



Culinary Requirements

If you have any questions about these guidelines, or would just like to discuss the food aspect of your production, please call us.

Contacts

For production or culinary content questions, please contact:

David Mechlowicz Director of Culinary Production	646-336-3693	david_mechlowicz@discovery.com
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For culinary editorial questions, please contact:

Lygeia Grace Director, Culinary Editorial	646-336-3692	lygeia_grace@discovery.com
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For information on sourcing foods, set appliances and location kitchen advice, contact:

David Mechlowicz Director of Culinary Production	646-336-3693	david_mechlowicz@discovery.com
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For billing and budget information, please contact:

Suzanne Keating Senior Culinary Production Manager	646-336-3621	suzanne_keating@discovery.com
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****Contact David Mechlowicz and your programming executive as soon as show is green-lit to determine whether or not recipes will be a required deliverable.**

- If recipes are required for shows, they must be delivered via Deal (Producers Portal) on the designated recipe PDF form **30 days prior to airdate.**
- If Food Network staff are working on your shows, recipes must be delivered **30 days prior to tape date** and must be delivered in word documents. PDFs and other formats will not be accepted.
- All submitted recipes must follow the Recipe Rules on page 5 of these guidelines.

*******All food used on shows must be sustainable.** Sustainable fish lists can be found on: [Monterey Bay Seafood Watch website.](#)

*******Food items that are regionally illegal or questionably harvested cannot be used.** This includes but is not limited to: foie gras, snakes, shark, bear meat and rats. If you have a question about what can and cannot be used, please contact David Mechlowicz



Food Network Culinary Production offers any combination of the following services to commissioned productions – **at no expense**. Contact David Mechlowicz for more information.

Menu

Culinary Budgeting: FN Culinary Producers can help you budget for culinary needs including staffing, food, equipment, expected overtime and rentals.

Content: FN Culinary Producers can assist you in recipe selection (with a focus on viewer interest, possible duplication with other shows, creating interesting show menus from talent cookbook, etc).

Recipe Vetting: The recipes you present on air *must be original* or used with the written permission of the chef-author and their publisher. If you are unsure of a recipe's origin, please contact us to help in the vetting process.

Culinary Research: We can provide simple research from Food Network library, if necessary. Depending on the scope of research needed, there may be some associated fees. Contact us for more information.

Culinary Scripting: Writing act-by-act food scripts that break down recipe steps into timed segments so that food can be prepared by back kitchen staff in advance to expedite your shooting day. Contact us for more information.

Talking Points: Bulleted food facts, tips and history pertinent to recipes and product used in the show.

Advice: If you need any input on the value or interest of a food topic or recipe, or if you are having trouble communicating with your talent, please feel free to contact us.

Challenge Development: Create and/or hone competition reality challenges. We can help to devise plausible and executable challenges or troubleshoot already devised challenges.

Culinary Logistics Assistance: Help productions navigate culinary logistics for travel/competition/location based productions/challenges. **We can also help with scouts and provide staff during productions, but there will be associated fees. Please call us for more information.*

Rough Cut Review: Review rough cuts and provide notes on culinary content/accuracy.

Recipe Editing: All show recipes will be copyedited so they can be published to the web, are clear and use correct spelling, grammar and punctuation.

Food Sourcing: if you are having trouble finding an ingredient or need advice about vendors, please contact David Mechlowicz.

Tradeouts: Tradeouts for on-set cooking can often be provided by Food Network. Please contact David Mechlowicz for information and assistance with tradeouts. Please note that tradeouts are not guaranteed, so you should include money in your equipment budget to cover all equipment costs. Props, tabletop plates and glassware are not included in potential tradeouts.



A la Carte

We also offer several services that can be billed to you. Please contact Suzanne Keating for information about costs and information as to how billing is handled.

Staffing

- Culinary Producer *(there is no day rate for a staff CP, but production is responsible for travel, lodging, transportation and per diem expenses. Please call for more information.)*
- Food Stylist on set
- Cook(s) in back kitchen
- Dishwasher
- Shopper/Runner
- Research
- Editorial assistance

Staff travel, lodging and per diem expenses will be added to above.

Food Network can assist you in contracting freelance cooks and shoppers on various locations as well.

Talent Training/Recipe Development: We can work with new talent to train them to develop recipes. We can also test new recipes with talent with an eye to how it will be made on television. Contact us for cost estimates.

Producer's Checklist

Before starting up, please review the following questions that come up often in producing Food Shows.

Prop Stylist/ Props/Art Department and Tradeouts	<ul style="list-style-type: none"> • Art Department should be responsible for tabletop plates, flatware and glassware for final beauty dishes or dinner settings, side towels used by talent/contestants and pantry containers. • Remember that pots, pans, knives, baking equipment, utensils and small appliances for use on your set may be able to be traded out. Please contact David Mechlowicz for information. • Please note that you should plan on independently storing any tradeout items between seasons/after shooting.
Set/Location Kitchen Needs	<ul style="list-style-type: none"> ▪ Countertops – How much workspace will chef/contestant need? ▪ Cooktop - Gas or electric? How many burners? Are there location regulations for using gas or propane? Are permits required? ▪ Grill – If needed – Indoor? Outdoor? Consider venting/position. ▪ Oven - how many available on set? Convection or not? ▪ Plumber and/or qualified technicians should be responsible for all gas/water hook-ups. ▪ General ventilation and fans for smoke in studio kitchen. ▪ Air conditioning? ▪ Refrigerator/freezer space. (Remember this may need to be propped.) ▪ Water for handwashing/cooking? ▪ What are trash needs? ▪ Mats for ground around cooking area?
Back Kitchen Needs	What spaces are available for a back kitchen? Consider sound issues.

	<p>Rentals needed for back kitchen may include the following items:</p> <ul style="list-style-type: none"> ▪ Ranges ▪ Refrigerators ▪ Sinks ▪ Water source ▪ Fans/portable AC/portable heat ▪ Work tables ▪ Metro shelving ▪ Lighting ▪ Tenting if outdoors ▪ Electric ▪ Increased garbage pickup ▪ Dumpsters ▪ Transportation ▪ Headsets/walkie talkies ▪ Monitor ▪ Mats
<p>Beauties</p>	<ul style="list-style-type: none"> ▪ An area should be designated for the shooting of beauties. ▪ Beauties should be shot as soon as possible after the making of the food. ▪ There should be camera, lighting and food stylist assigned to beauties.

Recipe Rules for Talent and Productions

Recipes must be **original**, conceived and **written by you** and **tested** by a third party to ensure that they work. If your recipe comes from a cookbook or is inspired or adapted from another recipe (yours or someone else's), please note it.

When delivering recipes post-production, include **final recipe edits** made during production, and post to Deal (Producers Portal) in the designated PDF recipe form no less than **30 days prior to airdate**.

Recipes **should make sense for the home cook**. This means:

- Distinct ingredient and method sections.
- Amounts for all ingredients and method section written in complete sentences.
- All ingredients listed should be referenced in the method, in the order they appear.
- Include any sub-recipes at the end of the main recipe (e.g. sauce or frosting).
- Yield for 4 to 6 servings whenever possible.

Make **recipe titles specific**; take into consideration **the episode theme** and **online searchability**.

Indicate **courtesy** lines and **copyrights** according to **talent's contract**. If a recipe is taken from a book, you must confirm you have permission to reprint it; please include copyright information.

Call for **ingredients in whole form when appropriate** (e.g. 2 stalks celery, minced versus 1 cup minced celery). This is more shopping list friendly for consumers than 1 cup minced celery.

Use **generic names** for ingredients, not brand names (e.g. call for hot sauce, not Tabasco).

Always include **yield, active time and total time** (noting significant periods of rising, marinating, chilling, etc.) for all recipes, including sub-recipes.

Use **standard American measurements**: teaspoons, tablespoons, cups, ounces and pounds.

When describing method, first give a **physical cue**, then the **cooking time**. (e.g. Cook the mushrooms until golden brown, about 5 minutes.)

Write the recipe **in your own voice** and include headnotes, tips and personal anecdotes about the recipe. This is a good way to connect with your audience.

For pre-production, group recipes from each episode into one file. Use **episode name and show code** as the title of the document. Start each recipe with the **series title, episode name and show code**. (See attached template and examples.)

Formatting:

- Use plain formatting (no indents, italics or bullets).
- Use sentence casing; do not capitalize all letters.
- Spell out all words and write out fractions (e.g. tablespoons **not** T, 1/4 **not** ¼).
- No special characters (number **not** #, and **not** &, 350 degrees F **not** 350°F).
- Please see RECIPE TEMPLATE at the end of this document.

References:

Please consult *American Heritage Dictionary* and *Food Lover's Companion* for any spelling questions. <https://ahdictionary.com/>



We're here to help! Please contact us with any questions: Lygeia Grace, Director, Culinary Editorial: lygeia_grace@discovery.com.

Recipe Delivery

All recipes must be submitted through Deal (Producers Portal) in the designated PDF recipe form no less than 30 days prior to airdate. <https://producers.discovery.com/producersPortal/>



RECIPE TEMPLATE

Please save this page as a separate document and use it for all your recipes.

Show Name:

Episode Name:

Episode Number:

Recipe Title:

Recipe courtesy of author:

Copyright (for talent or cookbooks):

Headnote [this can be left blank]

Ingredients:

Method:

Special equipment:

Cook's Notes: [Tips or Notes]

Yield:

Active Time:

Total Time:

Ease of preparation:

Reference photo for stylist: [thumbnail shot during recipe test smaller than 1 MB]

Recipe Example 1

**JOE SHMOE COOKING SHOW
FANCY CHICKEN EPISODE
CSH0100**

Chicken with Leeks, Watercress and Radish
Recipe courtesy of Joe Shmoe

3 tablespoons vegetable oil
4 bone-in skin-on chicken breast halves (2 1/2 to 3 pounds)
Kosher salt and freshly ground black pepper
4 tablespoons unsalted butter
4 radishes, thinly sliced into rounds
2 leeks (white and light green parts), halved lengthwise, sliced crosswise and rinsed (see Cook's Note)
1/4 cup dry white vermouth
1/3 cup heavy cream
1 bunch watercress, stems trimmed (reserve a few sprigs for garnish), roughly chopped

Preheat the oven to 350 degrees F.

Heat a large skillet over medium-high heat; add the oil. Pat the chicken dry and sprinkle with some salt and pepper. Lay the chicken skin-side down in the skillet and cook, undisturbed, until the skin is golden and crispy, about 4 minutes. Add a nut-size bit of the butter to the skillet and when the butter smells fragrant, flip the chicken and cook until opaque, about 4 minutes more. Transfer the chicken to a baking dish or roasting pan and bake just until firm to the touch, 10 to 12 minutes.

Meanwhile, pour all but 1 tablespoon fat from the skillet and return it to the heat. Add the radishes and leeks and cook, tossing, until wilted, about 4 minutes. Season with 1/2 teaspoon each salt and pepper. Add the vermouth, bring to a boil and reduce until syrupy, 1 to 2 minutes. Stir in the cream and bring to a boil. Remove the skillet from the heat, add the watercress and toss until just wilted. Add the remaining butter and swirl the skillet until it melts. Stir in any chicken juices that have collected in the roasting pan. Spoon the leek mixture onto 4 plates and arrange the chicken breasts on top. Garnish with the reserved watercress sprigs and serve.

Cook's Note: Quick-clean leeks by slicing in half lengthwise, then cutting crosswise. Put in a colander set into a big bowl of cool water. Swish sand and dirt free and lift out.

Yield: 4 servings
Active Time: 30 minutes
Total Time: 45 minutes
Ease of preparation: easy



Food Handling Guidelines

The proper handling of the foods that are being demoed on camera or prepared by talent/contestants is of utmost importance to Food Network.

Our concern is that producers, contestants, talent and our viewers are given appropriate information or warnings about the safe handling of food to avoid food-borne illness or kitchen accidents.

Your Set

When designing your set, whether it is in a studio or other location, there are a few things to keep in mind to keep things sanitary, looking clean and easy to clean up after each segment to keep production moving along.

- It is essential to start with clean counters. When choosing a material for the counters, keep in mind that they should be able to be wiped down quickly and easily. When designing or sourcing counters for location shoots, make sure they are nonporous, sturdy enough to chop on and approximately 34 inches in height. Tables should be durable enough to hold several hundred pounds.
- If there is no sink on set, there should be a large bowl under the counter with soapy water or a mild bleach solution. This can be used for talent/contestants to clean hands off camera after dealing with raw meats or chicken. Hand sanitizer should also be provided. Please also provide several cutting boards per person. **If you plan on feeding the public, please make sure to follow local health department guidelines, which often require an actual hand washing sink.
- Always keep a large supply of clean kitchen towels on set for the talent. A new one should be used after the handling of any raw meat, fish or chicken.

Hand Washing

Wash hands frequently:

Hands should be washed thoroughly with hot soapy water. Dry hands with clean paper towels.

Hand Washing

1 Proper hand washing procedure: Hands should be washed thoroughly with hot soapy water for a minimum of 20 seconds. Remember to lather up to the elbow. Pay special attention to nails, fingertips, backs of hands and in between fingers.

2 Hand washing circumstances: Hands should also be washed in the following circumstances:

- Before the start of food preparation
- After handling garbage
- After tending to a sick person, blowing your nose, sneezing or coughing
- After using the bathroom
- After handling raw meats or eggs
- Between handling different food items, such as raw meat, poultry or fish and vegetables (Don't forget to wipe off the sink faucet and handles.)
- After handling raw eggs and eggshells
- After touching a pet
- After touching your face or hair

Prevent Cross Contamination

Bacteria from raw meats that are spread to other foods, utensils or surfaces is called "cross contamination." This important and multi-faceted category includes the following components:

Raw meats, poultry and fish: Mixing raw meats with ready-to-eat foods is the primary source of cross contamination.

- Always separate raw meats from produce and ready-to-eat foods.
- At the store, have the cashier bag raw meats separately.
- At home, always store raw meats on the bottom shelf of the refrigerator so meat juices won't drip on other foods. This can also be avoided by placing raw chicken and meats on a plate before placing in the refrigerator.

Kitchen counters should be kept meticulously clean.

- Do not let pets walk on work surfaces and don't sit on work surfaces.
- Whenever you have finished working with raw fish, meat or poultry, clean the counters well before introducing a new food.

Washing counters: After any food prep, counters should be washed well with hot soapy water and then disinfected with a bleach solution (1 tablespoon of bleach to 1 gallon of water).

Wash cutting boards with hot soapy water after each use.

- **Sanitizing cutting boards:** Plastic and wooden cutting boards should be sanitized with a bleach solution or by washing them in the dishwasher on the sanitize cycle. To make a bleach solution, use 1 tablespoon of bleach to 1 gallon of water.
- It is a good idea to have separate cutting boards, one for meat, fish and poultry, and one for foods that will be served raw.
- Cutting boards, especially wooden ones, should be visually checked to assure that food is not getting imbedded in cracks or crevices.
- Throw out cutting boards when they are excessively worn or have developed hard to clean cracks.

Kitchen dishcloths, sponges and aprons: Repeatedly using the same cloth or sponge to wipe counters spreads germs and bacteria.

- Put sponges through the dishwasher sanitize cycle.
- Avoid wiping your hands on your apron, as you will pick up bacteria from the last time you wiped your hands.
- When handwashing dishes, allow them to air dry – don't use towels to dry them, as this will spread germs.

Use different utensils and serving pieces for cooked and raw food.

- If you take raw meat, poultry or fish to the outdoor grill, have a new container to put it on after it is cooked.
- Wash or replace cutlery and utensils that were used while product was raw.
- If your meat, poultry or seafood was in a marinade and you would like to use the marinade as a sauce, bring the marinade to a boil for at least 3 minutes before using.

Handling of Raw Foods

Improperly handled raw foods, including fruits and vegetables, can lead to cross contamination and food-borne illness. Keep the following in mind:

Uncooked foods must be washed well.

- Wash lettuce well (even pre-washed) by soaking in a bowl of cool fresh drinkable water. Change water several times until perfectly clear.
- Don't forget to wash fresh herbs and sprouts before using.
- Clean berries and other fruits under running water; the friction of the water will brush off any bacteria.

- It is important to wash melons and other large fruits and vegetables that are not going to be cooked. Remember, they came from a farm, grew on dirt and have been handled by numerous people. If you cut an unwashed melon, bacteria from the surface will be pushed inside by the knife.
- To prevent cross contamination, always wash foods in a bowl, not in a water-filled sink.
- It is not necessary to wash chicken or meat prior to cooking it as proper cooking will kill any bacteria. Blotting with paper towels can remove any unwanted juices. Washing can actually spread bacteria to your sink bowl and counter. If you DO wash raw chicken, meat or fish, be sure to wash the sink, faucet and handles well to prevent cross contamination.
- Raw meats, chicken and fish should be stored on the bottom shelf of the refrigerator or in the meat drawer. That way, if the meat leaks or drips, it will not contaminate the foods below it. Raw proteins can also be stored on a plate.

Proper Refrigeration and Freezing

Danger Zone:

Bacteria grow rapidly between the temperatures of 40 degrees F and 140 degrees F. This temperature range is known as the "Danger Zone." Proper storage, holding and cooking of foods is always about minimizing the amount of time foods are at these temperatures. Pathogenic bacteria thrive in the Danger Zone; certain strains can double in number every 20 minutes. These are the bacteria that cause food-borne illnesses, but do not affect the taste, smell or appearance of the food.

- Any foods that have been in this temperature range for 2 hours or more should be discarded; they might taste all right, but can make you very sick.
- Don't marinate food at room temperature. Foods that need to marinate must be refrigerated.

Refrigeration:

Your refrigerator is one of the most important items in your kitchen for keeping foods safe.

- Always refrigerate perishable items immediately to minimize reproduction of pathogenic bacteria.
- Refrigeration will not, however, completely protect foods from spoilage bacteria. This family of bacteria can multiply at low temperatures and diminish the quality of foods, contributing to off-flavors and aromas.
- It is important to maintain the temperature of your refrigerator below 40 degrees F. Ideal refrigerator temperature is between 36 and 38 degrees F.
- Frequently check the temperature with an appliance thermometer. If your refrigerator exceeds 40 degrees F for over 2 hours, dispose of all perishable foods. Keep the thermometer in the middle of the refrigerator when measuring.
- When refrigerating cooked food, divide the food into smaller portions so it will chill faster.
- Let hot items cool a little before refrigerating. If you place something very hot in the refrigerator, it can raise the temperature of the whole refrigerator.
- It is also important not to overfill your refrigerator, as cold air circulation is necessary to keep foods chilled.
- The door areas of the refrigerator have frequent temperature fluctuations from opening and closing, so don't store perishable foods on the door. Keep eggs in the carton inside the refrigerator instead of the egg rack and don't store milk in the door racks.
- If food spills in your refrigerator, wipe up the spill immediately and sanitize if necessary.
- Do weekly checks to assure that food is not spoiling, and occasionally wash all surfaces with warm, soapy water.
- To keep odors from forming, leave an opened box of baking soda on a shelf and change it every few months.

Thawing frozen foods

There are 3 safe ways to thaw frozen food: in the refrigerator, in cold water and in the microwave. Leaving food on a counter or thawing in hot water will cause food to be in the Danger Zone.

- Refrigerator thawing can take a long time, but it is the safest method. Plan ahead, as large food items, such as a turkey, may take 24 hours for every 5 pounds. For smaller items, such as chicken breasts, put in the refrigerator in the morning for dinner that evening.
- Cold water thawing is faster, but can be more complicated. Meat should be wrapped in a leak-proof bag or else it will absorb the water. The product should be thawed under cold, running water (70 degrees F or below) for no more than 2 hours. This is not recommended for large items that will take longer than 2 hours to defrost. Foods thawed in cold water must be cooked before refreezing.
- If food is thawed in a microwave, it must be cooked immediately following the thawing. During this process, some of the surface areas might start cooking and are in the Danger Zone. For this reason, we don't recommend microwave defrosting. Foods thawed in the microwave must be cooked before refreezing.

Cooling soups, stocks and hot liquids quickly:

When making a large batch of soup or stew, it can often take a long time to cool. Since foods should not be in the Danger Zone for more than 90 minutes, here are some pointers to cool foods down quickly.

- Liquids are best cooled in metal containers. Plastic insulates heat and cools more slowly.
- Set container in an ice-water bath that reaches the same level as the liquid in the container. An ice water bath is a container that has been filled with ice cubes and a little bit of water.
- Stir liquid to be cooled occasionally to accelerate cooling.
- Cool in shallow pans less than 3 inches deep.
- Uncovered foods chill faster; cool foods uncovered, then cover once cooled.

Temperatures

The USDA has guidelines to follow to prevent food-borne illness when cooking meats, poultry and seafood. Below are their recommended temperatures. <https://www.foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature>

Ground Meat and Meat Mixtures:

Turkey, Chicken165 degrees F
Veal, Beef, Lamb, Pork.....160 degrees F

Fresh Beef:

Medium Rare..... minimum 145 degrees F. Allow to rest for 3 minutes.
Medium.....160 degrees F
Well Done.....170 degrees F

Fresh Veal:

Medium Rare.....145 degrees F. Allow to rest for 3 minutes.
Medium.....160 degrees F
Well Done.....170 degrees F

Fresh Lamb:

Medium Rare.....145 degrees F. Allow to rest for 3 minutes.
Medium.....160 degrees F
Well Done.....170 degrees F

Fresh Pork and Ham:

Well done.....145 degrees F. Allow to rest for 3 minutes.
* Reheating fully cooked ham.....140 degrees F if USDA inspected, 165 degrees F if otherwise.

Poultry:

All poultry should be cooked to minimum of 165 degrees F.

Eggs: 160 degrees F

Seafood:

All seafood should be cooked to 145 degrees F.

Fin Fish.....Cook until opaque and flakes easily with a fork

Shrimp, Lobster, Crab....Should turn red and flesh should become pearly opaque

Scallops..... Should turn milky white or opaque and firm

Clams, Mussels, Oysters...Cook until shells open; discard any unopened

Tasting

- When tasting food while cooking, always use a separate tasting spoon and get a new one each time-- do not double dip and do not eat off the utensil you are using to stir with.
- Do not use your fingers to taste. It is not sanitary and can cause a burn if the food is very hot.
- Always handle a tasting spoon by the stem, never by the scoop.

Raw Eggs

The American Egg Board recommends cooking all raw eggs before using or using pasteurized egg products instead.

- If possible, raw eggs should be cooked to 160 degrees F.
- Pasteurized eggs should be used for preparations like mayonnaise, hollandaise, etc.

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.

Canning

Sterilizing Jars for Preserves/Canning:

Properly-handled sterilized equipment will keep canned foods in good condition for years. Sterilizing jars is the first step of preserving foods.

- Jars should be made from glass and free of any chips or cracks. Preserving or canning jars are topped with a glass, plastic or metal lid, which has a rubber seal. Two-piece lids are best for canning, as they vacuum seal when processed.
- To sterilize jars, before filling with jams, pickles or preserves, wash jars and lids with hot, soapy water. Rinse well. Immerse jars in 180 degree F water and keep jars in the hot water until you fill with food.
- Use sterile tongs when handling the hot sterilized jars, to move them from boiling water. To sterilize tongs, dip the ends in boiling water for a few minutes.
- As a rule, hot preserves go into hot jars and cold preserves go into cold jars. All items used in the process of making jams, jellies and preserves must be clean. This includes any towels used, and especially your hands.

- **After the jars are sterilized, you can preserve the food. It is important to follow any canning and processing instructions included in the recipe and refer to USDA guidelines about the sterilization of canned products.** The Ball Blue Book Canning Book is another great resource for canning procedures.

Torches, Flames, Fire and Blending Hot Liquids

Before using any kind of open flame in a studio setting, it is important to be sure all fire safety and fire codes are followed.

- Quite often a permit is needed to use butane or propane.
- There should be a fire extinguisher on every set and someone on set should know how to use it.
- Also have a box of baking powder and a sheet pan to smother small cook top fires. An empty skillet or a lid will also work well.

Propane/Butane Gas Torch:

- Propane gas torches are highly flammable and should be kept away from heat, open flame and prolonged exposure to sunlight.
- They should only be used in well-ventilated areas.
- When lighting a propane gas torch, place the torch on a flat, steady surface, facing away from you. Light the match or lighter and then open the gas valve. Light the gas jet and blow out the match.
- Always turn off the burner valve to "finger tight" when finished using the torch.
- Children should never use a propane gas torch.

Blending hot liquids:

Blending hot liquids can create a serious safety hazard unless done properly.

- When blending hot liquids: Remove liquid from the heat and allow to cool for at least 5 minutes. Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions. Place a towel over the top of the machine, pulse a few times and then process on high speed until smooth.

Liquid Nitrogen

Liquid Nitrogen is often used in a culinary setting. Even if talent/competitors are used to using it, they **MUST** be made aware of the safety procedures outlined in the links below, which provide instructions for handling emergencies involving liquid nitrogen:

- <http://www.cookingissues.com/primers/liquid-nitrogen-primer/#section2>
- http://www.ars.usda.gov/SP2UserFiles/ad_hoc/19000000SafetyHealthandEnvironmentalTraining/LiquidNitrogen-Geneva.ppt Please note that slide 53 is not relevant for these purposes.

You must store liquid nitrogen in an approved liquid nitrogen dewar and store the dewar in a well-ventilated place. Never place a liquid nitrogen dewar in an enclosed space like a walk-in refrigerator. Liquid nitrogen dewars do not need to be kept cold. **Please note that dewars are around \$600 to \$1000 and tradeouts are not available, so please budget accordingly.* Set medics and safety personnel must be informed in advance of the presence of liquid nitrogen on set and be prepared to handle any emergencies associated therewith. You must ensure that you have proper clean-up equipment and materials on set and that your crew is trained in what to do in the event of an exposure or accident.

You must provide appropriate safety gear to each Talent/contestant using liquid nitrogen. This includes specialty cryo gloves, safety goggles approved for use with liquid nitrogen and a liquid nitrogen apron. All items are available at [Fisher Scientific](#). You must also ensure that each Talent/contestant uses the safety gear at all times during production when Talent/contestant is using liquid nitrogen.

Any time liquid nitrogen is on a set/location, the Material Data Safety Sheet for liquid nitrogen must be posted in an easy to see location. Relevant information regarding use of liquid nitrogen must be distributed to cast and crew prior to arrival on set. In addition, all cast and crew shall be required to acknowledge by annotation on the Call Sheet that they will comply with all regulations and procedures governing the use of liquid nitrogen.

First Aid

There should always be a first aid kit on set and, in the case of a competition reality show, **a medic must be on set.**

When injured:

- If you get cut, quickly put pressure on the cut and clean and bandage accordingly. Clean knife and cutting board accordingly.
- Always wear latex or rubber gloves when you have bandages on your hands. Change bandages often.