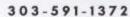
## **Food Photography from Tami Garrett**











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Tami Garrett CULINARY PHOTOGRAPHY & MARKETING



"Bringing Your Vision to Life"

## 10 Tips to Make you say Culinary Photography YUM!

- \* Light- Natural light by a window is my favorite, never
- \* Diffusor/Reflector- used to soften the shadows cast by natural or harsh overhead light. I use a 35" silver/gold reflector with a stand so I can cast the soft light on the area I am shooting
- \* Ring Light- promaster RL60 Ring Light is great but I have an assistant hand hold it where I need it. It has adjustable
- \* Photoshop- white balance, clone & stamp
- \* 3 Shots: I take 3 shots of each dish 1, overhead at a 90 degree angel 2. drama shot - usually macro at an angle that captures the eye and makes the mouth salivate and the details pop 3, a styled place setting at a 45 degree angle or location setting
- \* Menus- I look at these prior to a shoot and work with the chef to choose the dishes. Make sure I have access to or bring the staging ingredients. I also plan the location i.e. oysters and champagne in the snow. Since I also take the photo, create the graphic ad and post on social media for my clients, I use the description in many ways
- \* Lines- use forks or knives to draw viewers eyes to the main subject or invoke a feeling of tasting
- \* White Balance!!!!!! Please Please use your white balance on every single food and cocktail shot you take! Getting this right is critical and even your cell phone photo has an editing correction option (on an iPhone it is under Edit/Color/Cast) I cringe to see a food photo with a yellow cast :(
- \* Tripod- if taking a professional shot, please use your tripod and style the setting shot through the camera lens. I often shoot free hand right off the line for macro shots (fresh out of the kitchen as it is rolling out to the server)
- \* Whether using a professional camera or a cell phone (which have great cameras but cannot produce the light and resa that a professional camera can) make it look like you can almost taste it! (see styling for more tips)



Bringing a chef's perfect vision to the table is arguably one of the most challenging types of art. Each Dish, cocktail and product has years of culinary training in product, ingredient development, and presentation execution behind it.

I am a marketing and advertising manager for two fine dining restaurants and an apres ski bar, all located in the beautiful mountain towns of the high Rockies in Colorado. Bringing the chef and restaurant owner's vision to life in photographs for digital and print mediums is a creative and delicious job! I work with the executive chef to capture the seasonal dishes for Winter and Summer. I work with the master mixologist to capture the signature cocktails and I listen to the owner's vision and observe the vibe and try to take a photo that embodies their visions collectively.



## My Top 10 Food Styling Kit Items

Our challenge as a cultnary photographer is to preserve that moment when a dish is complete,

- \* make up brushes, make up removal pads and make up
- on plates and backdrops

- " fresh or fake fruits, flowers or ingredients to use as