

# Repeating Recipes: Food and Family History

Presented by: Allison DePrey Singleton

- Memory and Food
  - Foods, traditions, and memories can be sacred
  - Shared identity for communities, religions, and ethnicities
  - Commemoration
  - Oral histories
  - Passing down of recipes
  - Articles on Triggering Memories:
    - Baird, A., Brancatisano, O., Gelding, R., & Thompson, W. F. (2018). Characterization of Music and Photograph Evoked Autobiographical Memories in People with Alzheimer's Disease. *Journal of Alzheimer's Disease*, (Preprint), 1-14.
    - Brown, J. N. (2015). "Once More, With Feeling": Using Haptics to Preserve Tactile Memories. *International Journal of Human-Computer Interaction*, 31(1), 65-71.
    - Campen, C. V. (2014). *The Proust effect: The senses as doorways to lost memories*. Oxford: Oxford University Press.
    - de Bruijn, M. J., & Bender, M. (2018). Olfactory Cues are More Effective than Visual Cues in Experimentally Triggering Autobiographical Memories. *Memory*, 26(4), 547-558.
    - Fields, H. (2012, April). Fragrant Flashbacks. Retrieved from <https://www.psychologicalscience.org/observer/fragrant-flashbacks>
    - Herz R. S. (2016). The Role of Odor-Evoked Memory in Psychological and Physiological Health. *Brain sciences*, 6(3), 22. doi:10.3390/brainsci6030022. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5039451/>
    - Miranda, M. (2012). *Taste and Odor Recognition Memory: The Emotional Flavor of Life*. 23(5-6), pp. 481-499. Retrieved 7 Mar. 2019, from doi:10.1515/revneuro-2012-0064
    - Proust, M., & Scott-Moncrieff, C. K. (1934). *Remembrance of Things Past*. New York: Random House.
    - Radvansky, G., (2006). *Human Memory*. Boston, MA: Pearson Education Group, Inc.
    - Rouby, C., Schaal, B., Dubois, D., Gervais, R., & Holley, A., (Eds.). (2002). *Olfaction, Taste and Cognition*. New York: Cambridge University Press. [https://assets.cambridge.org/97805217/90581/frontmatter/9780521790581\\_frontmatter.pdf](https://assets.cambridge.org/97805217/90581/frontmatter/9780521790581_frontmatter.pdf)
- Sensory Memories
  - Echoic Memory - Hear
  - Haptic Memory - Touch
  - Iconic Memory - See
  - Olfactory Memory - Smell
  - Taste Memory - Taste
- Proust Phenomenon
  - <https://bit.ly/3assoDR>
- Why Collect?

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- Traditions
- Legacies
- Shared Memories
- Family Histories
- Family History through Recipes
  - Family Heirloom
  - Inscriptions
  - Notes
  - Measurements
    - <https://bit.ly/3e4KEpw>
  - Lifestyle
  - Social Norms
  - Medicine
    - <https://bit.ly/3dLuGjM>
  - Recipe Preservation
  - Recipe book and card preservation
    - <https://bit.ly/2Uod1qs>
  - Digitization
    - <https://bit.ly/2JopLHj>
  - Updating Recipes
    - <https://bit.ly/2JrS3AF>
- Memoir?
  - Collection of Memories
    - Written
      - Campbell, R., & Svensson, C. (2015). *Writing your legacy: The Step-by-Step Guide to Crafting Your Life Story*. Cincinnati, OH: Writers Digest Books.
      - *Memoir Your Way: Tell Your Story Through Writing, Recipes, Quilts, Graphic Novels, and More*. (2016). New York, NY: Skyhorse Publishing.
    - Video
      - Huberman, R., & Huberman, L. (2003). *How to Create a Video Family History: The Complete Guide to Interviewing and Taping Your Family's Stories & Memories*. Margate, NJ: ComteQ Pub.
    - Audio
      - Ritchie, D. A. (2015). *Doing Oral History*. New York: Oxford University Press.
- Audio or Video Recording
  - Remember the basics
    - Keep it simple
    - Keep it short
    - Keep it painless
  - <https://bit.ly/2UH93sa>
- Writing
  - Memoir Books = Recipe Scrapbooks
    - <https://etsy.me/2WX4rAC>
    - <https://bit.ly/2X1scb9>
  - Memoirs = Literary Cookbooks

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  - Child, Julia, and Alex Prud'homme. *My Life in France*. New York City, NY: Anchor Books, 2007.
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- Other Inspiration
  - <https://recipes.hypotheses.org/about>
  - <https://blog.reedsy.com/live/family-recipes/>
- Apple Pie, From *American Cookery* 1798
  - Stew and strain the apples, to every three pints, grate the peel of a fresh lemon, add cinnamon, mace, rose-water and sugar to your taste--and bake in paste No. 3.
  - Paste No. 3. To any quantity of flour, rub in three fourths of its weight of butter, (12 eggs to a peck) rub in one third or half, and roll in the rest.
    - <https://bit.ly/2y8ZEIk>

#### **Sources and Further Reading:**

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- Frey, V. J. (2015). *Preserving Family Recipes: How to Save and Celebrate Your Food Traditions*. Athens: University of Georgia Press.
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- Robbins, J. (n.d.). *Understanding Women's Lives through their Cookbooks*. Retrieved October 01, 2017, from [http://spec.lib.vt.edu/culinary/CulinaryThymes/2005\\_07/cookbooks.html](http://spec.lib.vt.edu/culinary/CulinaryThymes/2005_07/cookbooks.html)
- Seton, N. J. (2001). *The Kitchen Congregation: A Daughter's Story of Wives and Women Friends*. New York: Picador USA.
- Theophano, J. (2002). *Eat My Words: Reading Women's Lives Through the Cookbooks They Wrote*. New York: Palgrave.

