

# FOOD CONNECTS US

ISSUE #6  
SUMMER/AUTUMN  
2024



## MEET THE WINNERS!

Meet the winning  
contributors and food  
photographers

23  
SEASONAL  
RECIPES

+ PHOTO TIPS  
included



# Our team

## LUCIA MARECAK - FOUNDER & CHIEF EDITOR



A food & product photographer, creative online business consultant, photography teacher and creator of FOODlight - learning community for food photographers

## SILVIA ROCCHI - EDITOR



Silvia is an Italian based freelance graphic designer & photographer, specializing in food, beverage, and product photography.

## GEORGIA DEMERTZI - EDITOR



Georgia is a Greek food photographer, blogger and recipe developer, specialising in the Mediterranean cuisine. She is based in the Netherlands.

## YVETTE KLUBUSOVA - EDITOR



Yvette is a Czech-born, Berlin based product & food photographer, stylist, and a recipe creator.

## LAURA FERNANDEZ - EDITOR



Laura is a Food photographer and Stylist, based in the Middle East and Italy.

## OUR CONTRIBUTORS

Alice Musacci  
Ana Misskind  
Anila Hysa  
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Bianca Eleuteri  
Birgit Betzelt  
Carlotta Zadra  
Carmen Sneed  
Consuelo Borroni  
Elisabet Juan  
Elodie Luvenga

Floor Schreurs  
Georgia Demertzi  
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Kata Endrodi  
Kathleen Gillan  
Kerri Leung  
Linda Feller  
Lotte Kreiensiek  
Silvia Rocchi  
Yvette Klubusova



FOOD CONNECTS US - Magazine n.5 [CLICK HERE](#) to download

# FOOD CONNECTS US



Photography: Yvette Klubusova

FOOD LIGHT Members' Club Magazine Issue #6

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

- Magazine n.1 [CLICK HERE](#)
- Magazine n.2 [CLICK HERE](#)
- Magazine n.3 [CLICK HERE](#)
- Magazine n.4 [CLICK HERE](#)
- Magazine n.5 [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



**SUMMER PEACHES**  
Simple & nourishing recipes for summer

p. 16

**SUMMER ROLLS**

Cool & Easy - create your summer rolls!

p. 63

## Inside this issue

+ PHOTO TIPS

Find the photo analysis inside!

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**IN SEASON: BLACKBERRIES**

Discover the perfect celebration cake to help savour the joys of late british summer.



53

**DRACULA'S FEAST**

Join us on this culinary journey into the dark and delightful, where every bite tells a story and every dish is a work of art.



29

**SIMPLE AND FRESH - ON THE GO**

Create your summer memories with our simple and fresh recipes on the go!



66

**MELON-MOZZARELLA SALAD**

The healthy, refreshing & quick dish for busy families

37

**ITALIAN FOOD MEETS A FRENCH BRUNCH!**



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**IT'S A BRUSCHETTA TIME**

## The Trio

47 **HAPPY HOUR FLAVORS**



# Our members recommend

If you have a chance, you can't miss this

p. 106



# Our members create

All the goodies created by our members!

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## LEGUMINOSE SALADS

Discover the perfect nourishing autumn salad ideas with an earthy vibe!



74

## MEDITERRANEAN DIET

No matter where you live, you can eat the Mediterranean way following these principles.

82

## MARITOZZI ALLA ROMANA

Travel your tastebuds to the eternal city (Rome) with these amazing dessert!



79

## RAW PUMPKIN PIE

Imagine savoring the sweet flavors of autumn in a refreshing dessert – without ever turning on the oven!

86

## READY, STEADY, BAKE!

Baking with children can be lots of fun and a great experience for them!



90

## CANTALOUPE SORBET

Refreshing fruity recipe, perfect for hot summer days. Best of all, it's dairy-free, gluten-free and vegan!

# Meet the winners p.93

Get to know Carmen, Alice, Yvette, and Linda - the winning contributors to this magazine publication!



# Welcome to our magazine!

Hello and welcome to our latest FOOD CONNECTS US edition, brimming with delightful and refreshing late summer & autumn 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 sixth issue of our magazine. As always, each magazine is thoughtfully prepared by the dedicated members of our Members' Club.

Once a year, we join forces for the Food Photo Tournament, collaborate with joy, and curate the finest content for you! It's an exciting opportunity to collaborate virtually, connect with creative minds worldwide, and create this amazing, seasonal-inspired content.

Our Members' Club is an interactive learning community 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 searching for your next captivating photoshoot idea, this edition holds a treasure trove of sensational recipes, harmoniously paired with mesmerizing summer- and autumn-themed photography.

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

If you enjoy 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 THE MEMBERS' CLUB?

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

It is a unique photography and business coaching program out there.

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

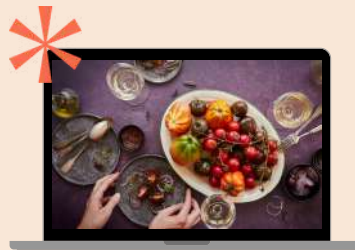
Lucia guides her members and supports them through the challenges they face, so they can successfully grow their skills, develop their business and achieve their goals.

*What's inside?*



## GROW YOUR PHOTOGRAPHY SKILLS

In-depth courses and masterclasses on composition, lighting, editing or retouching - everything you need to learn to become a professional food photographer.



## START YOUR OWN PHOTOGRAPHY BUSINESS

In the Member's Club, you will find resources to teach you everything you need to start and grow a successful photography business.



## RECEIVE FEEDBACK ON EVERYTHING YOU CREATE

Receiving feedback on your work is crucial to move forward faster. In the Club, you can receive a personal guidance from Lucia, feedback on your images or business materials you create.



## GET INSPIRED BY OTHER INDUSTRY EXPERTS

We all have a different background and a different skill set. For this reason, we regularly invite other industry experts to join us live, to inspire us, share their knowledge and insights and tell us more about their journey to a successful career in food photography.

## LIVE COACHING ABOUT COMPOSITION, CLIENTS, EDITING OR PORTFOLIOS

Live calls are where you get to interact with Lucia and other members. You get support, inspiration, feedback, or exchange a conversation and dive deep into some topics and challenges you face. We are all here to support you.



## INTERACT WITH YOUR PEERS, BE PART OF OUR COMMUNITY & GET SUPPORT

You will never be alone - our supportive community is here to help you at every step of your journey. Being a food photographer is a lonely path, but the Club is here to connect you with other like-minded creatives from all over the world.



## SAVE TIME BY DOING IT YOURSELF - USE OUR DONE-FOR-YOU TEMPLATES

Don't waste your time any longer on reinventing materials you can simply copy and implement right away! Our Club is full of resources, tools and templates you can copy, adapt and implement in your business right away!

Visit [www.foodlight.io/members-club](http://www.foodlight.io/members-club) to learn more and become our member!

CLICK HERE



masas\_de\_madre 6d

Thank YOU, Lucia, for giving all your heart and soul into everything you do for the club! ❤️🥰 I will forever bless the day I found you 🥰



# BIG THANKS TO OUR EXPERTS!

We are so honored to have hosted these amazing experts in the Members' Club over the past 12 months. The replays of these conversations are in the Members' Club.



## Product Photography with Wiktoria Gralka



Wiktoria shared with us her journey in product photography. She shared her insights about finding higher-paying clients, how to create product images and the importance of developing unique photography style.

 [wiktoriagralka](https://www.instagram.com/wiktoriagralka)  
 <https://marrick.org>



## Working as a food stylist for magazines with Susi Balint



Susi shared about her journey to become a food stylist. She also shared her experience about managing food photography projects for magazines.

 [@susi\\_gastrostudio/](https://www.instagram.com/susi_gastrostudio/)  
 <https://susigastrostudio.com/>



## Moving your business across countries with Reka Czulak



Moving to a new country and starting a business from scratch, again. How Reka faced the challenges and how she developed her award-winning food photography business.

 [threepodstudio](https://www.instagram.com/threepodstudio)  
 <https://www.threepodstudio.com>



## Marketing & business with Maja Lewicz




Maja shared about the behind the scenes of her business and her expertise about how to market your food photography business

 [veggie\\_intervention](https://www.instagram.com/veggie_intervention)  
 <https://www.majalewiczphotography.com>



## Organizing retreats with Seema and Alessandra



Seema and Alessandra shared the behind the scenes of retreats and what it takes to organize an in-person retreat or a workshop.

 [itsalessandramignardi](https://www.instagram.com/itsalessandramignardi)  
 [seemarosephotography](https://www.instagram.com/seemarosephotography)  
 <https://www.seemarosephotography.com/>



## Stock photography with Micheile Henderson

Micheile shared about her journey in food photography and her experience of working for a stock website

 [olivie\\_strauss](https://www.instagram.com/olivie_strauss)  
 <https://oliviestrauss.com>

# FREE RESOURCES TO HELP YOU GROW YOUR SUPER POWER SKILLS *in food photography*



**FREE**  
training

## CRAFT YOUR SIGNATURE PHOTOGRAPHY STYLE THAT RESONATES WITH YOUR DREAM CLIENTS

If you're a food photographer who wants to achieve your dream photography style with clarity and make your dream brands fall in love with your work, then join me for this event.

[CLICK HERE](#)



Summer for food photographers: 17 activities you can do during 15 minutes blocks

[READ MORE](#)



9 Essential Composition tips for product photography that elevates your portfolio

[READ MORE](#)



Want to work with brands? 3 Common Mistakes that Beginner Food Photographers Do and How to Correct Them

[READ MORE](#)



How to choose the right images for your portfolio

[READ MORE](#)

## BLOG ABOUT FOOD PHOTOGRAPHY AND BUSINESS

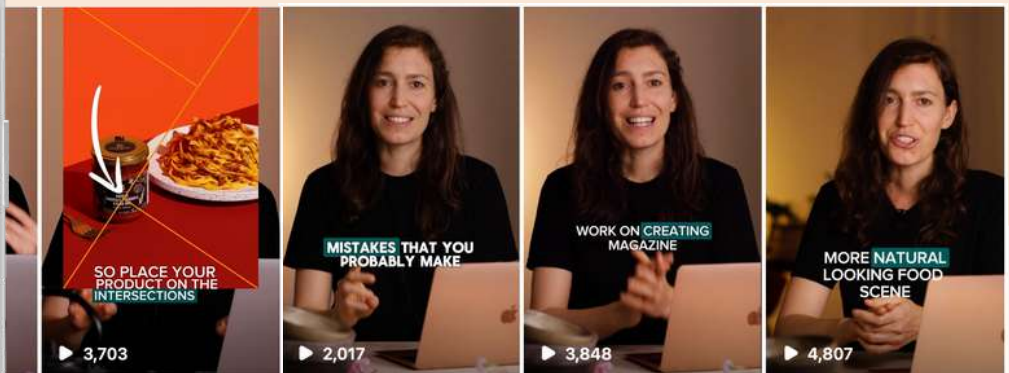
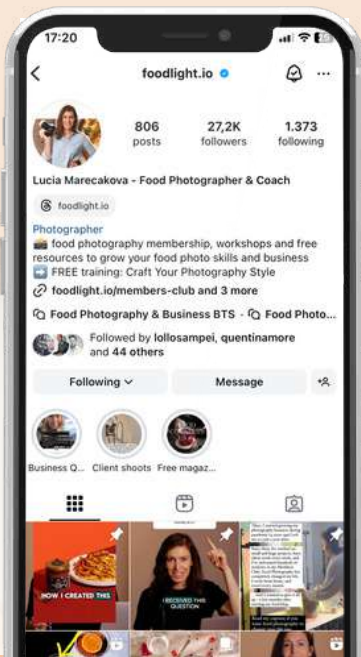
Visit our blog and grow your food photography and business skills

[CLICK HERE](#)

## FREE TIPS & EDUCATION ON THE INSTAGRAM!

Follow @foodlight.io for more free education & tips about food photography and business!

[CLICK HERE](#)







# Digital products & freebies from our Members



Malwina  
@pixbackdrops

## Photographic Backgrounds for Culinary and Product Photography

Unique backgrounds in culinary and product photography help your photos stand out from other photos, giving them character and professionalism. They create aesthetic coherence, allowing you to focus on the photographed product or dish. Unique backgrounds can also adapt to your brand, highlighting its style and values.

[CLICK HERE](#)



Veka Vanakova  
@masas\_de\_madre

## Sourdough recipes ebook

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

[CLICK HERE](#)



Hajar Benomar  
@hajarbenomar

## Transform your passion into a business

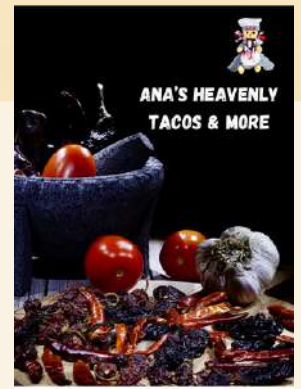
In this ebook, I give you the tips and advice you need to help you improve and turn your passion for food photography into a business. The ebook is available in French language.

[CLICK HERE](#)

## Ana's Heavenly Tacos

Ana's Heavenly Tacos is perfect for Mexican food lovers interested in easy to follow, reliable and budget friendly recipes.

[CLICK HERE](#)



Ana Jiménez  
@anasheavenlytacos

## 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

## Weekly newsletter with My Cup of Tea

My Cup of Tea is an online publication about the history of dishes and ingredients, photography, seasonal recipes and travel. You can subscribe for free to get a new article on your inbox every Thursday!

[CLICK HERE](#)



My Cup of Tea

Elisabet Juan Roca  
@canela.limon.chile

## KATA ENDRODI Print Shop

Orders can be placed directly on the page. You'll find printing materials, sizes, matting options, framed prints, and shipping information (shipping is free in North America) all in one site.

[CLICK HERE](#)




Kata Endrodi  
@realhungarianeats

# MEET THIS ISSUE'S BLOGGERS



## ASTRID ADLHOCH

Astrid is a food and product photographer from Rhineland-Palatinate, Germany. Through her huge passion for cooking, eating and savouring, she found her way to food photography and is delighted to have the opportunity to capture the memory of a lovingly prepared and arranged dish for eternity. Now she helps companies with expressive images that emphasise the quality of their products and convey a unique feeling of enjoyment. She loves being able to contribute to cultivating the regional food and drink culture and keeping it alive.

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



## CONSUELO BORRONI


Consuelo is an Italian food and product photographer based in France. What began as a hobby has now become her full-time passion, allowing her to work with food brands and restaurants to create captivating visuals. Her photography style is airy and elegant, characterized by neutral nuances and delicate floral touches. Consuelo's work beautifully captures the essence of food and products, blending her love for aesthetics with a deep understanding of storytelling. Through her lens, she brings out the subtle details that make each product unique, helping her clients tell their stories in the most visually compelling way.

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



## GEORGIA DEMERTZI


Georgia is a Greek food photographer based 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)



## KATA ENDRODI


Kata is a Montreal-based photographer driven by a passion for capturing the essence of fresh produce and culinary creations. With a love for elegance and vibrant colors, she merges her passion for photography with creating captivating visuals that celebrate the artistry of food through her lens. Her mission is to help brands stand out by crafting unique and compelling images that highlight their culinary narratives.

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



## BIANCA ELEUTERI


Bianca is a passionate food blogger, photographer and food stylist with a special dedication to creating and sharing delicious recipes. She lives in Ascoli Piceno, Marche, and she is always ready to move for new and exciting projects. In addition to writing recipes, she is dedicated to food photography and food styling, capturing the essence of each dish with captivating images. She also produces culinary videos, offering an engaging and hands-on view of the recipe preparation process.

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



## LINDA FELLER

Linda is a US based food photographer and recipe developer. Gathering around the table with family and friends has always been a centerpiece of her life. In 2020, she launched [Sip + Sanity](https://www.sipandsanity.com), combining her love for cooking and entertaining. In the years since, Linda has fallen in love with food photography. She draws on her culinary and design experience to help others in the food space tell their unique stories visually, capturing their recipes and products through stunning, evocative, light-filled images.

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



## KATHLEEN GILLAN


Kathleen is a London-based photographer who has always had a passion for food and photography but only started combining them in 2022. Her background includes a Geography degree, a Masters in Human Resource Management and working as a British Sign Language Interpreter. Although seemingly unrelated, it has taught her the importance of visual forms of communication. And through her travels, Kathleen has learnt the key role that food can play in bridging language barriers!

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



## ANILA HYSA

Anila is an Albanian freelance photographer based in Germany. She is specialising in recipe development, food and product photography. Her passion for photography has always been present, but the journey of learning more about it began after the birth of her son. First by sharing recipes on Instagram, then learning to bring delicious dishes to the eye. She sees photography as a mission to help brands create beautiful images and inspire others who want to learn more about food photography.

 [@Um Yammy](https://www.instagram.com/UmYammy)



## ELISABET JUAN


Eli is a Spanish food photographer and writer based in Boston, engaging people through stories of dishes, ingredients and the actors that make them. She has lived and worked all around the world and now she writes about food, photography and travel on [Substack](https://www.substack.com). Her mission is to help food brands and producers attract more customers through an impactful visual storytelling that communicates their brand vision and ethics.

 [@canela.limon.chile](https://www.instagram.com/canela.limon.chile)



## LOTTE KREIENSIEK


Lotte is a Hamburg, Germany based food photographer, food stylist and recipe developer with a love for the details. With her background in packaging design her aim is to inspire more people to cook delicious food. She also runs a seasonal food blog where she shares her culinary creativity as well as with her growing audience on Instagram. And she is always up for some swedish baked goods. Did someone say cinnamon bun?

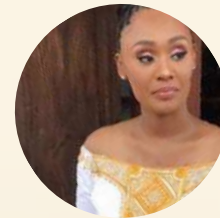
 [@little.l.official](https://www.instagram.com/little.l.official)



## YVETTE KLUBUSOVA


Yvette is a Czech-born product & food photographer, stylist, and recipe creator based in Berlin, Germany. Despite her background in computer graphic design, her passion for food has always been paramount. After moving to the US for two years as an au pair, she settled in Berlin. Yvette started cooking at the age of 10 and eventually turned her love for food into a career in food photography. She shares her culinary creativity and latest projects with a growing audience on Instagram

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



## KERRI LEUNG


Kerri Leung is a UK based Food Stylist, Food Photographer and Recipe Developer, Wife and Mamma to two gorgeous sons. She works with sustainable family food brands to capture impactful images that resonate with the brand, and their customers. She loves capturing the story of how food and family come together harmoniously. In 2025 she plans to focus her attention on children's Food brands and her ultimate ambition is to shoot a cookbook in the near future.

 [@pumps\\_and\\_pumpkins](https://www.instagram.com/pumps_and_pumpkins)



## CHRISTINE LOERTSCHER


Christine is a commercial and editorial food photographer from Quebec, Canada. Growing up with Swiss roots in the multicultural city of Montreal, she was immersed in diverse cuisines, igniting my passion for food. Throughout her life, photography and the arts were always a hobby of mine culminating in me pursuing a Fine Arts degree. She now focuses her career in helping small and medium sized businesses elevate their image with impactful visual storytelling.

 [@poetic\\_road](https://www.instagram.com/poetic_road)



## ELODIE LUVENGA


Elodie is a Vienna based Swiss food photographer specialising in food, beverage, and product photography. Her favourite part of food photography is the styling of the ingredients and the retouching. Since 2022 she runs a vegan food blog helping readers approaching a more sustainable diet hassle free. As a food photographer, her mission is to help sustainable and ethical brands by making their food product appealing for their customers.

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



## ALICE MUSACCI


Alice is an Italian photographer based in the UK. With seven years of professional experience, she specializes in food and product photography. Passionate about cooking and food, Alice loves capturing the rich textures and colors of her subjects. After completing a postgraduate diploma at the British Academy of Photography, she embarked on her career in the food and product photography industry. Her style is characterized by bold, colorful imagery, often incorporating pop colors and dramatic contrasts created through the use of hard light.

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



## 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)



## SILVIA ROCCHI


Silvia is an Italian based freelance graphic designer and photographer. She specializes in food, beverage, and product photography. Photography and cooking have been her constant companions through the years, the way to feel connected to people around the world, so she eventually decided to turn her combined passion for food and photography into a career. She assist brands and companies in promoting and elevating their vision through the creation of personalized and unique images.

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



## 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)



## CARMEN SNEED

Carmen is a food and product photographer, food stylist, and recipe developer. Her style is a synergy of photography and design. She is a creative partner providing inspiring, artful, and meaningful images that tell the food and product stories of her clients and collaborators. Her food images awaken your senses or entice you to explore the next wonderful product.


She loves food and enjoys the art of cooking including the process of working on a recipe that brings joy and meaning to your friends and family.

 [@culinart\\_photography](https://www.instagram.com/culinart_photography)



## IOANA URSU

Ioana is a food blogger and food photographer, based in the UK. On her food blog Fresh Food Bliss, she showcases a selection of sweet and savoury recipes inspired by her time living in Italy and her travels to other Mediterranean countries. She has been honing her cooking skills for the last 10 years and 2 years ago she has united this passion with food photography. She now helps business and brands by capturing captivating images and bring their vision to life and connecting them with their audience.

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



## CARLOTTA ZADRA

Carlotta is an Italian freelance photographer based in Brescia, specialized in food photography. She collaborates with brands and agencies as a content creator, creating photos and videos for their social media and websites. Her goal is to capture beautiful food scenes, that tell authentic stories that convey emotions to the viewers.

She is also a food blogger and on her blog Charlotte&Chocolate she shares her recipes of cakes and baked goods.

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

# MEMBERS' CLUB MARKETPLACE



**DANIELA LAMBOVA**

Branding & Graphic Design,  
Coaching, Marketplace, Social  
media, Websites & IT, Wordpress

Experienced Food Blogger and  
Coach. I can help you to create  
your website and branding and  
give you strategic guidance

[SEE THE PROFILE](#)



**ANNA SCHWARZ LANER**

Branding & Graphic Design,  
Image & Video editing, Portfolio  
Print Design

Professional Food Photographer  
& Graphic Designer. Hear for  
graphic design, branding, logo,  
portfolio print design, & video  
cutting / color grading.

[SEE THE PROFILE](#)



**SILVIA ROCCHI**

Branding & Graphic Design,  
Image Editing

Freelance Product and Food  
Photographer and Graphic  
Designer from Italy.  
I can assist in picture editing  
or any graphic design a brand  
needs.

[SEE THE PROFILE](#)

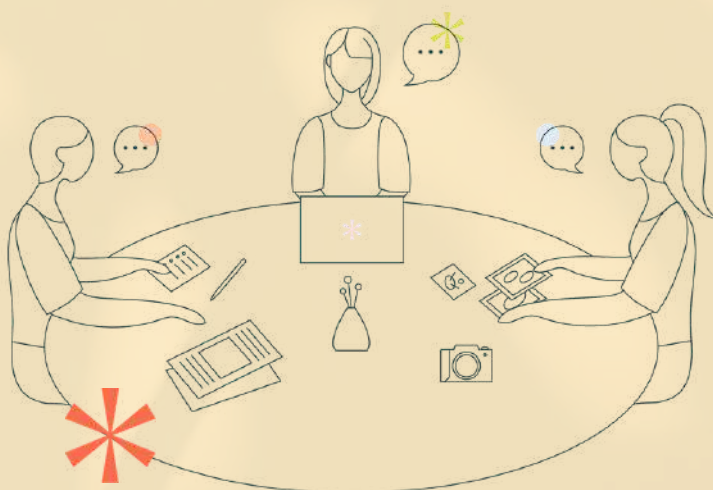


**BIRGIT MAYLED**

Editing and proof-reading  
services

English is the 'universal language'  
and is commonly used in  
websites, newsletters etc, but it's  
not everyone's first language and  
it can be an uphill and time  
consuming task to get it right. She  
can ensure spelling, grammar and  
sentences are perfect, and that  
the writing flows, bringing a  
professional polish to text.

[SEE THE PROFILE](#)



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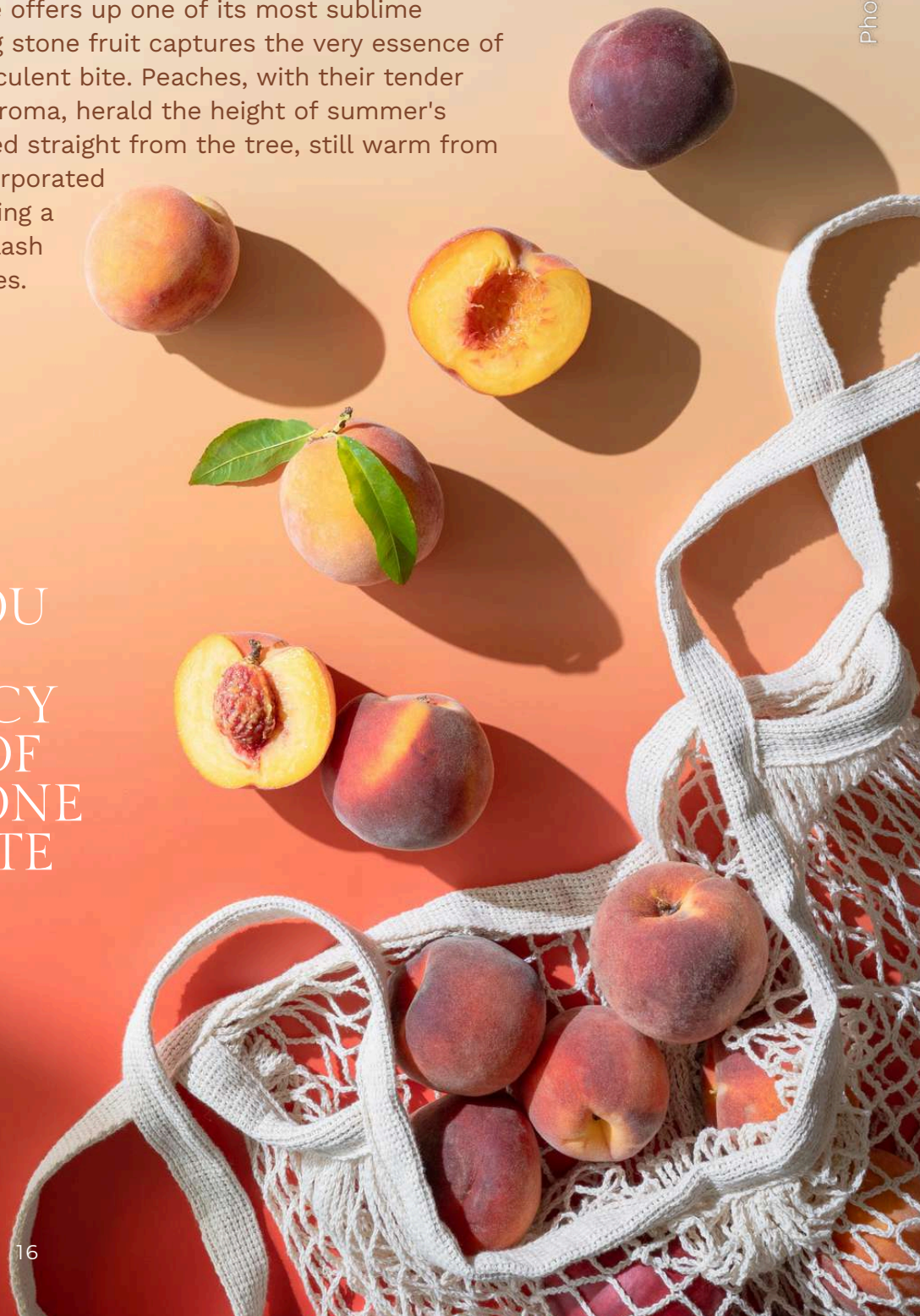
# Summer PEACHES

Created by Alice Musacci, Carmen Sneed & Linda Feller

As the sun reaches its zenith and lazy days stretch long into golden evenings, nature offers up one of its most sublime treasures. This blushing stone fruit captures the very essence of the season in each succulent bite. Peaches, with their tender flesh and intoxicating aroma, herald the height of summer's bounty. Whether enjoyed straight from the tree, still warm from the sun, or artfully incorporated into dishes, peaches bring a burst of color and a splash of sunshine to our plates.

LET THESE  
RECIPES  
INSPIRE YOU  
TO SAVOR  
EVERY JUICY  
MOMENT OF  
SUMMER, ONE  
PEACHY BITE  
AT A TIME.

Photography and styling by Linda Feller





TOMATO  
& BASIL

# Nectarines & Burrata Salad

Photography and Styling  
by Carmen Sneed

BURRATA &  
PROSCIUTTO

Summer brings bright colors and hot temperatures. Some locations like the USA bring hotter temps than the UK. One common theme seems to be the vibrant orange and red color of peaches that are a juicy and delicious TREAT ADDED to any summer meal!

Peaches can be a compliment to tomatoes and Prosciutto for a salad, as a surprise topping on burrata for a crostini, or gently baked in wine and Lavender and topped with a Blueberry drizzle for a memorable dessert.

BLUEBERRIES

# Nectarines And Burrata Salad

## METHOD

Cut the nectarines into slices and grill for a few minutes. When cooked, put them aside to cool down. In the meantime cut the cherry tomatoes in half.

Cut the Parma ham slice into 3 pieces.

In a bowl, put the nectarine, the cherry tomatoes and the Parma ham rolled and the burrata in the middle, or spread it into small bites.

Add some basil leaves, salt, and black pepper and drizzle with the dressing.

## INGREDIENTS

- 3 nectarines
- 1 burrata
- Cherry tomatoes
- Parma Ham
- Basil
- Salt
- Black pepper

Photography, styling and recipe by Alice Musacci





ALICE MUSACCI - Italian  
photographer based in the UK.

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



Photography, styling and recipe by Alice Musacci



CARMEN SNEED - US based food, product photographer, food stylist, and recipe developer.

 @culinart\_photography



# Baked summer peaches & lavender

Photography & Styling  
by Carmen Sneed

# Baked summer peaches & lavender

Recipe by Carmen Sneed.

Peach recipe inspired by My French Country Home

## INGREDIENTS

### FOR THE PEACHES

- 1 lavender sprig or 1/4 cup culinary lavender
- 6 Large ripe peaches
- 6 tablespoons of honey
- 1 glass white wine; a 6 oz pour
- 1 glass water; 6oz. To 8 oz.

### FOR THE BLUEBERRY SAUCE (optional)

- 1 Cup of fresh blueberries, rinsed
- 1/4 Cup granulated sugar
- 2 Tablespoons Lemon Juice

## METHOD

### FOR THE BLUEBERRY SAUCE

Combine berries, sugar, and lemon juice in a saucepan over medium heat. Bring to a boil, turn the heat down, and simmer for 5-7 minutes. Set it aside and let it cool slightly before using an immersion hand blender, or a blender to puree until smooth. Drizzle over peaches and add a dollop of whipped cream

### FOR THE PEACHES

Preheat the oven to 350 degrees F/175°C.

Halve the peaches and lay them in a baking dish.

Pour white wine and the water into the bottom of the dish;

Spoon the honey carefully onto each peach half.

Place lavender on top of peaches. When using loose culinary lavender spoon it mostly into the base of the dish to be infused into the liquid. A few pieces can be placed on each peach half.

Bake uncovered for 35 minutes.

Note: Lavender pieces turn grayish when warmed; you can remove the pieces on top of the peach halves and place fresh uncooked pieces to present the dish.

# Peach & honey goat cheese crostini

Photography, styling and recipe by Linda Feller

## INGREDIENTS

- 1 baguette, cut into 1/4-inch slices
- 2 tablespoons olive oil
- 8 ounces goat cheese, softened
- 2 tablespoons honey
- 2 tablespoons fresh thyme leaves, roughly chopped
- 2 to 3 ripe peaches, pitted and sliced
- 1/4 cup fresh basil leaves, thinly slice large leaves, use small whole leaves
- 2 tablespoons balsamic glaze
- Pink salt and freshly ground black pepper, to taste

## METHOD

Preheat oven to 375°F (190°C).  
Brush baguette slices with olive oil and arrange on a baking sheet. Toast in the oven for 5-7 minutes until lightly golden. In a bowl, whip together the goat cheese, honey and thyme. Spread each toasted baguette slice with goat cheese. Top with the sliced peaches and basil. Drizzle with balsamic glaze and additional honey, if desired. Season with pink salt and pepper to taste.

LINDA FELLER - US based food  
photographer and recipe developer.



@sipandsanity



[www.sipandsanity.com](http://www.sipandsanity.com)



PHOTO FOCUS +

*Summer*

# PEACHES

Photographer: Linda Feller

## TECHNICAL INFO

ISO	100
Camera	Nikon Z7
Lens	Nikkor 105mm Macro (shot at f16, 1/30 sec)
Light	Godox V860III Speedlight, 24-inch soft box, single layer of diffusion



## THE HARDEST BIT

The biggest challenge creating this image was securing the fruit and bread! I used bamboo skewers and craft foam to ‘float’ the food. The food was heavier than the foam, so I had to secure the foam to a full bottle of olive oil with some rubber bands to create a stable base. Not a sexy solution, but effective! I shot a total of 39 images to capture the crostini in various stages of assembly: base of fruit and bread, balsamic glaze, honey drips, herbs and honey wand drizzle. After color corrections in Lightroom, it was on to Photoshop. The final image includes a total of 10 photo layers – using the Layer Mask tool to hide unwanted bits in each layer. There are also 4 corrective layers – using Generative AI to correct blemishes, remove parts of skewers, and fill in the shadow cast by the bread.



Backdrop	Exzycke (on Amazon)
Surface	Coated paper
Props	Honey wand (bamboo skewers, craft foam)

# IN SEASON


## Blackberries

The sweet tang of blackberries foraged from a hedgerow (or a shop!) is enhanced by the addition of fennel seeds and balanced by ricotta in this delightful Victoria sponge - making it the perfect celebration cake to help savour the joys of late british summer.

Photography & Styling by Kathleen Gillan

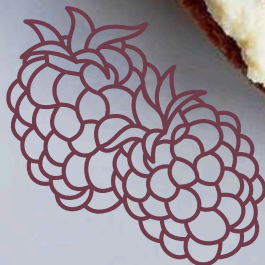






# Blackberry and fennel seed Victoria sponge with a ricotta and blackberry filling

Photography & Styling  
by Kathleen Gillan





## INGREDIENTS

- 3 large eggs
- 200g butter (softened)
- 200g caster sugar
- 1 tsp baking powder
- 1/2 tsp salt (leave out if using salted butter)
- 1 tsp ground fennel seeds (using a pestle & mortar)
- 2 tbsp milk

## BLACKBERRY FILLING

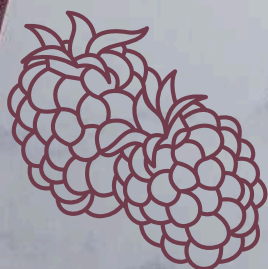
- 450g blackberries (plus extra for decoration)
- 1 tsp fennel seeds
- 1 tbsp caster sugar (may need more if using brambles)
- 1 tbsp lemon juice

## RICOTTA FILLING

- 250g ricotta
- 70g icing sugar
- 33g butter (softened)
- 1 pinch salt (leave out if using salted butter)
- Zest of 1 lemon

## METHOD

1. Preheat the oven to 180°C (350F/gas mark 4) and grease and base-line 2 x 20cm sandwich tins. Combine the butter and sugar until light and fluffy.
2. Beat the eggs together, then add them to the mixture a little at a time.
3. Fold in the flour, baking powder, ground fennel seeds, and salt (if using), then add enough milk so that the mixture drops easily off a spoon, but does not run off. Divide evenly between the tins, smooth the top, and put in the oven for 25-30 minutes until golden and well risen: a skewer inserted into the center should come out clean.
4. Allow to cool in the tin for 10 minutes, then put, flat-side down, on a wire rack to cool completely.
5. Meanwhile, make the filling by putting the blackberries, fennel seeds, lemon juice, caster sugar, and a splash of water in a pan. Heat gently until softened slightly and the liquid has thickened slightly. Set aside to cool.
6. Beat the butter and ricotta until smooth. Slowly add the icing sugar (and salt, if using) until it is a thick consistency. Mix in the lemon zest. Chill before use.
7. To assemble the cake, put the least favored cake, whichever it is, onto a plate or stand, and spread with half the ricotta mixture. Top with half of the blackberry mixture, then add the second cake, flat-side down.
8. Decorate with more of the ricotta mixture and blackberry mixture, letting the blackberry sauce ooze down the sides of the cake. Sprinkle fennel seeds and icing sugar on top. Serve with a few extra whole blackberries.



Serves 8-10, Prepare 30 minutes + cooking - Cook 25-30 mins



KATHLEEN GILLAN - London-based food photographer

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



 [www.kathleengillan.com](http://www.kathleengillan.com)



Step outside with your camera, let nature be your guide; For food photography, fresh air and light are amplified. Colors pop, flavors shine, your creativity's set to grow, Supercharge your shots, let your passion show. With eyes wide open, inspiration will flow, Try it and see, how your mind's refreshed — In the open air, your food photos are truly at their best!



BIRGIT BETZELT- photographer and designer, food, sustainability and permaculture

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 [contact@birgibetzelt.com](mailto:contact@birgibetzelt.com)



# COUSCOUS SALAD

Sometimes we might not be able to travel for various reasons, but this doesn't mean that we can't recreate a cozy holiday feel not too far from home during a day trip. Day trips are proven to have multiple benefits, which include recharging the batteries, changing the usual scenery and enhance the senses.


Created By Elodie Yuvenga, Floor Schreurs





ELODIE LUVENGA - Vienna based  
Swiss food & product photographer

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

 [www.elodieluvenga.com](http://www.elodieluvenga.com)

Photography & Styling: Elodie Luvenga

# Couscous Salad

## INGREDIENTS

- 200 g couscous
- 250 ml water
- 1 Tbsp paprika powder
- 1 tsp grill spices mix
- 2 carrots
- 1 handful of cherry tomatoes
- 1 small cucumber
- 1 sprig of parsley
- 1 spring onion
- 2 Tbsp olive oil
- 1 tsp vinegar

## METHOD

1. Start preparing your couscous salad by boiling some water inside a kettle or in a small saucepan.
2. Place the couscous with salt inside a Tupperware.
3. Then add the boiling water slowly.
4. Mix the couscous well so that the spices are well distributed and to avoid excessive lumps.
5. Then close the lid and let the cous cous absorb the water.
6. After 5 minutes remove the lid and stir the couscous again to separate it. At this point, if it seems too dry, add a little water.
7. Then let the couscous rest for another 5 minutes, then stir again and your spicy couscous will be ready to enjoy.
8. Make sure the couscous is cold and put all the ingredients inside a bowl and mix well. Add salt to taste.
9. Bon appetit!

# Fresh Salads

## *on the go*

Taking your meals on the go can be a delightful experience. Salads are popular because they're light, nutritious, and refreshing. However, ensuring that your salads remain fresh and delicious can be a bit of a challenge. Here are some tips to help you pack the perfect salad for your outdoor adventures.

### 1. Choose the Right Ingredients

A great salad starts with ingredients that can travel well. For pasta salads, choose hearty vegetables like bell peppers, cherry tomatoes, and cucumbers. For fruit salads, pick firm fruits like apples, grapes, and berries to avoid mushiness.

### 2. Add a Protein Boost

To make your salad more filling, consider adding a protein boost. Options like tofu, beans, or nuts.

### 3. Layer Strategically

When packing your salad, layer ingredients strategically. Place heavier, moisture-rich items at the bottom and lighter, delicate items like greens at the top.

### 4. Plan for Hydration

While salads can be hydrating, don't forget to pack plenty of water, especially for a cycling trip. Staying hydrated is crucial during outdoor activities.

### 5. Keep It Cool

Salads are best served cold, so it's important to keep them cool during your trip. Use an insulated cooler bag with ice packs to maintain a safe temperature.

### Bonus Tip: Leave No Trace

To keep nature pristine, always remember to clean up after yourself. Bring a small trash bag to collect any waste and pack out everything you bring in.

Photography & Styling: Floor Schreurs





# Tra(v)el sandwich

When traveling, we often crave a quick and effortless meal, and the sandwich remains a universally loved choice for its convenience and versatility. Imagining a sandwich without meat or cheese might seem challenging, but in 2024, this has become a delightful reality. Today, brands offer a wide range of plant-based charcuterie and cheese slices, making it easier than ever to enjoy a sustainable and flavorful meal on the go. Try it for yourself and discover how to savor sustainability while exploring the world.



1 Fresh tomato  
cut in slices



2 Plant-based  
carpaccio



3 Plant-based  
cheese

4 Fresh basil



# TRAVEL SALADS

## Flavour combinations

Discover the perfect recipes for your next adventure!  
We share delicious, easy-to-pack meals ideal for cycling trips or picnics.  
Enjoy a taste of travel while you discover your own surroundings.



### FOR PASTA SALADS:

- Mediterranean Delight: Mix pasta with cherry tomatoes, cucumbers, red onions and olives. Dress with a mixture of olive oil, lemon juice, and oregano.
- Italian Classic: Combine pasta with (vegan) mozzarella balls, sun-dried tomatoes, basil, and arugula. Toss with balsamic vinaigrette.
- Asian Fusion: Use soba noodles with edamame, shredded carrots, bell peppers, and scallions. Dress with a soy-ginger vinaigrette and sesame seeds.

Photography & Styling: Floor Schreurs



## FOR GREEN SALADS:

- **Crunchy Veggie Mix:** Combine mixed greens with carrots, radishes, bell peppers, and sunflower seeds. Dress with a light vinaigrette made from olive oil, lemon juice, and Dijon mustard.
- **Quinoa and Avocado:** Mix baby spinach with cooked quinoa, avocado slices, cherry tomatoes, and black beans. Dress with a lime-cilantro vinaigrette.
- **Roasted Veggie and Chickpea:** Use arugula or mixed greens with roasted sweet potatoes, red onions, and chickpeas. Toss with tahini dressing for a creamy, vegan option.

FLOOR SCHREURS - food photographer,  
based in Maastricht, Netherlands

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



## FOR FRUIT SALADS:

- **Tropical Bliss:** Combine mango, pineapple, and kiwi with shredded coconut and a drizzle of lime juice.
- **Berry Medley:** Mix strawberries, blueberries, and raspberries with a touch of mint and a splash of orange juice.
- **Citrus Sunshine:** Blend orange segments, grapefruit, and pomegranate seeds with a hint of honey and a sprinkle of fresh mint.

Photography & Styling: Floor Schreurs



PHOTO FOCUS +

Summer

# TRAVEL FOOD

Photographer: Elodie Luvenga

## TECHNICAL INFO

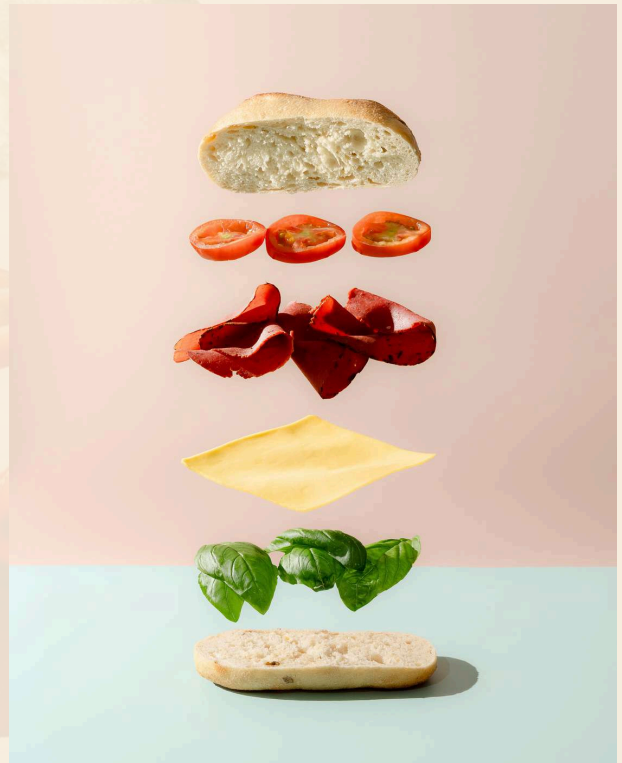
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ISO 200  
Camera Sony a7III  
Lens 50mm f/11  
Light continuous light and strobe



Backdrop

Club backdrops  
(soft sorbet bundle)



## THE HARDEST BIT

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The most difficult part of this shoot was getting all the ingredients balanced on the wires that supported them. As I didn't have the right equipment for this type of shoot, I had to adapt on the spot and decided to photograph each ingredient (within the sandwich) individually and put the photos together afterwards, making sure the lighting conditions didn't vary to ensure consistency.

# BRUNCH

Created By Consuelo Borroni

*italian & french recipes*



cappuccino after 11am is not allowed

# WHEN ITALIAN FOOD

MEETS

*a French brunch!*

Photography & Styling: Consuelo Borroni

In Italian culture, brunch isn't very common; we typically prefer to have two distinct meals. However, after experiencing French culture, I noticed that French people often skip lunch on weekends and opt for brunch instead. To blend these traditions, I created "The Italian food meets a French brunch."

Combining pesto alla genovese, prosciutto, and a sprinkling of parmesan with tender, buttered croissants brings out the best of both worlds. Don't forget to serve your brunch with some fresh seasonal fruits and vegetables, yogurt and iced beverages. Spritz or white wine are perfect to fight this summer heat!



# TIPS

Some other ingredients you could combine are Italian cooked ham with the French cheeses gruyère and roquefort; Burrata cheese with confit tomatoes and rocket.

Once the croissants are stuffed, preheat your oven and bake them for 15 minutes. Let the cheese melt, and *bon appétit!*

P.S. you can quickly bake your own croissants using puff pastry, just cut it into triangles, roll them up, sprinkle with sugar, and bake until golden and crunchy.

SAUCISSON  
is a must on french tables

CONSUELO BORRONI - an Italian food and product photographer based in France

 @hebe.photography

 <https://www.hebephoto.it/>



Photography & Styling:  
Consuelo Borroni

PARMESAN



TOMATOES



PESTO



MARMELADE



Photography & Styling:  
Consuelo Borroni

BRESAOLA



CROISSANT



YOGURT



# INGREDIENTS

SAUCISSON



ROCKET



FRUITS





# Brunch

# FUSION

PHOTO FOCUS +



## TECHNICAL INFO

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ISO	400
Camera	Canon 7D mark II
Lens	Canon EF 50mm f/1.8
Light	Continuous light at 70%

Photographer: Consuelo Borrioni



## THE HARDEST BIT

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The hardest part of this shot likely involved arranging the food and props in a visually appealing way while maintaining balance and harmony in the composition. Ensuring that each element is well-lit and naturally positioned on the peach-colored background, without causing shadows to overlap awkwardly, would have required careful attention to detail. Additionally, achieving the right color contrast, especially with the vibrant fruits and the subtle tones of the croissants and the tablecloth, would have been crucial to making the entire setup look inviting and aesthetically pleasing.

Backdrop	luminis film
Props	Casa, Zara Home, H&M Home, Amazon, Second hand stores

# IT'S BRUSCHETTA TIME

Photography, Styling & Recipe: Carlotta Zadra

## BY THE POOL

- cream cheese
- parma ham
- sundried tomatoes

## SUMMER KISS

- burrata cheese
- confit cherry tomatoes
- anchovies

It is pronounced 'brusketta' not 'bruschetta', but either way this is going to be the queen of your summer aperitves and parties. Bruschetta is a typical Italian appetizer, and the fun part is that not only it is easy to make, but there are so many different recipes, and they are all tasteful.

Here are the delicious recipes that I recommend you for this hot summer



## CHEF'S TIP

Always use fresh and good quality ingredients.

Once you have those, you can unleash your imagination.



## SUNNY TASTE

- ricotta cheese
- cherry tomatoes
- peaches
- balsamic vinegar glaze



## PARADISE CITY

- feta cheese
- green tomatoes
- cantaloupe



CARLOTTA ZADRA - food photographer, stylist. Brescia, Italy

 @charlotteandchocolate

 [www.charlotteandchocolate.com](http://www.charlotteandchocolate.com)

# SHOPPING LIST

peaches



parma ham



basil



cream cheese



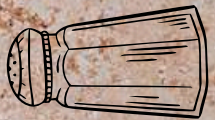
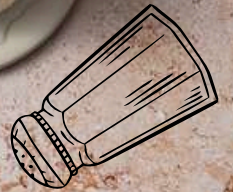
ricotta



bread slices



dried tomatoes



burrata



cherry tomatoes



anchovies



green tomatoes



feta



cantaloupe



## SUMMER KISS

---

- Burrata cheese
- Confit cherry tomatoes
- Anchovies

Make the confit cherry tomatoes first: chop the tomatoes and arrange them cut side up in a baking tray. Season with salt, pepper and a spoonful of sugar. Cook for 1 hour in a preheated oven at 130°C until they are soft and roasted.

Lightly toast the bread slices.

Break open the burrata and top each piece of grilled bread with some burrata, some confit tomatoes and one or two anchovies.

## BY THE POOL

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- Cream cheese
- Parma ham
- Sun-dried tomatoes

Toast or grill the bread slices, then rub a garlic clove all over the surface of each of the slices.

Spread the cream cheese on each slice.

Top the bread with the parma ham and sun-dried-tomatoes.

## SUNNY TASTE

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- Ricotta cheese
- Cherry tomatoes
- Peaches
- Balsamic vinegar glaze

Lightly toast the bread slices.

Spread the ricotta cheese on each slice.

Cut the tomatoes and the peaches into cubes, season them with olive oil and salt, then arrange them onto the slices.

Drizzle with balsamic glaze, and decorate with a leaf of basil.

## PARADISE CITY

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- Feta cheese
- Green tomatoes
- Cantaloupe

Start by cutting the tomatoes into small cubes, season with extra virgin olive oil and salt, and set aside.

Cut the cantaloupe in halves, discard the seeds, and make balls with a melon baller. Lightly toast the bread slices.

Arrange tomatoes cut into cubes and the melon balls onto each slice.

Lastly, distribute the feta cheese on top of the bruschetta.

# BRUSCHETTA

*Time*

Photographer: Carlotta Zadra

## TECHNICAL INFO

ISO 200  
Camera Sony a7 iii  
Lens Sigma 24-70 2.8  
Light Continuous light (Godox SL300III)



## THE HARDEST BIT

The composition in this image is not that complicated, but I did find it very difficult to leave enough negative space and in the right places for the text and the graphics. When you are shooting, even if you are tethering, it is hard to have a precise idea of where the text is going to be and how much space it will require.

Backdrop Errer backdrops

Props handmade ceramics,  
Pallares Solsona knife

# HAPPY *hour*

Photography, Styling & Recipe  
by Ana Misskind



Happy breeze, happy hour.  
Happy sun, happy hour.  
Happy colors, happy hour.  
Happy food, happy hour.  
Happy drinks, happy hour.  
Happy gathering, happy hour.  
Happy as you are!

CHEERS!



In Portugal, late summer afternoons are a usually cherished time for friends to come together, enjoying drinks and food in a laid-back celebration. When we blend the vibrant elements of the Mediterranean and the Iberian Peninsula, we create the perfect recipe for a feast that embraces the warmth and breeze of these final summer days.





These happy hours are the sweet conclusion to good days, filled with fresh flavors and aromas that capture the essence of the season.



ANA MISSKIND - photographer, stylist and stop-motion animator based in Portugal.

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



## INGREDIENTS

- Sliced rye bread
  - Black figs
  - Goat's cottage cheese
  - Serrano ham
  - Drizzle of olive oil
  - Dried thyme
  - Freshly ground black pepper
  - Salt flower
- And of course, a glass of rosé wine!  
... one or two!

THE  
*Happy Toast*



SAVOR these moments, and let the happiness linger in every bite and sip. HAPPY HOUR is more than just a time of day— it's a celebration of life itself.

# HAPPY Hour

Photographer: Ana Misskind

## TECHNICAL INFO

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ISO	160
Camera	Canon M50
Lens	Canon 28/80mm
Light	Godox SL 60 100%



## THE HARDEST BIT

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Keeping the ingredients fresh, as I couldn't photograph them immediately after purchase, dealing with the heat during storage and transportation, and during the session, having only a few fruits in optimal condition for photographing, without the possibility of buying more that day. Technically, I had some difficulties keeping the figs in the correct position across the various photos, and without thin sticks to hold them in place, I had to repeatedly adjust the styling. Conceptually, it was both challenging and interesting to imagine how to tell this story of food and drink that recreates an outdoor "Portuguese" mood/setting in a studio, that speaks of people being together without showing people, relates wine and vineyards, also showing it, and to creatively create images that are simple yet complex and complementary at the same time. In the end, it was much more interesting and stimulating than difficult, and I loved creating this story!



Backdrop	Amazon Background
Props	My personal vintage collection

# DRACULA'S FEAST

Join us on this culinary journey into the dark and delightful, where every bite tells a story and every dish is a work of art.

Created By Christine Loertscher, Ioana Ursu, Silvia Rocchi



Halloween, a holiday beloved for its playful embrace of the macabre and mysterious, offers an unparalleled opportunity to blend creativity with culinary artistry. This year, we invite you to sink your teeth into a unique dining experience with our Dracula's Feast theme, a homage to the timeless legend of Count Dracula. Inspired by the eerie charm of Transylvanian folklore, our menu promises to transport you to a world where gothic elegance and culinary delight intertwine.

## Why Dracula's Feast?

Count Dracula, the iconic vampire created by Bram Stoker, is a figure shrouded in darkness and allure. His story, set in the foreboding landscapes of Eastern Europe, evokes images of moonlit castles, shadowy forests, and a timeless, supernatural presence.

Choosing Dracula as our muse for this Halloween spread allowed us to delve deep into the heart of classic horror while infusing it with a sophisticated, modern twist.

Halloween is a celebration of the fantastical and the frightful. It's a time when boundaries blur, and the ordinary becomes extraordinary. Dracula's Feast embodies this spirit, inviting home cooks and food enthusiasts to explore a realm where dishes are not just prepared but conjured, each with a tale to tell. Our theme takes the familiar elements of Halloween—ghosts, ghouls, and goblins—and refines them through the lens of Dracula's aristocratic yet menacing world.

Let us bring you into a world of glamorous spookiness!

Photography & Styling:  
Christine Loertscher



Learn how to make skulls from button mushrooms!



# BLOODY SPAGHETTI

Photography & Styling: Christine Loertscher



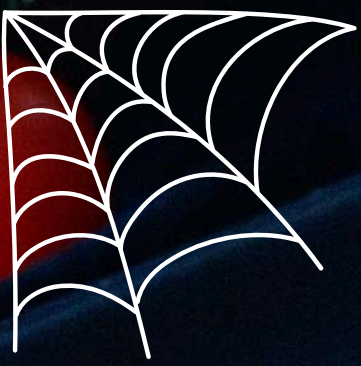
CHRISTINE LOERTSCHER - commercial and editorial food photographer from Quebec, Canada.

 @poetic\_road

 [www.poeticroad.com](http://www.poeticroad.com)

BOO!





**SPOOKY  
DELICIOUS!**

## INGREDIENTS

- 400g spaghetti
- 2 tbsp olive oil
- 1 medium onion, finely chopped
- 1-2 cloves garlic, minced
- 1 can (400g) tomato sauce
- 250g fresh cherry tomatoes, halved
- 100g button mushrooms, sliced (or carved)
- 2 tbsp tomato paste
- 1 tsp sugar
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt and pepper to taste
- Fresh basil leaves for garnish
- Grated Parmesan cheese

## METHOD

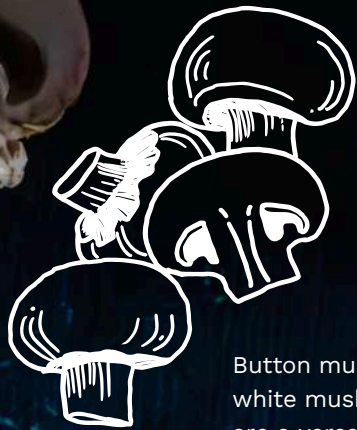
**Cook the Spaghetti:**  
Bring a large pot of salted water to a boil. Add the spaghetti and cook according to the package instructions until al dente. Drain and set aside.

Preheat oven to 425F (220 °C) and place cherry tomatoes and mushrooms on a lined baking sheet. Roast for 10-12 minutes or until cherry tomatoes become soft and juicy.

**Prepare the Sauce:**  
In a large pan, heat the olive oil over medium heat. Add the chopped onion and sauté until translucent, about 5 minutes. Add the minced garlic and cook for another minute. Stir in the tomato sauce, tomato paste, sugar, dried oregano, and dried basil. Season with salt and pepper to taste. Reduce the heat and let the sauce simmer for 20-30 minutes, stirring occasionally. Add in the roasted cherry tomatoes and mushrooms. Toss the cooked spaghetti with the sauce until well coated.

Sprinkle with freshly grated parmesan cheese and enjoy!

# MUSHROOM SKULLS



Button mushrooms, also known as white mushrooms or champignons, are a versatile and widely loved ingredient that adds a delightful flavor and texture to any dish. These mushrooms have a mild, earthy taste and a firm, smooth texture, making them perfect for absorbing and enhancing the rich, savory sauce in this recipe. Packed with nutrients, button mushrooms are low in calories but high in protein and essential vitamins like D, B6, and B12, as well as minerals such as selenium and potassium.

We chose them for this recipe as their pale color contrasts beautifully with the blood-red tomato sauce, creating a visually striking and delicious dish, enhancing the eating experience with their tendery bites.

For an extra touch of Halloween fun, we've carved the button mushrooms into spooky skeleton-like skulls to enhance the eerie ambiance of this recipe.

Their small, firm shape makes them perfect for creating intricate designs that add a playful and macabre element to this dish. To make the process easier, use a small paring knife and a chopstick to carefully sculpt the mushroom caps into skull shapes. These edible decorations will not only captivate your guests but also add an interactive and creative twist to your Dracula's feast. Placing these mini mushroom skulls atop your blood-red spaghetti will delight and spook diners, making your Halloween recipe both a visual and gastronomic treat.

Photography & Styling:  
Christine Loertscher







# VAMPIRE'S DELIGHT

# Panna Cotta with Crimson Raspberry Sauce



Photography & Styling: Christine Loertscher

## INGREDIENTS

For the Panna Cotta

- 1 cup blackberries
- 1/4 cup granulated sugar (adjust to taste)
- 1 teaspoon vanilla extract
- 1 tablespoon water
- 2 cups heavy cream
- 1/2 cup whole milk
- 1/4 cup granulated sugar
- 2 teaspoons gelatin powder
- Fresh blackberries for garnish (optional)

For the Raspberry Coulis

- 1 cup fresh or frozen raspberries
- 1/4 cup granulated sugar
- 1 tablespoon lemon juice

## METHOD

**Make the Panna Cotta:** Combine the blackberries, 1/4 cup sugar, vanilla extract, and water in a saucepan. Cook over medium heat until the blackberries soften and release their juices, about 5-7 minutes.

Mash the berries slightly with a fork or spoon. In a separate saucepan, heat the heavy cream, milk, and 1/4 cup sugar over medium heat.

Stir until the sugar dissolves and the mixture is warm, but not boiling. Sprinkle the gelatin powder over 1/4 cup cold water in a small bowl.

Let it sit for 5 minutes to bloom. Add the bloomed gelatin to the warm cream mixture, stirring until completely dissolved.

Remove the blackberry mixture from heat and strain through a fine mesh sieve to remove seeds.

Press down to extract as much liquid as possible.

Combine the strained blackberry mixture with the warm cream mixture, stirring until well incorporated.

Pour the mixture into serving glasses or molds.

Refrigerate for at least 4 hours, or until set.

**Make the Raspberry Coulis:** In a small saucepan, combine the raspberries, sugar, and lemon juice. Cook over medium heat, stirring occasionally, until the raspberries break down and the mixture thickens slightly, about 5-7 minutes.

Remove from heat and strain through a fine mesh sieve to remove seeds.

Press down to extract as much liquid as possible. Let the coulis cool to room temperature, then refrigerate until ready to serve.

**Serve:** To serve, spoon some raspberry coulis over each chilled panna cotta. Garnish with fresh blackberries, if desired and enjoy!

Photography & Styling: Christine Loertscher

Black sugar shards  
for the perfect  
macabre garnish!



# VAMPIRE'S VELVET SOUP

Photography & Styling: Ioana Ursu



add crutons...

IOANA URSU - food photographer and food blogger based in the UK

 @freshfoodbliss

 [www.freshfoodbliss.com](http://www.freshfoodbliss.com)



## INGREDIENTS

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 4 cups fresh tomatoes, chopped (or two 28-ounce cans of crushed tomatoes)
- 2 cups vegetable or chicken broth
- 1 cup fresh basil leaves, chopped
- Salt and pepper to taste

## METHOD

Heat olive oil in a pot over medium heat. Sauté chopped onion until soft (5 minutes).

Add minced garlic and cook for 1 minute.

Add main ingredients: Stir in tomatoes and broth. Bring to a boil, then simmer for 20 minutes.

Blend and season: Add chopped basil leaves.

Blend the soup until smooth using an immersion blender or countertop blender. Season with salt and pepper.

Garnish with extra basil leaves, a dollop of sour cream, croutons or a slice of rustic sourdough bread and serve hot!

& basil!

# DRACULA'S KISS



Add a lemon slice  
to garnish!



## INGREDIENTS

- 60ml Gin
- 30ml Chambord
- 30ml Freshly squeezed lemon juice
- Crushed Ice Lemon twist or blackberries for garnish

## METHOD

Fill a glass (highball or rocks glass) with crushed ice. Pour 60 ml of gin over the crushed ice. Add 30 ml of Chambord. Squeeze 30 ml of lemon juice into the glass. Stir the mixture gently to combine the ingredients.

Garnish with a lemon twist or a wedge

Or put some  
blackberries on a  
metal skewer for  
that Dracula' spooky  
style!

SILVIA ROCCHI - a food & product  
photographer and graphic designer  
based in Italy

 @silviarocchiphotography

 [www.silviarocchiphotography.com](http://www.silviarocchiphotography.com)



Photography & Styling: Ioana Ursu

PHOTO FOCUS



*Dracula's*

# FEAST

Photographer: Christine Loertscher

## TECHNICAL INFO

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ISO	6400
Camera	Canon EOS R7
Lens	47 mm
Light	Shot with Strobe 60%



Backdrop	Amazon backdrop
Surface	DYI board
Props	thrift store finds (vintage)



## THE HARDEST BIT

---

The first tricky bit was to figure out a way to make the black sugar topper. I used activated charcoal powder. I had originally wanted to make a web-like decoration but it proved to be trickier than I thought to get the fine strands- so they turned into shards.

The second tricky bit was to get the smoke of the candle to be visible in the shot. It took multiple tries. I used a remote to take the picture as I blew out the candle. I realized that letting the candle burn for longer helped me achieve more smoke. After many tries and A LOT of photos and finally got one that I liked.

# COOL & EASY:

## No-Cook Summer Rolls

Too hot to cook? Try these refreshing summer rolls, packed with crisp vegetables and fresh herbs in delicate rice paper. Pair them with classic peanut, tangy cilantro-lime, and spicy mango-chili sauces.

Photography, Styling & Recipe: Yvette Klubusova



Vietnamese  
Sauce  
- Nuoc Cham

Cilantro-  
lime

Peanut  
Sauce

## INGREDIENTS

- 8 rice paper wrappers
- 1 cup vermicelli noodles, cooked
- 1 carrot, thinly slice
- 1 mango, thinly slice
- 1 bell pepper, thinly slice
- 1 cup red cabbage, thinly sliced
- fresh mint leaves
- cup fresh cilantro

## METHOD

1. Cook vermicelli noodles, then rinse and drain. Slice all vegetables into thin strips.
2. Soften rice paper in warm water for 5 seconds, then lay it on a plate. Place noodles, vegetables, and herbs in the center, fold the sides over the filling and roll up tightly.
3. Serve with a choice of dipping sauce.

## DIPS

**Peanut Sauce:** In a bowl, whisk together peanut butter, soy sauce, hoisin sauce, lime juice, and sugar. Add water gradually to reach the desired consistency.

**Cilantro-lime:** Mix chopped cilantro, lime juice, olive oil, rice vinegar, minced garlic, and honey in a small bowl until smooth. Adjust seasoning with salt and pepper to taste.

**Vietnamese Sauce - Nuoc Cham:** Mix fish sauce, lime juice, water, sugar, minced garlic, and chopped chili in a small bowl until the sugar is dissolved. Adjust seasoning with additional lime juice or sugar to taste.

**Tip:** Add cooked and cooled protein like chicken, tofu, or shrimp. For tofu, use firm or extra-firm varieties and consider pan-frying or baking for added texture. For chicken or shrimp, cook thoroughly and slice into thin strips for easier wrapping



Yvette Klubusova - Czech-born, Berlin based product&food photographer, and recipe creator

 @flavorsinbite

 <https://yvetteklubus.com/>



PHOTO FOCUS +

Cool & easy

# SUMMER ROLLS

Photographer: Yvette Klubusova

## TECHNICAL INFO

ISO	100
Camera	Nikon d850
Lens	50 mm
F stop	6,3
Shutter Speed	1/250
Light	Godox TT600 Speedlight 1/4 power setting



Backdrop

@errer.backdrops

## THE HARDEST BIT

The first challenge was figuring out how to condense all the challenge rules into just two pages. I had a vision for how I wanted to arrange the ingredients, so I created a draft in Canva with the text, which helped me visualize the negative space for the ingredients. From there, it was all about experimenting with the layout and arrangement.

Another tricky aspect was capturing the image in a way that could work as both a single-page and a double-page spread. To achieve this, I mounted the camera on a C-stand with a 50mm lens. I also used flash lighting to simulate natural light, ensuring consistent lighting across all the images.

# Melon-Mozzarella Salad

Created by Astrid Adlhoch

As a working mum of three children, healthy eating is very important to me. It's not always easy to find the time to do this in my stressful daily routine. It's all the more frustrating when the children are less than enthusiastic about the lovingly prepared meal and poke around listlessly. That's why today I'm going to share three secrets on how to conjure up a healthy dish like my fresh Melon-Mozzarella-Salad, without too much effort and that your children will love!

## 1 MAKE IT LOOK SPECIAL!

If the food looks different, the kids are immediately curious. It doesn't have to be time-consuming, for example, you can put ingredients together in a colourful way, give them a pretty shape with cookie cutters or simply paint a face with sauce.

## 2 GIVE IT AN INTERESTING NAME!


As soon as the vegetable soup is called "Witches' Feast", the broccoli "Power Punch Broccoli" or green beans have the more melodious name "Silly Dilly Green Beans", the little ones will even eat vegetables!

## 3 USE ONLY A FEW INGREDIENTS!

This tip is an absolute game changer. Using fewer ingredients is not only inexpensive, it also saves a huge amount of time in everyday cooking and means you have less to clean up afterwards!

**UPGRADE**  
If your kids allow something green on their plates, you can spice up the salad with fresh mint.



**FUN FACT**   
Spanish scientists have discovered  
that melon water is an excellent  
remedy for sore muscles.

## BALL BATH SALAD

(MELON - MOZZARELLA - SALAD)

### SALAD

- 1 MELON
- 3 CUCUMBER
- 1 RED ONION
- 375g MINI-MOZZARELLA

### DRESSING

- 3 tbsp OLIVE OIL
- 6 tbsp LEMON JUICE
- SALT
- PEPPER

STEP 1: REMOVE THE SEEDS FROM  
MELON AND CUCUMBER AND  
USE THE MELON CORER TO  
FORM SMALL BALLS

STEP 2: ADD THE MOZZARELLA BALLS

STEP 3: CUT THE ONION INTO SMALL  
CUBES AND ADD IT TO THE  
SALAD

STEP 4: MIX THE OLIVE OIL WITH THE  
LEMON JUICE, SALT AND  
PEPPER TO MAKE A VINAIGRETTE  
AND DIZZE OVER THE SALAD

- THE LEFTOVERS FROM CUTTING OUT  
THE MELON AND THE CUCUMBER CAN  
EASILY BE CONVERTED INTO A MELON  
SMOOTHIE



ASTRID ALDOCH - a food and  
product photographer.  
Rhineland-Palatinate, Germany.

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

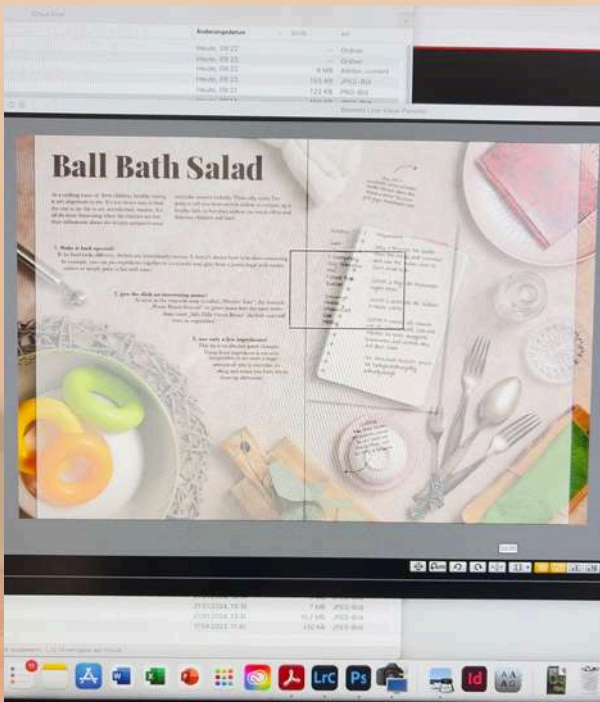
PHOTO FOCUS +

# MELON-MOZZARELLA *Salad*

Photographer: Astrid Aldoch

## TECHNICAL INFO

ISO 150  
Camera CANON EOS R  
Lens CANON 100mm macro  
Light GODOX SL100W 100%



## THE HARDEST BIT

The hardest thing for me was deciding which aspect to prioritise when I am a photographer, author and designer in one person.

The hard part was also to include that negative space but I created overlay of the double page, which was the key when photographing.

Backdrop

[www.lens-aid.de](http://www.lens-aid.de)

Props

DEPOT, CHRISTMANN






# LEGUMINOSE SALADS

Fall season is not normally associated with salads. But if we create a consistent base with legumes, it's not only going to be nourishing but also hearty and comforting

Created by Elisabet Juan and Kata Endrodi



ELISABET JUAN - Spanish food  
photographer and writer based  
in Boston

 [@canela.limon.chile](https://www.instagram.com/canela.limon.chile)

 <https://www.elisabetjuanroca.com>

# THE BUILDING BLOCKS

Photography and Styling: Elisabet Juan

## 1 LEGUMES

Lentils, chickpeas, kidney beans, navy beans... Legumes are the base of a perfect fall salad and they also bring lots of nutrients!

## 2 GREENS

Greens fill up the plate and bring freshness. Consider: arugula, lettuce, microgreens, kale and purple cabbage.

## 3 VEGGIES

Bring crunch, flavor and extra vitamins with some veggies like cherry tomatoes, cucumber, bell peppers, and beets

## 4 HERBS

Add brightness with herbs like mint and parsley. They can be chopped or added in the vinaigrette

## 5 COMPLIMENTING ACCENTS

These complete the flavor profile of each salad: pomegranate seeds, dried apricot, orange and red onion

## 6 PROTEIN

With the legumes we already had plant protein, but to bring creaminess and consistency we can add feta cheese, goat cheese and tuna

## 7 CRUNCH

Choose different kinds of nuts like pumpkin seeds, hazelnuts or walnuts

## 8 DRESSING

The final touch is the sauce, use: olive oil, balsamic vinegar, honey, lemon, mustard and chili flakes

### KIDNEY BEAN SALAD

Green lettuce, kidney beans, tomatoes, avocado, mint, hazelnut, microgreens

Dressing: olive oil, red wine vinegar, honey, chili flakes



# Salads

*with*

# legumes

Photography and Styling: Kata Endrodi

### LENTIL SALAD

Aragula, lentils, cherry tomatoes, pomegranate, cucumber, feta cheese

Dressing: olive oil, balsamic vinegar, honey, salt-pepper





## CHICKPEA SALAD

Kale, chickpeas, radishes, bell pepper, dried apricots, walnuts, goat cheese  
Dressing: olive oil, lemon juice, Dijon mustard, salt-pepper



KATA ENDRODI - Montreal-based photographer, Canada.

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

 <https://kataendrodiphotography.com>



## WHITE BEAN SALAD

Romaine lettuce, white beans, orange, tuna, red onions, parsley  
Dressing: olive oil, lemon juice, salt-pepper



PHOTO FOCUS +

# Leguminos E SALADS

Photographer: Elisabet Juan

## TECHNICAL INFO

---

ISO 320  
Camera Sony Alpha7R  
Lens 31 mm (FE 24-70mm F2.8 GMII)  
Light Shot with natural light



## THE HARDEST BIT

---

The most challenging part was to understand the proportions. There were many elements in the photo, but the negative space had to be filled with still many more (in the shape of worlds and titles). I played with composition techniques placing the same colors in triangles around the image and adding layers for interest and texture.

Backdrop @fondosparafotografos

Props Pinch bowls from around the world in neutral colors

# MEDITERRANEAN DIET

## All Around the World

Photography and Styling: Georgia Demertzi

When we think of the Mediterranean, we often imagine the sun-drenched coastlines of Italy, the vibrant markets of Greece, or the olive groves of Spain. However, the true magic of the Mediterranean lies not just in its scenic beauty but in the way of life that has been celebrated for centuries: the Mediterranean diet.

The Mediterranean diet is more than just a trend—it's a timeless approach to eating and living that has stood the test of time. This time-honored eating pattern has transcended its regional roots to become a global phenomenon, scientifically recognized for its incredible health benefits and adaptability to diverse cultures worldwide. While the Mediterranean diet is deeply rooted in the traditions of countries bordering the Mediterranean Sea, its principles can be adapted to suit any cuisine or region. By embracing those principles and guidelines, you can enjoy the Mediterranean way of eating and lifestyle with a few simple adjustments, no matter where you live.

At the heart of the Mediterranean diet is a simple yet profound philosophy: food is not just sustenance, but a celebration of life, culture, and community. This diet gives emphasis on fresh, seasonal ingredients and the communal aspect of dining. It is rich in plant-based foods, such as fruits, vegetables, whole grains, legumes, and nuts. Olive oil, often called “liquid gold,” is the primary source of fat, cherished for its heart-healthy monounsaturated fats. Fish and seafood take center stage, while red meat is enjoyed sparingly and dairy, is consumed in moderation. Meals are meant to be shared, savored, and enjoyed, with family and friends gathering around the table to connect and converse, often accompanied by a glass of red wine, sipped slowly and with pleasure.

The Mediterranean diet is a lifestyle that has been scientifically proven to offer a myriad of health benefits. Numerous studies have shown that this diet can reduce the risk of chronic diseases, including heart disease, stroke, and type 2 diabetes. It has been linked to lower levels of cholesterol, promoting cardiovascular health. The diet's rich array of antioxidants, vitamins, and minerals also supports brain health, potentially reducing the risk of cognitive decline and Alzheimer's disease. Moreover, the Mediterranean diet promotes weight management and a healthy gut microbiome, thanks to its high fiber content. It's also associated with longer life expectancy and improved overall well-being, contributing to what's often referred to as “Mediterranean longevity.”

The Mediterranean diet offers a flexible framework that can be tailored to your tastes, dietary needs, and preferences. Following this type of lifestyle and eating makes you part of a global movement toward better health and well-being. The Mediterranean is not just a place on the map—it's a path to a healthier, more fulfilling life, and it's waiting for you to explore it, one delicious bite at a time.



Savor meals with friends and family, eating slowly and mindfully. Also exercise daily.

Season with herbs and spices to transform your dishes into flavorful feasts.

Choose a lean protein, such as poultry, fish and sea food and consume with moderation.

Eat Whole Grains like pasta, bread, oats, and rice. They offer fiber and sustained energy.

Fill your plate with fruits and vegetables at every meal. Eat seasonal and local. Consume them as a main course.

GEORGIA DEMERTZI - Food photographer recipe developer, and food blogger, specializing in Mediterranean cuisine.

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





Enjoy wine in moderation.



Cheese and yogurt are the main dairy sources.



Use extra virgin olive oil as your primary fat source. Nuts and seeds are the secondary.



Embrace beans and legumes. They are the hearty heroes of the diet and the main protein source.





Recipe, Foodstyling & Photography  
by Georgia Demertzi

# Hummus

## TIPS

- To make your hummus extra creamy, remove the skin from the chickpeas.
- Overcooked chickpeas are perfect for an extra creamy hummus.
- If allergic to sesame seeds replace tahini with almond or cashew butter

## INGREDIENTS

350 grams cooked chickpeas  
1 clove of garlic  
65 grams smooth tahini  
3 Tbsp aquafaba or cold water  
3 Tbsp extra virgin olive oil  
3 Tbsp freshly squeezed lemon juice  
1 tsp ground cumin  
Salt and sumac to taste

## METHOD

In a food processor add the tahini, olive oil, lemon juice and garlic until creamy. Add the chickpeas, the cumin and salt to taste and process adding a little bit of aquafaba or cold water as you go to achieve a creamy consistency. Taste and add additional salt, or lemon juice if needed.

Add the hummus to a bowl and make a swirl on top of it with the back of the spoon. Drizzle a little extra virgin olive oil on top and sprinkle some sumac. Enjoy



PHOTO FOCUS +

# MEDITERRANEAN

*Diet*

## TECHNICAL INFO

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ISO	320
Camera	Canon 6D Mark II
Lens	Sigma 28-70mm f/2.8
F stop	f/11
Shutter Speed	1/20 sec
Light	Continuous Light Godox SL300III

Photographer: Georgia Demertzi



## THE HARDEST BIT

---

One of the most challenging aspects of this project was mastering the composition. With numerous elements in the photo, balancing negative space while incorporating additional text and having everything in focus, required careful consideration. I made a drawing with my initial vision and tried to work around it.

Capturing the image to work as a double-page spread was another tricky task. I used a tripod to mount my camera, a zoom lens to be able to include everything in the photo, and continuous lighting to simulate natural harsh light for consistency and a taste of the Mediterranean sun.

Backdrop [@errer.backdrops](#)  
Props ZaraHome, H&M Home, Vintage



# Raw Pumpkin Pie

Recipe, Foodstyling & Photography by Lotte Kreiensiek

Imagine savoring the sweet flavors of autumn in a refreshing dessert – without ever turning on the oven! Our No-bake Raw Pumpkin Pie makes it happen. Did you know you can eat pumpkin raw, keeping its crisp texture and natural sweetness? This recipe turns the classic fall pie into a delicious, nutritious treat that delights with every bite. Let the fresh and light taste of this dessert enchant you and enjoy autumn in a whole new way!

## INGREDIENTS

- 70 g walnuts
- 50 g hazelnuts
- 35 g raisins
- 10 dates
- 1/2 tsp. cardamom
- 500 g pumpkin
- 250 g carrots
- 12 dates soaked
- 2 peaches
- 125 g creamcheese

## METHOD

For the crust cut the walnuts and hazelnuts to a flour-like consistency. Then add raisins, dates, and cardamom. Pulse until the mix has a dough-like consistency. Add a pinch of water (if needed). Set the dough evenly in a pie dish and place it in the fridge while preparing the filling.

For the filling chop carrots, pumpkin, and dates and place them in a food processor. Add the date water, peaches, and cream cheese.

Pour the blended filling into the prepared pie crust.

Place the pie in the freezer to set.

Once set, slice and enjoy your delicious no-bake carrot pumpkin pie!





LOTTE KREIENSIEK - food photographer.  
Hamburg, Germany

 @little.l.official

 <https://littleloofficial.com>



# No-bake *Pumpkin Pie*





PHOTO FOCUS +

# NO BAKE

## Pumpkin Pie

### TECHNICAL INFO

---

ISO 100  
Camera Canon EOS 6D Mark II  
Lens Canon 50 m, 1.8  
Light Shot with Natural light

Photographer: Lotte Kreiensiek



### THE HARDEST BIT

---

My aim with my pages was to create a warm, autumnal atmosphere. By using round elements in both the props and graphic design I wanted to establish a recurring theme. However, it was a bit challenging to leave enough negative space for text due to the limited room, and to find pumpkins so early in the season.

Backdrop @deli.pics  
Props apalomaa\_ceramics

# Maritozzi Alla Romana

Recipe, photography, styling by Bianca Eleuteri

Maritozzo is a dessert of Roman origin made with simple ingredients, but which can delight the palate of everyone, young and old. It looks like a soft sweet sandwich, filled with whipped cream. In addition to the historical origin of this timeless dessert, there are many legends, stories and studies that attempt to restore the etymology of its name.

Roman scholars and poets such as Adone Finardi, Giuseppe Gioacchino Belli, Giggi Zanazzo tell of an ancient romantic tradition: on the first Friday of March the fiancé gave his fiancée a wedding ring inside which the engagement ring or another object of 'gold.

The origins of the Maritozzo date back to the time of the ancient Romans. At that time, Roman women prepared sweet loaves made from flour, water, eggs, oil, salt, honey and raisins for their husbands who worked in the fields. It was a practical and at the same time substantial meal of undoubted goodness. In medieval times the laborers' sandwich became "Er Santo Maritozzo", the only sin of gluttony they could indulge in during the Lenten period.

# Maritozzi Alla Romana

Recipe, photography, styling by Bianca Eleuteri

## INGREDIENTS

- 250 g “0” flour
- 250 g Manitoba flour
- 10g fresh brewer's yeast or 3 g dry brewer's yeast
- 65 g Water at room temperature
- 175 g Whole milk at room temperature
- 2 whole fresh eggs, preferably organic
- 1 egg yolk
- 75 g fine granulated caster sugar fine-grained
- 10 g Wildflower honey
- 50 g sunflower seed oil
- 1 orange peel, grated
- Salt just a pinch
- 200 ml Fresh whipping cream
- 2 Tablespoons of icing sugar

## METHOD

- In the bowl of a stand mixer, place the flour, yeast, sugar, eggs, honey, and grated orange peel.
- Start the machine and mix the ingredients together.
- Add the sunflower seed oil and salt, start kneading again, and mix everything well.
- Form a loaf, and leave to rise in a bowl covered with cling film until doubled about 3 hours.
- Once the dough has doubled, cut out pieces of dough of 90 grams each and form the loaves for the Maritozzi.
- Place them on baking paper or a silicone baking mat and let them rise until doubled in size, it will take about 45 minutes.
- Turn the fan oven on at 170°C, or the static oven at 180°C.
- Cook for about 18/20 minutes or until they are golden on the surface
- Leave the Maritozzi to cool on a cake rack
- In a bowl, whip the cream with an electric whisk and add the icing sugar
- Cut the Maritozzi and fill with whipped cream
- Dust with icing sugar
- READY!!!



BIANCA ELEUTERI - a food photographer, recipe developer. Ascoli Piceno, Marche, Italy  
@incucinadabia  
[www.incucinadabia.com](http://www.incucinadabia.com)



PHOTO FOCUS +

# MARITOZZI

*alla Romana*

Photographer: Bianca Eleuteri

## TECHNICAL INFO

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ISO	100
Camera	Canon EOS 1200
Lens	Canon 50 mm, 1.8
Light	Natural light



## THE HARDEST BIT

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I took the picture with natural light and my huge window is facing south, I was afraid that too much direct sun would overexpose it, so I took several shots and also changed the background, whether light or dark, then light seemed to be the best choice for what I wanted to convey

Also the choice of props at the beginning on the dark, more reminiscent of baking but then clear and simple.

Backdrop

DYI Board



# Cinnamon Rolls

There is nothing that brings more joy than baking with your children, cramming all the ingredients into a bowl, licking the mixture off the spoon, the eagerness in their cute little faces asking 'is it ready yet' every five minutes. These 'no fuss' low sugar Vegan Cinnamon Rolls are perfect for this time of year and will definitely put a smile on their little faces-happy baking little bakers

Food styling, food photography and recipe by Kerri Leung

KERRI LEUNGH - a UK based Food Stylist,  
Food Photographer and Recipe Developer

 @pumps\_and\_pumpkins

 [www.kerrileungphotography.com](http://www.kerrileungphotography.com)



THE PERFECT BAKE FOR  
SPECIAL OCCASIONS

# READY, STEADY, BAKE!

BAKING WITH CHILDREN



# Cinnamon Rolls

Food styling, food photography and recipe by Kerri Leung

Vegan Cinnamon Rolls - Perfect for the whole family

## INGREDIENTS

- White Spelt Flour (480g)
- Brown Granulated Sugar(5 tbsp)
- Coconut Milk (400g)
- Ground Cinnamon (4 tbsp)
- Baking Powder (2tbsp)

Coconut Icing

- Coconut milk (7 tbsp)
- Icing sugar (3 tbsp)

## METHOD

1. Preheat the oven to 170°C.
2. In a bowl combine all the dry ingredients, whisk together, and slowly add the coconut milk to the bowl, whisk everything together to form a dough.
3. Sprinkle a generous amount of flour on the work surface and transfer the dough onto the surface.
4. Flour the rolling pin and start to roll out the dough add more flour if the dough is sticking to the surface roll the dough into a rectangle about 30 x 25cm long.
5. Sprinkle the cinnamon over the dough, then sprinkle the sugar on top of the cinnamon.
6. Pinch the sides of the dough that are closest to you and start rolling the dough lengthways to form a log.
7. Grease the baking tin with the oil of your choice. Using a sharp knife cut the dough into 8 even-sized slices and place into the baking tin. Bake for 45 minutes or until golden brown.  
Remove from the oven and cool for 5 mins.
8. Add the icing to a bowl add the coconut milk slowly and whisk until smooth you should have a thick consistency.
9. Pour the icing onto the cinnamon rolls and enjoy with family and friends



PHOTO FOCUS +

# CINNAMON *Rolls*

Photographer: Kerri Leung

## TECHNICAL INFO

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ISO 100  
Camera Canon M50  
Lens Canon 18-55mm  
Light Natural light



Backdrop Capture by Lucy  
Props H&M



## THE HARDEST BIT

---

The hardest part of the shoot was trying to capture the movement and to keep my son enthusiastic as he started to get disinterested as we had been shooting for a while. My advice when shooting with children is to make sure you set up your scene beforehand, keep them well supplied with snacks make sure they have as much fun as possible, and continue to be patient until you get the shot you want.



# Cantaloupe Sorbet

By Anila Hysa

You don't need an ice cream maker for this 3-ingredient sorbet. It's a delicious and refreshing fruity recipe, perfect for hot summer days. Best of all, it's dairy-free, gluten-free and vegan!

## INGREDIENTS

- 1/2 cantaloupe cut into pieces
- 2 tablespoons lemon juice
- 1 tablespoon honey or maple syrup.

## METHOD

Place the cantaloupe cut into pieces in a bowl and freeze for at least 6 hours.

Place the frozen pieces of melon, lemon juice, and honey/maple syrup in a blender and blend until smooth. The sorbet should be smooth and you should be able to scoop it with a spoon or an ice cream scooper.

Enjoy immediately or store in the refrigerator in an airtight container. If storing, thaw for 15 minutes before serving so it's not frozen when you want to enjoy it.

ANILA HYSA - Albanian photographer based in Germany.

 [@Um Yammy](https://www.instagram.com/UmYammy)



# CANTALOUPE

## Sorbet

Photographer: Anila Hysa

### TECHNICAL INFO

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ISO	100
Camera	Canon 1300D
Lens	Canon 50 mm 1.8
Light	Natural light



Backdrop

DIY backdrop

### THE HARDEST BIT

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The most difficult thing about this photo was to take it as quickly as possible, as the sorbet melts very quickly from the high temperatures, also the mint leaves after a few shots dried up and did not look fresh at all. During the time I had to shoot this recipe, I was on vacation, I didn't have enough props and it was another challenge to choose which props to use. But it was a nice experience to photograph such a recipe despite the challenges.

# MEET THE TOURNAMENT WINNERS

We organize the Tournament once a year, where our teams compete to create the best content for this magazine.

And, I am excited to introduce to you the winning contributors! Allow me to share more about the talented members, Alice, Linda, Carmen and Yvette!



Linda Feller



Yvette Klubusova



Carmen Sneed



Alice Musacci



Photography & Styling: Kristina Valdiviezo



GET TO KNOW OUR MEMBER

# Linda FELLER

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

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

Hi, My name is Linda Feller. I live in Northern Virginia in the U.S. with my husband and teenage son. I started a lifestyle blog four years ago and that quickly evolved into a recipe blog focused on celebrating all of life's moments, no matter how big or small (mostly because I can talk about food and entertaining all day long).

I nearly went to culinary school once upon a time, so it's no surprise that I find myself here now. I've always had one foot in a creative space, and developing recipes and photographing food is my favorite way to explore that.



## HOW WOULD YOU DESCRIBE YOUR PHOTOGRAPHY?

I love shooting in natural light and my images tend to be bright and full of nature's colors. But, I also like to explore other moods and techniques, from stark minimal to more earthy and moody, and playing with artificial light to see what can happen. When I'm preparing to shoot a recipe, I think about the story I'm trying to tell – is it a cozy, romantic dinner, a holiday bash or a gastropub night – whatever it is, I try to set the tone with light, styling and props to transport the viewer there.

## WHAT AND WHO INSPIRES YOU?

I'm inspired by other photographers all the time! I love to see how they approach a subject – through light, composition, set styling, angles and more. If I'm immediately taken with an image, I have to ask myself why and how can I recreate that feeling in my own work? It's exciting to know there are so many ways to see and approach a subject and then use that to expand your own experience.

## WHAT CLIENTS DO YOU WORK WITH?

I have a special place in my heart for the “mom & pops”, the small artisanal producers and business owners who are at the heart of their communities. But, I'm also a pushover for slick and artful packaging...that's the designer in me talking. I've shot projects for a [hyperlocal blogger](#) who features the best of what her region has to offer and for [Plan to Eat](#), a meal planning application.



WHAT PROJECTS/SERVICES DO YOU ENJOY WORKING ON?

I have experience in food & beverage management, knowledge management, user experience and interior design (weird mix, I know). That's all to say, I'm a creative with a penchant for process engineering...especially if there's food involved. I like teasing out what a client needs, solving problems, and doing it with efficiency and an eye for the artful.

What is your IG, your blog, portfolio website?

You can find me on Instagram at [@sipandsanity](https://www.instagram.com/sipandsanity), and on the web at [www.sipandsanity.com](http://www.sipandsanity.com) and <https://lindafeller.mypixieset.com/>.








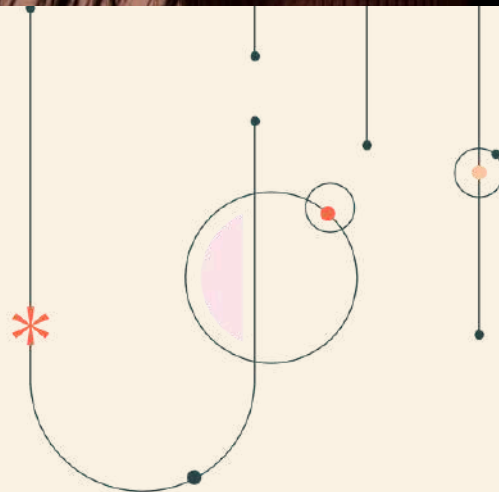
GET TO KNOW OUR MEMBER

# Alice MUSACCI

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

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

I'm Alice, an Italian-born photographer based in the UK. Photography has been a passion of mine since I can remember. Initially drawn to the dynamic nature of movement, I began my career capturing the energy of horses and immersed myself in the world of sports photography. To deepen my craft, I pursued a postgraduate diploma at the British Academy of Photography. After seven years as a professional racehorse photographer,



I shifted my focus to food and product photography, as well as stop-motion animation. Having always been a food enthusiast, I saw this as a perfect opportunity to combine my passions.

HOW WOULD YOU DESCRIBE YOUR PHOTOGRAPHY?

My photography is characterised by a bold, minimalist aesthetic. I'm drawn to vivid colours and strong



directional lighting to create impactful images. I believe in the power of simplicity and focus on highlighting the product's unique qualities. Careful selection of props and backdrops is essential for me as I strive to tell a compelling visual story. My goal is to create images that are not only visually striking but also resonate with the product's essence.

#### WHAT AND WHO INSPIRES YOU?

I find inspiration in a wide range of sources. Books are a lifelong passion, and I have an extensive collection. Beyond books, I'm constantly inspired by the visual world around me, from captivating magazine layouts to striking TV commercials. Museums and exhibitions offer endless possibilities for discovery, while the work of other talented photographers continues to push my creative boundaries.

#### WHAT CLIENTS DO YOU WORK WITH?

I collaborate with a diverse range of clients, including magazines, brands, food bloggers, local businesses, and health and wellness brands. My versatility allows me to adapt to various styles and project requirements. I welcome inquiries from clients across different industries and am eager to discuss how my photography can elevate your brand.

#### WHAT CAN YOU OFFER TO YOUR CLIENTS?

I'd like to find local businesses to support and also health wellness brands.





## WHAT CAN YOU OFFER TO YOUR CLIENTS?

I offer a comprehensive range of photography and animation services tailored to meet the unique needs of each client. From advertising campaigns and product photography to e-commerce imagery and creative concept development, I provide high-quality visuals that effectively communicate your brand story. My expertise extends to stop-motion animation, offering dynamic and engaging content options.

## WHAT PROJECTS DO YOU ENJOY WORKING ON?

I thrive on the entire creative process, from the initial concept to the final image. While I enjoy all aspects of photography, I have a particular passion for stop-motion animation. I find the challenge of bringing inanimate objects to life incredibly rewarding

## CONTACT:

Instagram: [@alicem.creative](https://www.instagram.com/alicem.creative)

Portfolio:


[www.alicemusaccicreative.com/](http://www.alicemusaccicreative.com/)  
(under construction)





## GET TO KNOW OUR MEMBER

# Carmen SNEED

 [@culinart\\_photography](https://www.instagram.com/culinart_photography)

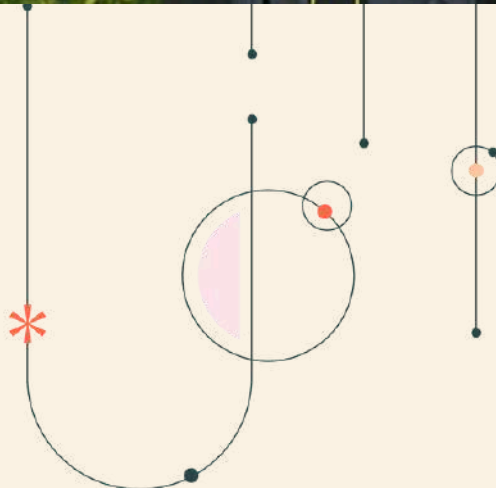
CAN YOU DESCRIBE WHO YOU ARE, WHAT YOU DO AND WHERE ARE YOU BASED?

I love to bake! I love waffles!...anytime and it all started when I asked for my first waffle iron when I was 12. Now, I have 3 waffle irons.

Through 25 years as a licensed commercial designer in Washington, DC, I have never really put my camera down since picking it up at age 18 when I left home for photojournalism school. Behind the camera is my favorite place.

The journey was a lovely winding road of experiences in photography, architecture, and interior design. My style as a food photographer and food stylist is a synergy of photography and design.

I started my food photography journey at the end of the pandemic. And, I have remained behind the camera ever since.





#### HOW WOULD YOU DESCRIBE YOUR PHOTOGRAPHY?

My photography is textural and layered, typically I incorporate a lot of color, while sometimes using the art of black and white photography. When I shoot food I love a dark and moody style. At the opposite end, I incorporate color, sometimes incorporating a monochromatic look along with the food. One of my other favorites is to shoot close-up details

#### WHAT AWARDS YOU HAVE ACHIEVED?

Being on this winning team for the Foodlight.io tournament is my first win in food photography, though years ago, I received an award for fine art photography work.

#### WHAT AND WHO INSPIRES YOU?

I am attracted to design, styling, and attention to detail. I am inspired by the sea color, and how details in nature can be mimicked and transformed. I am inspired by past mentors who have brought beauty into this work through their craft of art, architecture, and photography. I am highly attracted to the simplicity of design within Japanese culture.

#### WHAT CLIENTS DO YOU WORK WITH?

My focus so far has been on local small businesses including chefs. I have also worked with artists and jewelers whose work I have photographed.





WHAT PROJECTS/SERVICES DO YOU ENJOY WORKING ON?

I like to photograph food of course. I enjoy styling with the challenges of building, constructing, and working with all the various shapes in a table scene or a simple item with a minimal number of ingredients. I love photographing and styling the structure and form of baked items, cakes, sandwiches, and salads to help define the details that create a form. Colorful foods such as herbs and spices can be a fun styling and photo challenge.

CONTACT:


Instagram: [@culinart\\_photography](https://www.instagram.com/culinart_photography) on Instagram and [CulinartPhotography.com](https://www.CulinartPhotography.com) (online portfolio opening 9/15/2024)





## GET TO KNOW OUR MEMBER

# Yvette KLUBUSOVA

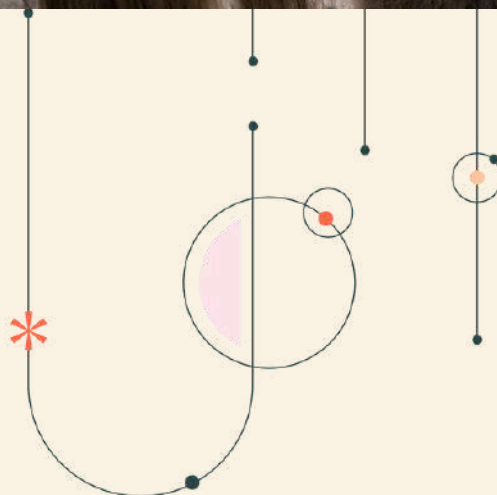
 [@flavorsinbite](https://www.instagram.com/flavorsinbite)

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

I'm currently based in Berlin, Germany, but I'm originally from the Czech Republic, where I studied graphic design. However, my true passion has always been food. I began cooking for my family at a young age, experimenting with recipes from magazines and cookbooks. This passion led me to start a food blog and an Instagram page, where I shared my culinary creations. Over time, I fell in love with food styling and photography, which I now pursue professionally.

HOW WOULD YOU DESCRIBE YOUR PHOTOGRAPHY?

I would describe the photos I create for my own pleasure as moody, with a play of light and shadow, often carrying a subtle 'romantic' touch. However, I'm versatile and can easily adapt to a client's needs, creating more 'clean' and polished photography when required.





#### WHAT AWARDS YOU HAVE ACHIEVED?

I'm very proud to have been one of the winners of the Master the Art of Food Photography Instagram challenge, organized annually by Jena Carlin. Additionally, I was honored to be a finalist in the Food Art Project challenge.

#### WHAT AND WHO INSPIRES YOU?

I'm inspired by other photographers, particularly in how they use light, composition, styling, and colors. When an image captivates me, I think about how I can incorporate certain aspects into my own work. I also enjoy browsing Pinterest, especially non-food photography, as it often sparks ideas that I can adapt to client projects.

#### WHAT CLIENTS DO YOU WORK WITH?

My very first client was a company specializing in coffee, and over the years, much of my work has focused on coffee-related photography. I also have a passion for baking and capturing sweets, so several of my clients are bakers, including a cupcake store and individual bakers.

#### WHAT PROJECTS/SERVICES DO YOU ENJOY WORKING ON?

I particularly enjoy working on projects that allow me to explore the artistry of food styling and photography. Creating visually compelling images for coffee brands, bakeries, and dessert shops is something I'm especially passionate about, as it combines my love for both food and creativity.





Lately, I've also been enjoying shooting food festivals, which offer a vibrant and dynamic setting to capture diverse culinary experiences. I also relish projects that challenge me to think outside the box, such as creating moodier, more atmospheric shots or adapting non-food concepts into food photography. Whether it's developing recipes, styling a shoot, or capturing the perfect shot, I love being part of the entire creative process.

CONTACT:

IG: @flavorsinbite

Portfolio: <https://yvettekлубus.com/>



# PLACES OUR MEMBERS RECOMMEND

Photography : Birgit Mayled



YOU CAN TAKE A TOUR TO LEARN ABOUT THE WORK OF ISLAND CREEK OYSTERS AND HAVE A FEAST ON THE BOAT DURING THE SUMMER MONTHS!

# Island Creek Oysters

By Elisabet Juan Roca

On the fresh Atlantic waters of Duxbury Bay, Massachusetts, you can find a good amount of these little floating houses. They belong to the Island Creek Company, created by neighbor Skip Bennett almost 25 years ago. They are not actual houses, but hold a marine treasure: the Eastern Oyster. The planting of the animals in the sea is the last step of a long process.

It actually starts right on that shore, in the hatchery, where lots of oyster larvae are created each year. Most don't survive, but the ones that do and grow enough to become oysters will be a beautiful treat for the senses. The company sells its bivalves everywhere in the States and to the best chefs in the country, like Tomas Keller, who receives 5000 oysters a week for his restaurants. The oysters don't only taste great but are also essential to keep the health of the bay as 1 single oyster can filter up to 50 gallons of water a day!





# Indian Food Festival in Berlin!

By Yvette Klubusova



ON YOUR WAY TO UBER PLATZ, TAKE A STROLL ALONG THE EAST SIDE WALL, NOW ADORNED WITH RENOWNED PAINTINGS THAT HAVE TURNED IT INTO A VIBRANT OPEN-AIR GALLERY

On the lively streets right in front of Uber Platz Arena, Berlin, each summer you'll find a vibrant celebration of Indian culture at the Traditional Indian Food Festival. For nearly a decade, this event has brought the rich flavors of India to the heart of the city, showcasing an array of authentic dishes crafted by skilled chefs. The journey begins with the freshest ingredients, sourced directly from local markets, and culminates in the creation of mouthwatering delicacies, from aromatic curries to sizzling street food. Beyond the food, the festival is a cultural immersion, featuring traditional dance, music, and artisanal crafts that capture the essence of India. It's not just a feast for the palate but a celebration of community and cultural exchange, right in Berlin.





# Domori Chocolate



ESHOP: [WWW.DOMORI.COM](http://WWW.DOMORI.COM)

DOMORI STORE IN TURIN: P.ZA S. CARLO, 177, 10123 TORINO TO

By Lucia Marecak

DOMORI, a name synonymous with luxury and quality, has been a beacon of fine chocolate making since its inception in 1997. Based in None, near Turin, DOMORI was founded by Gianluca Franzoni with a singular vision: to create chocolate that honors the true essence of cocoa. Today, the brand stands as a testament to the power of passion and craftsmanship.

What sets DOMORI apart is its unwavering commitment to excellence. The brand is celebrated for its use of the rare Criollo cocoa, which is often described as the finest and most delicate variety in the world. DOMORI's chocolates are meticulously crafted, with each piece reflecting the unique characteristics of the cocoa from which it is made. The result is a range of chocolates that are as diverse in flavor as they are rich in history.

DOMORI's dedication to quality extends to their gelato shop, located in the heart of Turin. This inviting space offers a delightful array of artisanal ice creams, each crafted with the same care and precision that define their chocolates. Visitors can enjoy a wide selection of flavors, many of which draw inspiration from DOMORI's own chocolate recipes, creating a harmonious blend of tradition and innovation.

At DOMORI, values like sustainability and ethical sourcing are more than just buzzwords—they are integral to the company's identity. From supporting cocoa farmers to reducing their environmental footprint, DOMORI's practices reflect a deep respect for the planet and its people.

For those exploring Turin, a visit to DOMORI's store is an experience not to be missed. You can find the store in P.za S. Carlo, 177, and visit their online shop at [www.domori.com](http://www.domori.com)



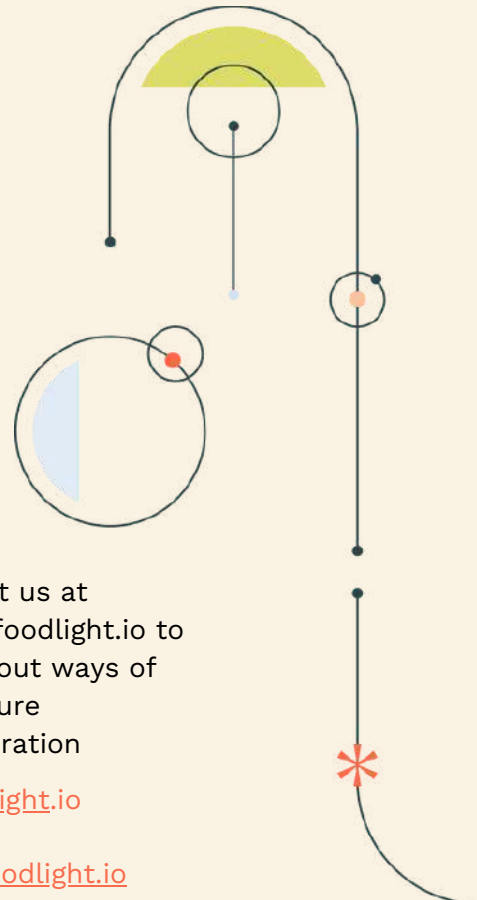
# BECOME OUR SPONSOR

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](mailto:lucia@foodlight.io) to talk about ways of our future collaboration



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Photography & Styling: Kristina Valdiviezo



Photography & Styling: Valérie Ana Misskind



Photography & Styling: Natalie Behm



# FOOD CONNECTS US

MAGAZINE OF THE  
MEMBERS' CLUB

ISSUE #6  
SUMMER 2024

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## WANT TO COLLABORATE?

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[www.foodlight.io](http://www.foodlight.io)

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