

GUEST GUIDE



The Storied Recipe Podcast

A Podcast About Food, Culture, and Love

IT'S LOVELY TO MEET YOU!

I'm Becky

I'm a mother to 4 sons, curious home cook, lover of extraordinary light, and host of The Storied Recipe.

I consider it a great honor that my podcast guests entrust me with their stories and allow me to photograph and share their most treasured family recipes.

I also create resources to help every family collect, curate, and share their own culinary heritage.

Reach out anytime!

EMAIL

becky@thestoriedrecipe.com

WEBSITE

www.TheStoriedRecipe.com

 PODCAST

[How to Listen](#)





Episode Format

Every episode consists of 2 distinct sections, separated by a read.

In the first section, we will use 7 questions to explore the story of the person you're remembering

You can find those 7 questions at the end of this guide.

In the second section, we'll discuss my experience making the recipe you shared. I may have questions about the ingredients, equipment, instructions, or more.

In both sections, we strive to honor the experiences, heritage, values, and skills of your loved one, believing there is so much learn from those who came before us.

The Process



Whether you are a home cook, food professional, author, or just an everyday person with a story to share, my episode process is always the same.



The Process

Becky 01 Share this packet, request 3 info bites

GUEST 02 Respond with 3 info bites

Becky 03 Assess guest fit

GUEST 04 Complete recipe form, send headshot, pick best time for interview

Becky 05 Make recipe, photograph, send guest recipe-specific questions

06 INTERVIEW, YAY!

Becky 07 Edit episode & create promotional materials

Becky 08 Release episode & recipe

Becky 09 Promote episode & send guests easy ways to share

GUEST 10 Share episode

11 CELEBRATE!



STEP 1: ME

Share Packet & Request 3 Info Bites

You just received an email containing links to this packet as well as a link to the 7 questions I explore with every guest. At the end of the email, I requested 3 info bites -

- The name of the person whose story you'd like to honor and their relationship to you.
- The name of the recipe/dish you're willing to share with my audience.
- An explanation of what this dish represents about the person, their story, and your relationship to them.





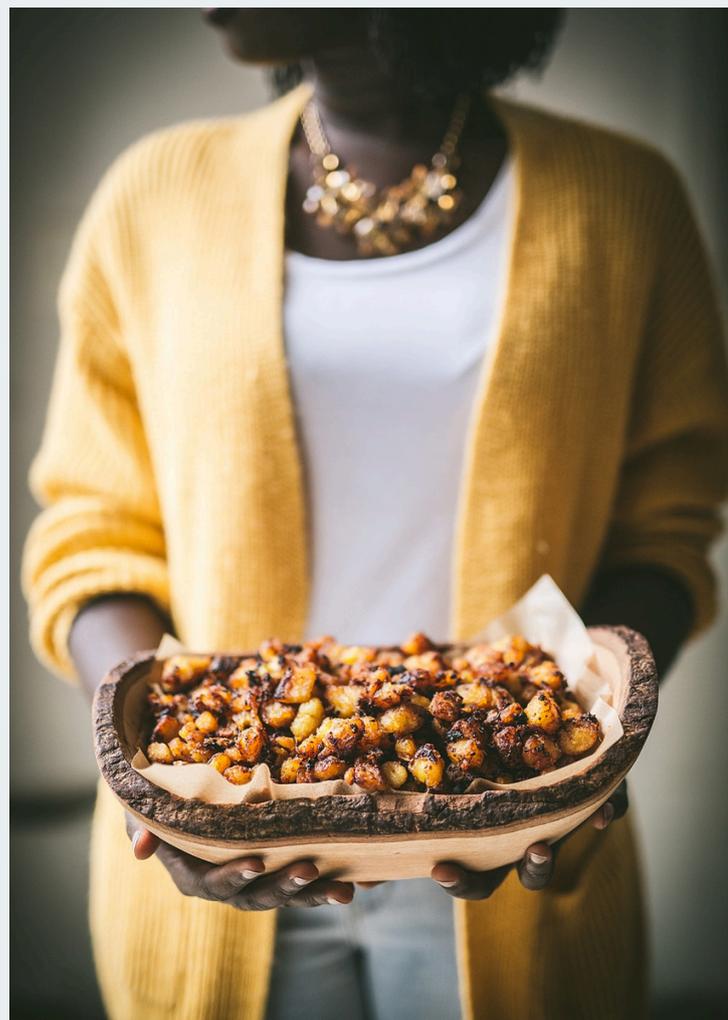
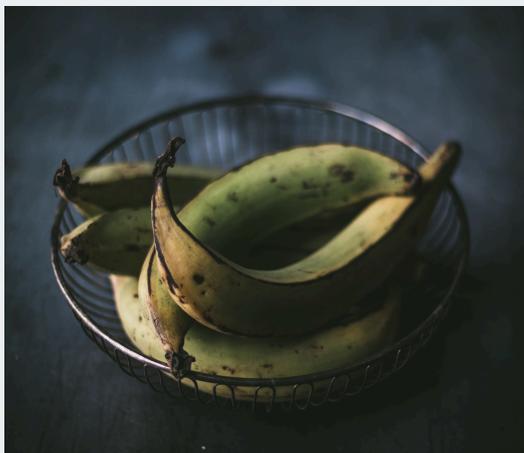
STEP 2: YOU

Respond with 3 Info Bites

After Looking Over 7 Questions

After looking over the 7 questions and reading more about my process, if you want to move forward, simply respond to my email with the 3 info bites.

No need to be eloquent! Bullet point responses work :)





STEP 3: ME

Assess Guest Fit

Share Links to Proceed

I believe everyone has a story worthy of sharing.

For the podcast, I try to offer my listeners a wide variety — in story setting, emotional tone, experiences or vocations of the main character and the celebrations, traditions, techniques and ingredients related to the main dish.

Your answer helps me determine if your story is the right fit for the current collection of episodes I'm curating.

If it is a good fit, I'll reply with the links you'll need to share the recipe and schedule the interview. I'll also ask for a photo of you. (I'll use this later when creating promotional graphics for your episode.)





STEP 4: YOU

Complete Recipe Form

Pick Your Best Time to Talk, Send Photo

First, please complete the recipe form in its entirety. I'll need all the details to make the recipe, prepare for the episode, and give my readers a successful experience preparing the dish.

Next, use the calendly link to schedule a good time for our call. We'll share 45-60 minutes of time for our chat and we'll meet via Zoom. My video will be on; you can choose to be on camera or off.

Finally, please send a headshot or favorite photo that I can use for promotional materials. If you'd like to share photos that relate to your story or dish, feel free to do that as well and I'll include them in the show notes. :)





STEP 5: ME

Make Recipe

Photograph, Develop Recipe Questions

At this stage, you sit back and relax! Meanwhile, I'll do my best to make your recipe and photograph it as beautifully as it deserves. Along the way, I'll jot down notes on the ingredients, equipment, and instructions that fascinated or confounded me. I'll send those along to you before the interview - **but you don't need to respond**. The questions are simply so you have a heads up before we chat.





STEP 6: BOTH OF US!

INTERVIEW

Here's the fun part!

We'll use the 7 questions to explore the story you'd like to tell. Then, we'll use the specific questions I sent you to discuss how to make your dish.

I edit for time and clarity and my edits are often quite heavy. So it's impossible for something to go "wrong".

Just think of this as coffee with a curious friend who happens to be a really good listener. (At least, that's what I've been told hundreds of times in my life.)





STEP 7: ME

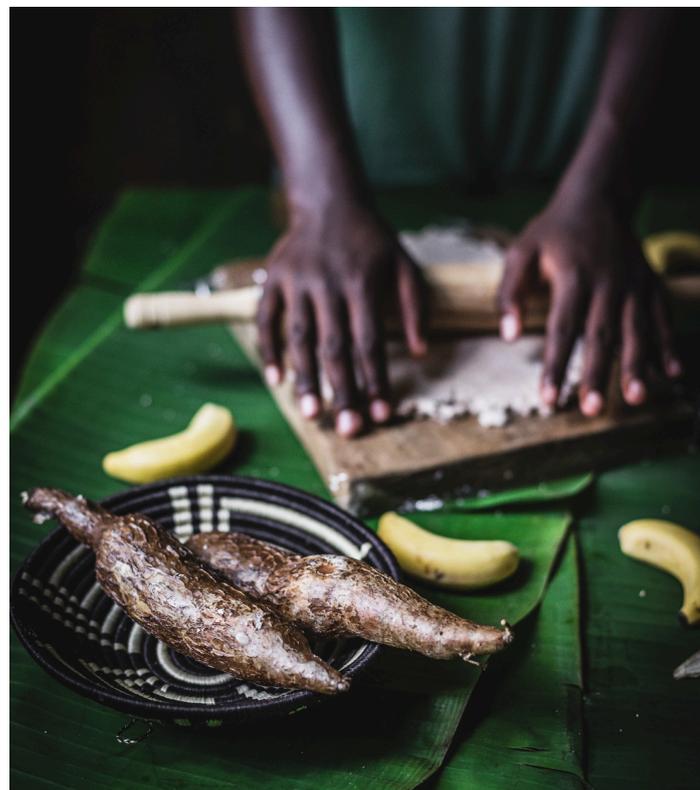
Edit Episode

Finalize Recipe, Prepare Promotional Materials

Now it's time for my assistant and me to roll up our sleeves and get back to work.

We'll edit the audio files, write and record intros and outros, produce the episode, prepare the show notes and create an informative blog post for your recipe.

Next we'll use our favorite quotes from your episode, the headshot you shared, and the photos I took of your dish to create promotional graphics, pins, and a special edition of my weekly newsletter that features your episode.





STEP 8: STILL ME

Release Episode And Recipe

Episodes are released every other Wednesday at midnight. Once your episode is released, it will take a little bit of time (minutes to hours) for it to be propagated to all the players (Spotify, Apple Podcasts, etc.)

On The Storied Recipe website, we'll also insert hyperlinks between the episode and recipe post so readers can easily go back and forth between the two. This takes about 24 hours.





STEP 9: STILL ME

Promote Episode & Send Guests Easy Ways to Share

The Friday after release I'll email you with lots of things :

- Text you can simply copy and paste to share about the episode.
- 4-7 graphics you can share on any social media or in your newsletter.
- My newsletter announcing your episode.
- Links to the podcast and your recipe on my site and all major players.





STEP 10: YOU

Share With Your Audience In Any Way That Feels Most Natural

You know your own friends, family, and audience best, so please feel free to share only in the ways that feel natural - **but please DO find a way to share!**

Not only do I believe the world needs to hear your story, sharing your episode amplifies the stories of every guest!

Especially if you are an author or food professional receiving free publicity from my show, please note how hard I work to create an episode that highlights you as an individual with compelling stories to share.

I ask you to return the courtesy by taking the time to share your experience on my show with your audience.





STEP 11

Celebrate!

There is so much to celebrate at the end of each release!

You and I, together with The Storied Recipe community, have borne witness to a precious life, shared a story to inspire others, preserved knowledge, and completed a successful collaboration - just to name a few!

As we move forward, please stay in touch - **I'll be rooting for you always!**



The 7 Questions



There is no need to write down your answers in advance, unless you'd like to.

01

There must have been a moment when the main character in your story first encountered this dish—OR or when the dish and this person became inextricably linked in your memory. Please recount that scene as you remember or imagine it.

02

What was a defining event that shaped this person, before or after the scene you described above?

03

When do YOU make your appearance in this person's story? Beyond this dish, what else do you share?

04

Of all the thousands of dishes you've eaten in your life, you've singled this ONE out as the most meaningful - why? If this dish functioned as a symbol in a novel, what would it represent?

05

If you imagine this person's life as a stone cast into the waters of space and time, what are the ripples that have moved throughout your family—and into the world?

06

What about YOUR life today do you think makes this person proud?

07

Who is the next teller of this story - and keeper of this recipe? How might they add to or change the story or the dish? HOW will they ensure this story/dish is not lost to history?



Reach out anytime!
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