



# From the Family Kitchen: Discover Your Food Heritage and Preserve Favorite Recipes

*Gena Philibert Ortega*

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## Celebrate Your Family Recipes and Heritage

From Great-grandma's apple pie to Mom's secret-recipe stuffing, food is an important ingredient in every family's history. This three-part keepsake recipe journal will help you celebrate your family recipes and record the precious memories those recipes hold for you--whether they're hilarious anecdotes about a disastrous dish or tender reflections about time spent cooking with a loved one.

The foods we eat tell us so much about who we are, where we live and the era we live in. The same is true for the foods our ancestors ate. This book will show you how to uncover historical recipes and food traditions, offering insight into your ancestors' everyday lives and clues to your genealogy. Inside you'll find:

- Methods for gathering family recipes
- Interview questions to help loved ones record their food memories
- Places to search for historical recipes
- An explanation of how immigrants influenced the American diet
- A look at how technology changed the way people eat
- A glossary of historical cooking terms
- Modern equivalents to historical units of measure
- Actual recipes from late nineteenth- and early twentieth-century cookbooks

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