



GET STARTED WITH

Your own Family recipe book

1

Compile your **List of Recipes** that want to preserve

2

Understand from your parents the **story** behind the recipe being in your family and its significance.

3

Understand the importance of **ingredients, sourcing, quantity, utensils needed and preparation.**

4

List the **step by step method** and capture the nuances. Take **photos** if possible. Learn the secret tips.

5

Note the **pairings, accompaniments and serving instructions.**

6

Finalize the recipe with pictures.
Organize your recipes into categories



List of Recipes

- Which recipes are absolutely “must-haves” in your book?
- Think in terms of different categories/ courses/ time of day- Sweets, Snacks/ Namkeen, Pickles, Beverages, Breakfast Dishes, Festival Dishes, Starters, Tea time etc

Starting with each recipe

Ingredients & Authenticity

- Are there any regional ingredients or specialty techniques critical to authenticity? Ask and note.
- Add if you have any handwritten notes, old recipe cards, or photo.
- Think of including a “where to source” section for hard-to-find ingredients.
- Try to familiarize with “unfamiliar” measuring terms eg: a pinch, 2 handfuls, ¾ of small bowl etc.

Family Significance & Stories

- Is there a story or anecdote connected to any dish—perhaps something funny, emotional, or surprising?
- Which recipes were taught by a particular loved one (grandparent/parent)? What do you recall about their cooking style or tips?

Preparation & Variations

- For each recipe, document if there are family variations (e.g., extra spice, alternate fillings)
- Ask for the type/ shape of utensils needed eg: an aluminium kadhai, a tall stainless steel pot etc.
- Ask if there are shortcuts or modern appliances you use (e.g., Instant Pot, air fryer) that should be noted

Serving & Presentation

- How do you typically serve this dish (garnishes, plating ideas)?
- Are there specific pairings and accompaniments?

Dietary & Accessibility Considerations

- Ask for any dietary adaptations (gluten-free, vegan, low-sugar)
- Think if want to include nutritional information or portion-size guidance?

Photos & Visuals

- Add any family photographs of these dishes in action (e.g., holiday feasts, cooking sessions)?
- If you don't have any photos, plan to stage and photograph any recipes the next time they are made

Organization & Structure

- How would you like the book organized—by meal type (breakfast, snacks, mains), by region, or by family member?
- Think of any thematic chapters you envision (e.g., “Weekend Brunch,” “Festive Feasts,” “Comfort Classics”)?