

JUNE 2020 ISSUE 2

# THE MILLGATE FOODIE

Recipes, news, ideas and thoughts on  
food!

TRY THIS EASY  
RECIPE FOR  
FLATBREADS



FOOD  
PHOTOGRAPHY  
TIPS



ULTIMATE MAC  
AND CHEESE RECIPE



*Competition Time  
on Page 5*



# Food Photography Tips!



## How can colour help?

Colour is a massive part of good food photography. In a lot of cases you can add garnishes that contrast the colour of the dish which is very effective in adding an element of colour in your photographs. Notice the contrasting colours of green, red and white in the photo to the left.

When placing items into your food images, try selecting neutral tones, something that makes the food really pop against it. Selecting a neutral background like this black metal tray and baking paper, amplifies the bright red strawberries and rhubarb inside these Crostatas, making them really steal the show.



## Blurry Images

If your photos are a little bit blurry, don't panic! You should hold your camera steadier, use a tripod with a remote so that your camera stays still while you're shooting or use a faster shutter speed and make sure there is plenty of light available.

## The Photos Simply Don't "Pop"

Carefully observe professional food photos to find out what's missing in your images. Maybe you didn't use the depth of field correctly or your way to tweak the contrast, levels and sharpness in editing software isn't skilful enough. Sometimes a few little edits can make photos much bolder!

# Flatbread Recipe

- 250g plain flour
- 250g plain yoghurt. (vegan works too)
- 2 teaspoons baking powder
- teaspoon salt
- black onion seeds/ nigella seeds
- butter and rock salt to top and/or chopped herbs



1. Mix together all of the ingredients until they come together (minus the butter, rock salt and herbs)
2. Knead for a minute or two until you have a basic smooth dough. Add more flour if needed.
3. Divide into 8 balls and flatten with a rolling pin into rough circles. Use flour to help it come free from the rolling pin and work surface.
4. Heat a griddle pan on a high heat, and place flatbreads one at a time into the pan to cook. When one sided is charred and it has puffed up, flip it over and do the same on the other side. If you do not have a griddle pan, a normal frying pan will work just fine, you might not get the charred griddle marks.
5. When they come out of the pan, cover with butter and rock salt, or chopped herbs like parsley or coriander and eat straight away.



**Can you tell what food the close  
up photograph is from?  
answers are at the bottom of the  
page!**



**Raspberry, Strawberry,  
Mulberry, Gooseberry**



**Orange Peels, Cornflakes  
crisps, Papadam**



**Cheese, Popcorn,  
Ice Cream, Whipped Cream**



**Cake Icing, Noodles,  
String Cheese, Mushroom**



## Basic Cheese sauce Makes 4 portions

25g Butter  
25g Plain Flour  
400/500ml Milk  
100g Grated Cheese  
350g Cooked Pasta

- Melt the butter in a saucepan.
- Stir in the flour and cook for 1-2 minutes.
- Take the pan off the heat and gradually stir in the milk to get a smooth sauce.
- Return to the heat and, stirring all the time, bring to the boil. Simmer gently for 8-10 minutes. Stir in cheese and allow to melt. Don't re-boil the sauce or it will become stringy. Stir in the cooked pasta and any extras. You might want to top it with breadcrumbs and cheese and bake, or eat it as it is.

## Mac and Cheese Experiments (use up those left overs)

### Stir through the sauce Ideas

- Your favourite hot sauce
- Pesto, red or green
- English Mustard
- BBQ sauce
- Chipotle paste
- Guacamole
- Smoked Paprika

### Try different cheeses, or a mix!

- mozzarella
- Brie
- Montgomery Jack
- Tallegio
- Stilton
- Gruyere
- Soft Cheese
- Parmesan
- feta
- goats cheese
- gorgonzola
- Smoked Cheese

### Extra additions

- Jalepeno
- Jarred peppers
- Jarred sun-dried tomatoes
- Cooked Bacon
- Mushrooms
- Caramelised onions
- Roasted veg like butternut squash
- Cooked salmon/ crab/ tuna
- Cooked and drained spinach
- Olives
- Chorizo
- Mini meatballs
- Grilled asparagus
- Ham
- Cooked Chicken
- sweetcorn

From this list, can you plan and make an upgraded version of macaroni cheese? Try to use up leftovers first! Good luck!



# CHEF OF THE MONTH Competition

Every week there will be a competition on who the chef of the week is.

All you need to do is send me pictures of your dishes that you have made for your food work or things that you have made for your family.



The winner each week will receive a prize that will be dropped off to them.

## Good Luck!

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