



7 ESSENTIAL TOOLS
YOU NEED
TO SHOOT YOUR OWN
RECIPE
VIDEOS

1.CAMERA



Anything that can shoot high quality, HD video is right on the mark! DSLRs like the [Canon 7D](#) with some nice lenses (like a [Canon EF 28 f/1.8 USM](#) or a [Canon EF 70-200mm f/2.8L IS II USM](#)) are perfect for food videography, but smartphones can be an economical alternative.



2.MEMORY CARDS



You're going to want a card that can handle the speed and size of your footage if you're shooting on a DSLR. Look for U3 Class 10 cards from professional brands like [SanDisk](#) or [Lexar](#).



3.TRIPOD



You will also want a lateral arm if you're going overhead! For tabletop shooting we use a [Promaster tripod](#) with a [Manfrotto 131D Arm](#), or [OverHead Pro tripods](#) for shooting with smartphones.



4.MONITOR



See what you're shooting overhead with a small field monitor like those made by [ProAm](#), [Lilliput](#) or [SmallHD](#). Keep in mind most monitors will require an HDMI cord and a [hot shoe mount](#).



5.QUALITY LIGHT SOURCE



If you can't shoot right up next to a big window or during daylight hours, fake it with daylight balanced lights like the [Lowel EGO tabletop light](#) or even the [AmazonBasics Portable Photo Studio](#).



6.BACKGROUND SURFACES



Your food shouldn't be the only beautiful thing in frame. We use marble tabletop surfaces like those made by [Sur La Table](#), or opt for a rustic look with [Erickson Wood Works](#) surfaces.



7.EDITING SOFTWARE



Go easy and basic with [iMovie](#) or Windows Movie Maker, or advanced with [Final Cut Pro](#) or [Adobe Premiere Pro](#).



LEARN HOW TO USE THESE TOOLS WITH FOOD BLOGGER PRO - FOODBLOGGERPRO.COM