

Page	Slug	Segment	Type	Floated	Video	Anchor	Total time	Back Time
A	Preshow						27 min.	
A00	Fort Collins Food Scene							
A01	Cost Cookers							
A02	Chili Mac							
B	Global Eats							
B01	French Toast							
C	Cafe de Mounde							
C01								
D								
D01								
D02								

A	Preshow
CAM 2	<p>GIDEON:</p> <p>HAPPY NEW YEAR RAMS! I'M GIDEON AIGNER...</p> <p>JULIE:</p> <p>AND I'M JULIE BALTAZAR... WELCOME TO A BRAND NEW SEMESTER OF COOKS!</p> <p>WE HAVE A LOT IN STORE FOR YOU TONIGHT...</p> <p>GIDEON:</p> <p>AIN'T THAT THE TRUTH...</p> <p>IN TONIGHT'S EPISODE, WE WILL CATCH YOU UP ON THE LATEST NEWS WITHIN THE FORT COLLINS FOOD SCENE... FROM NEW RESTAURANTS OPENING UP... TO A LOCAL FOOD INSTRUCTOR GAINING RECOGNITION IN THE COMMUNITY...</p> <p>JULIE:</p> <p>YOU WON'T WANT TO MISS IT... AFTER THAT, I WILL SHOW YOU VARIOUS WAYS TO MAKE RAMEN IN MY NEW SEGMENT, COST COOKERS...</p> <p>GIDEON:</p> <p>THEN, PREPARE TO GET YOUR CHEF HATS ON... JULIE AND I WILL SHOW YOU THREE EXQUISITE RECIPES YOU CAN MAKE FOR YOUR</p>

<p>TAKE NEW BUMP (time)</p>	<p>FRIENDS AND FAMILY THIS SEASON...</p> <p>JULIE:</p> <p>IN ADDITION, OUR COOKS TEAM WILL HOP AROUND AND TRY SOME OF THE MOST POPULAR BOBA PLACES IN FORT COLLINS...</p> <p>AND TO END TONIGHT'S SHOW, GIDEON AND I WILL PUT OUR TASTE BUDS TO THE TEST, TO SEE IF WE CAN TELL THE DIFFERENCE BETWEEN U.S SNACKS AND THEIR MEXICAN COUNTERPARTS...</p> <p>GIDEON:</p> <p>ALL THIS AND MORE TONIGHT ON CTV COOKS STARTING NOW!</p>

<p>A00</p>	<p>Fort Collins Food Scene</p>
<p>CAM 3</p> <p>TAKE VO: THE LOSTCAJUN</p> <p>CUT VO</p>	<p>GIDEON:</p> <p>FORT COLLINS IS NOW DOWN A CAJUN RESTAURANT...</p> <p>"THE LOST CAJUN" WAS A POPULAR EATERY THAT WAS ESTABLISHED FOR EIGHT YEARS... THE TIME HAS COME, HOWEVER, FOR FRANCHISEES JESSICA AND RYAN FLOYD TO REPLACE IT WITH A RESTAURANT BUSINESS OF THEIR OWN... BIGHORN BARBEQUE IS GOING TO BE A PLACE THAT SERVES FRESH STEAKS AND BURGERS...</p>

<p>CAM 1</p> <p>TAKE VO: SEXYSAMMIES</p> <p>CUT VO</p> <p>CAM 3</p> <p>TAKE VO: COOKCLICKCAFE</p> <p>CUT VO</p>	<p>KEEP A LOOKOUT FOR WHEN IT OPENS ON THREE HUNDRED THIRTY ONE SOUTH MELDRUM STREET...</p> <p>JULIE:</p> <p>PREPARE TO BE EGG-CITED... "SEXY SAMMIES" IS COMING TO FORT COLLINS...</p> <p>OWNED BY BRIAN SEIFRIED, THE SAME PERSON WHO STARTED "WING SHACK", THIS RESTAURANT IS BOUND TO BE ANOTHER TRENDY SPOT TO GET A FRESH BASKET OF TENDERS AND FRIES... "SEXY SAMMIES" HAS ALREADY OPENED IN GREELEY, BUT FORT COLLINS WILL SERVE AS THE THIRD LOCATION IN NORTH COLLEGE AVENUE...</p> <p>I DON'T KNOW ABOUT YOU, BUT I'M DEFINITELY EXCITED TO TRY THIS ONE OUT...</p> <p>GIDEON:</p> <p>AS JULIE AND I WERE FILMING AND WALKING AROUND, WE FOUND YET ANOTHER RESTAURANT THAT OPENED UP ON ELIZABETH STREET...</p> <p>"COOK CLICK CAFE" IS AN ASIAN FUSION RESTAURANT THAT COMBINES ALL SORTS OF FLAVORS AND CULINARY TECHNIQUES... AS A QUICK SNACK WE DECIDED TO TRY THEIR SIGNATURE CRISPY AVOCADO AND CHICKEN BOWL...</p> <p>THIS IS A GREAT PLACE TO TRY OUT IN THE WEEK IF YOU ARE LOOKING</p>
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CAM 1

FOR SOMETHING A LITTLE DIFFERENT...

JULIE:

A FOOD INSTRUCTOR IS GAINING RECOGNITION IN THE FORT COLLINS COMMUNITY FOR TEACHING KIDS HOW TO COOK HEALTHY, AFFORDABLE MEALS...

SAPNA VON REICH IS A NUTRITIONIST AND MOTHER WHO GREW UP IN INDIA... SHE WORKS IN "FOOD FOR LIFE", A HEALTH PROGRAM DESIGNED BY PHYSICIANS AND DIETICIANS THAT HELP PEOPLE DEVELOP BETTER HABITS WHEN IT COMES TO FOOD...

REICH HAS TAUGHT A VARIETY OF CLASSES THAT ARE VEGAN AND PLANT-BASED... SHE AND OTHER NUTRITIONISTS ARE TRULY BRINGING CHANGE IN THE COMMUNITY...

CAM 3

GIDEON:

THE FOOD BANK FOR LARIMER COUNTY IS COMING BACK TO HOST ITS 26TH ANNIVERSARY OF "EMPTY BOWLS" ON FEBRUARY 16...

HUNDREDS OF BOWLS ARE BEING CRAFTED BY POUDRE SCHOOL DISTRICT STUDENTS AND ARTISTS... THE PURPOSE OF THIS IS TO RAISE FUNDS FOR THE COUNTYS HUNGER RELIEF PROGRAMS... THERE WILL BE A WIDE VARIETY OF SOUPS AND TREATS TO TRY OUT... YOU WILL EVEN GET TO TAKE A BOWL HOME WITH YOU AS A SOUVENIR...

TAKE LT GRAPHIC:
WWW.FOodbANKLARIMER.ORG

TO LEARN MORE ABOUT THIS EVENT YOU CAN VISIT
FOodbANKLARIMER.ORG

<p>CAM 1</p> <p>TAKE LT GRAPHIC: WWW.VISITLOVELAND.COM</p>	<p>JULIE:</p> <p>IT IS TIME TO KEEP CALM AND GET YOUR MAC AND CHEESE ON... DOWNTOWN LOVELAND IS HOSTING ITS SECOND ANNUAL MAC N' CHEESE MELT OFF TOMORROW...</p> <p>ENJOY LIVE MUSIC AND AND SOCIAL TIME AS LOCAL RESTUARANTS COME TOGETHER AND ATTEMPT TO MAKE THE BEST BEER AND MAC AND CHEESE PAIRING... THE BEST PART IS YOU WILL GET TO BE THE JUDGE OF IT ALL...</p> <p>GO TO VISITLOVELAND.COM TO LEARN MORE</p>
<p>CAM 3</p> <p>TAKE BREAK: 30 SECONDS</p>	<p>GIDEON:</p> <p>AND WITH THAT FINAL PIECE OF NEWS RAMS, IT IS TIME FOR A BREAK... KEEP HANGING BECASUE AFTER THIS, JULIE IS GOING TO GIVE YOU SOME TIPS ON RAMEN...</p>

A01	Cost Cookers
CAM 1	<p>JULIE:</p> <p>WELCOME BACK... INSTANT RAMEN IS A POPULAR STAPLE IN WORK SPACES AND DORM ROOMS... AFTER ALL, IT IS COST EFFECTIVE AND EASY TO COOK... SOMETIMES YOU NEED A LITTLE UPGRADE THOUGH... AND NO,</p>

<p>TAKE PKG: COSTCOOKERS</p> <p>CAM 2</p> <p>TAKE BREAK: 1 minute</p>	<p>I'M NOT JUST TALKING ABOUT FLAVOR PACKETS... IN THIS SEGMENT OF COST COOKERS, I'VE GOT THREE DIFFERENT WAYS YOU CAN TURN YOUR RAMEN INTO SOMETHING RESTAURANT-WORTHY... LET'S TAKE A LOOK....</p> <p>THESE RECIPES WERE FUN TO TRY OUT... I HOPE ALL OF YOU WATCHING FROM HOME WERE ABLE TO LEARN A COUPLE OF GOOD TIPS...</p> <p>AD LIB)</p> <p>GIDEON:</p> <p>AND WITH THAT RAMS, IT IS TIME FOR ANOTHER BREAK... THE POT IS STILL COOKING THOUGH, SO DON'T GO AWAY JUST YET... AFTER THIS, I WILL SHOW YOU HOW TO MAKE A CLASSIC MAC AND CHEESE RECIPE...</p>
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A02	Gideon's Chili Mac
CAM 3	<p>GIDEON:</p> <p>WELCOME BACK FROM THE BREAK RAMS...</p>

<p>TAKE PKG: Chili Mac</p> <p>CAM 2</p>	<p>“MAC AND CHEESE” AND CHILI ARE SOME OF THE BEST COMFORT FOODS OUT THERE ... BUT WHAT IF I TOLD YOU THAT YOU CAN GET THE BEST OF BOTH WORLDS ALL IN ONE POT?</p> <p>I CALL IT CHILI MAC... A FAMILY FAVORITE THAT IS BOTH COZY AND LITTLE SPICY...</p> <p>GIDEON:</p> <p>THIS RECIPE IS GREAT FOR LEFTOVERS AND WILL KEEP YOU FEELING FULL FOR THESE COLD WINTER DAYS...</p> <p>(AD LIB)</p> <p>-talk about how it was your first time making it</p> <p>JULIE:</p> <p>AND NOW, IT IS TIME FOR ANOTHER BREAK... DON'T TUNE OUT JUST YET THOUGH... WE HAVE SOME SNACKS FROM A WHOLE DIFFERENT COUNTRY TO TRY...</p>
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B01	Global Eats
CAM 2	<p>GIDEON:</p> <p>AND WE'RE BACK...</p>

JULIE:

THANKS FOR TUNING IN....

FORT COLLINS IS A HOT SPOT FOR TRYING FOODS FROM ALL OVER THE GLOBE... OUR COOKS TEAM WANTS TO GIVE THESE PLACES MORE RECOGNITION... SO WITH OUR NEW SEGMENT, GLOBAL EATS... YOU WILL COME ALONG ON ADVENTURES WITH US TO TRY NEW FOODS AND EXPERIENCE NEW FLAVORS ...

GIDEON:

FOR OUR FIRST JOURNEY, JULIE TOOK ME TO TRY A SPECIAL TAIWANESE DRINK...
(QUICK AD LIB ON REACTION)

JULIE:

LET'S TAKE A LOOK...

TAKE PKG: BOBA

CAM 2

GIDEON:

BOBA IS GETTING PRETTY POPULAR IN FORT COLLINS... THE TAPIOCA PEARLS MAKE FOR AN INTERESTING TOPPING... I WONDER IF IT WOULD TASTE GOOD ON ICE CREAM...

<p>TAKE BREAK: 30 SECONDS</p>	<p>(AD LIB)</p> <p>JULIE:</p> <p>DON'T GO OFF COOKING YET... GIDEON HAS ANOTHER CLASSIC RECIPE HE WILL SHARE WITH US... COMING UP, RIGHT AFTER THE BREAK...</p>
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C01	French Toast Casserole
CAM 2	<p>GIDEON:</p> <p>WELCOME BACK...</p> <p>WHEN PEOPLE ASK WHAT THEIR FAVORITE BREAKFAST FOODS ARE, I FEEL LIKE THERE ARE ONLY THREE OPTIONS THAT IVE HEARD: ... WAFFLES, PANCAKES AND CEREAL...BUT WHAT ABOUT FRENCH TOAST?</p> <p>JULIE:</p> <p>I MEAN YOU AREN'T WRONG... IT IS FLUFFY, SWEET AND AMAZING ON WEEKENDS...</p> <p>GIDEON:</p>

<p>TAKE PKG: french toast casserole</p> <p>CAM 2</p> <p>TAKE BREAK: 1 minute</p>	<p>EXACTLY... WHICH IS WHY I DECIDED TO MAKE A SPECIAL TREAT... MY GRANDMA CALLS IT FRENCH TOAST CASSEROLE... WHICH IS A GREAT DISH YOU CAN SHARE WITH YOUR FAMILY AND FRIENDS...</p> <p>JULIE:</p> <p>THAT LOOKED DELICIOUS... I WOULD LOVE TO MAKE THIS SOMETIME...</p> <p>(AD LIB)</p> <p>GIDEON:</p> <p>I BET WE ARE MAKING YOU HUNGRY WITH ALL THESE RECIPES... BUT WE AREN'T QUITE FINISHED YET... WE HAVE ONE MORE SPECIAL TREAT COMING RIGHT UP AFTER THE BREAK...</p>
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D01	Tout Le Mounde: Mexico
CAM 2	<p>JULIE:</p> <p>AND NOW IT IS TIME FOR WHAT YOU HAVE ALL BEEN WAITING FOR... IN THIS FINAL PART OF THE SHOW, GIDEON AND I WILL PUT</p>

(Director's Choice on
Moving between cameras 1,
2 and 3)

REVEAL USA AND
AMERICAN GRAPHIC 1

OUR TASTE BUDS TO THE TEST... WE WILL SEE IF WE CAN TELL THE
DIFFERENCE BETWEEN MEXICAN AND AMERICAN SNACKS...

GIDEON:

THIS IS HOW IT'S GOING TO GO.... JULIE AND I WILL HAVE AN
AMERICAN AND MEXICAN FLAG... WE ARE GOING TO TRY OUT THE
SNACKS LAID OUT ON THE DESK TO SEE IF WE CAN DETERMINE
WHERE THEY COME FROM...

JULIE:

LET'S GET STARTED THEN... THE FIRST THING WE HAVE IS A
POPULAR DRINK... COKE... BUT SOME CLAIM IT TASTES DIFFERENT
THAN AMERICAN COKE...

(TRY DRINKS, AD LIB, GUESS)

GIDEON:

AND NOW ONTO OUR NEXT ONE... PINGUINOS VERSUS HOSTESS
CUPCAKES... THEY LOOK VERY SIMILAR TO EACH OTHER...

TAKE END CARD
TAKE BLACK

GIDEON:

ABSOLUTELY, THANK YOU FOR JOINING US TONIGHT... TUNE IN
NEXT EPISODE FOR MORE ADVENTURES AND DELICIOUS EATS...

JULIE:

STAY FRESH FORT COLLINS...