

# PERFECT PLATING

What appeals to us? Well, it's usually food that smells good, tastes good and of course, looks good. **Purva Indulkar & Pearl Mathias** talk to food photographers and find out how to make your food look appealing

You know those beautiful, mouth-watering images you're constantly bombarded with on social media, especially when you're the hungriest? Well, there are professionals out there who know how to capture them even better than the friends you envy for their photography skills. Good food

photography is about more than just good food that's plated right. There are several tiny things that you need to take into account too. We got in touch with a few and asked them to share a few tips and tricks of the trade. Caution: you better not be hungry when you're reading this — the images are drool-worthy!



## REMEMBER TO ACCESSORISE

Nikhil Merchant, who is the Nonchalant Gourmand on Instagram, tells us, "Keep tablecloths and napkins in various colours and patterns ready. A variety of them should be reserved for your food shots. Invest in wooden boards or planks (used wooden chopping boards add character), and look for decorative items at home to place in the background."



## ATTENTION TO DETAIL

Kiran Srivastava says, "Every small detail, including background, props and garnish, adds character to your image. Experiment with fun angles, group shots and handheld shots, various photography applications (my favourite is VSCO) and avoid over-editing your snaps." You can see more of her work on Kiran Tarun on Instagram.



## GET STARTED

- Pick a time of day when the location that you're taking the picture in gets a lot of natural light.
- Place a tablecloth or a wooden board/ tile next to a window.
- Place your plate of food on it.
- Stand over it and take a picture from above if you're not too sure of your photography skills.



➤ Don't worry if you don't have a professional set-up. Natural light works great!



## LIGHT IS YOUR BEST FRIEND

"Food styling is more important than food photography," believes Adarsh Munjal, who has an Instagram page called The Big Bhokkad and is the co-founder and editor of Lensplate. He tells us that this applies whether you're using a DSLR or a phone

camera to click the pictures. "While we prefer natural light over any kind of equipment, sometimes it is necessary for us to buy and utilise professional studio or lighting kits. Just keep the food in focus and ensure that there's adequate light," he explains.



## DON'T FORGET THE CAPTION

Anushi Patel, who posts as Bombay Salt, gives us this gem: "A good caption can go a long way. It helps you to share more of your personality with the world. It's the one thing to have a slick, flawless, perfectly edited photo, but adding some humour in the caption humanises it and makes it more relatable."



## DEVELOP YOUR OWN STYLE

Ankiet Gulabani, who's Instagram account is called Spankiet, tells us how to get the perfect shot, saying, "Learn to do this by studying the composition of other shots when you're starting off." His expert advice: "Plan your shot in advance and keep the elements that you may want to add in the frame, then subtract till you get your final shot perfect. When everything is in place, you can play around with it. This saves time."

