

STORIES



The Recipe Memory Record: Preserve the Food and the Story Without Losing Either



A PRACTICAL COMPANION TO THE GUIDE

Pair a usable recipe with a clearly attributed memory, measured cooking notes, and permissions so a family food record can be cooked as well as read.

HOW TO USE THESE PAGES

- 01 Read the guide and choose one manageable starting point.
- 02 Complete the six exercises with details from your own home.
- 03 Return to the record and keep the adjustment that helped.

Small enough to begin. Specific enough to use again.

STORIES / WORKING PAGES

EXERCISE 01



Identify the original source

Record the card, notebook, person, or published source. Note who wrote the words and who may have created the recipe, keeping uncertainty visible. Add the date you received or copied it. Preserve an image with permission before making edits, and use a kitchen copy rather than the fragile original.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 02

Separate wording from interpretation

Transcribe the original phrases in one space and questions in another. Mark illegible quantities or missing equipment details. Do not convert a guess into a fact. Write who might clarify each question and whether cooking should wait until the safety-relevant uncertainty is resolved.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

STORIES / WORKING PAGES

EXERCISE 03



Capture the attributed memory

Write who shared the story, when, and with what audience permission. Separate exact quotation from summary. Ask for one concrete detail rather than a complete family history. Leave room for an ordinary or complicated memory without forcing the food into a sentimental account.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 04

Make the working cooking version

List ordered ingredients, measured quantities, equipment, yield, and observable endpoints. Label adapted measurements as your version. Keep original phrases nearby where useful. A working version should make the dish usable while showing the difference between inherited wording and present-day decisions.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

STORIES / WORKING PAGES

EXERCISE 05



Document an actual cook

Record date, ingredient types, pan size, timing, changes, and result. Mark the version unverified until you have cooked it. Note one revision for the next attempt. Keep speculative substitutions separate from those actually tried, so a future reader can assess the reliability of each note.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 06

Create the final two-page record

Place the cooking method on one page and memory, attribution, permissions, and version history on the other. Add storage and allergy notes appropriate to the dish. Save a clear digital copy and define the allowed audience. The two layers should remain connected without making either harder to use.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE
