



# How to do food on Zoom

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# Do's for presenters before:

- Choose recipes you know well.
- Choose a recipe that is currently trending on Instagram, or something that is timely (holiday, seasonal).
- Have ready the finished product, to show participants **BEFORE** you start the recipe.
- Practice recipe over zoom with a friend.
- Have everything you need ready and at hand.
- Write up your steps clearly and tape them in a waterproof sleeve onto your counter.
- People love tips, these are often more valuable than the recipe itself.



# Do's for presenter during the session

- Make sure people can unmute themselves, as they will need to ask questions.
- Have someone on the call as a moderator, someone who is not cooking. Have them keep an eye on anyone who is falling behind and may need some extra assistance from you.
- Be patient – it is inevitable that someone will be lagging behind.
- Pace yourself, keep the recipe moving with the people who are in the middle of the pack.
- Offer for anyone who is really struggling, that after the session is over you will work with them privately. If it's more than one or two people, then your directions need to be clearer or you are going too fast.
- Ask participants questions while you wait for people to catch up.



# Do's for participants

- Prepare your audience ahead of time
  - Get participants to register for the session.
  - Send ingredients and recipe ahead of time.
  - Give very clear direction of what you need them to prepare ahead of the session:
    - Cut onions
    - Lay out equipment
    - Pre-heat oven
    - Measure ingredients



# Don'ts

- Don't choose a recipe with large amounts of inactive time. If you do, make sure you are prepared to fill in that time.
- Don't choose a recipe that is complicated or that you have not mastered yourself.



# Examples of good for Zoom recipes

- Salads and salsa
- Fritters
- Latkes
- Hummus (from canned chickpeas)
- Meatballs and sauce
- Falafel
- Pasta making



# A note on baking

- If you choose to bake something with participants, make the batter or dough as part of the session.
- Guide the participants until the item goes into the oven, then say goodbye and ask them to post pictures of the results.



# Other food based activities

- Name that food:
  - The seven species (Sukkot, Tu BiShvat, Yom HaAtzmaut)
  - Sephardi v/s Ashkenazi dishes
  - New fruits (Rosh Hashana, Bikurim, teaching Shehecheyanu)
- Food demonstrations
- Culinary history talks
- Discussions on why we eat what we eat
- The importance of food to all cultures (especially/including) Jewish
- Does Jewish food transcend culture?





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