

# Cooking Demonstration Tips



**A cooking demonstration is a great way to educate and inspire an audience about nutrition, ingredient selection and food preparation. Organization and preparation are the keys to a successful cooking demonstration. Follow these easy tips and have fun with your audience.**

- Consider who your audience may be and choose recipes and ingredients appropriately. Also consider how much time is available for the demonstration.
- If possible, find out in advance how much space and equipment will be available at the demonstration location. This is important, for example, when preparing recipes that require heat or electrical equipment.
- Choose recipes that are quick and easy, require minimal ingredients and utensils and, of course, are nutritious and tasty.
- Organize ingredients and utensils by preparing a tray that has everything you will need for each recipe. Prepare a note card of the recipe as a reminder of ingredients as well as educational points to be made.
- Prepare ingredients, such as chopping or pre-weighing, ahead of time in a clean kitchen area. Keep whole ingredients for a visual demonstration of selection as well as for cooking technique demonstrations. Store your ingredients in clear ziplock bags or bowls with lids. Label ingredients and store on the recipe tray.
- Have sanitizing towelettes or paper towels to keep hands clean.
- Hand out printed recipes to your audience. Whenever possible, translate recipes to the languages spoken by your audience.
- Be familiar with your recipe. Practice making your recipe prior to your demonstration. Highlight the key points to discuss about the ingredients, preparation technique and nutrition information.
- Be prepared to provide samples for tasting.

## Ingredient and Equipment Checklist

### Food Demonstration

- Recipe handouts
  - Nutrition information
  - Visual examples of ingredients to be demonstrated: packaged or fresh
  - Display stand for recipes, brochures, business cards
- Cutting board
- Knives with protective cover
- Cooking utensils (i.e., spoons, whisk, mixing bowls)
- Measuring cups and spoons
- Sauté pan, saucepan (depending on recipe)
- Pot holders
- Electric hot plate or butane burner
- Butane fuel (2 cans)
- Extension cord
- Masking tape and marker
- Cooler (on wheels)
- Ice
- Thermometer
- Apron
- Ingredients for recipe
  - Prepared, stored, labeled in ziplock bags or bowls with lids
  - Trays to organize ingredients

### Serving (depending on recipe)

- Disposable plates/bowls, forks, spoons
- Napkins
- Plastic gloves
- Serving knife, spoon
- Serving bowl, platter

### Cleaning

- Paper towels
- Garbage bags
- Plastic wrap/tinfoil
- Ziplock bags
- Hard surface sanitizing cleaning wipes or spray
- Hand sanitizer