

Flying Food – BTS tutorial





All the images were taken with the same lighting setup, with a few tweaks here and there for each shot. One strobe light with a scrim from behind right. With two white boards as reflectors in the front.



In each image (except for the doughnut shot) , each component/ingredient was shot separately and assembled in post.

The camera was set in place for each series and I tried not to move the camera, but I placed each food item in a different spot relative to the camera and light, so that the end shot would be more believable.

Then I put the images together in photoshop. This took time and patience and a lot of trial and error.

Burger



For the burger I shot most the pieces on a piece of glass, I thought it would be easier to cut each component out, but I don't think it made much of a difference.

Once each item was cut out from the background, I layered it in the order that I wanted it. I manipulated the shape of some of the items using the liquify and warp tool in photoshop, so that it would give the impression that the burger is flying.

I changed the colour of the cheese as I felt a darker yellow was better than the pale yellow. Once I was happy with the composition, I added the shadows. Each shadow on it's own layer.

Stir fry



For the stir fry I started with a pan filled with the ingredients. And then shot each ingredient separately.

Now after the fact, I realize that I should have placed less ingredients inside the pan to make the “tossing” effect more realistic.

Creating the composition for the stir fry was the most difficult, I moved the pieces around a zillion times until I found something that I liked.

I shot the stove in my kitchen under my kitchen lights with a high ISO – 3200
I positioned a pan on the stove for a reference point but it was masked out in post and the pan with the ingredients inside was placed on top.

Lastly I added a smoke layer. I changed the blend mode of the layer to “screen” to cut out the black and added a layer mask and masked out some of the smoke from covering the vegetables.

Salad



For the salad I shot the bowl empty and with a few lettuce leaves in it and I ended up using the bowl with the leaves.

The feta cheese was the only ingredient that I actually threw into the air for the shot. The rest of the ingredients were shot individually using skewers and clamps.

I added a texture to the base and changed the mode to overlay and reduced the opacity.

Chocolate cupcake



The chocolate cupcake stack is made from store-bought chocolate cupcakes that I sliced horizontally and stacked on top of each other.

Doughnut



The doughnuts and sugar sprinkles were shot in one shot. A few images were combined to get the best sprinkles from each shot.

If you have any questions please feel free to reach out to me, I am always happy to share my process.