

Recipe Memory Card

Write it the way it is really made, then the story behind it



RECIPE NAME

FROM (WHO TAUGHT OR SHARED IT)

SERVES / MAKES

PREP

COOK

OVEN TEMP

PAN / EQUIPMENT

- ☐ Everyday Favorite
- ☐ Celebration Dish
- ☐ Baked with Care
- ☐ Comfort Food
- ☐ Holiday Tradition
- ☐ Made Together
- ☐ From the Garden
- ☐ Recipe to Pass On

INGREDIENTS + AMOUNTS

METHOD

1

2

3

4

5

6

7

HOW WE KNOW IT IS READY

ALLERGENS + DIETARY NOTES (VERIFY LABELS)

THE STORY BEHIND IT: WHO MADE IT, WHEN, AND WHY IT MATTERS

The Story Behind the Recipe

Preserve the person, place and tradition, not only the ingredients



RECIPE / DISH

SHARED BY

WHO TAUGHT OR SHARED IT?

WHAT DO YOU REMEMBER ABOUT MAKING OR EATING IT?

WHEN WE SERVE IT, AND WHY IT MATTERS

A SAYING, DETAIL OR TRADITION TO KEEP

CONTRIBUTOR

DATE RECORDED

The Original Card

Keep a copy of the handwritten card beside a clear transcription



RECIPE NAME

IN WHOSE HANDWRITING

ABOUT WHEN

TAPE OR GLUE A COPY OF THE ORIGINAL CARD HERE (KEEP THE ORIGINAL SAFE)

TRANSCRIPTION, WORD FOR WORD (SPELLING AND ABBREVIATIONS AS WRITTEN)

WORDS WE COULD NOT READ, AND OUR BEST READING

WHAT WE CHANGED WHEN WE TESTED IT

WHO KEPT THIS CARD, AND WHERE IT LIVED

Share & Preserve with Care

A practical checklist for recipes, photographs and family stories



- ☐ Ask the contributor how their name should appear.
- ☐ Mark estimated amounts instead of presenting guesses as exact.
- ☐ Test the recipe and record oven temperature, pan size and yield.
- ☐ Use copies of photographs; keep irreplaceable originals protected.
- ☐ Record the source and date for later corrections.
- ☐ Share private family stories only with permission.

QUICK KITCHEN CONVERSIONS

US MEASURE	EQUALS	METRIC (APPROX.)
1 teaspoon (tsp)	1/3 tablespoon	4.9 mL
1 tablespoon (tbsp)	3 teaspoons	14.8 mL
1/4 cup	4 tablespoons	59 mL
1/2 cup	8 tablespoons	118 mL
1 cup	16 tablespoons = 8 fl oz	237 mL

OVEN °F	OVEN °C (DIAL)	CALCULATED
300 °F	150 °C	149 °C calculated
325 °F	165 °C	163 °C calculated
350 °F	175 °C	177 °C calculated
375 °F	190 °C	191 °C calculated

A pinch, a dash, a handful or "until it looks right" are real measurements in family cooking. Write them the way the cook says them, then note what you measured when you tested it.

Follow current food-safety guidance for meat, eggs, dairy, canning and storage. This book records family recipes; it does not give nutrition, health or food-safety advice.

OUR FAMILY'S OWN MEASURES (A "TEACUP", "GRANDMA'S SPOON") AND WHAT THEY EQUAL