she loves and her mission is to inspire and support others. Rossana strives to capture the beauty, textures, and emotions that make every dish unique.

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



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)



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)



ROSARIA CUSATIS

Based in London, photographer, SEO and social media specialist for an American corporation. My venture into food photography began in 2019. By 2022, I recognized my affinity for food photography and styling, prompting me to pursue it as a profession. Embracing a dark and moody aesthetic as my signature style, I am currently establishing @rosariafoodphotography as my dedicated food photography business.

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



CLAUDIA OLIVEIRA

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.

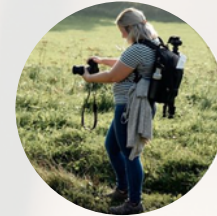
 [@reverieinblue](https://www.instagram.com/reverieinblue)



GEORGIA DEMERTZI

Georgia is a Greek expat in the Netherlands. Through her recipes, visual food stories, and styling, she wants to showcase not only the physical beauty of the dishes but also the emotions they evoke. In her blog [foodathlon.com](https://www.foodathlon.com), she educates people about the health benefits of the Mediterranean diet while recreating and developing new & traditional recipes, into gluten-free ones and highlighting the local products.

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



FLOOR SCHREURS

Floor is a passionate food photographer, based in Maastricht, Netherlands. With an artistic eye and a love for all things culinary, Floor's lens captures the enchanting beauty of food. Whether it's the vibrant colors of farm-fresh fruits or the irresistible allure of sumptuous desserts, Floor's photography conveys not only the visual appeal of food but also the emotions and stories woven into each dish.

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



BIRGIT MAYLED


My name is Birgit and I'm based in the UK. My photography career began ten years ago with travel photography, which evolved into food photography. I adore telling visual stories, exploring the colour, shape and texture of food, and bringing food and people together. I have been shortlisted in Pink Lady Apple food photographer of the year 2022 and 2023.

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



SHANA ROMIA

I'm Shana, Ex engineer, mom of 2 and now very passionate about food photography, I'm based in Dubai which is a very busy city with lots of tourists and endless restaurants! I've taken few courses in food photography and now in the process of building my portfolio and launching my business hopefully by the end of 2023.

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



CLAUDIA OLIVEIRA

Claudia Oliveira - Based in Lisbon, born in Southern Italy, more specifically in Naples! Food and writing always played an important part in her life and in 2016, she decided to start a lifestyle blog that also covered food (restaurant reviews mainly). In 2020 she turned her lifestyle blog into a food blog and this also awakened a passion that lied dormant in her, food photography! Since 2022 she has been focused on this specific passion, having decided in early 2023 to turn it into a business!

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



ESTHER OLLE COBOS

Passionate about food and photography. Her journey with food photography started around 2 years ago, using her phone and having fun taking pictures while cooking. Since she started my own IG account I discovered a new world, where to get inspired by so many talented food photographers. Day by day she is learning more and her vision is to make this beautiful profession her full-time job, working for food brands or perhaps restaurants.

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



GAYATRI VINOD

GAYATRI VINOD Indian food photographer, who is passionate about the rich Indian culture and its food. She is a self-taught food photographer, who is now sharpening her skills by learning from experienced food photographers. Her Instagram page is the home to her food and photography explorations. Her vision is to make Indian Culture global

 [@gayatri.srinivasan18](https://www.instagram.com/gayatri.srinivasan18)



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)



LINA TARAVELLA


Lina is a French based photographer. After different jobs in her life she decided to go studying photography in private school in Paris at 30 years old. She tried different fields of photography like portraiture, e-commerce, beauty, documentary, landscapes, travel as well as retouching. She is pursuing a career in photography as architecture and real estate photographer and works also usually with restaurants as food photographer. Lina also a drone pilot and can't wait summer to make some food pictures with drone. In her spare time, she loves walking with her dog, travelling and gardening.

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



ASWATHI RIFAI

Aswathi is a Food and lifestyle photographer based in the beautiful landscapes of Saudi Arabia. A passion that began as a hobby, has now transformed into a thriving professional career. Passionate about her craft she is deeply drawn to the captivating power of light. Beyond food photography, she has a deep appreciation for exploring different cultures and landscapes, often embarking on exciting journeys. She believes in individuality and embracing one's own path.

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



OLGA VILJANEN

Olga Viljanen is a Finnish food stylist and photographer who loves combining colors and textures. Olga also specializes in textile design, which gives her food photos a unique look. She publishes her work under her Instagram account:


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

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



VEKA VANAKOVA

Slovak but based in Spain. She is a self-taught sourdough enthusiast and food photographer and videographer. Veka teaches people how to make amazing sourdough bread even if they work or have little kids, because it is something that I experienced and I am convinced that everybody can do that. While taking pictures of my breads she realised she loves this part of work too and so she invested in educating herself in photography and videography. Currently she works for food brands as a photographer and videographer too.

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



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)



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 Czech Republic. I have studied computer graphic design but never stayed in the field. After school I moved 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 easy dishes when I was 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)



VIVIAN LYON


Vivian is from Barcelona province but she lives in a small village. She has been a portrait, family photographer for more than 20 years and she has recently added food photography to her services. She prefers natural light to artificial for now, but learning the magic of artificial light too! She loves autumn light, the freshness and brightness of winter and warmth and colors of summer. She is addicted to chocolate and love cool white wine.

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



LAURA FERNANDEZ

Laura is a Food photographer and Stylist. She started as a photographer, mainly shooting travel, documentary and portraits. After many years of traveling around the globe She realized that food is union, happiness and closeness to people. That's exactly what she intends to transmit with her images. Evoke a feeling, bring back memories and joyful moments.

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



IOANA TRAISTARU

Ioana started Fresh Food Bliss - a food blog where she showcases a selection of sweet and savoury recipes inspired by her time living in Italy and also her travels to other beautiful Mediterranean countries. Her goal is to spark a love for Mediterranean food in others, helping them to create scrumptious meals and try something new! Since creating her blog, she found a passion in food photography and styling and she is on a learning journey to perfect her craft.

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



NATALIE BEHN

Before Natalie came to food photography, she was a part-time family and wedding photographer for several years. In her main job she worked as a flight attendant and had the opportunity to travel to very remote corners of the world. After moving with her family from Germany to the USA almost two years ago, she also wanted to start over professionally and began food photography in September 2022. Since then, there is no turning back for her.

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



KRISTINA VALDIVIEZO

Kristina is a Director of a chocolate making company. Her photography soon became a part of responsibilities within my role when we needed more content, and quickly, for marketing and website purposes. Photography and the work found her through a simple idea of sharing & connecting and saying yes to what was in front of her! Who knows where this journey will take her, but she is embracing it, being vulnerable and imperfect through it and building beautiful friendships with clients and other talented creatives along the way.

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



ZUZANA RAINET


Zuzana Rainet is Slovak food stylist and food photographer from Bratislava, Slovakia. She has always been passionate about food, cooking and baking and this passion has naturally led her to blogging and food photography. Her blog [KitchenLove.sk](https://www.kitchenlove.sk) is all about healthy cooking and baking with a modern twist. Her mission is to create beautiful food images with captivating stories that please your senses and awaken positive emotions. She is glad and grateful for her dream profession that keeps her creative and happy.

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



KATI FINELL

Kati is from Finland and she has a long history in photography, most of it from working successfully with several stock agencies worldwide. After shooting all kinds of topics, she found her passion from food photography, which combines all the things she enjoys in her everyday life; cooking the food, growing the ingredients, and creating unique secondhand props and backdrops for the photos. She also has her own propshop, which is all about handmade and secondhand items.

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

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TRIPLE THE FUN

One Ice Cream Recipe, Three
Delicious Ways to Serve!

By Yvette Klubusova, Aswathi Rifai, Olga Viljanen

Photography & Styling: Yvette Klubusova



Ice cream

Photography, Styling & Recipe:
Yvette Klubusova

INGREDIENTS

- 400 ml heavy cream
- 750 ml mascarpone cheese 1 can condensed milk
- 1 teaspoon vanilla extract

FOR OTHER FLAVOURS

- Peanut butter
- Pistachio, Hazelnuts. Almonds... Cookies
- Cinnamon
- Chocolate
- Fruit
- Lemo& Poppy Seed

METHOD

In a large bowl, whisk together the mascarpone cheese, sweetened condensed milk, and vanilla extract until well combined.

In another bowl, whip the heavy cream until stiff peaks form. Gently fold the whipped cream into the mascarpone mixture until fully combined. Then add your add-ins and flavors, and mix until they are evenly distributed.

Transfer the mixture into a freezer-safe container and freeze for 3-4 hours.

After that time, remove the container from the freezer and use a hand mixer or whisk to beat the mixture until it becomes smooth and creamy. Return the container to the freezer and freeze for another 2- 3 hours, or until the ice cream is completely frozen and scoopable.



Ice cream sandwich

Photography, Styling & Recipe: Yvette Klubusova

a tasty combo of ice cream
between two cookies

- For each ice cream sandwich, scoop a generous amount of your desired ice cream between 2 cookies. Gently press cookies together until the ice cream spreads to the edge of the cookies.
- Roll the edges in sprinkles, chocolate chips, or nuts.
- Eat immediately, or save it for later by wrapping sandwiches individually in plastic wrap. Place in a resealable freezer bag and freeze until needed.



You can use any type of cookie you like - chocolate, chip, oatmeal, peanut butter, etc...



Ice cream Milkshake

Photography, Styling: Aswathi Rifai
Recipe: Yvette Klubusova

Stick to Vanilla ice cream for your milkshake to avoid an overly sweet flavor.

It acts as a blank canvas, allowing you to add chocolate syrup, fruit, or fun ingredients like cookie crumbles. This way, you can get the flavor just right, even if you are making a chocolate, strawberry, or other flavored shake.

Milkshake flavour variations

Photography, styling: Aswathi Rifai, Recipe: Yvette Klubusova

INGREDIENTS

- 3 scoops of Vanilla Icecream
- 1/4 cup Whole Milk
- 1/4 cup Chocolate Syrup 1 teaspoon Vanilla extract

METHOD

To make a perfect milkshake, let the vanilla ice cream soften to the soft-serve consistency at room temperature. While waiting, chill the serving glass by placing it in the freezer. Once ready, add three scoops of ice cream and 2 ounces (1/4 cup) of whole milk to a blender. Then add 1/4 cup of chocolate syrup and 1 teaspoon of pure vanilla extract to the blender. Blend the ingredients until smooth and creamy, and serve in the chilled glass. You can top the milkshake with whipped cream, sprinkles, or a cherry, or enjoy it as it is.



Try this



Swap out chocolate syrup for two or three cookies of your choice to make a cookies-and-cream-milkshake



Blend 1 cup of frozen strawberries with vanilla ice cream and milk to make a strawberry milkshake




For a boozy twist, add 1/4 cup of bourbon or rum to your milkshake to make an "adult" version



Ice cream in a cone is a classic treat enjoyed by people of all ages. The sweet, creamy texture of the ice cream combined with the crispy crunch of the cone creates a delicious and satisfying experience

Photography, styling: Olga Vitjaneni, Text: Yvette Klubusova

A photograph of two glasses filled with a vibrant orange beverage, garnished with fresh orange slices and ice cubes. Each glass is served with a green and white striped paper straw. The drinks are presented on a white wooden tray, which also holds a slice of orange and a piece of cinnamon bark. In the background, there are green palm fronds and another slice of orange, creating a fresh and summery atmosphere.

As summer approaches, there's nothing quite like a refreshing drink to cool you down and keep you hydrated. From fruity and tangy to sweet, there are endless options to choose from when it comes to summer drinks.

Presenting you three delicious and easy-to-make thirst quenching recipes that are perfect for sipping on a hot day. Whether you're lounging by the pool, having a picnic in the park, or hosting a barbecue with friends, these drinks are sure to be a hit.

REFRESHING SUMMER DRINKS

By Daniela Lambova, Kati Finell, Floor Schreurs

Rhubarb- strawberry *Juice*

Photography, styling, recipe: Kati Finell

INGREDIENTS

- 500 g rhubarb
- 250 g strawberries
- 7 dl water
- 2-2,5 dl sugar

METHOD

In a medium saucepan, combine rhubarb, strawberries and water. Heat up and let simmer for about 20 minutes. Strain liquid through a strainer and pour back to the saucepan. Add sugar and heat up until sugar has dissolved. Let cool and pour in to clean glass bottles. Store in the fridge up to 2 weeks.

- To make a drink, mix one part of juice and one part of water of your choice. It can be plain water, sparkling water, or even sparkling wine.
- Spice up with lemon, lime or herbs.

Photography, styling, recipe: Daniela Lambova Photography, styling, recipe: Floor Schreurs

Strawberry

Lemonade

INGREDIENTS

- 1 1/3 cup/ 160 g, strawberries, fresh or frozen
- 2 2/3 cups / 650 ml water, see notes
- juice of 4 lemons, freshly squeezed
- 1/3 cup honey/ 120 g , or 2 tsp stevia powder

METHOD

In a medium saucepan combine strawberries and 1 cup of the water. Warm them up over medium heat. Mix from time to time until the mixture just starts simmering. Remove the mixture from the stove and transfer to a food processor (let cool down a bit, if needed). Puree until smooth. Add honey, xylitol or stevia and stir continuously until dissolved. Add the lemon juice to the strawberry puree. Fill in the pitcher with the remaining water and add plenty of ice cubes. Pour into glasses filled with ice cubes and lemon slices. Decorate with basil or mint leaves.



Apple & Mint Iced Tea

Photography, styling, recipe: Floor Schreurs

INGREDIENTS

- 750 ml water
- 3 bags of apple & mint tea (substitute: lemon & mint tea)
- 2 Apples
- 1 lemon
- A bunch of fresh mint
- 2 teaspoons honey
- Ice cubes

METHOD

- Pour 750 ml boiling hot water over the tea bags and leave for 10 minutes
- Pull the tea bags out, add the honey, and leave the tea to cool in the refrigerator
- Meanwhile, cut the apple into thin slices and toss them with a squeeze of lemon juice
- Once the tea is cooled down, add the apple slices and stems of mint leaves.
- Add to taste iced cubes and a squeeze of lemon.



CANDLE LIGHT DINNER

Created by Shana Romia, Birgit Mayled and Anna Schwarz Laner

„The best memories are made around the dinner table, and a candle light dinner never goes out of style. The seduction of warm flickering candles and a beautiful table is hard to resist. Who wouldn't want to curl up with a loved one and set their mood for something special“

Photography & Styling: Shana Romia

Summer Tomato Feta Salad With Lemon Balsamic Dressing

Photography, styling, recipe: Shana Romia

INGREDIENTS

- Fresh mint leaves
- Mixed cherry tomatoes
- Red onion
- Feta cheese

METHOD

- Lemon balsamic dressing
- 6 tablespoons extra-virgin olive oil 2 tablespoons lemon juice
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- 2 teaspoons Dijon mustard
- 1/2 teaspoon salt
- Pinch of ground
- pepper



Photography: Styling: Susi Ballint



Hugo (Southtyrolian Aperitivo)

Photography, Styling & Recipe: Anna Schwarz Laner

INGREDIENTS

- 15 cl sparkling wine
- 2 cl elderberry juice
- 1 slice of lemon
- some mint
- Mineral water
- 3-4 ice cubes

METHOD

First, pour the elderberry juice into the wine glass, then the sparkling wine. Top up the glass with mineral water. Add a slice of lemon and mint leaves to the glass, as well as a few ice cubes.

Roland Gruber from South Tyrol, Italy is the inventor of the Hugo cocktail: „I think it must have been created in 2005, when I was a bartender and operator of the Sanzeno Wine and Cocktail Bar in South Tyrol. I wanted an alternative to Aperol Spritz, which we sold by the hectolitre. Originally I made it with lemon balm syrup, but I guess the imitators switched to elderflower syrup because it's easier to get.“

Quote: <https://mixology.eu/hugo-cocktail-geschichte/>

Tagliatelle Al Limone E Menta (Pasta With Lemon And Mint)

Photography, styling, recipe: Anna Schwarz Laner

INGREDIENTS

250g tagliatelle with egg
1 lemon
200 ml cream
2 tablespoons olive oil
mint
30g parmesan
salt
pepper

METHOD

Cook the tagliatelle according to the instructions on the packet. Heat the olive oil in a pan. Zest the lemon with a grater and add to the pan. Add the cream, salt, and pepper. Add a little of the pasta water to the pan, and then add the pasta. Sprinkle with Parmesan. Before serving, add 3-4 Mint leaves.



Lemon Meringue

Photography, styling, recipe: Birgit Mayled



Lemon Meringue

Photography, styling, recipe: Birgit Mayled

INGREDIENTS - PASTRY BASE

110g cold unsalted Butter cubed
225g plain flour
Pinch salt
2 tbsp icing sugar
1 egg yolk
1 tsp lemon juice
2 tbsp cold water

MERINGUE

- Lemon Curd
- 6 egg whites 280g caster sugar
- Zest and juice of 4 large lemons 50ml water 6 tbsp cornflour 6 egg yolks 100g caster sugar 100g unsalted butter

LEMON CURD

- Zest and juice of 4 large lemons
- 50ml water
- 6 tbsp cornflour
- 6 egg yolks 100g caster sugar
- 100g unsalted butter

METHOD

Preheat oven to 190 °C/375 °F/ Gas mark 5. Grease 23 cm, fluted, loose-bottomed tin and place on baking tray.

Make pastry - mix together flour, icing sugar, salt, and then add the cubed butter. Rub the butter into the flour until it resembles fine breadcrumbs. Make a well in the center.

Mix the egg with the lemon juice and water and pour into the well gradually, mixing with your fingers until you have a soft (but not wet) dough. Shape into a ball and refrigerate for 20 minutes. Roll out and use to line the prepared tin. Line with baking paper and fill with baking beans. Blind bake for 15 minutes. Remove from oven and discard the paper and beans. To make lemon curd, bring water and lemon juice to boil in a saucepan. Dissolve the cornflour in a little water and pour the heated lemon juice mixture over it, stirring all the time until all smooth.

Return to the saucepan and beat in egg yolks, sugar and butter. Place back on the heat, add zest, and whisk until the mixture thickens. Tip into the pastry case and leave to cool.

To make meringue - heat oven to 200 °C / 400 °F / Gas mark 6. Pour the sugar on to a baking tray and place in the oven to heat. After 5 minutes, beat the egg whites until stiff. Remove sugar from oven and set the mixer to the lowest speed. Gently pour sugar into the egg white mixture. Once incorporated (no more than 2 minutes), the meringue is done. Spread or pipe onto the lemon curd, shaping as desired and finishing with a cooks blowtorch for colour. Serve.




Photography, styling: Birgit Mayled

BOOST YOUR SUMMER!

Created by Rosaria Cusatis, Rossana Pertosa,
Monika Jonaite

Discover the perfect summer boosts with matcha, spinach, and lemon - a trio that will take your recipes to the next level. From revitalizing drinks to vibrant pesto pasta and from tantalizing sweets to savory delights, these three ingredients offer endless possibilities to elevate your culinary creations this summer.



Indulge in the vibrant world of matcha, a powdered green tea that energizes and nourishes with its antioxidant properties.

Dive into the refreshing goodness of spinach, a leafy green packed with vitamins and minerals that bring a cool and hydrating touch to your dishes.

And let's remember the zesty allure of lemons, renowned for their tangy taste and invigorating nature.

Super Smoothie

Styling, Photography
& Recipe by Monika Jonaite

INGREDIENTS

- 1 frozen banana, frozen in chunks
- 1 handful of baby spinach leaves, washed
- 1 green apple
- 1 kiwi
- 1 heaped tablespoon flaxseed
- 1 teaspoon matcha powder
- 1 cup of cold coconut water
- lime juice (optional)

METHOD

Place all ingredients in your blender. Blend until smooth and creamy. If it's too thick you can add a little more coconut water. Enjoy!



PESTO Spinach
matcha



Spinach Matcha Pesto

Styling, Photography & Recipe by Rossana Pertosa

INGREDIENTS

- 40 g of fresh spinach
- 1 teaspoon of matcha tea
- 80g of olive oil
- 80g of shelled walnuts
- 1/2 ripe avocado
- 1 teaspoon fine salt
- 1 clove of garlic
- peel of half a lime or lemon

METHOD

Wash the fresh spinach thoroughly and pat it dry using a clean kitchen towel.


In a food processor or blender, combine the fresh spinach, matcha tea, olive oil, shelled walnuts, ripe avocado, fine salt, a clove of garlic, and the peel of half a lime or lemon.

Blend the ingredients together until you achieve a smooth and creamy consistency. Taste the pesto and adjust the seasoning if needed.

Once the pesto reaches your desired taste and consistency, transfer it to a clean container or jar. Store the spinach pesto in the refrigerator, where it will stay fresh for up to one week.

Use the spinach matcha pesto to season pasta





Lemon Curd & Coconut Matcha Chia Pudding

Styling, Photography
& Recipe by Rosaria Cusatis

Lemon Curd & Coconut Matcha Chia Pudding

Styling, Photography & Recipe by Rosaria Cusatis

INGREDIENTS

For the Lemon Curd Layer:

- 1 can (250ml) full-fat coconut milk
- 1 large lemon - juice and zest
- 1 tablespoon cornstarch
- 60ml maple syrup or agave nectar
- 1/2 teaspoon agar agar

For the Chia Pudding Layer:

- 120ml full-fat coconut milk
- 120ml plant-based milk
- 1 tablespoon maple syrup
- 1 teaspoon matcha powder
- 3 tablespoons chia seeds

METHOD

In a mixing bowl, combine all the ingredients for the Lemon Curd Layer until well mixed.

Transfer the mixture to a saucepan and bring it to a boil, then reduce the heat and let it simmer for about 60 seconds, whisking continuously.

Remove the saucepan from the heat and let the mixture cool to room temperature, stirring occasionally to accelerate the cooling process and prevent lumps.

While the Lemon Curd is cooling, prepare the Chia Pudding Layer by mixing all the ingredients in a bowl. Cover the bowl and refrigerate for at least 40 minutes to allow the chia seeds to soak.

To serve, create layers of Matcha Chia Pudding and Lemon Curd in small cups or jars. Optionally, decorate with a slice of lemon and a sprinkle of chia seeds.



SUMMER

around the world

Created By Georgia Demertzi, Claudia Oliveira , Veka Vanakova, Zuzana Rainet

Summer is a time when people all over the world come together to celebrate life, love, and food. Every cuisine has its own unique specialties that make summer dining a true culinary adventure. But there are a few things that can be found all around the world during this season. Salads, hamburgers, and ice creams are popular summer foods that are enjoyed by people from all corners of the globe.



Photography and styling of the photo is by Veka Vanakova

Styling, Photography: Georgia Demertzi



Summer brings flavors and culinary delights that make the season truly special. From the freshness of a salad and the smoky aromas of a barbecue to the cool sweetness of ice cream, these common summer foods evoke a sense of joy and fulfillment.

Salads are a great way to celebrate the abundance of Summer seasonal products and can be found in every cuisine around the world. They offer a refreshing and healthy option to beat the summer heat and can be served as a side dish or a main course.

Nothing epitomizes Summer more than the sizzle of the barbecue, and hamburger is the ultimate global phenomenon of it. Burgers can be made with a wide range of patties, from vegan and vegetarian to the classic meaty ones, and topped with an endless array of ingredients.

No meal is complete without dessert, and ice cream is a treat that brings pure bliss on a hot day. Whether it is a sorbet, a gelato, or a popsicle served in a cone, a cup, or as a sandwich, this creamy delight is enjoyed by everyone and is the ultimate Summer indulgence.

Styling, Photography: Veka Vanakova



Styling, Photography: Claudia Oliveira



Grilled Chicken Caesar Salad

Photography, styling, recipe: Georgia Demertzi

Summer is the season of indulgence, and as the sun shines, there is no denying that our taste buds yearn for vibrant and refreshing flavors. The ultimate essence of Summer is captured for me in a refreshing salad. The culinary world offers many delightful salads, and the abundance of produce that celebrate the season can create unlimited combinations.

This salad combines crispy lettuce and peppery arugula with crunchy cucumbers and corn. The smoky flavor of the chicken elevates the dish, and the soft avocado is paired perfectly with the croutons. Last but not least, a zesty, creamy, and slightly salty dressing uplifts this satisfying meal to keep you full and refreshed.



Grilled Chicken Caesar Salad

Photography, styling, recipe: Georgia Demertzi

INGREDIENTS

For the chicken

- 2 chicken breasts, skinless
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 cup water
- 3 tablespoons of salt

For the croutons

- 3 thick slices of stale bread (gluten-free)
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic, minced
- Salt and freshly ground black pepper to taste

For the dressing

- 3 tablespoons mayonnaise
- 3 tablespoons Greek yogurt
- 3 tablespoons freshly grated Parmesan
- 1 clove garlic, minced
- 2 tablespoons of freshly squeezed lemon juice
- 1 1/2 teaspoons Dijon mustard
- 4 anchovy fillets
- Salt and freshly ground black pepper to taste

For the salad

- 2 large heads of romaine lettuce
- 2 cups of rocket/arugula
- 1 cup corn kernels (grilled or boiled)
- 4 mini cucumbers
- 2 avocados
- 1/3 cup parmesan flakes

METHOD

Make the chicken brine. Combine the lemon juice, water and salt in a bowl and add the chicken breasts to the brine for 2 hours.

Preheat oven to 200°C. Mix the olive oil and minced garlic in a bowl and toss the bread cubes into the mixture. Spread the bread on a baking sheet. Be sure that is a single layer. Bake for 10 to 15 minutes until crisp. Set aside.

Add all of the dressing ingredients into a blender and blend until well combined. Set aside.

Heat up the grill or a grill pan. Remove the chicken from the brine and make sure it is dry. Pat it with some kitchen towels. Brush the chicken with olive oil and sprinkle with freshly grated pepper and salt.

Cook the chicken until it reaches 74°C internally. Rest for 5 minutes and cut into slices.

Wash the greens thoroughly. Slice the cucumbers and avocado, and cut the romaine lettuce into bite-size pieces. Mix all the ingredients in a large bowl or plater. Add croutons, parmesan cheese, and prepared chicken. Top with the dressing, toss and enjoy!

The Perfect Hamburger Bun

Photography, styling, recipe: Veka Vanakova

Summer is the perfect time to enjoy a juicy hamburger, a timeless classic that has become a global favorite.

But what's a hamburger without a bun? A great bun can make all the difference in a juicy and flavorful hamburger. And what's better than a freshly baked sourdough bun to elevate your burger game?

In this article, we will present a recipe for the perfect sourdough burger bun that will take your summer barbecues to the next level. So, fire up the grill, prepare your toppings, and let's make the most delicious hamburger you have ever tasted!



The perfect hamburger bun

Photography, styling & recipe: Veka Vanakova

INGREDIENTS

For the leaven:

- 120 g bread flour
- 120 g milk
- 30 g active sourdough starter

For the tangzhong:

- 200 g milk
- 120 g bread flour

For the dough:

- Leaven and Tangzhong
- 360 g bread flour
- 1 middle sized potatoe
- 60 g butter, liquid but not hot
- 45 g sugar
- 30 g water from cooking the potatoe
- 11 g salt

To bursh the buns before baking:

- 1 egg
- 1 spoon of milk

METHOD

Prepare the leaven by mixing all the ingredients and set aside until doubled in size.

Cook the potato sliced in cubes until soft. Then let it cool down and reserve 30 g of water to cook the potatoes.

Once the potato is cold, smash it to create a kind of purée.

Prepare tangzhong: In a saucepan, add milk and bread flour and cook on middle heat, constantly removing until you get a very thick dough. It will take a few minutes. Let it be cold.

Once the leaven has doubled in size, mix all the ingredients and knead until you get a smooth elastic dough. Cover the dough and let it rise until puffy and almost doubled in size.

Remove the gas from the dough by kneading again and prepare ten buns equal in size (and weight).

Let them rise again until puffy, and then preheat the oven to 200°C. Once the oven is hot, brush the buns with a mixture of an egg and milk and then put them in the oven.

Once you close the oven, set the temperature to 175°C and bake during 20-25 minutes until slightly golden.

Remove the buns from the oven and let them cool on a rack.

Pesto Halloumi Pineapple Veggie Burger

grilled & caramelised

Photography, styling, recipe: Zuzana Rainet

INGREDIENTS

- 1 sesame burger bun
- 1 tbsp basil pesto
- 1 ring of fresh pineapple
- cinnamon sugar
- 1 ring of red onion
- 1 piece of halloumi cheese
- fresh micro greens or herbs

METHOD

Preheat the grill or grill pan to medium-high heat. Coat the pineapple ring with cinnamon sugar and grill it over indirect heat for 2-3 minutes on each side until golden and caramelized. Along with the pineapple, grill the halloumi as well to your liking. Spread pesto on a burger bun, and cover with grilled pineapple, followed by onion rings and grilled halloumi. Top with fresh micro greens such as purple radishes or pea sprouts.





Caramelized Grilled Pineapple *with coconut & cinnamon*

Photography, styling, recipe: Zuzana Rainet

INGREDIENTS

- 1 ripe pineapple
- 4 tbsp coconut sugar
- 1 tbsp cinnamon
- 4 tbsp des. coconut

RECIPE

Preheat grill or grill pan to medium-high heat. Lightly oil the grate after heating. Peel and cut the pineapple. Remove the top, bottom and skin, then cut it into into 8-12 wedges. Cut out the core.

Mix the cinnamon and sugar together in a bowl and coat the pineapple wedges. Grill the pineapple over indirect heat for about 3 minutes on each side, until golden and caramelised. Serve warm or cold with a desiccated coconut and dollop of vanilla ice cream.



Lemon & Basil Popsicle

Photography, styling & recipe: Claudia Oliveira

Personally, when I think of summer, the freshness of lemon comes to mind maybe because I spent part of my summer holidays on the Amalfi Coast! Lemon instantly reminds me of the "dolce vita"; it brings me back to the summers of my childhood, to family lunches in the scorching August heat; it brings me back home.

Come and join me with this simple recipe that becomes a symphony of flavors that screams of southern Italy, lemon, and basil.

INGREDIENTS

- 10 lemons
- Basil leaves (as per personal taste)
- 1 spoonful of agave syrup

METHOD

Chop the basil leaves and set aside. Squeeze the juice from 10 lemons and add a spoonful of agave syrup to sweeten. Add the basil leaves previously chopped. Put all the mixture in a mold for popsicles and take it to the freezer for at least 4 hours. Rinse the mold with water at room temperature to easily remove the ice cream.

REFRESHING CHILLED SOUPS

Recipes, styling & photography: Susi Bálint

We can only wish for a refreshing chilled soup on a warm summer day. Be it a savory version made from seasonal vegetables or a sweet one showcasing flavourful fruits. Fresh herbs and well-matched spices highlight the natural taste of the new products even more. And the best is that you only need 15 minutes to prepare it. Enjoy!



Strawberry Cream Soup

Recipes, styling & photography: Susi Bálint



INGREDIENTS

- 500 g strawberry
- 1 tsp pink peppercorn
- 1 tbsp sugar (or more to taste)
- 200 ml cooking cream
- half lime zest
- fresh basil leaves (optional)

METHOD

Set aside a few strawberries for decoration. Cut off the stem of the rest of the strawberries and cut them into small pieces. Put the strawberries in a pot, add sugar and pink peppercorn, then add 100 ml of water. Cook for about 10 minutes, until it has a syrupy texture and you can squeeze the fruits. Add the cream, the grated zest of half a lime, and blend it with a blender. Serve cold with fresh strawberries and basil leaves.



Summer Squash Cream Soup



Recipes, styling & photography: Susi Bálint

INGREDIENTS

- 2 medium-sized summer squash
- 1 shallot
- 2 tbsp olive oil
- 700 ml vegetable broth
- 2 tbsp Greek yogurt
- 1 bunch of fresh dill
- salt
- pepper
- 1 lemon

METHOD

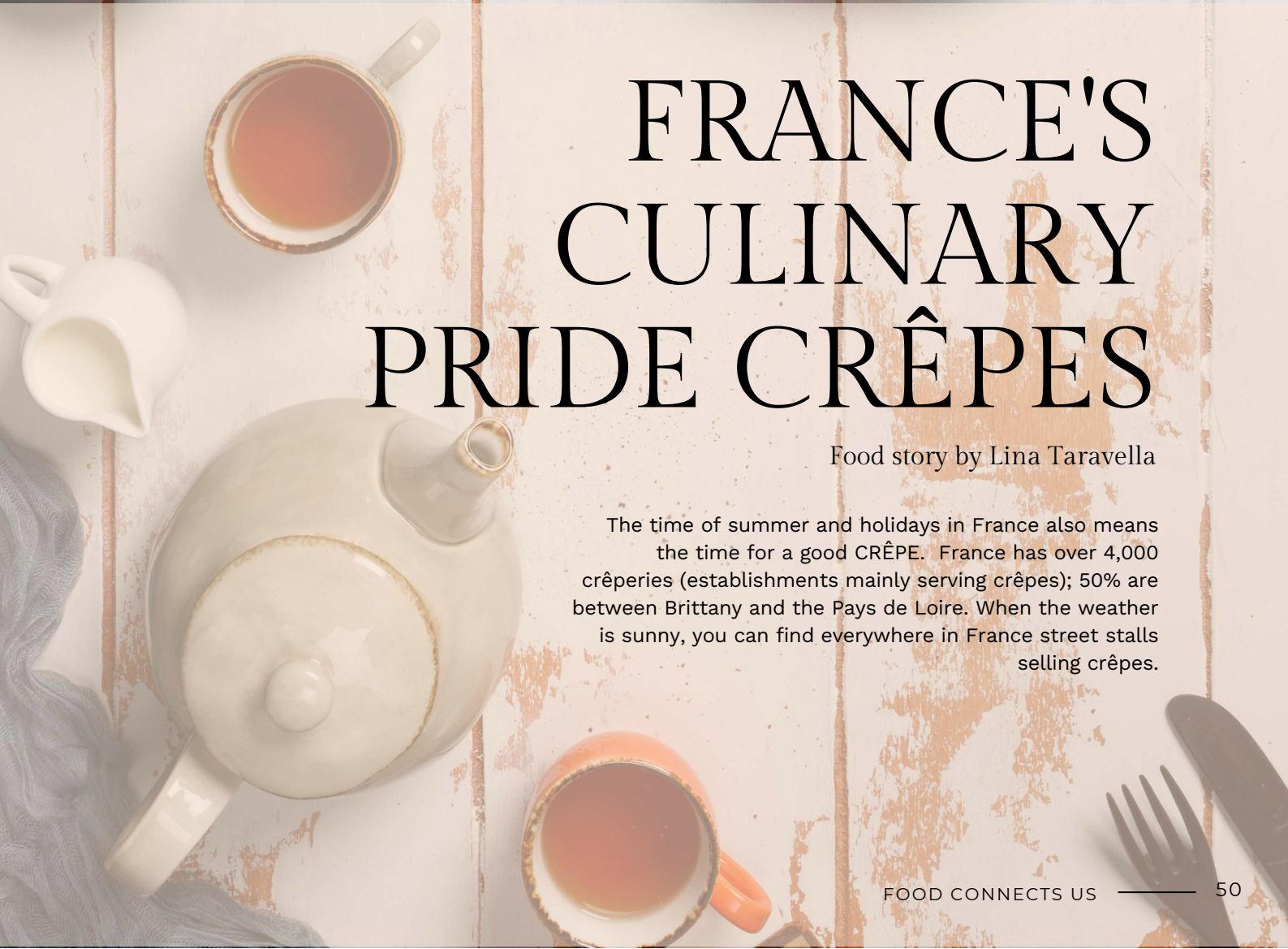
Grate the summer squash, add about one tablespoon of salt, and let it stand for half an hour. Then squeeze out the excess water. Heat the olive oil in a pan and sauté the finely chopped shallot. Add the squeezed summer squash and sauté for about 2-3 mins. Add the vegetable broth and cook it until the vegetable is tender. Blend it with a blender. Add the Greek yogurt and season with salt and pepper to taste. Serve it cold with fresh dill and drizzle lemon juice over it.



FRANCE'S CULINARY PRIDE CRÊPES

Food story by Lina Taravella

The time of summer and holidays in France also means the time for a good CRÊPE. France has over 4,000 crêperies (establishments mainly serving crêpes); 50% are between Brittany and the Pays de Loire. When the weather is sunny, you can find everywhere in France street stalls selling crêpes.



Interesting facts

There are two types of crêpes in France.

SWEET CRÊPE (CRÊPE SUCRÉE):

It's a dessert crêpe made with wheat flour mixed with milk, eggs and butter and generally eaten as sweet. Although they are popular in French cuisine, they are not commonly consumed for breakfast. Sweet crepes are commonly served as a dessert or snack.

SALT OR SAVOURY CRÊPE (CRÊPE SALÉE OU GALETTE):

Made with buckwheat flour, traditionally mixed with water and salt and served with a savoury filling served for dinner or lunch as a meal, main course in restaurants and cafés.



Crêpe making secrets

Photography and content by Lina Taravella

FRESH INGREDIENTS:

Eggs from farms - Many chefs agree that extra eggs in a crêpe batter are secrets to a fabulous tasting crêpe—whole milk results in crispier crêpes. Melted butter gives the crêpe its distinctive nutty butter flavour.

LET THE BATTER SIT:

Allow the batter to cool for at least 1h to develop the gluten fully.

CHOOSING THE RIGHT CRÊPE PAN:

The skillet you will use makes a big difference in how the crêpe will cook and how thin you can spread the batter. You must use a non-stick pan for the best results. Use a sturdy pan: a stainless-steel frying pan with a thick, heavy bottom will create the best crêpes, as this pan will disperse the heat evenly.

SPREADING AND FLIPPING THE CRÊPE BATTER:

It takes time and practice to perfectly tilt the pan in a circular motion to spread your batter evenly around the pan. Ensure the crepe pan is very hot – preheat over medium heat for a few minutes. Tilt and swirl the pan in a circular motion at the same time you pour the batter. The faster you tilt and rotate the pan, the better the crepe batter spread. While your crepe may look solid part way through the cooking process, it's important to wait for the perfect moment to flip. Keep an eye out for slightly browned edges.



History of crepes

It originates from the northwest region of France known as Brittany – “Bretagne” in French in the 13th century when a woman spilled thin porridge on a hot flat stove and realized her mistake tasted delicious This region of France is known for having rainy weather making them also popular for their ciders to keep them warm. In Brittany, crepes are usually served with cider.



Pancakes or crêpes?

Photography, styling, text: Lina Taravella

Crêpes are typically thinner, bigger than American pancakes, and frequently filled with sweet or savory fillings. Regarding ingredients, pancake leavened with baking powder, baking soda, or yeast differs from French crêpes. This means pancakes are thicker and fluffy while crêpes are thin and flat. Pancakes are traditionally served with butter and syrup or fruit toppings. They're often eaten as a standalone dish rather than as another meal. Crêpes are more versatile because they can be sweet or savory and easily prepared. They can be filled with fruits, chocolate, sugar, cheese, meat, seafood, or vegetables. Another difference between crêpes and pancakes is that crêpe batter must rest a few hours before baking.



Classics Crêpe recipe



Photography, styling, recipe: Lina Taravella

- SERVINGS: 4
- PREPPING TIME: 10 MIN
- RESTING TIME: 2 H
- COOKING TIME: 15 MIN

INGREDIENTS:

500 ml whole milk
250 g all purpose flour
50 g butter
4 farm eggs
1 pinch of salt

OPTIONAL INGREDIENTS:

20g of sugar
vanilla extract
some blossom water
some strong alcohol
(rum, calvados, beer)

METHOD

In a large mixing bowl, whisk the flour and salt until combined. Add sugar (optional). Then create a well with dried ingredients and add the eggs. Gradually pour in milk, whisking to combine after each addition.

The batter should be pretty fluid. If it seems too thick, add a little more milk. Then add the melted butter, and mix well. The consistency of the batter should be like that of a thick syrup. Ideally, you should let the batter rest for 2 hours to develop the gluten fully.

Heat the pan over medium heat about 220°. Very lightly grease the pan with melted butter. Using a ladle, pour roughly 2 tbsp of batter into the pan and swirl it around so the bottom of the pan is evenly coated. Cook the pancake for about 45 secs on one side until golden, then using a palette knife, flip the crêpe over and cook the other side for about 30 secs until the crêpe becomes lightly blonde. Proceed the same with the remaining batter.

Stack the crêpes onto a plate, and serve with your favorite topping. In France, we usually use butter, sugar, jam, melted chocolate, honey, and caramel.



INDIAN SUMMER DRINKS

Created By Gayatri Vinod



Panagam

Photography, styling, recipe: Gayatri Vinod

Also known as Panakam, Panaga is a easy refreshing cooling drink from South India.

Traditionally it is offered to Lord Rama first and is distributed as prasadam. Because of the ingredients in it, this acts as a coolant for the body.

A perfect Summer beverage served chilled or with ice.

INGREDIENTS

- 1/2 cup chopped Jaggery
- 2 cups of water
- 2 tblspn lemon Juice
- 1/4 tspn dried ginger powder(ground ginger)
- 1/2 tspn caradamom powder
- 1/8 tspn of ground black pepper corn powder
- Pinch of salt

METHOD

Mix all the ingredients well, let the jaggery get dissolved in water refrigerate or add ice cubes before serving.



Rooh Afza Sharbat

Photography, styling, recipe: Gayatri Vinod

Indian cuisine's fascination with roses is real. The edible flower has been part of our food since ancient times. Rose has cooling properties, which makes it perfect for summer drinks.

One such conventional product is the Rooh Afza Syrup which is believed to have been around 116 years! It is made with herbs, fruits, flowers, and roots.

Mix 1 glass of chilled water with 1 tbsp of syrup, stir well, add sweet basil seeds (Sabja).
Serve chilled. Add ice cubes as per preference.

In Persian language 'Rooh' means 'soul' and Afza means 'which nourishes the soul' or uplifts/enhances your spirit. The formulation of Rooh Afza is considered to be based on the ingredients from traditional Yunani or Unani medicine.

It is thick, very sweet and was developed to reduce body heat. Hence, best enjoyed when dissolved in water or milk.

Spiced Buttermilk

Photography, styling, recipe: Gayatri Vinod

Indian Masala Chaas or Spiced buttermilk is an ideal Summer drink. It's not only light and super refreshing but also good for you! It tastes best when chilled. The mildly spiced and perfect way to cool you off.

INGREDIENTS

- Thick curd 1 cup (around 250 ml)
- 1-inch ginger
- small green chili
- fist full of fresh coriander leaves
- 15 to 20 mint leaves
- salt to taste
- pinch of hing (Asafoetida)
- 2 to 3 cups of chilled water for tempering
- less than 1 tsp oil, half tsp mustard seeds, and cumin seeds

METHOD

Add everything in a blender except water, blend to paste fine, add water, temper, and you are good to go.



THE ART OF *picnic*

By Esther Olle, Yolanda Padilla

The aristocracy invented Picnicking in France and England in the early 18th century for entertaining and gathering purely indoors, known as "pique-nique," which translates as "dinner and dance." Later in the 19th century, the emergent middle class moved the idea outdoors.

One of the joys of enjoying life with your favorite food and your favorite people is during spring, the loveliest time of the year when the sun starts to shine, the weather feels nice, the daylight is longer, and you have the necessity to go out. And a picnic is one of the best ways to enjoy life!

Just imagine that picture; a perfect spot in the park, surrounded by flowered nature, a nice and cozy blanket, a basket full of your favorite food, and a glass of chilled wine.





Salmon And Broccoli Quiche

Photography, styling, recipe: Esther Olle



Salmon And Broccoli Quiche

Photography, styling, recipe: Esther Olle

EQUIPMENT:

20cm loose bottom round tin

INGREDIENTS:

For the pastry:

- 120g plain flour
- 60g cold butter
- 2tbsp cold water

For the filling:

- 150g smoked salmon
- 120g broccoli cut into small florets
- 2 large eggs
- 200ml double cream
- salt and pepper

INSTRUCCIONES:

To make the pastry:

- Mix the butter into the flour to make a breadcrumb texture. Add the water and work until forming a dough. Wrap it in cling film and keep it refrigerated for about 30 minutes.
- After this time, sprinkle some flour into your countertop, roll the pastry, and carefully put it into your tin. Prick the base and chill again for 30 minutes.
- Remove from fridge and blind bake in the oven at 180°C using baking beans on top of a baking sheet paper for 15 minutes. Remove from oven and the beans and then bake again for 5 more minutes.

To make the quiche:

- While the pastry is baking, steam the broccoli florets in a saucepan with water for about 5 minutes. Then keep it aside.
- Mix the eggs, cream, salt, and pepper well in a bowl. Then cut the salmon into small pieces.
- Once the pastry is cooked, add the salmon and broccoli and the egg mixture, combining them carefully. Cook in the oven at 180°C for 25 minutes until the top is golden brown.
- Leave it to cool down a bit and unmold it. Serve it warm or cold.

NOTES:

- This recipe serves 6 people.
- Blind baking is the best way to ensure a nice crispy pastry. We don't want it soggy!
- Salmon and bacon, peas, and asparagus are also a good pairing; I also like it with spinach and feta cheese. The ideas for a quiche are endless.

Pop Saints Summer Picnic

Photography, styling, text: Ana Missskind



Portugal, has a rich cultural and religious heritage. One of the most celebrated traditions is the Popular Saints Feasts, also known as "Festas dos Santos Populares" in Portuguese. These festivities take place throughout the month of June and are dedicated to three popular saints: Santo António (Saint Anthony), São João (Saint John), and São Pedro (Saint Peter).

During the popular saints feasts, Lisbon comes alive with a festive spirit. The streets are filled with music, dancing, and traditional gastronomy.

The streets are usually adorned with color, crowded tables, and people having fun while eating and drinking. The air is filled with the scent of grilled fish and meat, basil, sausages, cheeses, bread, tomatoes, bell peppers, cucumbers, and onions salads dressed with olive oil and herbs, accompanies the various appetizers that are served with beer and wine. Lupini beans, olives, and peanuts also accompany the drinks throughout the entire party!

This is a wonderful opportunity for locals and tourists alike to immerse themselves in the vibrant Portuguese culture and experience the joyous atmosphere that these celebrations bring to the city.



Photography, styling, text: Ana Missskind



Photography, styling, text: Ana Misskind



COLORFUL BREAKFAST

Created By Ioana Traistaru , Vivian Lyon, Laura Fernandez

COME AND JOIN US AT THIS VIBRANT FEAST!



RECIPE N.2

Vegan Banana Pancakes



RECIPE N.3

Fun Chia Parfait



RECIPE N.1

Beetroot Hummus & Guacamole



Photography, styling, text: Laura Fernandez

Photography, styling, text: Laura Fernandez

RECIPE N.1

Beetroot Hummus & Guacamole

BEETROOT HUMMUS

200 g chickpeas
2 tablespoons tahini
1 mid beetroot
Lemon juice
Olive oil
Salt & Pepper

Mix everything together till you get a smooth texture.

GUACAMOLE

2 ripped avocado
1/2 onion chopped
Cherry tomatoes diced
Lemon juice
Salt & Pepper
Peperoncino (optional)

Mash the avocados, add onions, tomatoes peperoncino, lemon juice and mix.
Season it with salt and pepper

PUT IT TOGETHER

- Beetroot Hummus
- Guacamole
- Seasonal colorful veggies
- Multi Cereal bread
- Boiled/ Poached egg
- Vinaigrette dressing

Add some hummus on the plate, put the bread on top of it,
Add guacamole and style your plate with colorful healthy veggies dressing it with a vinaigrette.
Finish your dish with boiled/ poached egg and some pepper

RECIPE N.2

Vegan Banana Pancakes

INGREDIENTS

- 1 banana
- 1 cup Almond milk
- 2 Tsp Sugar
- 1 1/2 cups Flour
- 2 tsp Baking powder
- 1 tsp Vanilla

Mash 1 banana add the almond milk, sugar and vanilla.
Add flour to the wet ingredients, then the baking powder and cinnamon (optional)

RECIPE N.3

Fun Chia Parfait

INGREDIENTS

Mix of Fruits
Chia seeds
Vegan vanilla yogurt
Muslin

Mix two tea spoons of chia seeds to your yogurt
Add the muslin at the bottom of the jar, put the mix of chia and yogurt, add some more muslin and top with a fruit pure and your favourite mix of fruits.



A close-up photograph of a bowl of granola with fresh strawberries, raspberries, and blueberries. The granola is golden brown and chunky, and the fruit is vibrant and fresh. The bowl is on a light-colored woven placemat. The background is softly blurred, showing more of the bowl and its contents.

RECIPE N.4

Granola & Fresh Fruit

Photography, styling, text: Vivian Lyon

INGREDIENTS

- Homemade granola
- Strawberries
- Blueberries
- Raspberries or any other fruit you might like
- mint

Wash all the fruit and cut the strawberries into slices. Put some granola in a bowl and add the fruit. Eat it like cereal with milk or sprinkle over yogurt for a simple breakfast you can take anywhere.

GRANOLA RECIPE

- 1/2 cup neutral oil, such as sunflower or coconut oil
- 1/2 cup honey or maple syrup
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon of salt
- 3 cups old-fashioned rolled oats
- 1 cup sliced almonds
- 1 cup raisins or other dried, chopped fruit

METHOD

Heat the oven to 150c^o and line a baking tray with parchment paper.

Whisk together the oil, honey, cinnamon, and salt in a large bowl to combine.

Weigh the oats and the sliced almonds and add to the oil mixture. Stir to coat well.

Transfer the mixture onto the prepared baking tray. Spread into an even layer, use a spatula or the back of a spoon to press it down.

Bake for 20 minutes, stirring halfway through. The granola is ready when golden brown and the almonds are toasted - it will still feel wet coming out of the oven but will dry as it cools down.

When you remove from the oven, place the baking tray on a wire rack and sprinkle on the raisins or other dried fruit. If you want clumps of granola, press and tamp down the granola before it cools, which will help it stick together. Cool completely before storing in an airtight container for storage. This granola will keep for up to a month at room temperature.



Photography, styling, text: Ioana Traistaru

RECIPE N.5

Turkish Eggs

Perfectly poached eggs combined with creamy feta cheese, hazelnutty chili butter, and a fresh bright salad. Add toasted bread for dipping and you'll be ready to indulge in a mouth-watering savoury breakfast!



RECIPE N.5

Turkish Eggs

Photography, styling, text: Ioana Traistaru

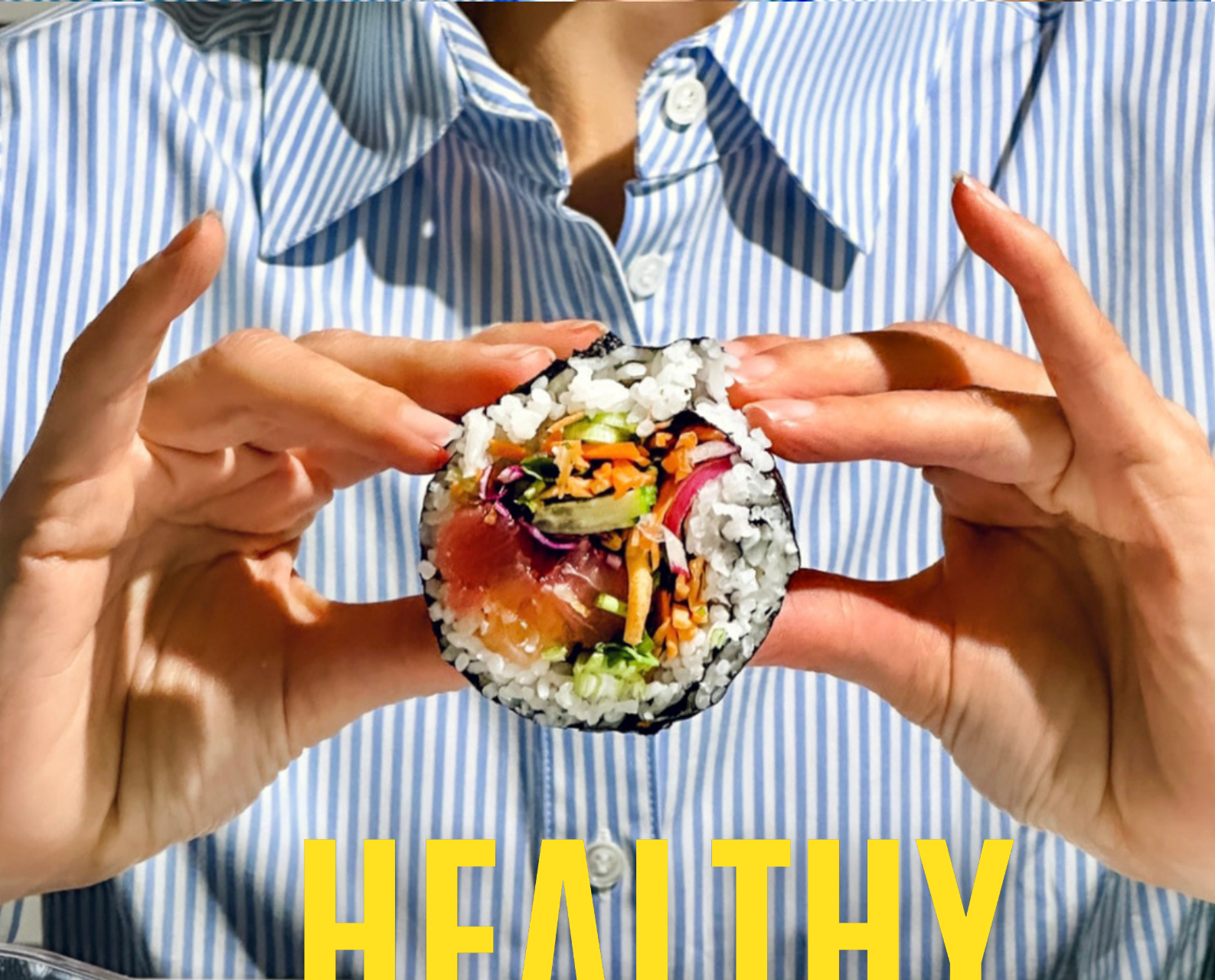
INGREDIENTS:

- 200 g feta cheese
- 80 g Greek, full-fat yoghurt
- zest from 1 lemon
- 1 small garlic clove, grated using a Microplane or minced
- 6 tbsp extra-virgin olive oil (2 for the whipped feta, 2 for the butter, and 2 more for the salad)
- 2 tbsp unsalted butter
- 1 tsp pul biber chili flakes (Aleppo chili)
- 8 cherry tomatoes, cut in half
- a handful of lamb lettuce salad
- 2 eggs, cold
- 2 tbsp vinegar
- salt
- pepper

METHOD:

1. Mix the feta cheese, yogurt, lemon zest, garlic, and 2 tbsp of extra-virgin olive oil in a food processor. Blitz until smooth and creamy, about 2 - 3 minutes. Scrape the sides of the bowl if needed. You can make this in advance and keep it in the refrigerator in an airtight container for up to 2 days.
2. In a small pan, heat the butter on low heat until it turns slightly brown and has a hazelnut aroma (also known as *beurre noisette* in French cuisine). Take the pan off the heat, add 2 tbsp of olive oil and the pul biber chilly flakes. It will start foaming a little bit, but this is how it should be. Mix with a spoon and set aside.
3. Fill a wide pot of water halfway through and bring to a boil. Then reduce to a gentle simmer and add the vinegar. Crack the eggs into small ramekins or cups. Using a spoon, create a gentle vortex in the pot and slide in the eggs. Poach for 3 - 5 minutes until the whites are set but the yolk is still runny. Gently lift the eggs using a slotted spoon and lay them down on a plate lined with a paper towel. Allow to cool slightly whilst preparing the salad.
4. Mix cherry tomatoes with the lamb lettuce, and dress with the remaining 2 tbsp extra-virgin olive oil, salt, and pepper.
5. Assemble all ingredients. Start by adding heaping spoons of whipped feta to a shallow plate and create gentle swirls with the back of a spoon. Drizzle some chili butter, add the salad, and then the poached egg. Drizzle a little more chili oil over the egg and season also the egg with a pinch of salt. Serve with toasted bread.





HEALTHY

*Asian
Inspired*

Lunch On The Go

Created By Kristina
Valdiviezo & Natalie Behn

RECIPE N.1

SUSHI BURRITO

Photography, styling, recipe :
Kristina Valdivienzo:



RECIPE N.2 KIMCHI NOODLES

Photography, styling, recipe: Natalie Behn

There are days when you just feel like you're on the go all the time. On such days it is especially important to support yourself with a healthy and delicious meal that you can take with you everywhere. We'd like to share a few of our favorite recipes with you - they not only look delicious, but they are!

Why Kimchi Noodles? Because Kimchi simply is a real multi-talent. It is crunchy, it is spicy, it is sour and refreshing: Who wouldn't want that? It goes well with so many dishes - I am not done exploring all the possibilities. This is just one of many!





RECIPE N.3

TOFU BANH MI

Photography, styling, recipe: Natalie Behn

Tofu Banh Mi is a fusion of French and Vietnamese cuisine. I'm actually used to making my sandwich very classic American. but this version is an incredibly tasty change. My husband has even added it to his repertoire of favorite lunch ideas and now prepares it for himself as well. It's perfect for a quick lunch, but one that doesn't skimp on good taste.

RECIPE N.1 SUSHI BURRITO

INGREDIENTS

- Sushi Rice - 2 cups
- 4 cups water (I use my Zoirushi rice cooker after washing the rice until water runs clear)
- 2 Tbsp sugar
- 1 Tsp salt
- 3 Tbsp rice vinegar

- 1 c sushi grade Tuna
- 1 c sushi grade Salmon
- "Sashimi'd and chopped into half an inch pieces"
- *Tofu optional or any other protein
- Aioli or any sauce of choice

- 1/2 cup spinach
- 1 carrot thinly sliced (julienned)
- 1/2 cup purple cabbage thinly sliced
- 3 scallions thinly sliced
- 1/4 red onion thinly sliced
- 1/2 cup cilantro
- 1/2 English cucumber sliced
- 1 cup edamame
- 12 Sheets of Nori
- 1/2 cup bowl of water
- Black sesame seeds

METHOD

- Start by attaching two pieces of nori together by wetting one edge with water, keeping the rough sides up. Overlap by an inch or two.
- Spread your sushi rice (best at room temperature) as evenly as possible.
- *Add any sauces or aioli on top of the sushi if desired.
- Fill with your Ahi, Salmon or Tofu (any protein) and veggies.
- Then start rolling, wetting the last inch of nori with water to seal. Let it sit, seam-side down on the counter for just a couple of minutes. Then, cut in half and serve.

RECIPE N.2 KIMCHI NOODLES

INGREDIENTS

- ¼ cup cornstarch
- 2 Tbsp vegetable oil
- 2 Tbsp soy sauce
- 1 Tbsp gochujang chili paste

- 23 oz firm tofu, pressed, cut into 0,5 in cubes
- 2 cups shelled edamame
- 6.3 oz dry brown rice noodles
- 1 Tsp sesame oil
- 4 cloves garlic, crushed
- 6 cups fresh spinach
- 3 cups mushrooms, sliced
- ¼ Tsp salt
- 2 carrots, julienned
- 2 Tbsp water
- 1 cup kimchi

Dressing

- 3 Tbsp gochujang chili paste
- 2 Tbsp soy sauce
- 2 Tbsp sesame oil
- 1 Tbsp rice vinegar
- 1 Tbsp maple syrup

METHOD

- Preheat oven to 390°F and line a baking tray.
- Mix cornstarch, oil, soy sauce, and gochujang in a large bowl.
- Add tofu cubes and gently toss to coat. Transfer to a baking tray and bake for 20 minutes, flipping halfway.
- Mix together all ingredients for the dressing in a small bowl. Set aside.
- Cook noodles according to package.
- Heat the sesame oil in a large pan on medium-high heat. Add the garlic and cook until lightly golden. Then add the spinach and cook for 2 - 3 minutes. Transfer to a plate.
- Return the pan to the heat and add mushrooms and salt. Cook for 5 - 8 minutes. Transfer to a plate.
- Return the pan to the heat. Add the carrots and water and cook for another 3 - 4 minutes or until softened. Transfer to a plate.
- Layer the mason jar in the preferred order.
- Pop on a lid and store in the fridge until ready to enjoy. When ready to eat: shake the contents of the jar into some bowls. Give it all a mix, and enjoy!

RECIPE N.3 TOFU BANH MI

INGREDIENTS

- 1 (14-ounce) package of extra firm tofu
- Extra-virgin olive oil for the pan
- 4 baguette pieces, sliced in half
- Spicy Mayo
- A few sprigs of cilantro per sandwich

- 1 small daikon, sliced into matchsticks
- 2 small carrots sliced into matchsticks
- ½ small cucumber, seeded & sliced into matchsticks
- ½ jalapeño, thinly sliced
- ¼ cup white wine vinegar, more as needed
- ¼ cup rice vinegar, more as needed
- Pinches of sugar
- Pinches of salt

Tofu Marinade

- 1 tablespoon olive oil
- 2 tablespoons tamari
- Juice of ½ lime + a little zest
- 1 garlic clove, minced
- ½ teaspoon minced ginger
- Freshly ground black pepper

METHOD

- Make the pickles ahead: Place the daikon, carrots, cucumbers, and jalapeños in a medium jar with the white wine vinegar, rice vinegar, sugar, and salt. If the liquids don't cover the veggies, add about 2 tablespoons of water and more vinegar if necessary. Let chill for at least an hour, or store in the fridge for up to a week.
- Drain the tofu and slice it into ½-inch slices. Place it on a towel and gently pat dry to remove excess water.
- Make the marinade: In a small bowl, whisk together the olive oil, tamari, lime juice and zest, garlic, ginger, and pepper.
- Place the tofu in a shallow pan and pour the marinade on top. Flip the tofu to fully coat it, adding more tamari if necessary. Let the tofu marinate for at least 15 minutes.
- Heat a nonstick skillet to medium-high heat. Add a little oil to the pan and place the tofu pieces with enough space between each so that they're not too crowded, working in batches if necessary. Without moving the tofu slices around too much, let them cook for a few minutes per side until they're deeply golden brown and caramelized around the edges. Remove from heat and season to taste.
- Assemble sandwiches with baguette, spicy mayo, tofu slices, pickled veggies, and cilantro.

Food

Story

MESSY SUMMER KITCHENS

Created By Alessandra Zanotti and Wambugi Rispah

Welcome to the messy summer kitchen! We will explore the beauty of a chaotic kitchen during summer, where recipes come to life and flavors blend in a delightful symphony. Forget about tidy perfection and get ready to immerse yourself in a world of creativity and experimentation



Berries Tart

Photography, styling, recipe: Alessandra Zanotti

Berries Tart

Photography, styling, recipe: Alessandra Zanotti

INGREDIENTS FOR THE DOUGH:

- 200 gr. Butter, diced
- 400 gr. Plain flour, sifted
- 80 gr. Icing sugar
- 2 large free-range eggs (62 gr. each)
- 1 teaspoon vanilla extract
- 1 spoon of iced water
- 1/2 lemon zest, grated
- with a pinch of salt

INGREDIENTS FOR THE CRÈME PATISSIERE:

- 400 gr. full-fat milk
- 100 gr. free-range egg yolk
- 100 gr. Heavy cream
- 130 gr. caster sugar
- 40 gr. rice starch (or cornflour)
- 1 vanilla pod, seeds removed, and pod retained
- 1/2 lemon zest, grated

INGREDIENTS FOR THE TOPPING:

- 125 raspberries
- 250 strawberries
- 125 gr wild berries

METHOD

- Place the flour, sugar, and salt into a food processor or planetary. Add the butter and process them for a few minutes until the mixture resembles breadcrumbs. If you don't have a food processor, gently work the butter into the flour with your finger.
- Work in the beaten eggs, add the vanilla extract and lemon zest, and pulse for a few minutes.
- Add one tablespoon of iced water. Add an extra little if the dough is not clumping together. Don't work the dough too much.

- Turn the dough to a lightly floured surface and form it into a ball, then cover it with plastic wrap and chill in the fridge for at least 3 hours (the longer, the better) to let the dough rest.
- Take the dough out of the fridge and set it aside for 10/15 minutes to warm it up a little bit.
- Roll it out on a lightly floured surface into a 3–4mm thick circle, rotating regularly every few strokes. Roll the dough around the rolling pin and unroll it into a greased, floured 22cm (9 inches) fluted tart pan with a removable base.
- Push the dough up, pressing around the edges using your fingers. Trim off the edges of the pastry with a knife or roll over the rolling pin. Cover the shell with plastic wrap and refrigerate for at least 1 hour to allow the dough to rest.
- Preheat the oven to 180 C° (350°F). Prick the pastry case with a fork, then line it with parchment paper, fill it with dried beans or “baking beads” (ceramic balls), and bake for 15 minutes. Remove beans and paper and put the tart in the oven for 15 minutes. Leave to cool in the tin.

For the creme patisserie,

- pour the milk and vanilla zest into a heavy-based pan and gradually boil (just boiling).
- Meanwhile, in a medium bowl, whisk together the egg yolks and caster sugar until pale, then whisk in the cornflour, the rice starch, lemon zest, and vanilla seeds. Remove the zest from the milk and pour into the egg mixture.
- Bring back to a boil, whisking continuously with a whip over medium heat, and cook until thickened.
- Pour the creme into an iced bowl. Cover the surface with cling film so the clingfilm sits directly on the crème (to prevent skin forming) and leave to cool. Put into the fridge to chill.

To assemble the tart, spoon the cold crème pâtissière into a piping bag (alternatively, you can use a pallet knife or a spoon) and pipe into the pastry cases.

Arrange all fruit over the top.

Chill in the fridge until needed.

Story about the cake

The art of storytelling in food photography allows us to connect with the food on a deeper level, invoking memories, desires, and a sense of shared human experiences.

By carefully crafting a visual narrative through composition, props, and context, photographers can create images that not only please the eyes. The goal is to make the viewers feel a connection with the food, to imagine its taste, and to stir their own personal experiences and emotions.



Photography, styling, text: Alessandra Zanotti



A hand is pouring a dark red liquid from a bottle into a glass. The glass is filled with a mixture of berries and a lime slice. The background is a light-colored surface with various berries and a bowl of liquid.

Berry-Ranate Caipiroska

Photography, styling, recipe:
Wambugi Rispah



Berry- Ranate Caipiroska

Photography, styling, recipe:
Wambugi Rispah

INGREDIENTS

- 2 tbsp /16g of blueberries
- 2 tbsp /16g of strawberries
- 2 tbsp /16g of raspberries
- 4 tbsp /30g of pomegranate seeds
- 1 teaspoon coconut sugar
- 2 limes
- 50ml vodka
- Broken ice

METHOD

Transfer the berries and half of the pomegranate into a small bowl. Mix with coconut sugar and crush them using a muddler/ fork/ bottom of a glass.

Place this mixture into your desired [pre-cooled in the freezer] glass.

Add the vodka and squeeze the juice of lemon into it.

Add ice and top the glass with a pomegranate-flavored sparkling water/ Schweppes

Slice the other lime and garnish glass with more berries, pomegranate, and mint leaves.



Berry-Biscuit iced tea

Photography, styling, recipe: Wambugi Rispah

Berry-Biscus iced tea

Photography, styling, recipe:
Wambugi Rispah

INGREDIENTS

- ¼ cup dried hibiscus flowers
- ¼ cup sliced strawberries
- 1 tbsp star anise
- 2 -4 cinnamon sticks
- 2-3 limes, juiced
- 2-4 tbsp maple syrup/ strawberry flavored syrup
- Ice cubes
- Mint for garnish and added flavor



METHOD

Bring about 2 cups of water and the hibiscus to a boil over a stove
Add the anise and cinnamon sticks and lower the heat, and let the mixture to simmer for 2 minutes
Remove from fire and add strain into a bowl or kettle. Let cool for about 15 minutes, then add the maple and lime juice. Stir well

In a tea cup, add ice cubes, sliced strawberries and pour in the flavoured hibiscus tea.
Garnish with mint, lemon, and cinnamon sticks.

Enjoy with light pastries on a late summer afternoon :)

MEET THE TOURNAMENT WINNERS

Natalie



We organize a Tournament in our Members' Club twice a year where our teams compete to create the best content for you.



Kristina

I am excited to introduce to you the top-performing team in the Content, Photography, and Layout categories! Allow me to share more about the talented members, Natalie and Kristina!



Photography & Styling: Natalie Behn



Photography & Styling: Natalie Behn



Photography & Styling: Kristina Valdiviezo



GET TO KNOW OUR MEMBER

Kristina VALDIVIEZO

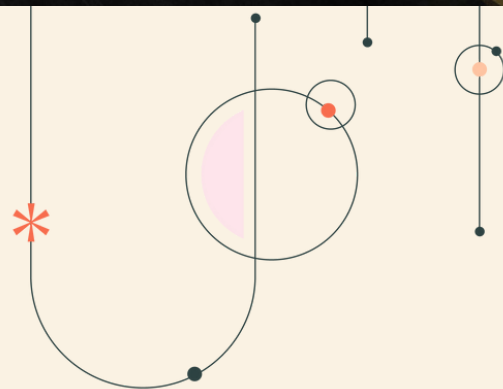
 @fraiche_photography

CAN YOU DESCRIBE WHO YOU ARE AND WHAT YOU DO, WHERE YOU ARE BASED?

I am a wife and mother of 3 beautiful daughters. We live in Asheville, North Carolina where I work full time. Photography has been an exciting, challenging and wondrous journey of which I hope to turn into a career.

HOW WOULD YOU DESCRIBE YOUR PHOTOGRAPHY?

I tend to be more of a “minimalist” photographer. I love the challenge of highlighting a product with little to no props. It pushes me creatively and helps me evolve in my skill as a photographer by thinking of angles, lighting, how to evoke a feeling through a single image / ingredient and make something look beautiful and delicious!





WHAT AND WHO INSPIRES YOU?

1. The simple beauty and essence of an ingredient, dish or product gets me every time.

This can immediately set off a swirl of ideas! It's what keeps me going all day and night shooting. It's part of the passion and discovery process within myself.

2. The second is people.

My family. Their support is unwavering. They are at times my assistants and my best critics. I can always count on them near or far. They even so patiently wait to eat at times until my photos are done!

My clients for their hard work, passion and constant dedication to their craft. They inspire the ideas and the creative process through their product and our connection. I am so appreciative of their trust and the opportunity to bring their work to life! It's an enormous honor to represent someone's Brand.

Photography community. Lucia, foodlight.io, you are my inspiration on many levels for your talent, skill, savviness and kindness. I am inspired by this entire community of photographers I've recently discovered who are incredibly talented, warm, transparent and inviting of whom even become your friends. Also, solli_food, dishgraphy, a_spoonful_of_light, ferraronieroca, studiotahini, stevenjoycephoto, useyournoodles, mohadalansari just to name just a few! It's amazing to connect with and learn from people all around the world!

WHAT CLIENTS DO YOU WORK WITH?

Matcha Nude, BuggyPops, French Broad Pantry, Alcyon Sel, Mamones Catered Experiences, Botanical Bones, Merci Collective, Masa Chips, French Broad Chocolates, Enbrew Tea, Brew Naturals.

What can you offer to your clients? Services you do, what you can offer to clients, how you help them? Write a bit more about what you can do for (potential) clients

Bring their work to life! I am proud to produce images that are true to someone's Brand, their story and them. It's so deeply personal and running a business is a journey. Images should be thoughtful, reflective and respectful of that journey and the human behind it.

WHAT PROJECTS DO YOU ENJOY WORKING ON?

I really love to work on anything from product, menu, and food photography to even brainstorming ideas and recipes collaboratively. I'm never afraid of trying something new! I believe once you have a connection and understanding of the desired outcome, any project can feel exciting even through challenges. It pushes you to grow in ways you couldn't have imagined! Just say yes and trust in yourself

WHERE CAN WE SEE YOUR PORTFOLIO/WORK AND CAN YOU SHARE YOUR CONTACT DETAILS?

Instagram at [fraiche_photography](#) or website [fraichephotography.com](#). Though I'm still working on this! :)





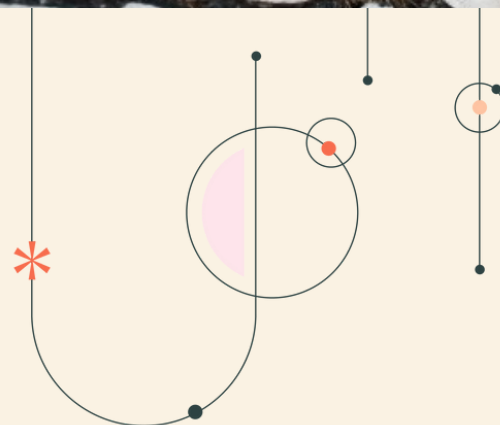
GET TO KNOW OUR MEMBER

Natalie BEHN

 @tinykitchenphotos

CAN YOU DESCRIBE WHO YOU ARE, WHAT YOU DO AND WHERE ARE YOU BASED?

Hi, my name is Natalie Behn and together with my husband and our two kids we temporarily live in the USA (Connecticut). Originally we are from Germany, where I used to work as a flight attendant for a big German airline. After our first child was born, I began to turn photography into a profession, starting with weddings, family and business portraits. And here, I am now, taking pictures of food and drinks, simply because I had the chance to do it and I have learned so much along the way until now.



HOW WOULD YOU DESCRIBE YOUR PHOTOGRAPHY?

I have to admit it's hard to describe my own work. I guess I am too close to it. I asked a friend, and that's what she said: vibrant, fresh, organic, crisp. I do agree.



WHAT AND WHO INSPIRES YOU?

I find it very helpful to look at my colleagues portfolios in order to find ideas and inspiration for my own work. Sometimes it's the how the light is being used or the combination of colors or textures.

To me it feels like my toolbox of ideas is growing, the more I photograph myself. But also taking breaks from photography works very good for my inspiration. It's good to have a cut sometimes and a fresh start afterwards.

I want to work with different clients like magazines, brands, food bloggers and restaurants. But please feel free to contact me also, if you don't find yourself in one of these categories. I am versatile in that.

WHAT CAN YOU OFFER TO YOUR CLIENTS?

Services you do, what you can offer to clients, how you help them? Write a bit more about what you can do for (potential) clients.

I can provide my clients with beautiful imagery, so they can use it for their branding and storytelling. Also social media is a big field these days. I can come up with ideas for social media content and create images that make a brand more approachable for their clients.

WHAT PROJECTS DO YOU ENJOY WORKING ON?

I enjoy new challenges in general. So basically all different kind of projects are included in that description. Especially do I like to work with family owned companies. Somehow it feels nice to see how a family can build up something together.

Portfolio: www.natalie-behn.com



PLACES OUR MEMBERS RECOMMEND

Photography : Birgit Mayled



The Goat on the Roof

By Birgit Mayled

The Goat on the Roof is a British Tapas Restaurant and Wine Bar, serving fresh organic seasonal food, from local suppliers. The head chef, Sam, is passionate about food, and extracting the maximum flavour from his ingredients, creating high end food at a reasonable cost. Above the Restaurant, there is a cosy wine bar, with views of the town.



THE RESTAURANT IS BASED IN THE MARKET TOWN OF NEWBURY IN THE SOUTH OF ENGLAND, FAMOUS FOR ITS RACECOURSE AND COUNTRYSIDE





By Esther Olle

TBStoneware

Access the shop [here](#):



Tom Bartlett, the name and the person behind the pottery TBStoneware, is a third-generation production potter from the Cotswolds. He was born into the ceramic industry with his grandad Russell Collins. This renowned master potter created Hook Norton Pottery, known for domestic and individual pieces, sold and exhibited in shops and galleries throughout the UK and worldwide. Tom started playing around with clay after school at his grandad's workshop as a child. When he left school, he wanted to be trained as a potter and become his successor. However, life changed dramatically when they had to sell the business to look after his grandmother due to an illness. Tom continued his passion for pottery through an apprenticeship at Whichford Pottery, where he spent 10 years mastering the profession. Now, his established workshop in Banbury, Oxfordshire,

is where he handcrafts ceramic pieces sold in the UK, Germany, South Africa, Japan, and Australia. Each piece is exclusively designed to the customer's needs, with 3 specific measurements when crafting larger orders, like batches of bowls or mugs. Making his pottery starts with a ball of clay - he measures the weight in ounces or pounds (the traditional way of measuring clay), the height, and the width; then, using his grandfather's pointer, he throws each pot to the same size. When the piece is finished, it's colored with a metal powder added to a glazed base. I discovered TBStoneware one day, looking for props in London at a deli company, Bayley& Sage in Marylebone. You can find his products at the three Bayley&Sage - Abode stores in London and Burford Garden Company in the Cotswolds. He also supplies for a top-end restaurant and hotel supplier called Heritage Silverware.



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Are you interested in working with us, becoming a sponsor, or featuring your product 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!



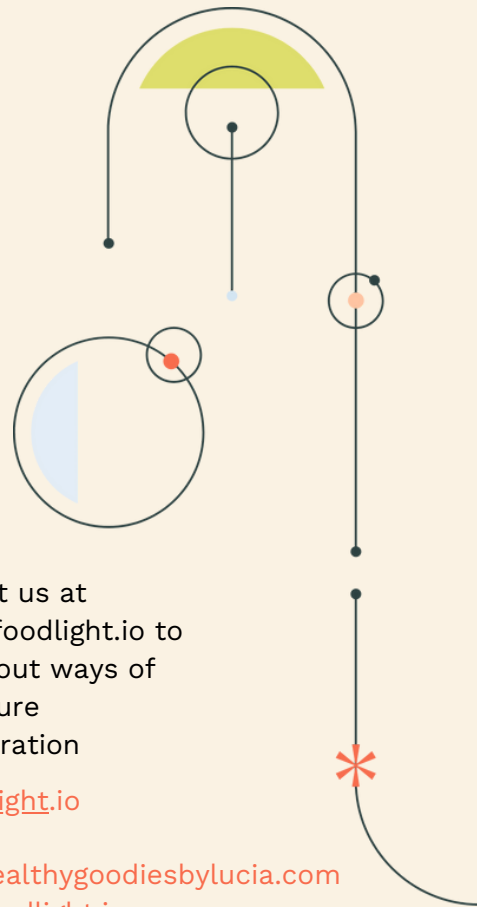
Contact us at lucia@foodlight.io to talk about ways of our future collaboration



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



www.healthygoodiesbylucia.com
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FOOD CONNECTS US



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