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## **FNK Live Hosted Video Recipe Guidelines**

We are delighted you will be participating in a Food Network live cooking demo. Here are some guidelines for choosing a recipe.

### **Recipe Source:**

The recipe should be original: It can be developed by you, from your cookbook, from your blog, etc. Note: If the recipe comes from a cookbook or is inspired or adapted from another recipe (yours or someone else's), please indicate as such when you submit so we can post the recipe with the appropriate legal copyright.

Please indicate if the recipe already exists on foodnetwork.com.

The recipe should be tested, include testing photographs and work as written. If there is a concern or need for further testing, please voice it when you submit your recipe.

If you have been tasked with providing a new recipe, please see [New Recipe Development One Sheet](#) for definitions as to what constitutes a new recipe. Production Management will provide the One Sheet if you don't have it already.

Please see the [One Sheet Recipe Rules](#) for information on developing and writing a recipe. If you need recipe development support, please contact the Food Network Culinary Team.

### **Time:**

The recipe should take between 20 and 30 minutes total to make from beginning to end. Preparing mise en place is included in this timeframe.

Exceptions: We can feature a dish that takes longer than 30 minutes if all the prep is done within 30 minutes and then it goes to cook, roast, chill or set and does not require additional finishing at the end. Example: A pie that comes out of the oven ready to be eaten. In this case, we can provide a swap of the finished dish.

Pre-cooked food is admissible if it is part of a technique demo that starts with a finished food item. For example, a buttercream rose demo that starts with a finished cupcake.

Good Recipes for Live: Stir-fry, frittata, mini frosted muffins, icebox cake (comes out finished), pancakes, dips, pizza pockets, caramel popcorn, shrimp scampi, chicken alfredo, sheet pan dinner, side dishes that do not require long roasting times, salads, picnic/grain salads.

Bad Recipes for Live: Turkey (requires basting), baked goods that require additional steps after baking, crème brulee (long baking and chilling time), yeasted breads.

### **Ingredients:**

Use up to 12 ingredients: Salt, pepper, oils and butter are not included in the 12 ingredients; consider them "free."

### **Cooking Method:**

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The cooking should occur primarily on the stovetop with exceptions for short-term roasting and broiling. Long roasting and baked items will be approved at the Culinary Producer's discretion. Slow cooker and Instant Pot meals will be considered on a case-by-case basis.

**Yield:**

Main courses, sides and salads should make 4 servings or 4 to 6 servings.

Holiday meals should be scaled to serve the appropriate number of people (usually 8 to 10).

Desserts such as muffins, cookies and so on should be in batches of 12, 24 or 36.

**Equipment:**

The recipe should require a limited number of tools and equipment. Specialty equipment, such as a pasta maker, is admissible if appropriate to the theme of the demo.

**Ease of Preparation:**

Recipes should be easy to intermediate level. Expert level demonstrations will be approved case by case.

**Points to Keep in Mind When Choosing a Recipe:**

This is a cook-along format. You will be demonstrating the full recipe from beginning to end.

Choose a recipe you feel comfortable talking about: You will explain every step of the recipe, plus any prep tips, ingredient information, personal story related to the dish, etc. The FN culinary team can provide talking points if requested.

Viewers will have ingredients gathered and some prep done, such as having butter at room temperature. (These are listed as Do Ahead in prep instructions.) The rest will be prepared during the demo.

You will start the demo with your mise en place. Some prep may be done in the middle of the demo when appropriate, such as grating a clove of garlic into a vinaigrette.

The demo should wrap up with you plating and tasting one bite of the dish. Be prepared to talk through flavors, textures and other relevant notes.

There will be an element of Q&A with viewers in real time. Be prepared to continue cooking while you answer questions. You will be supported by the culinary team on set.