

## **FNK On Demand Hosted Video Recipe Guidelines**

We are delighted you will be participating in a Food Network hosted 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](http://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:**

Choose recipes with an active time prepping and cooking of 1 hour or less. This is a cook-along format and you will be demonstrating the full recipe from beginning to end. Preparing mise en place is included in this time frame.

If something must braise, simmer, chill, etc., the viewer will be able to pause the video and restart at a later time. We will provide recipe swaps for various stages of cooking.

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 shows how to make and use buttercream and starts with a finished cupcake.

### **Ingredients:**

Use up to 18 ingredients: Salt, pepper, oils and butter are not included in the count; consider them "free." Keep in mind the scope and limitations of a home cook's pantry. A weeknight dinner should have no more than 12 ingredients. Include information about specialty ingredients in the recipe when possible.

### **Cooking Method:**

To keep users engaged, a significant part of the recipe should be demonstrated on camera or, you should be able to share tips, techniques or other culinary information as takeaway.

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**Grilling:** We will be shooting on an indoor set and any recipe should be adaptable to a grill pan. Exceptions will be dependent on location of shoot.

**Batches:** Assume you will demonstrate cooking through 2 to 3 batches (such as cutlets), but if there are larger numbers, as in cutting dozens of cookies or frying doughnuts, swaps will be provided.

**Recipes to avoid:**

Avoid smoker recipes (we don't have one on set), deep-fried turkey, whole animal roasting or other large-format recipes that require equipment not found in a home kitchen.

Recipes with multiple swaps. It's hard to keep up with them and the user can have trouble following along.

**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 (including making batches).

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.

Users 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 the dish. Be prepared to talk through flavors, textures and other relevant notes.