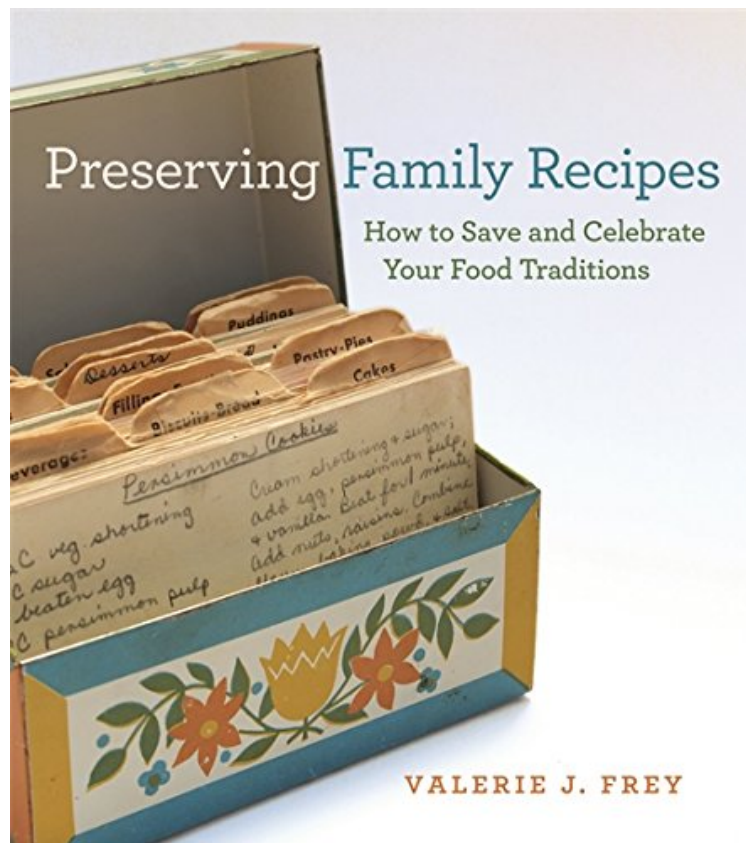


(Library ebook) Preserving Family Recipes: How to Save and Celebrate Your Food Traditions (A Friends Fund Publication)

Preserving Family Recipes: How to Save and Celebrate Your Food Traditions (A Friends Fund Publication)

Valerie Frey

audiobook | *ebooks | Download PDF | ePub | DOC



[Download](#)

[Read Online](#)

#508190 in Books University of Georgia Press 2015-11-01 2015-11-01 Original language: English PDF # 1 9.00 x .90 x 8.00l, 2.00 #File Name: 0820330639304 pages Brand New in box. The product ships with all relevant accessories | File size: 65.Mb

Valerie Frey : Preserving Family Recipes: How to Save and Celebrate Your Food Traditions (A Friends Fund Publication) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Preserving Family Recipes: How to Save and Celebrate Your Food Traditions (A Friends Fund Publication):

4 of 4 people found the following review helpful. You'll Be Glad You Bought It! By Kristy McCoy If you're looking for a book that not only shares recipes with you but walks you through the important steps of preserving treasured recipes for generations to come, then this is a must-have book for your personal library! It is evident that this book was penned with love and passion as the author pulls you in and takes you back in time with her...back to a time when traditions were built while sharing with one another, often times over food, and making memories in the process. A wonderful addition for you as well as a great gift idea! 2 of 2 people found the following review helpful. Frey's passion about history and family shine through in a way that the reader can easily learn from and walk away confident that By a.d. This book is a well-written, thorough guide to persevering older, long-cherished family recipes and it also serves as

a guide to creating one's own, new family food history. Ms. Frey's passion about history and family shine through in a way that the reader can easily learn from and walk away confident that they can create their own memories. Ms. Frey brings past and present food traditions in a way that will be appreciated for generations to come. Highly recommended. 1 of 1 people found the following review helpful. I enjoyed her personal writing style and the recipes she sprinkles ...By Carolina KlompenThis book thoroughly addresses the topic. The author is an archivist and includes information on how to correctly store heirloom material. She also addresses adjusting recipes from different eras and also other countries. She includes lots of practical tips for conducting interviews and cooking visits. I enjoyed her personal writing style and the recipes she sprinkles throughout the book. The appendixes address in detail biscuit history and variations, how to make an "extraordinary biscuit" as well as tips to adjust recipes and a fun story describing a cooking visit to learn how to use a wooden biscuit bowl.

Heirloom dishes and family food traditions are rich sources of nostalgia and provide vivid ways to learn about our families past, yet they can be problematic. Many family recipes and food traditions are never documented in written or photographic form, existing only as unwritten know-how and lore that vanishes when a cook dies. Even when recipes are written down, they often fail to give the tricks and tips that would allow another cook to accurately replicate the dish. Unfortunately, recipes are also often damaged as we plunk Grandmas handwritten cards on the countertop next to a steaming pot or a splattering mixer, shortening their lives. This book is a guide for gathering, adjusting, supplementing, and safely preserving family recipes and for interviewing relatives, collecting oral histories, and conducting kitchen visits to document family food traditions from the everyday to special occasions. It blends commonsense tips with sound archival principles, helping you achieve effective results while avoiding unnecessary pitfalls. Chapters are also dedicated to unfamiliar regional or ethnic cooking challenges, as well as to working with recipes that are orphans, surrogates, or terribly outdated. Whether you simply want to save a few accurate recipes, help yesterdays foodways evolve so they are relevant for todays table, or create an extensive family cookbook, this guidebook will help you to savor your memories.

The history of families, of communities, of cultures has a lot to do with what they eat. Rarely do we document the repast, but Valerie Frey is aiming to patch that loss with *Preserving Family Recipes*. She is teaching us to preserve the recipes of our ancestors. It is an important read for the future and past of our food. (Hugh Acheson author of *A New Turn in the South*) If you have ever been overwhelmed by the task of researching, analyzing, organizing, and preserving family recipes, you probably have longed for a trained archivist to take charge! Well, one finally has in this exhaustive and delightful work by educator/archivist Valerie Frey, who expertly guides readers step-by-step to create family cookbooks, heirloom recipe collections, and food-related oral histories and most importantly, shows how to protect our historic family recipes, recollections, papers, and artifacts for future generations to enjoy and savor. There's much southern flavor here, too, reflected in Frey's Arkansas family roots and her long association with the Georgia Archives. (Marcie Cohen Ferris author of *The Edible South: The Power of Food and the Making of an American Region*) Frey infuses her book with stories and recipes she collected from her own family, which makes it a cozy joy to read. At the same time, by including these, she proves that the process of documenting such recipes is not only feasible, but wholly worthwhile. (Jenna Mason Southern Foodways Alliance) There is certainly more in this book than can be described here, so if you are a cookbook collector, family food historian, someone who likes old recipes, or you enjoy the history of cooking, especially Southern cooking, this book is for you. It would be a great last-minute gift as well. (Kenneth H. Thomas *Atlanta Journal-Constitution*) About the Author VALERIE J. FREY is a writer, archivist, and an educational consultant. She lives in Athens, Georgia.