



Presentation
February 15, 2024



PROJECT RECIPE EVENT

A Family
Cookbook
Spanning Five Generations



Project Recipe Event: A Family Cookbook, Spanning Five Generations

“Cooking supports family relationships, whether cooking for others, being fed by others' cooking, or cooking together. It's nurturing at it's most fundamental.”



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“ Food is very much a weaving together of our identity as a family. ”

“ I feel a lot closer to my father's side because of all the recipes they have passed down through the family, as well as other family/cultural things. ”

All quotes from Chen, T. G. (2013). *Homemade: an exploratory study on the impact of cooking on family relationships and cultural identity development.*

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ISABELLA BARBARA KEARNEY

My Family COOKBOOK

Five generations of family cookin' and family favorites

Project: A Family Cookbook

- *Printed, bound book of family recipes*
- *Biographical and family stories about the cooks*
- *Family photos*



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MY GOALS . . .

- To collect and make safe beloved family recipes associated with our past and present
- To provide an approachable pathway for my daughter to learn more about our family
- To honor my child's concept of "her" family



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**So let's get into how
this worked . . .**



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Step 1: Gather the recipes you have

- *What recipes are family favorites that you cook? Where did they come from?*
- *What is in the boxes from other family members? Sometimes cookbooks or written recipes are packed away with scrapbooks and other memorabilia.*
- *Scan and start a set of electronic file folders.*



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Step 2: Map your target family members

- *How wide do you want to cast your net (e.g. 2nd or 3rd cousins, spouses' families)?*
- *Who is still living and may provide their recipes and/or their ancestors' recipes?*
- *Who do you already have contact information for, and who do you need to track down? How?*



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Step 3: Begin the search for recipes

- *Contact living family members, explain your project, ask them to contribute recipes, related memories and stories, and photos.*
- *Ask family members who else may have favorite recipes from ancestors. Sometimes it is a close friend or a local home economics cookbook.*



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Consider how to help a child/grandchild recognize a recipe they may only know as yours . . . which also helps teach the lineage of the recipe.



Breakfast CASSEROLE

"Growing up, this breakfast casserole was something we got to eat when we had overnight company ... Grammy and Papa's company! We also had it on holiday mornings." -- Kerri, 2023



Grease 9x13 pan. Arrange layers of bread, cooked sausage, cheese, and mushrooms.

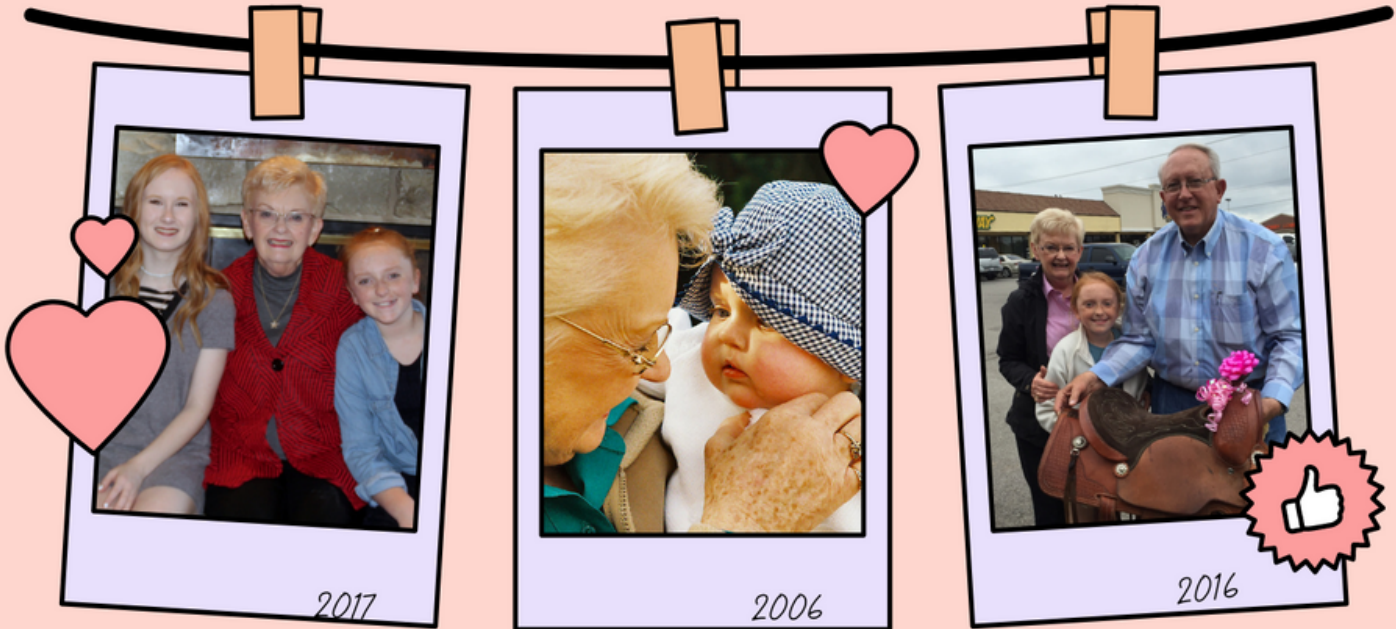
Combine eggs and remaining ingredients and pour over top.

Refrigerate overnight.

Before baking, sprinkle 1 c. crushed potato chips and 1/2 c. butter over top.

Bake, covered, at 350 degrees for 1 1/2 hours.

- 10 slices bread, crusts off
- 1/2 c. shredded cheddar cheese
- 1/2 c. shredded Swiss cheese
- 1 lb. sausage, cooked, crumbled
- 6 eggs, beaten
- 1 c. milk
- 1 c. light cream, or half and half
- 1 t. salt
- 1/2 t. pepper
- 1 can sliced mushrooms, drained
- 1 c. potato chips, crushed
- 1/2 c. butter





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- *I was surprised sometimes at who really got engaged in helping ... while you are in charge of your project, other interested family members can be a huge help AND you just may make or renew family connections.*
- *Don't sit too long with those who aren't responsive. Often it just means finding a different pathway to where you were going.*



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Step 4: Keep up with scanning and filing

- *Pause to catch up on scanning and/or filing what you are collection...it's gets out of control quickly!*
- *Anytime you scan a handwritten recipe, do it! Those and other unique presentations of recipes can be used as visuals in your cookbook.*

Tortilla PINWHEELS

4 DOZEN



Beat cream cheese, milk, and garlic powder until light and fluffy.

Stir in chiles, onion, and dash of salt.

Lightly moisten both sides of each tortilla with water.

Spread a heaping 2 T. cream cheese mixture onto each tortilla.

Place a slice of meat on each.

Sprinkle each with cilantro and olives.

Roll up tortillas. Wrap in plastic wrap, and refrigerate up to 8 hours.

Trim 1/2" from each end and discard.

Cut remaining rolls into six slices.



1 8 oz. package cream
cheese, softened

2 t. milk

1/8 t. garlic powder

1 can (4 oz.) diced green
chiles, drained

salt

1 T. minced onion

4 oz. thinly sliced roast
beef or ham

4 oz. thinly sliced roast
turkey

3 T. cilantro leaves

1 can sliced, pitted ripe
olives, drained

8, 8-10" flour tortillas

Beat cream cheese, milk, & garlic powder until light & fluffy. Stir in chiles, onion, & dash salt. Lightly moisten both sides of each tortilla with water. Spread a heaping 2 TBSP cream cheese mixture onto each tortilla. Place a slice of meat on each tortilla. Sprinkle each with cilantro & olive. Roll up tortillas, wrap in plastic wrap & refrigerate up to 8 hours. Trim 1/2" from each end, discard end, & cut roll into 6 slices.



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Step 5: Decide on a cookbook format

- *I purchased a very low cost Canva cookbook template at Etsy. Look for one that captures your family vibe.*
- *VERY IMPORTANT: Decide who is going to print your book so you know what size of pages you will have!!*
 - *I used Blurb and was very happy with the quality.*
 - *Pick a printer based upon your goals for your book.*



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- *Decide how you want to organize your recipes.*
 - *Mine is **by cook** (not food type):*
 - *My **mother** and **dad's** families (my daughter's grandparents) by generation followed by ...*
 - *My **husband's parents' families** by generation. The recipes end with my daughter (the intended recipient).*



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- *Consider including a partial family tree of the cooks early in the book. This helps the recipient to see how everyone connects.*
- *I also included a list of cooks, with their pictures, and a brief description of how they are related to my daughter (my intended recipient of the cookbook).*

Contents BY COOKS



This cookbook includes the cooks you claim as family. Together they sketch where you come from and how you have crafted your now. Each person is a precious gift! Honor and care for these bonds, for they are proven ones. I know you will be brilliant in building more family and expanding this cookbook through those ties.



Grandma Clifton p. 10

[redacted] was Grammy's maternal grandmother (her mother's mother) and your great-great grandmother.



Aunt Nettie p. 15

[redacted] was Grammy's paternal great aunt. She also served as a bonus grandmother to Grammy.



Aunt Corrine p. 18

[redacted] was Grammy's maternal aunt (her mother's sister) and was cousin Janet's mother.



Grandma Hodges p. 21

[redacted] was Grammy's mother and your great grandmother.

If you plan to organize by cook, what do you want to include about each?



grammy
SHULTZ

Sandwich loaf

Seven layer casserole

Green bean casserole

Layer salad

Grammy's roast

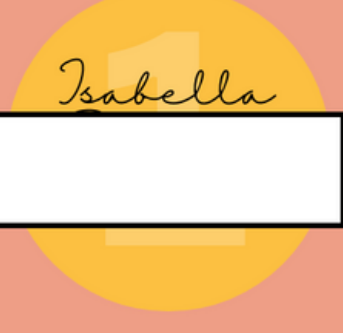
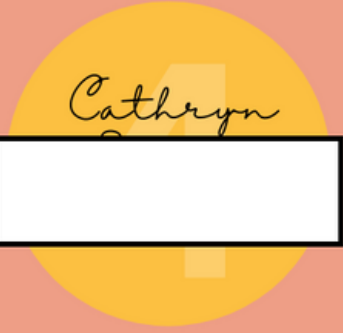
*I included a title
page for each cook's
section.*

GLADYS



"Grandma Clifton had a lot of creative talent. After completing high school, she wanted to go to art school. The only art school at the time was in New York City . . . She went to Normal School (later PAMC and Panhandle State University) in Goodwell, OK, to become a teacher. She taught two years in a one room school on the Burnett ranch west of Boise on the Cimarron River.

When Grandma and Grandpa were planning to marry, Grandpa picked her up in his buggy from her school and they drove up on one of the ranch mesas. They had a Montgomery Ward catalog (we called it "Monkey Ward") and Grandpa wanted her to pick out their first piece of furniture. She picked the treadle sewing machine that I have. Grandma sewed many miles on the machine for all the family and their home. She also sewed some for me. It was so fun to watch her sew as there is a real rhythm to sewing on a treadle machine and she could make it hum. They married in [redacted] at Judge McMahan's home." -- Barbara [redacted] 2023



Each then had

- an intro page with stories I collected or memories about the person,
- 1-2 pictures of the cook,
- and a simple family lineage diagram that mapped the cook directly to my daughter . . .

ISABELLA

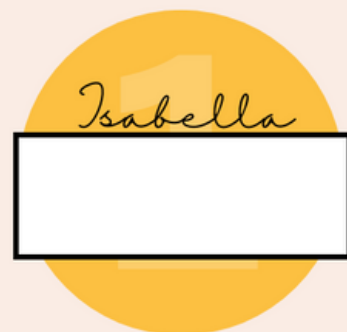


"You have always loved and naturally gravitated toward all things associated with homemaking. You began cooking at a very young age. You are a fabulous cook who is good at creating her own concoctions. As you know, your dad always gets very interested in what you are doing when you are in the kitchen and great smells start making their way throughout the house!"

*I hope you will try every recipe in this book and let all of us know how you modify them in **your** kitchen!" -- love, mom*



*photos by michele
hochersmith*



... and ended on her page (the last cook).

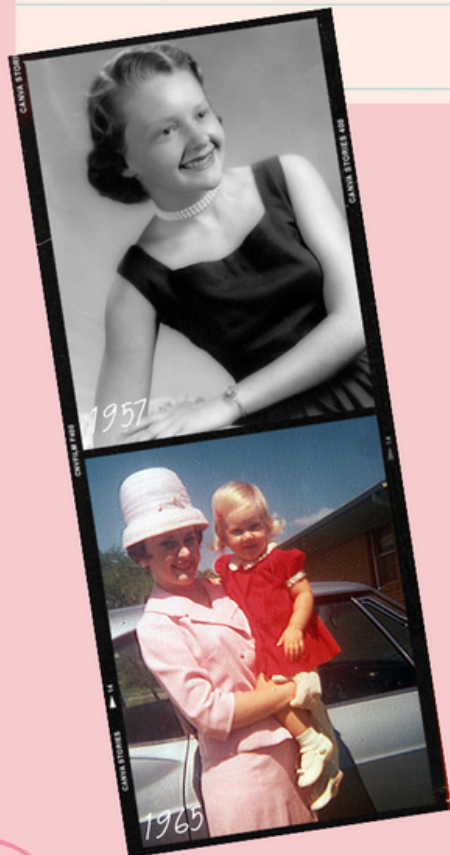
Sandwich LOAF

Growing up, my mom (Grammy) usually made this to eat after church on Christmas Eve. In family Kearney, though, we have it any ole time! We use pepper jack cheese instead of Swiss. Yum!



- | | | |
|---------------------|---|--------------------|
| 1 loaf French bread | • | 1/2 c. butter |
| 1/2 lb. shaved ham | • | 1 t. oregano |
| 2 pkg. Swiss or | • | 1/2 t. garlic salt |
| mozzarella cheese | • | grated parmesan |
| slices | • | cheese |

Tear off 2 pieces of foil 6 inches longer than the French bread loaf. Spray one side of each with Pam. Slice the bread in an even number of slices leaving just a small amount of bread at the bottom (don't slice all the way through). Set bread on greased side of one foil. Place on pan. Place ham and 2 slices cheese between every other slice. Wrap foil around the bread so that just the top is showing. Melt butter and add oregano and garlic salt. Pour mix over loaf. Sprinkle parmesan cheese over top. Lay greased side of 2nd foil on top and fold over all around the loaf. Bake at 450 degrees 30 minutes.



*Add more stories
and photos on
recipe pages!*




Project Recipe Event:
A Family Cookbook, Spanning Five Generations

- *Plan for an intro, written by you, that tells about the project, your motivation, and how it evolved.*
- *Include pages with blank recipe cards at the back of your book so that family members can write in new family recipes.*
 - *(You may want to include what they add in a second edition).*

Introduction



Dear Bella,

As you know, I am the unofficial keeper of the family photos and stories. I love all things family history. I recently became interested in how family memories are passed down through the food we make and share. The dinner table has such a rich history of bonding! So I contacted many of our relatives, near and far, to gather their recipes. Some are generational recipes - passed down over two or more generations. Others will likely become generational recipes but, for now, are simply one family's favorites. Special thanks and love to all who took time to share their special memories and dishes! 

This book is more than just a collection of recipes. It is a family heirloom, something to keep and pass down to the next generation, as I am doing here for you. In this book you will find a hint of each person's personality through the food they consider the best. Some will bring back special memories for you for many years to come.

It has been a true pleasure sharing a kitchen with you! Love you to pieces ... "forever and ever, and always, no matter what."

love, Mom

Recipe CARD

RECIPE:

NOTES

FROM THE KITCHEN OF:

SERVES:

PREP TIME:

COOK TIME:

TOTAL TIME:

INGREDIENTS

METHOD





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*Have lots of meaningful family photos?
Don't shy away from including a page of
just photos here and there.*



*bella, shawn, abbey, breanna 2014
Dallas, TX*



*shawn, kaeden, bella, brett,
breanna, 2009
Edmond, OK*



Kaeden & Bella, 2019



Bella & Patches, 2010



Bella & Wesley 2023



dog washing day, 2019



The Bellas, 2023



Eskimo Joe's, 2020



*Bella and Aunt
Abbey, 2021*



Breanna & Bella, 2010



*breanna, kerri, grammy,
bella, & saundra
girls' night, 2010*



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Step 6: Put it all together

- *You likely will be typing most of the recipes ... exceptions are when someone sends you a link and you can copy and paste.*
- *Add stories, and photos you've gathered.*
- *Write your intro and other important pages.*
- *Assess what is still missing and follow up.*



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Step 7: Proofread

- *There will be lots of sneaky errors in recipes you typed. Proofread, proofread!*
- *Who else can also proofread? My best friend and my mother's cousin helped too!*
- *Embrace the errors that slip through ... 16 oz of chocolate chips instead of 6 oz? Yum!*



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Step 8: Decide printing details and upload

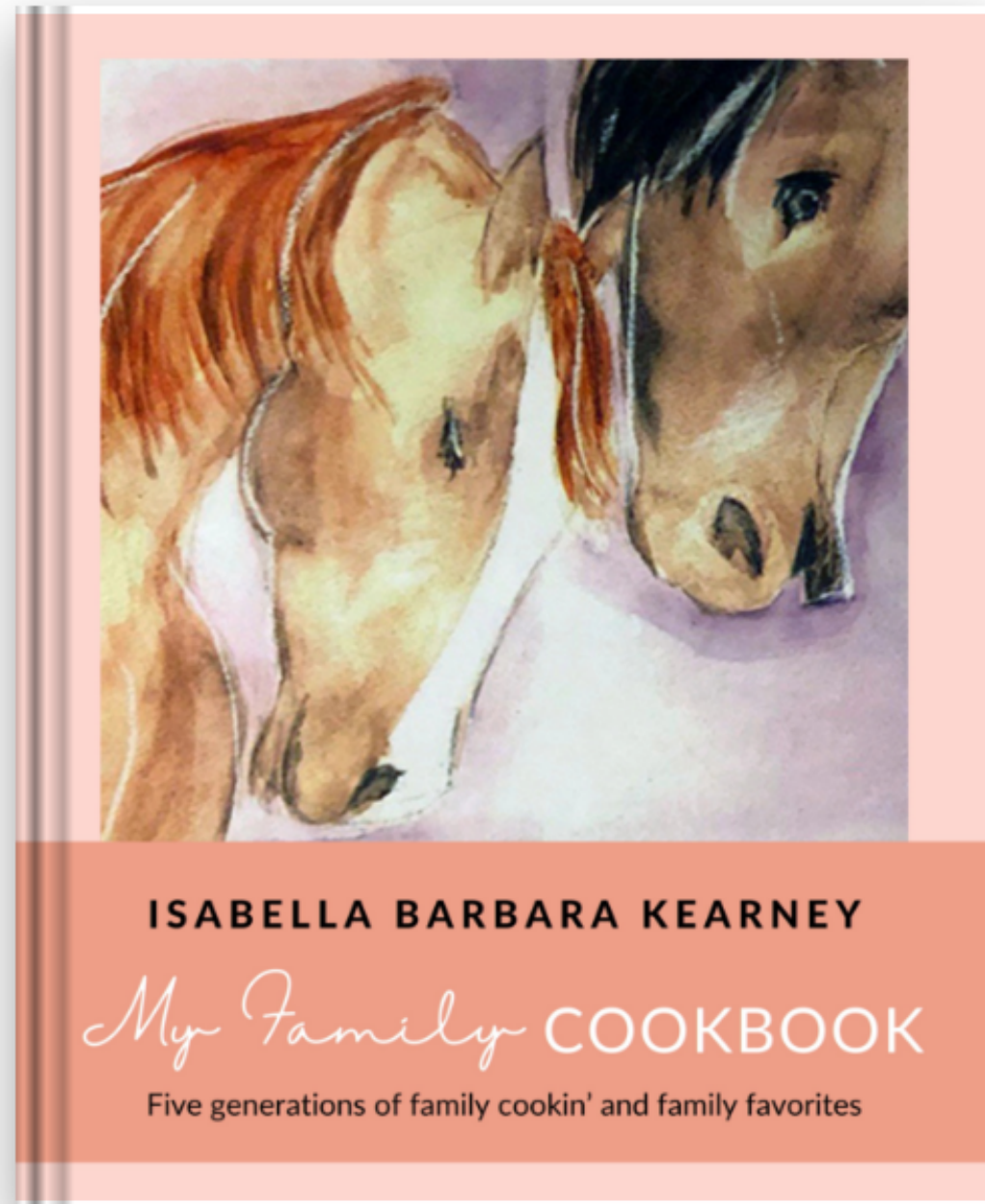
- *Decide whether you are doing a hard back bound book, a soft book, etc. What options do you have for a durable cover? A book that will stay open?*
- *Think about paper! I intentionally chose paper that people could write on to make notes about recipes, correct errors, and add new recipes.*



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Step 9: If you have the option, put your finished book in a marketplace

- *Other people in the family will want copies. My cookbook was 172 pages, and that can get pricey to print.*
- *If possible, put your book at an electronic site where family members can buy it.*
 - *Blurb let me set up my book with an unlisted link*



My Family Cookbook

Five Generations of Family Cookin' and Family Favorites

by Kerri Shultz Kearney



HARDCOVER, IMAGEWRAP

Cover design is printed on the hardcover

US \$58.15

ADD TO CART

Features & Details

Primary Category: [Cookbooks & Recipe Books](#)

Project Option: 8×10 in, 20×25 cm

of Pages: 172

ISBN

Hardcover, ImageWrap: 9798210684790

Publish Date: Nov 16, 2023

Language English



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Step 10: Follow up with contributors

- *Let them know the cookbook is complete and thank them again for their contributions.*
- *If they asked for a copy, send them the link.*
- *Wrap the books you are giving as gifts. Some of my copies went to those who invested real time in helping or who negotiated with me over sharing recipes.*



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Step 11: Archive your originals & note changes and for a second edition

- *Some people are going to let you know about errors. Great! Correct them in your copy so you have a record.*
- *Others are going to wish they contributed or send something too late. Be grateful for any timing! Scan and file away for a second edition.*



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Other things to think on . . .

Families get defined in varying ways based upon life experiences. Who does your recipient consider family? My daughter's cookbook includes a Nana, aunt, and cousin who are related only by love and long-time commitment. To her (and to me), they are family. Honor the ties.

nana
SAUNDRA

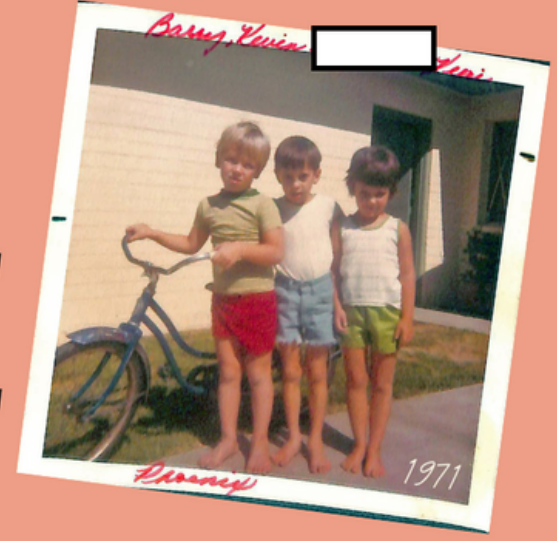
- Basil pesto chicken tortellini
- Pasta e fagioli
- Italian beef
- Breakfast casserole (green chile)
- Pineapple cake

SAUNDRA [redacted]

[redacted]



"Saundra and Alvin have always been part of "the family" for us. Papa's and Alvin's dads were friends, then Papa and Alvin were mostly raised together. Saundra and Alvin married after high school graduation. They had Kevin, who is five months older than me, and then Barry, who is six months younger than me. They were my original model of a family built through both adoption and biology. I developed my own close ties as a young adult when I would stay with them in [redacted]. On a trip to see them when the three of you were little, we were with their grandchildren, who call them Nana and Papa. As kids do, you picked up the names and have considered them "extra" grandparents. Saundra was a working mom much of the time, which meant juggling a family-first commitment with outside demands. That may be why she trends toward great food that is straightforward to make. I included some of our favorites." -- Kerri, 2023





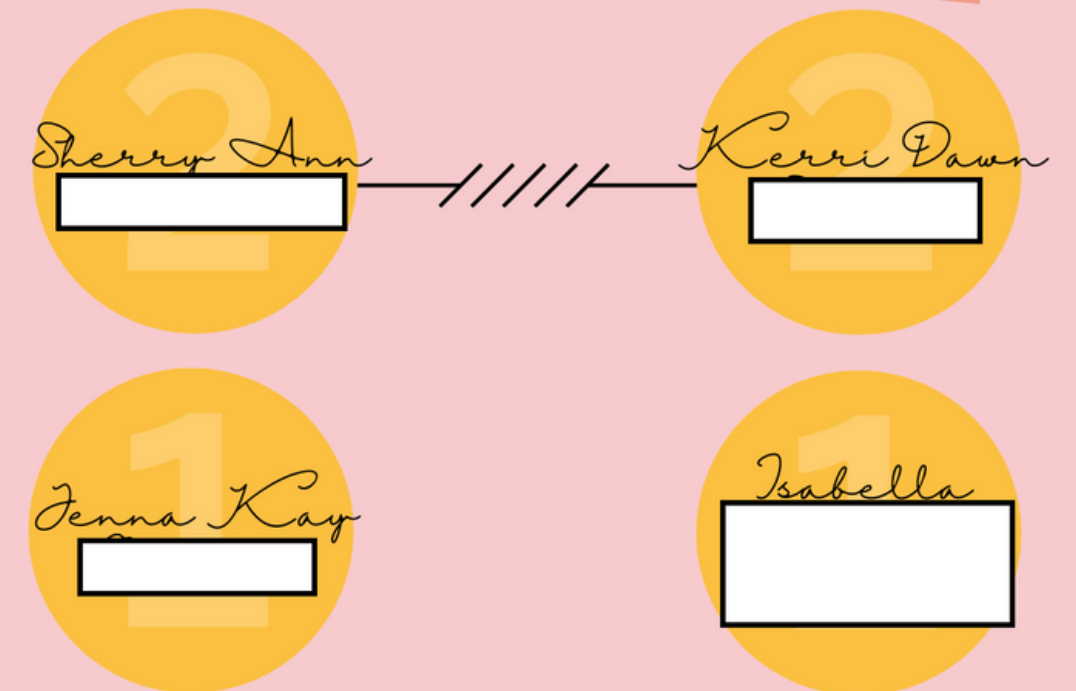
cousin
JENNA

Chicken spaghetti

JENNIFER



Since you know the story of how Sherry and John became Aunt and Uncle, you know how Jenna became your cousin. The four of you -- Jenna, Kaeden, Brenna, and you have always been raised as cousins. Kaeden and Jenna played soccer for a long time and, as I'm sure you recall, the families spent MANY hours at the soccer fields. As you've grown older, you have further strengthened your relationship with Jenna (differences in age matter much less as you grow older). Jenna is a mom to Wesley now, engaged to Chandler, and settled into full adulthood ... including cooking!! When I asked her about recipes, she immediately sent me one of their favorites. -- Kerri, 2023





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Revisit how you drew your family boundaries for spouses. I didn't plan it but ended up including a few recipes from the families of people who married into our family, for example, my sister-in-law's grandmother's recipe. It is in my sister-in-law's section but honors its true origins in her family. Ancestry helped me get all the pertinent information on her grandmother.



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Consider how to include family who are not cooks. This may be in photos, through stories, etc. I mainly focused on this aspect for my children ... two of whom don't cook but I wanted to be sure were included.



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What has the recipient written or created that you might include? For example, my daughter wrote a college essay about how part of her family was built through adoption and how that framed her views on family. I included excerpts of her essay in the front of her cookbook.



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And, finally, let's talk about the elephant in the room. You probably have a few family members who don't get along, or possibly someone who divorced from your family but is still "aunt" to your recipient. How do you honor your recipient feels while not creating a firestorm with someone else (for example, the new wife/aunt)?



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- *TIME: Many months! I did my cookbook in about 3 months but it was brutal, and I began to not enjoy it as I worked against a self-imposed Christmas deadline. Depending on the length, I would plan for a year of steady effort.*
- *MATERIALS: computer, scanner, software such as Canva*



the end



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Let's connect ...

- If you'd like to connect about your cookbook, or a similar project, I would love that too!
- Substack: <https://substack.com/@kskearney>
- kerri.kearney@okstate.edu