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## **FN Digital Production Dos and Don'ts**

Creating culinary content for distribution is different from cooking at home. Our productions need to follow best practices for safety, copyright and protocol reasons.

We expect all talent, producers and culinary producers to follow common food preparation safety protocols. Below are some lesser-known rules that should also be observed.

### **Tasting:**

Don't taste or touch hot caramel, candy or any hot sugar on camera without following proper safety protocols. Is it not okay to say "Don't try this at home."

### **Frying:**

Observe proper safety guidelines when cooking with hot oil and deep-frying. Use the proper tools to turn and lift foods--not your hands.

### **Glass Baking Dishes:**

Never put a glass baking dish under the broiler; the dish can crack. For lasagnas, gratins and anything that needs finishing under a broiler, use a metal baking dish, not a Pyrex dish. You can use ceramic, but make sure it is broiler-proof.

Similarly, don't put a glass dish over an open heat source such as a gas or electric burner, in a toaster oven or on a barbecue grill. Use a metal dish, not a Pyrex dish.

### **Lesser-Known Ingredient Safety:**

Flour: Consumption of raw or undercooked flour may increase the risk of food-borne illness. If you are featuring a raw cookie dough recipe or something similar, the recipe must include instructions for heat-treating flour (via microwave or stovetop). This means you should not taste raw cookie dough on camera unless it is eggless and made with heat-treated flour.

Garlic: Garlic should not be stored in oil at room temperature because it provides conditions for botulism. Instead, garlic in oil should be stored in the refrigerator for up to 7 days. This applies to flavored oils, marinated sun-dried tomatoes, dressings and other condiments with garlic cloves.

Raw Eggs: If you are using eggs that won't be cooked, you need to cover safety rules--you can use pasteurized or remind people not to serve raw eggs to infants, people with compromised immune systems, pregnant people and the elderly. This should be covered verbally or in graphics. Do not taste raw egg mixtures on camera.

Alcohol: Use extreme caution when igniting alcohol. Remove the pan from the heat source before adding the alcohol. Pour the alcohol into the pan and carefully ignite with a match or click lighter. Return the pan to the heat and gently swirl to reduce the flames.

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**Leftovers:** Leftovers and meal-prepped food are safe to eat for up to 4 days in the refrigerator according to the USDA. Do not tell viewers a dish will "last for a week."

**Food at Room Temperature:**

The USDA calls for refrigerating food after 2 hours at room temperature, but preferably you would not marinate raw meat, poultry or seafood at room temperature for more than 30 minutes. The 2-hour rule applies to all food--raw, cooked, dairy and the rest.

Examples: You cannot strain cheese overnight on the counter.

You cannot tell people to leave a prime rib out to come to room temperature for 4 hours.

**Pickles, Jams and Preserving:**

Unless otherwise approved, all jam-making and pickling should be for the refrigerator or freezer with the appropriate expiration dates.

Processing/preserving/canning food in boiling water must follow very specific protocols for safety and legal reasons. A talent demo that includes processing and canning with boiling water and jars must be approved in advance and the step-by-step method must follow Food Network Kitchen's guidelines (available upon request).

**Brand Names and Trademark Phrases:**

Please avoid calling for ingredients or equipment by brand name; use a generic name instead.

Examples: 1 tablespoon hot sauce **not** 1 tablespoon Tabasco.

Call for a food processor instead of a Cuisinart. (See FN Reference Branded Products and Generic Equivalents one sheet for more examples.)

If a recipe title contains a brand-name product, that product must be an ingredient. For example, Oreo Cheesecake must call for Oreos in the ingredient list. We cannot make a giant Oreo recipe and call it Giant Oreo if there are no Oreos in the ingredient list.

**Super Bowl, Olympics and Other Forbidden Terms in Recipe Titles:**

Some recipe titles and words are trademarked, and we are legally prohibited from using them.

Creamsicle

Crunch Wrap

Dark and Stormy - this term may only be used if you call for the brand Goslings

Derby Pie

Fluffernutter - this term may only be used if you call for the brand Marshmallow Fluff

Frito Pie

Frito Chili Pie

Funfetti [call it Confetti Cake]

Olympic

Popsicle [call it Ice Pop]

Slush or Slushy

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Slutty Brownies [call them tk-Stuffed Brownies]

Super Bowl [call it Game Day Tacos]

Super Size

Surprise-Inside

Turtle

Walking Tacos

### **Health Claims and Nutrition Talking Points:**

Food Network Kitchen believes that healthy eating can be flavorful, unique and interesting-- while also providing nutritional benefits. Please keep the following in mind when discussing food:

- Do not make definitive health statements or give medical advice. Always use the word may or might: "One study had results that suggested X **may** improve Y."
- Do not villainize carbs, proteins, fats, food groups or individual foods. Offer a service or alternative: "When I feel like eating fewer carbs, I eat this burger on a salad instead of a bun."
- Do not advocate for food as medicine or as a means of getting skinnier or more attractive. Talk about another benefit of the food: "Sautéing with a little coconut oil adds great flavor as a dairy-free alternative to butter."

Note: All recipes for the elimination and macro diets Whole30, vegan, paleo, gluten-free, keto and low-carb will be vetted by FNK before production. Ingredient lists and methods may be adjusted to fit specific dietary parameters.

**We're here to help!** Please contact us with any questions: Lygeia Grace, Director, Culinary Editorial: [lygeia\\_grace@discovery.com](mailto:lygeia_grace@discovery.com) or Danielle Strain, Director, Culinary Production: [danielle\\_strain@discovery.com](mailto:danielle_strain@discovery.com).