RECIPE AND FAMILY TRADITION JOURNAL

From Our Kitchen Table

A family recipe, food memory, holiday, and tradition journal for the stories behind the meals.

PRINT IT, OR FILL IT IN

on your phone or tablet

Created for family stories worth keeping

Before you begin

Food carries more than ingredients. It carries who taught us, who gathered, what holidays smelled like, and which meals appeared when somebody needed comfort.

Write the recipe and the story behind it.

Approximate measurements are welcome. Family recipes often begin that way.

Use these pages for holidays, ordinary dinners, and the people who cooked.

The best detail may be the messy one.

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Each section and the page it starts on

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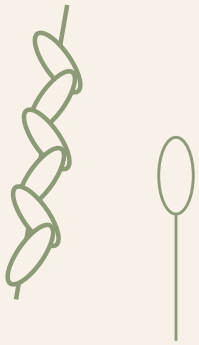
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PART 1

Kitchen Table Memories

Begin with the room, the people, and the everyday meals.



The kitchen I remember best

START HERE

Where it was

What was always on the counter

Who was usually there

A DETAIL I DO NOT WANT FORGOTTEN

WHAT THIS TAUGHT ME

MORE TO SAY

Around our table

NAME	HOW I KNOW THEM	WHAT I WANT REMEMBERED

A MEMORY WITH ONE OF THESE PEOPLE

Weeknight dinners

OCCASION

WHAT WE SERVED

WHO CAME

LITTLE DETAILS

WHAT MADE IT FEEL LIKE HOME

Sunday or special meal memories

START HERE

Before the meal

During the meal

Afterward

A DETAIL I DO NOT WANT FORGOTTEN

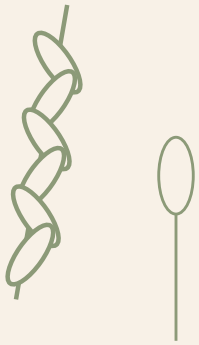
WHAT THIS TAUGHT ME

MORE TO SAY

PART 2

Recipes to Keep

The dishes your family will want to make again.



Signature family recipe

INGREDIENTS

DIRECTIONS

WHOSE RECIPE IS THIS? WHEN DID WE MAKE IT?

SERVING NOTES

MAKE IT YOUR OWN



Holiday dish recipe

INGREDIENTS

DIRECTIONS

WHOSE RECIPE IS THIS? WHEN DID WE MAKE IT?

SERVING NOTES

MAKE IT YOUR OWN



Comfort food recipe

INGREDIENTS

DIRECTIONS

WHOSE RECIPE IS THIS? WHEN DID WE MAKE IT?

SERVING NOTES

MAKE IT YOUR OWN



Dessert or sweet treat recipe

INGREDIENTS

DIRECTIONS

WHOSE RECIPE IS THIS? WHEN DID WE MAKE IT?

SERVING NOTES

MAKE IT YOUR OWN



Recipe card notes

START HERE

Little substitutions

Brand names or tools

What not to forget

A DETAIL I DO NOT WANT FORGOTTEN

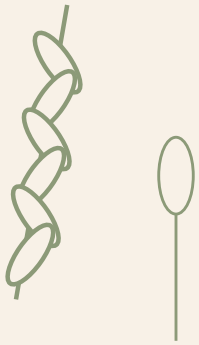
WHAT THIS TAUGHT ME

MORE TO SAY

PART 3

Holidays and Traditions

Menus, rituals, and the way a gathering felt.



Thanksgiving or harvest table

OCCASION

WHAT WE SERVED

WHO CAME

LITTLE DETAILS

WHAT MADE IT FEEL LIKE HOME

Christmas or winter gathering

OCCASION

WHAT WE SERVED

WHO CAME

LITTLE DETAILS

WHAT MADE IT FEEL LIKE HOME

Birthdays and celebrations

START HERE

The cake or meal

The person

The tradition

A DETAIL I DO NOT WANT FORGOTTEN

WHAT THIS TAUGHT ME

MORE TO SAY

Traditions I hope continue

Things to remember

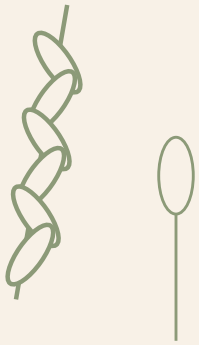
- [ ] A family saying
- [ ] A favorite place
- [ ] A recipe
- [ ] A person
- [ ] A hard-earned lesson
- [ ] A small joy
- [ ] A story worth retelling

THE STORY BEHIND THE LIST

PART 4

People, Places, and Pantry

The cooks, gardens, stores, and staples behind the food.



The cooks who taught me

NAME	HOW I KNOW THEM	WHAT I WANT REMEMBERED

A MEMORY WITH ONE OF THESE PEOPLE

Garden, market, or grocery memories

START HERE

Where we went

What we bought or grew

What season it belonged to

A DETAIL I DO NOT WANT FORGOTTEN

WHAT THIS TAUGHT ME

MORE TO SAY

Pantry staples

Things to remember

- [ ] A family saying
- [ ] A favorite place
- [ ] A recipe
- [ ] A person
- [ ] A hard-earned lesson
- [ ] A small joy
- [ ] A story worth retelling

THE STORY BEHIND THE LIST

Restaurants, diners, and road food

START HERE

Where we went

What we ordered

Who was with us

A DETAIL I DO NOT WANT FORGOTTEN

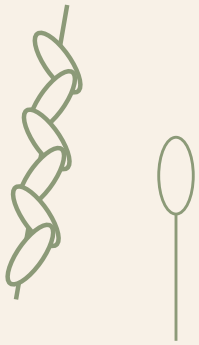
WHAT THIS TAUGHT ME

MORE TO SAY

PART 5

Stories Behind the Food

The funny, tender, practical, and meaningful memories.



A kitchen disaster we can laugh about

START HERE

What went wrong

Who was there

How it ended

A DETAIL I DO NOT WANT FORGOTTEN

WHAT THIS TAUGHT ME

MORE TO SAY

A meal that helped someone through

START HERE

Who needed care

What was served

Why it mattered

A DETAIL I DO NOT WANT FORGOTTEN

WHAT THIS TAUGHT ME

MORE TO SAY

Grace, songs, toasts, and table words

START HERE

Words we said

Who led them

When I hear them now

A DETAIL I DO NOT WANT FORGOTTEN

WHAT THIS TAUGHT ME

MORE TO SAY

Food rules and family opinions

Things to remember

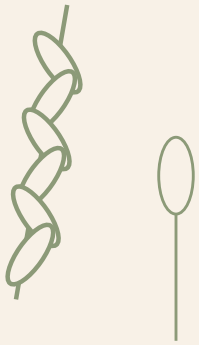
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THE STORY BEHIND THE LIST

PART 6

For the Next Table

Menus, notes, and a letter for whoever cooks next.



FOR THE NEXT TABLE

A menu for when everyone comes home

OCCASION

WHAT WE SERVED

WHO CAME

LITTLE DETAILS

WHAT MADE IT FEEL LIKE HOME

FOR THE NEXT TABLE

What I want you to know about feeding people

Dear _____

MY LETTER

With love, _____

FOR THE NEXT TABLE

Blank recipe page

INGREDIENTS

DIRECTIONS

WHOSE RECIPE IS THIS? WHEN DID WE MAKE IT?

SERVING NOTES

MAKE IT YOUR OWN



FOR THE NEXT TABLE

Notes from our kitchen table

NOTES AND MEMORIES

FOR THE NEXT TABLE

Extra recipe page

INGREDIENTS

DIRECTIONS

WHOSE RECIPE IS THIS? WHEN DID WE MAKE IT?

SERVING NOTES

MAKE IT YOUR OWN



FOR THE NEXT TABLE

More kitchen memories

NOTES AND MEMORIES