

# THE BEST FAMILY RECIPE



“The Best Family Recipe” spices up the cooking contest format with four amateur cooks competing with personal dishes inspired by a fascinating family experience, a love story or simply a passion for cuisine.

**Genre:**  
Reality Cooking Show

**Duration:**  
Daily, Access Prime Time

 Trailer



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“The Best Family Recipe” spices up the cooking contest format by focusing on homemade recipes inspired by a family experience, a love story or a personal tale of passion for cooking. Enthusiastic amateur cooks try to convince a panel of culinary experts each week that their special dish is the best of them all.

Four homes cooks compete each day from Monday to Thursday in three rounds: the pitch, the plate, and the taste. One cook is eliminated in each round and the winner earns a place in the weekly finale on Friday. The winners then battle it out in a final contest for a prize of money or a luxurious kitchen appliance.

Each cook introduces themselves with a self-portrait filmed at their home at the start of each episode. They then pitch their signature dish one-by-one, trying to convince the jury members by describing the food’s preparation, taste and appearance. Crucially, they explain the story behind why it has become their signature dish.

The members of the jury will then ask questions about the cook, the dish and their story before giving their first impressions. The other contestants will also pass comment on their rivals while the jury then deliberates and votes the least convincing cook out of the competition.





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Key to the show's appeal is the warm and friendly atmosphere which it creates. The studio setting is designed to give contestants and viewers the sense of a cozy home kitchen to match the fascinating and emotional stories which they tell. They may come from different corners of the world and may have enjoyed brilliant careers or suffered hardship.

Each week viewers are drawn into the lives and experiences of a diverse group of cooks with special stories to tell behind the dishes they prepare. The show features many simple recipes that people can prepare at home with ingredients that can be found on the show's website. "The Best Family Recipe" is a fun and fascinating show that appeals to housewives, students and anyone interested in cooking.

The three remaining cooks go ahead and prepare their dishes and serve them up, as the jury members watch and pass comment. After the jury makes an assessment of this process, the cook who serves the least appetizing plate is eliminated. His or her dish is not even be tasted, underlying the importance of good presentation.

All three jury members taste the two remaining dishes and decide which tastes best and whose dish lived up to their pitch. The best cook earns wins a place in Friday's finale. The four chosen cooks must now prepare a new family recipe, but this time they must convince five culinary experts, not three.



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