

What I'm Watching—The Great British Bake Off

A post from Kelli—

It's no lie— I love binge watching TV shows. With feeling sick so much lately, its something that keeps me occupied and not thinking about how crappy I feel.

Lately I've been sucked into The Great Brittish Bake Off.



The premise is that they take 12 to 14 home bakers for each season and they bake.

Each week has a theme and each episode has 3 parts. From what I've gathered, it's not a show where they are there for the whole time that they are filming, but the just film on weekends and then the contestants are able to go home during the week. I think they might know what the upcoming weekend's theme is because occasionally, they'll make comments about "this past week I practiced..." or "I had a busy week and was only able to read about..."

Each episode starts with a signature challange. This part allows the contestants to make a dish of their choosing that still fits within the theme. Some of the things that they come up with seem a little odd to me, but I'm not Brittish and I'm a fan of cosmic brownies, so I wouldn't necessarily say I have a refined palate.

The second challenge that they have is called the technical challenge. During this challenge, they give the contestants ingredients and part of a recipe, but not the full recipe. Often times they leave out vital information like oven temperatures or specific measurements for ingredients. It seems like if it's really important that the oven be set at a high temperature, they just say high heat instead of giving a number. They try to bring to light easily missed areas that can greatly impact the outcome of a recipe if someone's never made it before. The technical challenges are also judged blindly and ranked beginning with the worst and moving towards the best.

The final challenge is the showstopper challenge. The showstopper challenge is meant to pull out all the stops. Often times the final products for this part are big or have a different twist on them so that the contestants will make an impact on the judges.

As with any competition show, a contestant is eliminated each week.

I think part of the reason that I love this cooking show—and many others—is that I used to work in the restaurant industry and really enjoyed it. At the time, I was in college and the hours worked well with my classes. I was also quite a bit more social at the time and this allowed me to be while getting paid. For a long time I wanted to have a bar and grill type restaurant and name it Cosmo's after my high school nickname, but as time went on, much to mom's delight, I began to see how impractical it was. I remember one time I was driving home from Minnesota with mom and I was telling her how I wanted nothing more than to own a bar. She told me that she hoped that I never would. At the time, I wasn't able to see her point of view, but now as a (slightly) more responsible adult, I can completely see how having a family life would be quite difficult. I can now say, that I'm glad things worked out the way that they did.

Anyways–If you are looking for something interesting to watch,
I definitely recommend this! It's on Netflix–And I love it!