

# Edible Memories

Recipes and food are an important part of a family's heritage. Handwritten recipes and recipe collections historically were passed down from mother and daughter and from friends to new brides. Many recipes were treasured, jealously guarded, and passed down from generation to generation. Since most people did not use store-bought cookbooks, recipe collecting was an important tradition. Through the centuries recipe styles have changed.

Look at the recipes below. The recipes on the left are old recipes from the 19<sup>th</sup> century and the ones on the right are new from the 21<sup>st</sup> century. Compare the old recipes with the new ones. What is different about these recipes? What is the same? Circle the things that are the same with a blue mark and highlight the things that are different with a yellow mark. Turn the sheet over to learn how to create your own recipe collection!

<b>Eugenia McQueen's 1864 Recipe Book</b>	<b>Allrecipes.com 2008</b>
<p><b>Composite Cake</b> Three pounds (lbs) of flour, 2 ½ lbs sugar, 1 ½ lbs butter, 3 lbs raisins, 3 eggs, 1 quart milk, 2 teaspoons full saleratus dissolved in tea, spice to your taste.</p>	<p><b>Vanilla Cake</b></p> <p>1 cup white sugar                      ½ cup butter 2 eggs                                      2 teaspoons (tsp) vanilla extract 1 ½ cups all-purpose flour 1 ¼ tsp baking powder ½ cup milk</p> <p>Preheat oven to 350 degrees F° (175 degrees C°). Grease and flour a 9x9 inch pan. In a medium bowl, cream together the sugar and butter. Beat in the eggs, one at a time, then stir in the vanilla. Combine flour and baking powder; add to the creamed mixture and mix well. Finally, stir in the milk until batter is smooth. Pour or spoon batter into the prepared pan.</p> <p>Bake for 30 to 40 minutes in the preheated oven. Cake is done when it springs back to the touch.</p>
<p><b>Sweet Potato Waffles</b> 2 tablespoons full of mashed (sweet) potatoes, 1 tablespoon of butter, 1 tablespoon of sugar, 1 pint of milk, 4 tablespoons of flour; mix together and bake in waffle irons.</p>	<p><b>Sweet Potato Pecan Waffles</b></p> <p>1 cup canned sweet potato puree    3 egg yolks 1 cup milk                                      1 ½ cups cake flour 1 tablespoon baking powder (tbsp) 1 tbsp white sugar 1 tsp salt                                        1 tsp ground nutmeg ¼ cup chopped pecans                      3 egg whites 3 tbsp butter, melted                        2 tbsp pecans</p> <p>Stir together flour, baking powder, sugar, salt, nutmeg, and ¼ cup pecans. Mix sweet potato puree, egg yolks, and milk in a large bowl until well combined. Add flour mixture and mix well. Beat egg whites until stiff peaks form. Fold ¼ of the egg whites into batter. Lightly fold remaining whites and melted butter into the batter. Cook in a hot waffle iron. Garnish with more chopped pecans.</p>

# Start your own Recipe Collection!



Make a family heirloom cookbook:

Collect a family recipe-- the older, the better-- and write it on a sheet of paper. Ask your family members about the recipe. Ask the following questions to get you started:

Who were the people who used the recipe and when?

During what special celebrations, if any, is the recipe made?

Do you have any special memories associated with this food?

Does the recipe reflect our family's ethnic background?

Who taught you how to cook?

Do you have any techniques or secrets that you would like to share?

Collect many different kinds of recipes from different categories, such as Breads, Soups, Salads, Appetizers, Meats, Vegetables, and Desserts. Put all the recipes and their history's together. Separate them by category and then bind them to create your family heirloom cookbook!



Take it to the classroom:

Have everyone in your class collect at least one family recipe to create a class cookbook. Add color by asking everyone to draw a picture of the completed dish. Copy all the recipes, separate them by category, put them together, and bind them to create a classroom cookbook. This could even be sold as a class project. For extra fun, hold an "eating meeting" where everyone prepares their family recipe (with adult help, if needed.) After the dish is made, show the dish and tell all about its history. Then let everyone taste it! Yum!



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