

May 2020 | Issue 3

# FOOD NEWSLETTER

Recipes, news, ideas and thoughts on food!

TRY THIS EASY  
RECIPE FOR  
FLATBREADS



FOOD  
PHOTOGRAPHY  
TIPS



ULTIMATE MAC  
AND CHEESE  
ADAPTATIONS



FOOD THROUGH AN ELECTRON MICROSCOPE!



# Heres a great flatbread recipe!

- 250g plain flour
- 250g plain yoghurt. (vegan works too)
- 2 teaspoons baking powder
- teaspoon salt

## optional extras

- black onion seeds/ nigella seeds
- butter and rock salt to top and/or chopped herbs



## Makes 8 medium sized flatbreads

- 1.** Mix together all of the ingredients in a bowl until they come together (minus the butter, rock salt and herbs)
- 2.** Knead for a minute or two until you have a basic smooth dough, Add more flour as appropriate (if it's too wet to handle).
- 3.** Divide into 8 balls and flatten with a rolling pin into rough circles. Use flour to help it come free from the rolling pin & work surface.
- 4.** Heat a griddle pan on a high heat, and place the flatbreads one at a time into the pan to cook. When one side is charred and it has puffed up, flip it over and do the same on the other side. If you do not have a griddle pan, a normal frying pan will work just fine, you just might not get the charred griddle marks.
- 5.** When they come out of the pan, cover with butter and rock salt, or chopped herbs like parsley or corriander and eat straight away!

# Food Photography Tips!



## Choose your angles

In food photography, there are two common ways of composing basic shots. The first way involves photographing them from directly above the food. You can either get a closeup of the food or show the aerial map of the placement setting like in the photo on the left.

The second common angle is to shoot from the side so you can include either a foreground, background, both or the entire surrounds of the dish. Why not try both techniques and see which works best for your meal.



## Surround your hero

surround your main dish with ingredients and props that relate to it. This means that you can play with various ingredients, sauces, oils, and utensils. Make sure to show how the particular dish was made – this will grab your viewer's attention!



Tins, jars, herbs, glasses, fabrics and linens could speak about the origin of the dish or the season in which it is served. Placing a few of these in the foreground and background will definitely elevate your story and give it depth.



# How can colour help?



Colour is a massive part of good food photography. In a lot of cases you can add garnishes that contrast the colour of the dish which is very effective in adding an element of colour in your photographs. Notice the contrasting colours of green, red and white in the photo to the left.

When placing items into your food images, try selecting neutral tones, something that makes the food really pop against it. Selecting a neutral background like this black metal tray and baking paper, amplifies the bright red strawberries and rhubarb inside these Crostatas, making them really steal the show.



## troubleshooting!

### **Blurry Images**

If your photos are a little bit blurry, don't panic! You should hold your camera steadier, use a tripod with a remote so that your camera stays still while you're shooting or use a faster shutter speed and make sure there is plenty of light available.

### **The Photos Simply Don't "Pop"**

Carefully observe professional food photos to find out what's missing in your images. Maybe you didn't use the depth of field correctly or your way to tweak the contrast, levels and sharpness in editing software isn't skillful enough. Sometimes a few little edits can make photos much bolder!

### **Dull or flat photos**

As with any form of photography, the most important principle is light. Without light, you'd have nothing. Whether you are using natural or artificial light, the approach you take with your lighting will make or break your photographs. Try photographing next to a window that gets plenty of light.

*words and pictures adapted from these websites below.*

<https://www.lightstalking.com/how-to-photograph-food/>

<https://digital-photography-school.com/5-tips-to-seriously-improve-your-food-photography-techniques/>



## Basic Cheese sauce Makes 4 portions

25g Butter  
25g Plain Flour  
400/500ml Milk  
100g Grated Cheese  
350g Cooked Pasta

- Melt the butter in a saucepan.
- Stir in the flour and cook for 1-2 minutes.
- Take the pan off the heat and gradually stir in the milk to get a smooth sauce.
- Return to the heat and, stirring all the time, bring to the boil. Simmer gently for 8-10 minutes. Stir in cheese and allow to melt. Don't re-boil the sauce or it will become stringy. Stir in the cooked pasta and any extras. You might want to top it with breadcrumbs and cheese and bake, or eat it as it is.

## Mac and Cheese Experiments (use up those left overs)

### Stir through the sauce Ideas

- Your favourite hot sauce
- Pesto, red or green
- English Mustard
- BBQ sauce
- Chipotle paste
- Guacamole
- Smoked Paprika

### Try different cheeses, or a mix!

- mozzarella
- Brie
- Montgomery Jack
- Tallegio
- Stilton
- Gruyere
- Soft Cheese
- Parmesan
- feta
- goats cheese
- gorgonzola
- Smoked Cheese

### Extra additions

- Jalepeno
- Jarred peppers
- Jarred sun-dried tomatoes
- Cooked Bacon
- Mushrooms
- Caramelised onions
- Roasted veg like butternut squash
- Cooked salmon/ crab/ tuna
- Cooked and drained spinach
- Olives
- Chorizo
- Mini meatballs
- Grilled asparagus
- Ham
- Cooked Chicken
- sweetcorn

From this list, can you plan and make an upgraded version of macaroni cheese? Try to use up leftovers first! Good luck!

**Can you tell what food the close  
up photograph is from?  
answers are on the next page!**



**Raspberry, Strawberry,  
Mulberry, Gooseberry**



**Orange Peels, Cornflakes  
crisps, Papadam**



**Cheese, Popcorn,  
Ice Cream, Whipped Cream**

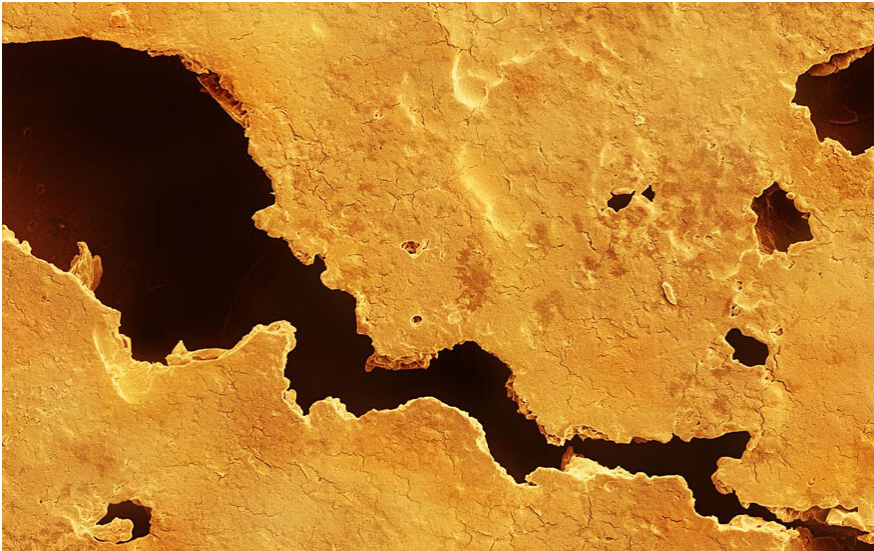


**Cake Icing, Noodles,  
String Cheese, Mushroom**

## The answers were

**#1 Strawberry #2 Cornflakes #3 Popcorn #4 Mushroom**

Photographs below taken by Caren Alpert on a Electron Microscope!



### **Fortune Cookie: 150x Magnification**

Fortune cookies are often served as a dessert in Chinese restaurants in the United States and other Western countries, but are not a tradition in China.



### **Star Anise: 14x Magnification**

In Biblical times, anise was so highly prized that it was often used for tithes, offerings and payment of taxes in Palestine.



### **Sugar: 15x Magnification**

Christopher Columbus introduced sugar cane seeds to the New World, specifically to Hispaniola, on his second voyage in 1493.