





# 16. Drinks

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START OFF YOUR  
HOLIDAY PARTY ON THE  
RIGHT FOOT WITH  
THESE FABULOUS  
OPTIONS.

# DRINKS

## *Adult Hot Chocolate*

By: [LifeStyleWebTV](#)



### Ingredients

2 cups of milk (organic whole milk is best for the richest flavor. 2% also works well. To cut calories further, use 1% or skim)

100g of good quality dark chocolate (about 3/4 cup), broken in pieces. Try Lindt Excellence "Intense Mint". Set aside a piece or two to shave and sprinkle on finished hot chocolate.

Whipped cream

Cinnamon stick (optional)

Pinch of nutmeg and cinnamon (optional)

1 oz of your favorite liqueur.

### Directions

Pour milk into saucepan and heat over medium for a few minutes until milk gets steamy. Reduce heat to low. Add a cinnamon stick if you wish for a spicy hit.

Pour in your chocolate pieces and whisk in to milk until smoothly blended. Add a splash of your favorite liqueur if you wish. Try Crème De Menthe, Cognac, Rum.

Pour hot chocolate into mugs. Top with whipped cream and extra pinches of cinnamon and nutmeg (optional). Add chocolate shavings (optional).



WATCH THE VIDEO

# Safe Eggnog

By: [BettysKitchen](#)



WATCH VIDEO

## Directions

In a large bowl, beat  $\frac{3}{4}$  cup sugar and 1  $\frac{1}{2}$  cups egg substitute until well blended. Set aside.

In a Dutch oven or large pot, mix 2 cups half-and-half, 2 cups milk, and  $\frac{1}{4}$  teaspoon salt. Cook over low to medium heat for about 12 minutes, until mixture begins to bubble around the edges of the pot. Do not boil.

Remove from heat, and quickly stir half of the hot milk mixture into the egg mixture. Then empty the egg mixture back into the pot with the hot milk mixture. Stir until completely blended. Cook mixture over low to medium heat until mixture thickens slightly, about 12 minutes, or until a thermometer reads 160 degrees. The cooking time may take longer, if the heat is low. Do not boil.

Remove from heat. Let cool for 1 hour, stirring occasionally. Cover with plastic wrap and refrigerate for 4 additional hours. Remove from refrigerator and stir in 1 teaspoon vanilla and  $\frac{1}{2}$  cup bourbon whisky.

Beat whipping cream with an electric mixer until soft peaks form. Gently fold whipped cream into eggnog mixture, until completely combined. Ladle into serving glasses or mugs and sprinkle with nutmeg!

## Ingredients

$\frac{3}{4}$  cup sugar

1  $\frac{1}{2}$  cups egg substitute (I used Egg Beaters. If you prefer raw eggs, you will need 6.)

2 cups half-and-half

2 cups milk

$\frac{1}{4}$  teaspoon salt

$\frac{1}{2}$  cup bourbon whisky (You may use brandy or a mixture of bourbon whisky and brandy. If you want your eggnog to be nonalcoholic, use  $\frac{1}{2}$  cup orange juice.)

1 teaspoon vanilla extract

1 cup whipping cream

Ground nutmeg (for sprinkling the top)

## DRINKS



# Christmas Cosmopolitan

By: [EverydayDrinkers](#)



[WATCH THE VIDEO](#)

## Ingredients

½ oz. Cointreau  
½ oz. Cranberry Juice  
1 oz. Vodka  
1 tsp Lime Juice

## Directions

Mix all ingredients in an iced cocktail shaker for ten seconds and strain into a cocktail glass. For a cleaner presentation, double strain to remove lime flesh.

## More COCKTAIL Recipes



Candy Cane Martini



Hot Buttered Bourbon



Mistletoe Cocktail

# 17. Appetizers

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LITTLE BITES TO  
STIMULATE THE  
APPETITE OF YOUR  
GUESTS.



# APPETIZERS

## *Smoked Salmon Crostini*

By: [Herbal Kitchen](#)



### Ingredients

#### For the Lemon Dill Aioli:

1/2 garlic clove, mashed  
 1/2 cup mayonnaise  
 2 tablespoons extra virgin olive oil  
 1 1/2 tablespoons fresh lemon juice  
 2 teaspoons fresh dill, minced  
 Sea or Himalayan salt to taste  
 Freshly cracked black pepper to taste

#### For the Crostini:

1/2 baguette, sliced  
 1 tablespoon extra virgin olive oil  
 Lemon Dill Aioli (see recipe)  
 4 ounces smoked salmon  
 1 Persian or other small, seedless cucumber, sliced  
 1 green onion, julienned  
 Sprig of dill for garnish

### Directions

#### For Aioli:

Mash garlic into paste and place in small bowl. Whisk in mayonnaise, olive oil, lemon juice and dill. Season to taste with salt and pepper. Cover and chill. Makes approximately 2/3 cup aioli.

#### For Crostini:

Turn on oven broiler and leave door ajar to vent. Slice baguette into 1/4-inch to 1/2-inch slices. Place slices on baking sheet and brush or drizzle slices with olive oil. Bake until golden brown in color, about 1-2 minutes. Remove baking sheet from oven, and place slices on serving tray. Top each crostini slice with a small amount of Lemon Dill Aioli, smoked salmon, sliced cucumber and green onion. Garnish with a sprig of dill.

Creates 16-20 crostini  
 Recipe from the Herb Cookbook.



## Ingredients

2 tsp (10 mL) unsalted butter

1/2 cup (125 mL) brown sugar, firmly packed, divided

2 large Granny Smith apples, peeled, cored and finely diced

1/2 tsp (2 mL) Compliments

Ground Cinnamon, divided

4 cups (1 L) Compliments Sweet Apple Cider

2 tsp (10 mL) Compliments Cider Vinegar

1/2 package (200 g) puff pastry, thawed but very cold

1/4 cup (60 mL) shredded Compliments Mild Cheddar Cheese

# Apple Cider & Cheddar Tartlets

By: [LeGourmetTV](#)



**WATCH THE VIDEO**

## APPETIZERS



## Directions

Preheat oven to 400°F (200°C). In a large saucepan, melt butter. Add 2 tbsp (30 mL) sugar and stir until smooth. Add apple and cook on medium-low heat until pieces are slightly softened but still hold their shape, 5 to 7 min. Stir in 1/8 tsp (0.5 mL) of cinnamon. Transfer to a bowl and set aside.

In the same saucepan, add apple cider, cider vinegar and remaining sugar and cinnamon and heat on medium until sugar dissolves. Turn heat to low and simmer until cider mixture is syrupy and reduced to about 3/4 cup (175 mL), approx 25 min.

Meanwhile, on a lightly floured surface, roll out puff pastry into a 14 x 14-in. (35 x 35 cm) square. Use a knife or pizza wheel to cut pastry into 12 rectangular pieces by slicing 4 horizontal rows and 3 vertical rows. Place cut pastry pieces into a greased 12-cup muffin tin, lining bottoms and sides. Use a fork to prick the bottoms a few times. Spoon cooked apple into pastry cups. Bake 15 min. or until golden brown. When cool enough to handle, remove tartlets from tin, drizzle with cider syrup and sprinkle with cheese. Serve hot or cold.

# APPETIZERS



## Tangy Cranberry Meatballs

By: [GooseberryPatch](#)

### Ingredients

*1-3/4 lbs. frozen meatballs*

*1.2-oz. pkg. brown gravy mix*

*3/4 c. whole-berry cranberry sauce*

*2 t. Dijon mustard*

*2 T. whipping cream*

*Optional: sweetened, dried  
cranberries, minced fresh parsley*

### Directions

Place frozen meatballs in a slow cooker; set aside. Make gravy according to package directions; stir in cranberry sauce, mustard and cream. Stir until well blended; pour over meatballs and stir to coat evenly. Cover and cook on low setting for 4 to 5 hours, or on high setting for 2 to 3 hours.

To serve, use a slotted spoon to remove meatballs to a serving dish. Sprinkle with dried cranberries and minced parsley, if desired. Makes about 4 dozen meatballs.



# 18. Main Dishes

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SERVE UP SOME HOLIDAY CHEER WITH THESE ELEGANT COURSES.



# MAIN DISHES



## Chicken Saltimbocca

By: [AmateurKitchen](#)

### Ingredients

*1 chicken breast, cut in half length wise and pounded out to 1/4-1/2 inch thick*

*Salt and Pepper*

*2 slices of prosciutto*

*10 sage leaves, divided*

*4 tbs butter*

*Olive oil*

### Directions

Preheat oven to 350 degrees.

Once chicken breasts have been pounded out lay one slice of prosciutto on each breast along with 3 sage leaves per breast. Season with some salt and pepper and begin to roll up the chicken breast to hold in the prosciutto and sage.

Drizzle olive oil in a skillet over high heat. Place the seal side of the chicken down first to help keep in place so it doesn't come apart. (If it doesn't stay together use toothpicks to hold in place.) Brown chicken breast on each side which will take 3 minutes per side and place in preheat oven. Cook for 15 minutes or until chicken is cooked through, 165 internal temperature.

Take cooked chicken out of the oven and set aside. In another skillet on medium heat cook the butter and the remaining sage leaves until the butter begins to turn brown, approximately 5 minutes. Once butter is browned toss the chicken around in the butter for a minute or two.

Cut up chicken on a diagonal and drizzle some of the browned sage butter over top. Serve and Enjoy!

\*Serves great with couscous.

# MAIN DISHES

## Butternut Squash Risotto

By: [FarmersMarketGourmet](#)

### Ingredients

2 T. butter

1 lb. vegetable of your choice (in this episode Cindy used Butternut Squash), peeled or seeded, as needed and cut into small pieces

1 small onion, finely diced

1 clove garlic, minced

Coarse salt and ground pepper

1-1/2 cups Arborio rice

1/2 cup dry white wine

5 cups chicken broth, heated

1/3 cup grated Parmesan cheese, plus more for garnish



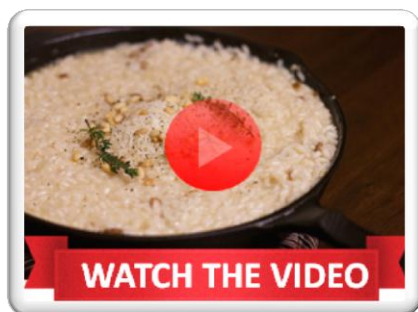
### Directions

In a medium soup pan or large saucepan, melt butter over medium heat. Add butternut squash, onion & garlic. Season with salt and pepper. Saute, stirring often, for about 6 to 8 minutes. (If using another type of vegetable, check the notes at the bottom as to when to add them to the pot.)

Add rice; stir to coat. Add wine; cook until almost all liquid has evaporated, 1 to 2 minutes.

Reduce heat to medium-low and add 1/2 cup hot broth (about 1 ladle-full). Cook & stir, until almost all liquid is absorbed. Add remaining broth, 1/2 cup at a time, stirring until liquid is absorbed before adding more. Continue cooking & stirring for a total of 40 minutes. Mixture will get very thick. Taste to make sure grains of rice are cooked through, but not mushy.

Stir in Parmesan cheese and taste for salt.



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## MAIN DISHES

# Beef Wellington

By: [HolidayKitchen](#)



WATCH THE VIDEO

### Directions

Thaw one puff pastry sheet on the counter for 40 minutes - or overnight in the fridge. Preheat the oven to 425°F. Place the beef tenderloin into a lightly greased roasting pan. Season it with black pepper, if desired. When the oven reaches temperature, roast the tenderloin for 30 minutes or until a meat thermometer reads 130°F.

Cover the pan and refrigerate the meat for an hour to cool. Reheat the oven to 425°F. Make an egg wash by beating an egg with a tablespoon of water in a small bowl using a fork or whisk.

Heat one tablespoon of butter in a medium skillet over medium-high heat. Add the mushrooms and onion and cook until the mushrooms are tender and all the liquid is evaporated, stirring often. Let the mushrooms cool.

Lightly flour your work surface. Unfold one pastry sheet and roll it into a rectangle about 4 inches longer and 6 inches wider than the beef. Brush the pastry sheet with the egg mixture.

Spoon the mushroom mixture onto the pastry sheet to within one inch of the edges. Place the beef in the center of the mushroom mixture, fold the pastry over the beef and press to seal.

Place the Wellington, seam-side down onto a baking sheet. Tuck the ends under to seal. Brush the pastry exterior with the egg wash. Bake the Wellington for 25 minutes or until the pastry is golden brown and a meat thermometer reads 140°F.

### Ingredients

Pepperidge Farm® Puff Pastry Sheets - 1/2 package or 1 sheet (17.3-ounce package), thawed

Beef tenderloin - 1 (2 to 2 1/2 lbs)

Ground black pepper (optional) - to taste

Egg - 1

Water - 1 tbsp

Butter - 1 tbsp

Mushrooms - 2 cups, finely chopped

Onion - 1 medium, finely chopped (about 1/2)

Flour - for rolling

# 19. Side Dishes



WE KNOW THAT SOME OF YOU ACTUALLY PREFER THE SIDES OVER THE MAIN COURSE. DON'T WORRY, WE WON'T TELL!



## SIDE DISHES

# Sweet Potato Biscuits

By: [HealthyVegan](#)

### Ingredients

1 small sweet potato  
 3 Tbsp melted coconut oil  
 1 Tbsp maple syrup  
 1 cup whole grain flour  
 2 tsp baking powder  
 pinch salt



WATCH THE VIDEO



### Directions

Bake the sweet potato at 350F for about 45 min. until tender. Allow it to cool, then remove the pulp and mash. Measure out 1 cup. Combine the mashed sweet potato in bowl with half the coconut oil and all of the maple syrup.

Mix the dry ingredients in a separate bowl, then add to the potato mixture and blend well with a fork.

On a floured board, pat the mixture out into a 1/2 inch thick circle and cut into 1 inch rounds, or simply drop spoonfuls of dough. Put them onto greased or parchment-lined cookie sheet, then brush each with some of the melted coconut oil.

Bake at 375F for 10 minutes, or until lightly golden on top. Serve hot. These biscuits also freeze well, but should be thawed before reheating.

## SIDE DISHES

# Garlic & Herb Mashed Cauliflower

By: [TheFoodLovers](#)



**WATCH THE VIDEO**

### Ingredients

*1 head of cauliflower, washed, and cut into florets*

*1 Vidalia onion, chopped*

*3 cloves of garlic, minced*

*1 tablespoon fresh thyme, chopped*

*1 tablespoon fresh rosemary, chopped*

*2 tablespoons Kerrygold unsalted butter*

### Directions

Place cauliflower in a steamer basket in a large soup pot, season with salt and pepper, and steam until soft (about 10-12 minutes, test with a fork).

Heat 1 tablespoon of Kerrygold butter in a non-stick frying pan on medium heat.

Sauté onion, garlic, and herbs until onion is translucent. Season with salt and pepper to taste. Set aside.

Place steamed cauliflower into a high speed blender or food processor. Add the sautéed onion, garlic, and herbs, along with the second tablespoon of butter. Process until smooth. Garnish with a sprig of rosemary, or a sprinkling of fresh ground pepper.



## SIDE DISHES

# Lyonnaise Potatoes

By: [StevesCooking](#)

### Ingredients

3 Red medium potatoes, sliced

1 Large red onion, thinly sliced

1 Small roma tomato, diced

1 Garlic clove, minced

Red pepper flakes (to taste)

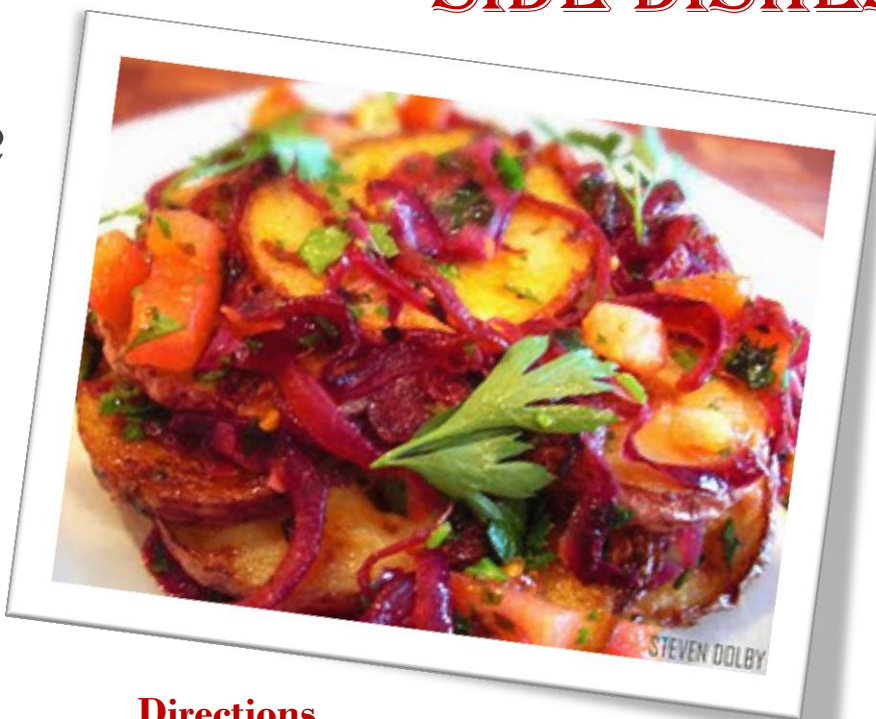
Fresh Italian flat leaf parsley, chopped (to taste)

Salt (Maldon sea salt to taste)

White pepper (to taste)

1 Tbsp aceto balsamico (good quality)

Olive oil



### Directions

Slice potatoes. Line them up neatly on a baking sheet with foil. Drizzle with olive oil. Add salt, red pepper flakes, and then roast in 350 degree oven for 15 minutes.

Thinly slice onion. In a pan over low heat, add a little olive oil, and then add your onions with some salt. Gently stir the onions so that they cook slowly. Halfway through, add some chopped parsley, minced garlic and a touch of balsamico. Continue to stir until they are cooked.

Once potatoes have cooked for 15 minutes, crank the heat up to 475 degrees and cook them until golden brown.

Remove potatoes and let them rest for 2 minutes.

Put them in a medium sized bowl and add your onions with more parsley. Add diced tomatoes and a dash of white pepper. Then gently mix everything with your hands.





# 20. Desserts

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END YOUR MEAL WITH A  
SWEET FINISH.



# DESSERTS

## Classic Shortbread

By: [LeGourmetTV](#)



### Directions

In a bowl cream the butter. Gradually add sugar and beat until fluffy. Gradually add rice flour and all purpose flour until the mixture is too difficult to mix with a spoon. Turn onto a floured board and knead lightly, drawing in flour until the dough begins to crack. Form into a ball, cover in plastic wrap and refrigerate for at least 30 minutes.

Cut ball into half. Place one segment on one side of an un-greased baking sheet. Pat the dough into a circular shape roughly 1/4 inch thick. Take a fork and prick a lovely pattern onto the top of the dough. Do the same for the second segment of dough.

Place into an oven 300 °F and bake for 45 minutes to 1 hour. When the dough is slightly golden remove from the oven and let sit for 5 minutes. Cut into wedges and remove from baking sheet to cooling rack.

OR

Roll out the dough to 1/4 inch thick and cut into cookie shapes. Place on an un-greased baking sheet and bake for 15 to 18 minutes in an oven set at 300°F. When slightly golden remove from oven and let stand for 5 minutes. Remove from baking sheet onto cooling rack.

### Ingredients

*1 cup no salt butter at room temperature*

*1/2 cup white sugar*

*1/2 cup rice flour*

*1 1/2 to 1 3/4 all purpose flour*



**WATCH THE VIDEO**

# DESSERTS



## Ingredients

White morsels or almond bark - 2 cups or 12 ounces

Hard peppermint candies - 24, unwrapped

# Peppermint Bark

By: [USAFireAndRescue](#)



## Directions

Line a baking sheet with wax paper.

In a microwave safe bowl, melt the morsels on medium-high power for about 1 minute and stir. Continue microwaving at 10 - 15 second intervals and stirring until morsels are melted. If mixture is too thick, thin it with about 2 teaspoons of cooking oil.

In a plastic food storage bag, add peppermint candies. Using a rolling pin or other heavy object, crush the candies.

Hold a strainer over the melted morsels and pour the crushed candies into the strainer. Shake the strainer to release the small pieces. Reserve the larger pieces.

Stir the mixture together. Pour mixture onto prepared baking sheet and spread to desired thickness.

Sprinkle reserved candy pieces on top and lightly press down. Let stand for about 1 hour or until firm. To serve, break into pieces.

Store in an air-tight container at room temperature.

# DESSERTS

## Guinness Chocolate Cheesecake

By: [Carrol Luna](#)

### Ingredients

#### For the crust

1 cup graham cookie crumbs  
2 tablespoons cocoa powder  
1 tablespoon sugar  
2 tablespoons butter, melted

#### For the batter

12 ounces dark chocolate, (or semi-sweet chocolate chips)  
2 tablespoons heavy cream  
3 (8 ounce) packages cream cheese (room temperature)  
1 cup sugar  
1/2 cup sour cream  
3 eggs  
1 teaspoon vanilla extract  
3/4 cup Guinness Extra Stout Beer



### Directions

Preheat oven at 350F. Prepare the crust. In a bowl, mix together the graham crumbs, cocoa powder, sugar, melted butter and press into the bottom of a 9 inch spring form pan. Make sure to grease the pan well, bottom and sides. Since we'll be baking the cheesecake in a water bath, cover the exterior of the pan with aluminum foil.

Melt the chocolate and heavy cream in a double broiler (or water bath).

In a bowl, cream the cream cheese. Mix in the sugar, melted chocolate, sour cream, eggs (one by one), vanilla, and Guinness. Make sure to mix well after each ingredient to get a smooth consistency.

Pour the mixture into the spring form pan and take to the oven to cook in a water bath setting. Bake in a preheated 350F oven for 60 minutes.

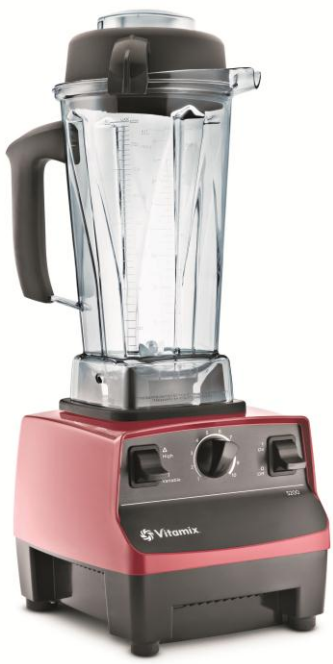
Turn the oven off and leave cheesecake inside for an extra 60 minutes with the heat off.

Let it cool completely at room temperature.



### WATCH THE VIDEO

# Win the Vitamix 5200!



The Vitamix 5200 can do the work of 10 kitchen appliances and perform more than 50 different processes without any separate attachments! Make ice cream, grind grains, knead dough, juice whole foods, and cook soup heated by nothing more than precision-crafted stainless steel blades spinning at 240 mph.

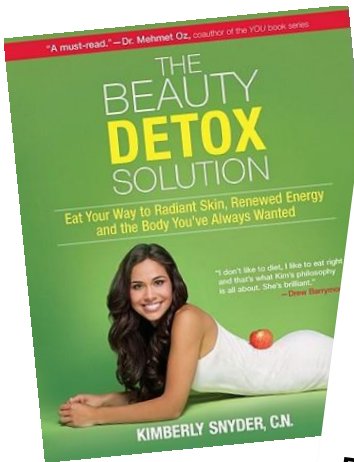
Features Include:

- Variable speed control (1-10) including a high speed setting
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Contest is open until the day after Christmas. 15 Runner-ups will win a copy of celebrity nutritionist Kimberly Snyder's **Beauty Detox Solution** to help you kick-start your New Year and get rid of those holiday pounds!

That's not all! As a holiday gift to you, Vitamix is offering iFood.tv fans exclusive free shipping. Use the coupon code "**07-0070-0001**" at check out to get **free shipping on all web orders at Vitamix.com!**



15 entrants will win a copy of celebrity nutritionist Kimberly Snyder's Beauty Detox Solution



Free Shipping Code: 07-0070-0001

10 Machines in One

# 22. Easy Homemade Gifts

*Need gifting inspiration? Gifts in a jar are fun and easy to create and customize. Here are three of our favorite ideas.*

## Cookie Mix in a Jar

Take your favorite cookie recipe and layer appropriate amounts of the dry ingredients in a mason jar. Attach a copy of the full recipe to the jar and tie with a ribbon. Voila, cookie in a jar!



## Soup in a Jar

Give the gift of a hot bowl of soup. For potato soup in a jar, layer instant mashed potatoes, chicken bouillon, instant milk, dried mince onion and seasonings such as parsley.



## Hot Drinks in a Jar

Create Instant Hot Cocoa mix by layering cocoa powder, sugar, dry nonfat milk, a dash of salt and cinnamon in a jar. Not a chocolate fan? Create a jar of tea by layering instant tea mix, sugar, cloves, and cinnamon.



# 23. Holiday Cookies

You can't have the holidays without cookies! Here are some of our favorite cookie recipes, and some tips to take your baking to the next level.

Click on a cookie to watch the corresponding recipe video.

**Quick Tip**  
Use applesauce instead of butter or oil for a healthier cookie!

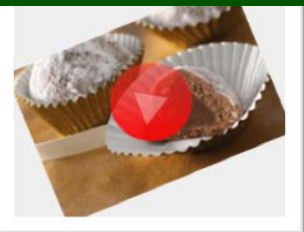


## Cookie Tree

Chef John Gallagher of the Restaurant School at Walnut Hill College shows us how make a traditional Holiday Cookie Tree. Video by [Hypehits](#).

**Quick Tip**  
Coating dry nuts with flour before mixing them into dough will prevent them from falling to the bottom.

*Chocolate Snowball Cookies*  
[Howdini](#)



*Sweet Potato Pie Cookies*  
[Thindulge](#)



*Red Velvet Cookies*  
[LynnsRecipes](#)



*Chocolate Cherry Cookies*  
[Chefuality](#)



*Vanilla Crescent Cookies*  
[EmperorsCrumbs](#)



### Quick Tip

Greet each guest personally as they arrive and set aside a room for coat storage.

## 24. EASY ENTERTAINING

# *Holiday Edition*

*Throwing a holiday party? Here are some tips to maximize good times and minimize stress.*

1. Consider a buffet set up where guests can serve themselves. Have an array of snacks such as nuts, olives, salami, etc laid out as guests arrive.
2. Before cooking, cover your counters with plastic wrap or newspapers. Cover the bottom of ovens in foils.
3. Spread cooking oil on the inside rim of your pots before cooking to prevent boil-overs.
4. Ask guests to bring their favorite alcohol if you want to cut down on expenses and have a variety of drinks.
5. Fill a large container with hot water and dish soap. Collect utensils and soak them in the container during dinner for easier clean up afterwards.

### Quick Tip

Don't forget about the soundtrack! Create an appropriate playlist for background music.



# 25. Merry Christmas!

## *8 Easy Tips for Staying Healthy During the Holidays*

The average American gains 1 pound during the holiday season. Here are some quick tips to help make sure this doesn't happen to you.

1. Never go to a party on an empty stomach. Have a light meal or high protein snack beforehand.
2. If you know you're going to a party later, keep your other meals light and full of vegetables.
3. Sit down when you eat. If you eat while standing up and conversing, you'll lose track of what you've eaten.
4. Go for lean protein snacks which are lower calorie than snacks wrapped in a crust or a dough.
5. Gingerbread cookies and candy canes are your lowest calorie dessert options
6. Plan out your weeks so you know when your parties are. Schedule in some days to exercise.
7. Set a limit to have no more than 2 drinks a night to avoid empty calories from alcohol.
8. The highest calorie drinks are hot chocolate, eggnog, and apple cider. Your healthiest options are champagne, red wine, vodka and tonic.



*Cream of Asparagus Soup*



*Holiday Squash Soup*



*Kale Leek Soup*

*Stay Healthy  
with Easy Soup  
Recipes from  
Vitamix!*

*Happy Holidays from iFood.tv and Vitamix!*



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Originally founded by a couple of foodies, we've now grown into a site with over 5 million unique visitors a month coming from 227 different countries!

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- Watch over 25,000 cooking videos. That's the largest collection on the internet!
- Get helpful tips and information from over 10,000 blogs and how-to guides.
- Find other users with similar culinary tastes through our Tastemates feature.
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