

Creating an Atmosphere with an Orange Cake

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from the editor

DEAR READERS.

IN EVERY FRAME, FOOD TELLS A STORY. WHETHER IT'S THE VIBRANT COLORS OF A FRESH HARVEST OR THE WARM TEXTURES OF A PERFECTLY PLATED DISH, FOOD PHOTOGRAPHY IS NOT JUST ABOUT CAPTURING WHAT'S ON THE PLATE-IT'S ABOUT CAPTURING THE ESSENCE OF A MOMENT, THE CULTURE BEHIND THE CUISINE, AND THE EMOTIONS EVOKED BY A SIMPLE BITE.

IN THIS ISSUE, WE FOCUSED ON STORIES THAT TRANSFORM THE WARM AND COMFORTING ATMOSPHERE IN YOUR KITCHENS IN WINTER INTO A POWERFUL LANGUAGE OF FOOD PHOTOGRAPHY. EACH PHOTO IS A REFLECTION OF THE MOMENTS THAT WARM US ON A COLD WINTER DAY, THE TIME SPENT IN THE KITCHEN AND OF COURSE THE FOOD COOKED WITH LOVE.

FOOD PHOTOGRAPHY IN WINTER SHOULD CREATE BOTH A VISUAL AND EMOTIONAL IMPACT. WE ARE NOT JUST LOOKING AT A PLATE OF FOOD, BUT A STORY, A MEMORY BLENDED WITH THE INGREDIENTS OF THE SEASON. HIGHLIGHTING THE FOOD WITH NATURAL LIGHT OR WARM TONES IS ONE OF THE MOST IMPORTANT TIPS TO CAPTURE THE MYSTERY AND RICHNESS OF THIS SEASON IN PHOTOGRAPHS. IN THIS ISSUE, WHICH COMBINES THE PERSPECTIVES OF BOTH CHEFS AND FOOD PHOTOGRAPHERS, YOU WILL DISCOVER THE COLORS, TEXTURES AND LIGHT THAT WILL COME TO LIFE ON YOUR WINTER TABLES.

DON'T FORGET THAT EVERY PLATE THAT WILL COME TO LIFE ON YOUR TABLE IS VALUABLE ENOUGH TO BE TOLD WITH A PHOTOGRAPH. DISCOVER THE MAGIC OF WINTER THROUGH FOOD PHOTOGRAPHY!

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Colors play a big role in creating a winter-themed atmosphere in food photography. Colors used in winter should generally be warm and natural tones, adding elements that reflect the cold weather and dark days. Here are some suggestions on colors for food photography in winter:

Colors used in food notography in winter



BROW AND EART TONES

Wooden tablecloths, brown ceramics and natural materials give a feeling of warmth and naturalness.



WHITE AND GRAY

It reflects snow, ice and the cold weather of winter.



GOLDEN YELLOW

These colors can be ideal for creating a warm and celebratory atmosphere in winter



BURGUNDY

These dark colors can be used to reflect the dark, nostalgic mood of winter.



DEEP GREEN

Pine trees and forest plants are symbols of winter. This color adds a natural atmosphere.



RED

These colors can be ideal for creating a warm and celebratory atmosphere in winter

In food photography, the objects used play a crucial role in enhancing the visual appeal, setting the mood, and telling a story. Here are some common objects used in food photography:



CERAMIC MUGS AND CUPS

Warm, rustic mugs (often with textured designs or vintage charm) are perfect for winter drinks such as hot chocolate, coffee.



WOODEN CUTTING BOARDS AND PLATTERS

Wooden tables, cutting boards and trays evoke a rustic, cabin-like feel that pairs well with hearty, comforting winter meals



CANDLES

Candles add a soft and warm glow that gives a feeling of intimacy and warmth.



PINECONES, EVERGREEN SPRIGS, AND WINTER GREENS

Pine branches, holly, fir trees and pine cones add a natural, wintry touch to the scene.



WOOL BLANKETS OR THROWS

Soft, knitted blankets or throws are used to create a warm and inviting environment.



SPICES

Spices such as cinnamon sticks or cloves can be arranged around the dish to add texture and aroma to the scene.

Objects used in food photography in winter



CREATING AN ATMOSPHERE WITH AN ORANGE CAKE

When I took these pictures, my goal was not just to document a cake, but to tell an atmosphere.

I wanted to create an intimate moment that would convey calm and beauty without too much noise. The orange cake was just the starting point; what really interested me was how light and colours could communicate a feeling.

First photo: Geometry from the Top

The first image, taken from above, allowed me to play with geometry and shapes. The orange slices are arranged in a way that creates a simple but harmonious design on the cake. Flat lay gave me the opportunity to focus on the essentials without distractions, using the complementary colours of the dark table and blue cloth to create a visual contrast that captures attention. I wanted to keep the image clean, but still engaging.





Second Photo: Depth and Refinement

In the second photograph I changed perspective, opting for a more frontal shot. This choice added depth to the scene, with oranges standing out against a dark background. The glass cake stand lifts the cake, giving it a refined air and generating a sense of movement. The background, composed of the table and chair back barely visible, suggests a cozy home without distracting too much from the main subject.

SThird Photo: An Intimate Atmosphere

In the third photograph, I enlarged the perspective by using a light backlighting that tends to be blue. The light reflected on the edges of the cake creates a more intimate atmosphere, as if time had stopped. The contrast between the warmth of oranges and the cold of blue evokes a feeling of calm, perfect to conclude this visual story. Through a simple orange cake, I tried to celebrate the beauty of natural light on a winter afternoon and the emotional power of complementary colours.

Shooting equipment and settings

First photo:/Fujifilm XT-4 - 35mm, f/3.6, 1/100 sec, ISO 500 / Second Photo:/ Fujifilm XT-4 - 35mm, f/2.8, 1/100 sec, ISO 200 / Third Photo:/ Fujifilm XT-4 - 35mm, f/2, 1/100 sec, ISO 500 /



Visual Exploration:

Holiday Cake with an Artistic Touch

A Symphony of Colors and Creativity.

In this composition, we see a cake presented in a very appealing way, combining aesthetic elements with effective photographic techniques. The cake is served in a glass-shaped vessel, giving an elegant and modern impression. The element of broken glass is one of the freedoms in expressing ideas in creative Still life photography. Where imperfections can make a work unusual.

Artists often employ symbolism and metaphor in their paintings, imbuing objects and scenes with deeper meanings.

Lighting Use

The soft lighting captured in the background creates a warm atmosphere and highlights the vibrant colors of the food. The bokeh light spots in the background add dimension, creating focus on the cake and enhancing the festive vibe.

Texture Details

The textures of the cake and cream are very detailed, thanks to good focus settings. The appearance of snowflakes seemingly floating in the air adds a dynamic element, intensifying the holiday theme. This element highlights the freshness and softness





Color and Contrast

The combination of orange from the orange slice and green from the leaves provides a refreshing contrast against the dark background. The use of natural decorations like pine and red berries creates a festive atmosphere suited to the holiday theme.

Composition and Style

The arrangement of elements in the photo follows the rule of thirds, placing focus on the cake in the center, while additional elements like the small horse figurine and natural decorations frame the composition without diverting attention.

Shooting equipment and settings

The photo was taken using a Canon camera with a 50mm lens and godox lighting.

Both are my favorite gear.



The Peace of Winter in the Warmth of Tea

In this composition, we see an aesthetic scene reflecting a deep winter tranquility through the mist of hot tea. The warm light contrasting with the winter landscape in the background adds both visual and emotional balance to the photograph. The steam detail captured by the tea pouring from the glass teapot into the glass makes you feel the relaxing effect of a warm tea on a cold winter day

Color and Contrast

The warm-toned candlelight, golden tea and wooden details in the photo create a warm contrast against the cold winter atmosphere. The plant and fruit details in the tea add a natural touch and enhance the naturalness of the composition

Composition and Style

The image creates a balanced layout with carefully placed elements. The positioning of the cup in accordance with the rule of thirds helps to keep the eye focused on the tea. The combination of different textures, such as the glass teapot and wooden surfaces, adds visual depth and interest.

Lighting Usage

The daylight from behind the backdrop supports the nostalgic and relaxing mood of the scene with soft candlelight in warm tones. The warm light from the candlelight balances the cold tones in the background, highlighting the tea. This evokes both visual comfort and emotional warmth in the viewer.



Texture and Details

The slight movement on the surface of the tea poured from the teapot and the materials seen in the tea add a rich texture to the visual. The natural grain of the wooden surface and the soft fabric detail reinforce this natural atmosphere. The visible vapor of the tea adds movement to the composition and realism to the scene.

Shooting equipment and settings

Shot with Canon Mark4 camera and f:2.8 24-70mm lens. Daylight and candlelight were used from behind, candlelight and reflector were used on the front diagonal.



Warm Emotions on Cold Days with Still Life Photography"

Winter is one of the most Magical seasons for photography, be it outdoors or indoor stilllife photography. Who doesn't love to spend a cozy winter day with marshmallow hot chocolate sitting beside the window or to wrap yourself up inside a blanket and enjoy the brewd tea with cinnamon and honey. Thus recreating these daily life scenes in the winter photography and shooting the steaming hot drinks or cosy window side stilllife set ups evoke the same cosy feeling in your viewers minds. There can be some beautiful Flat your traditional showcase lays to Charismass bakings. In this way we can create endless magical Winter stories just in a small home studio.

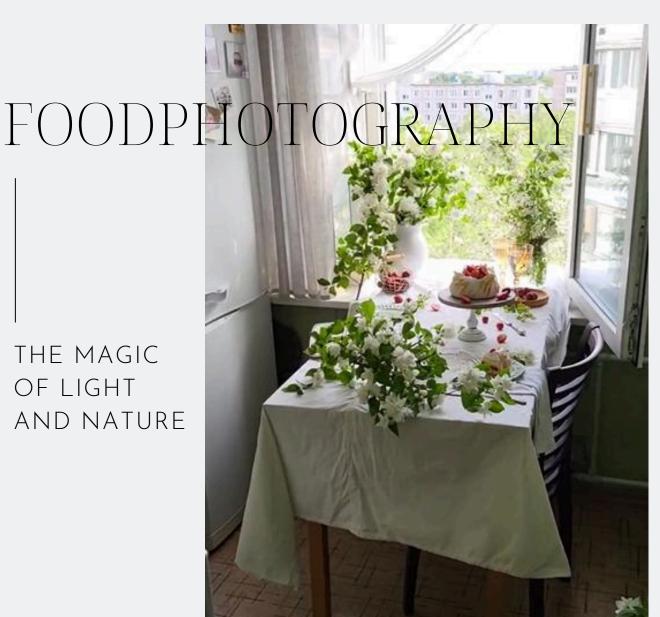


I hope the following winter theme stilllife photographs which I shot in my small apartement will inspire you to persue some attractive photography in cold winter months. In these photographs I intentionally kept the aperture low to create a buttery smooth snowy background. And to make the main subject pop up I love to use vibrant red colour against the white snow or pale winter set up.

Shooting equipment and settings

Canon 5d mark 4 Lens Canon 100 mm macro





THE MAGIC OF LIGHT AND NATURE

My kitchen, where 99% of all my photos are taken, is 6 square meters, so I try to use every corner of this area.

The window sill in the kitchen really helps me create the atmosphere of a summer cottage, despite the fact that I live on the 8th floor. It's fortunate that my windows overlook the green courtyard. The algorithm of actions is as follows:

- Choose a convenient shooting method: put the camera on a tripod or shoot while holding the camera in your hands;
- Open the window. We put a board or a hard photo backdrop on the windowsill (for a flat surface, I put books on it, and then put the board on them);
- We are building a composition. I love using a lot of greenery and flowers in these arrangements;
- Since the window is at the back of the composition, you will get backlight or back-side light in your scheme (depending on which shooting point you chose).
- To light the front of the composition, I use a reflector.

Shooting equipment and settings

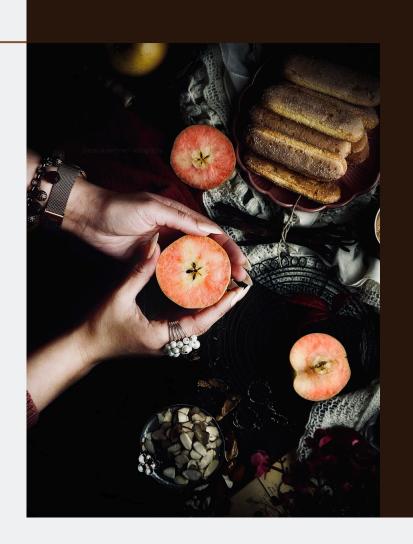
Camera Canon 5d mark IV + Canon 100mm macro. 1/100, f3.5, Iso 250



ARTISTIC ASPECTS OF PHOTOGRAPHY

A Tale of Apples and Almonds"

This is a moody, overhead flat-lay capture featuring a warm and rustic textured setup. The composition highlights red-fleshed apples, ladyfingers, and almonds, arranged on textured fabrics and a dark wooden frame.







CREATE DEPTH AND CONTRAST

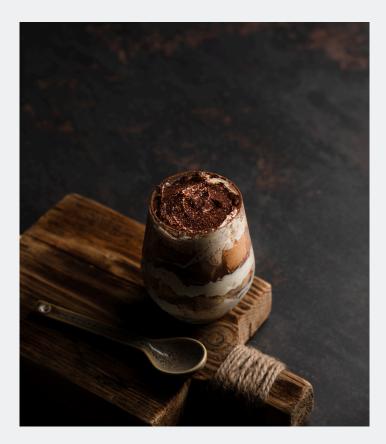
I used a soft, diffused lighting to create depth and contrast, emphasizing the rich colors and textures. Floral elements in the upper left add balance and a touch of vibrancy, while the hands in the frame introduce a human element, enhancing the storytelling aspect.

Shooting equipment and settings

The exposure triangle settings used are: f/5.6, SS 1/100, ISO 400



Tiramisu in a Rustic Kitchen





The photo depicts a rustic culinary scene with tiramisu in a jar as the centerpiece. The atmosphere of the image is warm, cozy, and maintained in dark tones, which adds depth and highlights the details of the dish. On the table, we see ladyfingers, mascarpone cream, and cocoa – the classic ingredients of tiramisu. Everything is surrounded by natural elements, such as flowers, wooden utensils, and vintage-style textiles.

Shooting equipment and settings

1 & 2. ISO 400 1/160s f 4.5 3. ISO 800 1/125 f 5.6 + viltrox extension tube 10mm



Mastering Outdoor Food Photography

Photographing food outdoors presents unique challenges and opportunities, especially when the subject is as delightful as a bundt cake placed amidst a snowy, natural backdrop. Follow these tips to create stunning shots:

1. Location & Setup

The environment plays a critical role in storytelling. For this shot, select a table placed amidst a serene natural setting with trees and fresh snow. Ensure that the background is uncluttered to maintain focus on the bundt cake while still showcasing the natural elements.

2. Lighting:

Natural light is essential for outdoor photography. Overcast days are ideal, providing even, diffused lighting. On sunny days, aim for golden hours (early morning or late afternoon) to achieve warm tones. A simple reflector or white foam board can help fill in shadows and balance light across the cake's surface.

3. Styling the Scene:

Highlight the bundt cake with minimal yet impactful props. A dark bundt cake contrasts beautifully with snow, while garnishes like flowers, and berries add vibrancy.

4. Composition:

Thoughtful composition is key. Use the rule of thirds to position the cake slightly off-center, creating a dynamic balance. Incorporate depth by placing snow-covered elements in the foreground and blurred trees in the background.

5. Exposure in Snow:

Snow can confuse your camera's metering, leading to underexposed shots. Check your histogram to ensure highlights are not blown out, keeping the snow crisp and bright.

Final Thoughts

Outdoor food photography, especially in winter, is a rewarding experience that combines technical skill with artistic vision. With thoughtful preparation and creative execution, your photograph of a bundt cake amidst a snowy landscape can become a stunning visual narrative that delights viewers and captures the essence of the season.



6. Capturing Intricate Details:

Use a macro lens or a telephoto lens to capture intricate details of the bundt cake, such as the texture of its ridges, and the sheen of a glaze. A shallow depth of field (e.g., f/2.8 or f/4) can blur the background beautifully, isolating the cake as the focal point.

7. Post-Processing Enhancements:

Edit your photo to perfect its mood and clarity. Adjust the white balance to maintain a clean, natural look for the snow. Boost contrast and clarity to highlight the cake's texture and detail. Slightly increase saturation for vibrancy, but keep it realistic. A subtle vignette can draw attention to the centerpiece.

8. Evoke a Story:

Every photograph should tell a story. Use the bundt cake's setting to evoke emotions—coziness amidst the cold, a celebration of winter, or a moment of indulgence in nature.

Shooting equipment and settings

Camera: Sony Lens: 90mm Shutter speed: 1/640 F/3.5



CREATING WINTER WONDERLAND IN FOOD PHOTOGRAPHY



As a food photographer I definitely have some favourite subjects. People who know me, know that I enjoy buying citrus fruits and always ask for those with leaves, which is sometimes funny to the people selling them, but it doesn't matter. And also, I love bundt cakes because of different bundt pans that I use to get different shapes. I seem to have been collecting them for years now, so I have quite a collection.

When these two combine, especially in winter time, as this is the citrus fruit season, this enables me to make lovely winter scenes with my camera. These two subjects enable me to express my creativity on a level I actually never thought I had.

In this particular photograph I shot my favourite orange and cottage cheese bundt cake on a green surface. I wanted to achieve a good contrast between the snow falling on a green forest (in this cake dusting sugar on the bundt forest) as snow is actually something we all look forward to in winter. And composition-wise I used the fruit to play the supporting role in the photograph and make my subject more prominent.

Shooting equipment and settings

Canon EOS R camera and Canon EF 100 mm macro IS USM lens. For lighting, I used my Godox 120 cm octabox with V860 ii flash light.



PANCAKES WITH RED CAVIAR AT THE MASLENITSA CELEBRATION

Pancakes with Red Caviar at the Maslenitsa
Celebration

This shot is dedicated to Maslenitsa.

Maslenitsa is a traditional holiday celebrated by East Slavic peoples and symbolizes saying goodbye to winter and welcoming spring. One of the main attributes of this holiday in our country is pancakes with various additives (for example, butter, red fish, jam, berries, caviar). I decided to make pancakes with red caviar.

In the shot, I wanted to create the atmosphere of a village hut, and I was very responsible in the selection of props: some decorative elements were purchased specifically for this shot (for example, a clay mug, sleeves and a tablecloth with a traditional pattern).

In the background you can see a wooden photo backdrop made from barn boards and an old window that I took from a real country house. Since I shoot remotely, connecting to the camera via WiFi using an app on my phone, I have the opportunity to use my hand in the shot without inviting additional models into the shoot.

The algorithm of actions is as follows:

- Choose a convenient shooting method: put the camera on a tripod or shoot while holding the camera in your hands;
- Depending on the chosen shooting point, you will have side, rear-side or backlight in your scheme. I shot with side lighting from the window.
- To light up the darker side of the frame, you can use a reflector.
- We build a composition to your liking and take your own gorgeous shot

Shooting equipment and settings

Camera Canon 5d mark IV + Canon 100mm macro shot: 1/50, f3.5, Iso 400





- To get closer to the topic with you, I will share the most important steps I took before I photographed the pumpkin soup.

1- I thought of what I wanted to photograph in advance, and I tried to imagine the composition in my mind. To make it easier for myself to choose the rest of the elements and colors so that the photo session does not take me too much time.

2 I came with a black background and a wooden surface, because I wanted the mode of the picture to be dark or what is called (dark mood), and this mode when it's used in winter images it will gives it depth and warmth.

3- I started to form the image, and most of the elements I used in the composition are old, I like old things because they give the image beauty and the latter look like they tell a story.

The soup was poured inside two old plates and placed on the wooden table and then began to introduce the secondary elements to form an integrated image



I came with an old chair and put it against the table

I put an old spoon next to one of the two dishes and a handkerchief that I posted between them,

Then I added two pieces of bread on the lower north side, and a tray with thyme on the top right.

On top of the soup and the surface of the table i scattered some pumpkin seeds, salt granules, and a little thyme.

As for colors, I deliberately chose dark colors because they express winter more.

As for the lighting, it used artificial lighting, you can use natural sunlight lighting, it also gives great results.

Finally what I want to recommend through my experience and career in the world of food is that the secret photography, professionalism is the continuous attempt to apply everything that has been learned and continuous practice and the lack of long interruption in addition to visual nutrition by watching the work of photography professionals.

Shooting equipment and settings
I used a Canon 850d and Flashgodox AD600pro
artificial lighting



The Art of Food Photography

Capturing Flavor Through the Lens

Food photography is more than just snapping pictures of meals it's an art form that merges creativity and technical skill to make food look irresistible. A beautifully captured dish can evoke emotions, tell a story, and even spark cravings

here are some essential insights into the world of food photography.

- 1. Lighting is Key
- 2. Composition Matters
- 3. Styling the Plate
- 4. Post-Processing for the Perfect Finish
- 5. Tell a Story
- 6. Practice Makes Perfect

Food photography is an exciting journey that combines passion, patience, and precision. By mastering the basics and letting your creativity flow, you can create images that not only look delicious but also tell a story worth savoring

Shooting equipment and settings

Iso 100 f6.3 1/100 s flash speed light 1/2





DETAILED ANALYSIS OF THE IMAGE WITH A FOCUS ON CAMERA SETTINGS 99

This image is a great example of how lighting and composition can be used to highlight the beauty of simple details. Let's explore the various elements that contributed to creating this captivating image.

*Colors: The image is dominated by warm colors, with the bright orange of the orange standing out. This color adds a sense of life and vitality to the image. The orange color contrasts with the dark green of the orange leaves and the dark brown of the books and suitcase, creating an attractive contrast that enhances the power of each color.

*Lighting: A flash with a power of 1/64 was used to directly illuminate the orange. This type of lighting creates sharp and clear shadows, highlighting the shape of the orange and the details of its peel.

*Shadows: The shadows appear clearly behind the orange and its leaves, adding depth to the image and making it appear three-dimensional.

*Composition: The elements in the image are arranged in a balanced and harmonious manner. The orange is the focal point and is located at the top of the composition, making it the first thing to attract attention. The books and suitcase provide a stable base for the orange and add a sense of stability.

*Aperture (f/3): This aperture is relatively wide, meaning that a large amount of light enters the sensor. This increases the depth of field and makes all elements of the image clear, from the background to the foreground.

*ISO (200): The ISO value is medium, ensuring a good balance between noise and image quality.



*Shutter Speed (1/15 second): A relatively slow shutter speed, which allows more light to enter the sensor, especially in low-light environments. However, this speed may require the use of a tripod to avoid camera shake.

*Time: Since the lighting is artificial (flash), the concept of "right time" does not apply in the same way as it does in natural light photography. The photographer is free to choose the right time to take the photo regardless of the time of day.

***Mood:** The image conveys a sense of calm and stability, thanks to the warm colors and balanced composition.

*Message: The image can be interpreted as a symbol of simplicity and beauty in everyday things.

*Conclusion: This image is an excellent example of how lighting and composition can be used to highlight the beauty of simple details. By choosing the appropriate camera settings, the photographer was able to create an attractive image that captures attention and evokes emotions.

Tips for Beginner Photographers:

*Focus on details: Try to find beauty in small things and fine details.

*Use lighting: Lighting is the key to any good photo. Try different types of lighting and see how they affect the imag



Winter Coffee

I used remote triggering to capture this photo. I set up the table and lighting from above the frame. The large softbox imitating a window, placed about 0.5 meters away, created the effect of light hitting at a low angle, producing long, cold shadows.

The selected color palette of grays, browns, and whites conveys the quiet, morning atmosphere. The contrasting colors of the dishes and accents enhance this effect.

In post-processing, I adjusted the temperature, shadows, and haze to further emphasize the cold, morning character.

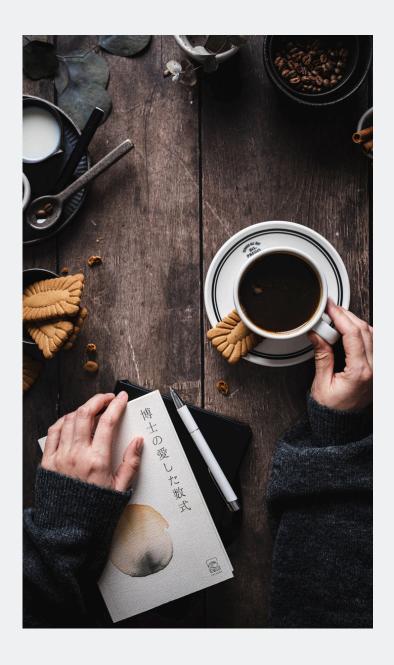
Positioning the softbox at a shallow angle to the table surface allowed me to achieve the long shadows characteristic of a chilly January morning. This lighting setup was crucial for creating the desired mood.

The photo has a documentary feel - I aimed to capture intimate, everyday moments. I purposefully took on the role of the model to conveniently control the composition and camera settings from my laptop.

Shooting equipment and settings

Camera: Sony A7III Lens: Sigma 50mm Art 1.4

- ISO 800
- Aperture f/5
- Shutter Speed 1/80s





The most important tips to follow before entering the world of food photography







The dish that looks delicious, delicious, clean, and coordinated in the eye of the viewer, opens its appetite and makes it eager to taste it and try it

So before you enter the world of food photography, always remember the famous proverb "the eye eats before the mouth".

In this simple article I will share with you the most important steps to follow to get the best results

*Determine the location of the filming:

If there is no artificial lighting, take pictures in front of the window, in order to get the largest amount of light, because lighting is one of the most important elements of photography, and knowing how to employ and distribute it gives the photographer images with natural and beautiful colors.

*Background and floor selection:

Its colors should be neutral or natural, for example, because backgrounds colored with strong and mixed colors distract the viewer's eye from the main dish.

*Composition and design:

The composition of the picture should be simple, away from entering many random elements and surrounding them with the main element, for example, if I picture a cup of coffee, I can put a teaspoon, a piece of cake, a book...., meaning elements related to the subject of the picture.

*Color coordination:

Use colors that are consistent with each other, and do not use many colors, be content with three or four colors maximum, and if you are facing a problem in choosing and coordinating colors, you can use the color wheel.

*Angle identification:

The choice of the appropriate angle is determined by the type of food to be photographed, for example, if we want to photograph pizza, it is better to take the picture from the top and this angle is called the angle 90°, and the purpose of choosing this angle without others is to show the ingredients of pizza, cheese, pepper, olives

*Preparation of the imaging tool:

Whether it's a digital camera or a phone camera before taking the photo, make sure the camera focuses on the food clearly, so that the point of focus or what is known as Fox must be placed on the hero element in the image.

*Amendment:

After taking the picture, modify it even if it is a simple modification, you can increase the degree of color or decrease it, clean any spot that appeared to you in the picture that you did not pay attention to when you photographed the photo, edit the image...., and many editing programs, most notably Lightrum and Photoshop.

RACHIDA DAHROUCH-FRANCE



HOW I CREATED THE PHOTO

2 light sources are used in this composition.

The first one is in the rear-side position, this is the Godox QT400iim flash

The second one is in the front-side position, it is a Godox QT400im flash with an Ambitful

optical nozzle with a Gobo mask that creates beautiful shadows.

On the opposite side of the main object (the cupcake), I put a foil reflector to make the

shadows less deep.

In the background of the composition is a Christmas tree with a garland. To make the

garland have a beautiful side, I used an open aperture (f2.8). The shooting was done with a

Canon 80d camera.

The final photo consists of 3 photos.

The first one is a static composition.

The second one was that I was holding a sieve on one side and making a sprinkle of powdered sugar.

The third one was that I was holding a sieve on the other side.

This is necessary in order for the editor (Photoshop) I was able to remove my hand from the frame so that the feeling of a flying sieve appeared.

Shooting equipment and settings

Camera Canon 80d aperture (f2.8) Flash Godox QT400im

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