



Many hours of work goes into creating the beautiful food shots you see in magazines and cookbooks. Usually there is a food stylist involved who may cook a dish multiple times to get the right shot. Photographers also have state of the art camera and lighting equipment to achieve brilliant clarity, colour and focus.

No wonder the results look mouth watering! Here are a few tricks of the trade to help you take great food shots in your own home:

- Start with a white plate, platter or bowl to bring out the colours in your dish
- If you need or prefer some colour, try plain colours or simple patterns that compliment the colours of your food
- Keep garnishes and sauces simple, they should enhance your dish, not overpower it
- Try brushing vegetable oil over meats, seafood, vegetable and salads to make them glisten
- Natural, indirect light (to avoid shadows) is generally best, as your camera flash can produce reflections off the plate and fluorescent lights can give your photos a yellow green tinge.
- Tripods can be a great help if you don't have a steady hand, or try resting your camera on an upside down glass or bowl for a DIY stabiliser
- Check your plating and composition before you start shooting, it's easier to clean your plate than retouch a photo!
- Take lots of shots in the time you have (while the food is fresh)

Your final image will be automatically resized when uploaded to our site, so your last step is to download your images, choose your favourite shot and enter your secret recipe.

While a great image with your recipe is a bonus, it is not the only judging criteria. If you don't have the time or resources for your own mini food shoot, why not try a fun shot instead? Maybe of your family and friends enjoying the recipe or even just a shot of the people in your recipe story?

Tip: Check out the Maxwell & Williams White Basics and Cashmere dinner and servingware at your local Matchbox store. If you're into table settings and props, consider adding items like cutlery, glassware or napery.