



Why Cookbooks Belong in Our Libraries: A Study of Three Different Cookbooks Throughout American History (*Research Guide*)

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Hello, reader! My name is Zachary Corolla and I present to you a guide where we will explore how a cookbook can be used for both personal enlightenment and as a research/academic tool.

I love cookbooks. I read them front to back like I would any other novel. A cookbook contains priceless knowledge and it can reveal truths about who we are as a species. Books such as these have a place in our libraries and belong with our textbooks, novels, and dictionaries.

This guide will use three different cookbooks from three different times. The chosen books are:

1. Amelia Simmons' *American Cookery* from 1796.
2. Edna Lewis' *The Taste of Country Cooking* from 1976
3. Christina Tosi's *Momofuku Milk Bar* from 2011

You can find all the books used in this guide at NYU libraries.

An important aspect of this guide is that I will link a YouTube video to each section. When discussing food, a visual component helps greatly when discussing recipes.

Before you start

We all engage in some way with food, it is quite necessary for us to live! So my hope is that as you read through this guide, you keep the following in mind:

1. Think about the span and history of cooking. It spans from our early ancestors who first manipulated fire, through the farming revolution, to modern food discourse.
2. How do you engage with both food and food knowledge?

(Revised with the help of Hemingway Editor)

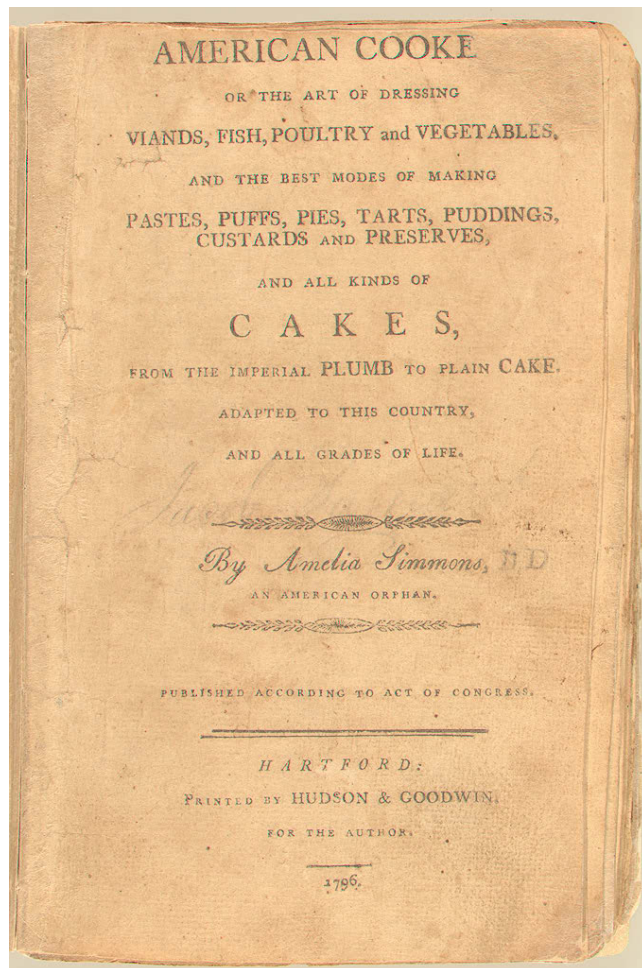
How to use this guide

For each of the three books I provide the following:

- A photograph of the book with alt text.
- A link to the NYU Library call number and the Library's own description of the book.
- My own brief introduction.
- A section of **Why This Belongs in Our Library**.
- A section on **Things to Keep in Mind**.
- A section of **What I recommend you make**.
- Then sections on other resources that include: a YouTube video that relates to each book and further reading.
 - I chose YouTube as it is the most popular video sharing platform and most people are familiar with it.
- Books are ordered chronologically. I also make reference to books as I go, so I recommend reading in chronological order.
- I end with an outro and provide links to food related databases.

I would like to note that the guide below is from a specific American perspective. It draws from my professional, academic, and personal experience. I am a former pastry chef and I attended the Institute of Culinary America. I worked in NYC kitchens which even include two one-starred Michelin restaurants: Marea and Crown shy. Now, I am a dual degree student with NYU and Long Island University studying food studies and library and information sciences. This guide is according to my opinion and I imbue much of my own thought in my analysis of each book. I hope this allows you as the reader to engage further with these important cookbooks, particularly if you disagree or agree with what I opine. I also try to maintain a conversational tone in order to not only be accessible to readers but also provide insight into myself (as we will see with Edna Lewis and Christina Tosi, who do the same in their books).

(Revised with the help of Hemingway Editor)



Alt Text: We see an old, yellowed paper. On it is printed in light brown the title of the book, author's name, place of publication and year. It is very plain with no images.

[The First American Cookbook by Amelia Simmons; Mary T. Wilson \(Introduction by\)](#)

Call Number: TX703 .S5 1984b (available in NYU Special Collections)

ISBN: 0486247104

Publication Date: 1984-10-01

“Exact reproduction of the first American-written cookbook published in the United States. Authentic recipes for colonial favorites -- pumpkin pudding, winter squash pudding, spruce beer, Indian slapjacks, and more. Introductory essay and Glossary of colonial cooking terms.”

In 1796, Ammelia Simmons published her book *American Cookery, or the art of dressing viands, fish, poultry, and vegetables, and the best modes of making pastes, puffs, pies, tarts, puddings, custards, and preserves, and all kinds of cakes, from the imperial plum to plain cake: Adapted to this country, and all* in Hartford, Connecticut. This is the first compendium of American recipes by an American. Also a note on this specific edition that I've linked above- This is a modern reprint and so much of the instructions are different from the original copy as it is adapted for a modern audience.

Why does this belong in our library:

- This is the first American cookbook and the author was a woman who published in her own name.
 - Compare to *Frankenstein* by Mary Shelley, which was published anonymously in 1818, and this was 22 years after Amelia's book.
- Its long title, something we would not see in a modern book, but was characteristic of a certain time in publishing.
- Gives us indirect knowledge of the culture of the times
 - Think about what kitchen equipment they had? Obviously no mention of something like a stand mixer or even oven.
- Shows the inexactitude of cooking in the past. Her recipes use less standardized measurement than a modern cookbook and the ones she provides are usually different than what we would use today.
- Gives clues as to what some of the Indigene ate, but should be taken with caution. The Word "Indian" appears several times throughout the book, but whether or not it's what the Indigenous people consumed or just their perception through a White European colonial lens. But this information is still valuable in that it tells what those perceptions were.
- Inferences about American foodways during that time.
 - The most interesting recipe might be "How to dress a turtle". This is a literal turtle (as opposed to something like a chocolate turtle which contains no actual turtle, by the way). So, Americans at the time apparently ate turtle meat and it was worthy enough to include a surprisingly detailed recipe.
 - Also provides recipes for "goslin" (gooseling) and "water fowl".
- She provides variations of her recipes. She has four recipes for a butter cake.
- In many of her recipes, she uses nutmeg which was ubiquitously used at the time. While we still use it in recipes today it is much less common.
 - What other ingredients in the past might have been lost due to a changing American palate?
- Holds linguistic value in seeing what things were called or how certain words were spelled.
 - e.g. "pompink" pie (video below).
 - "Cookey" instead of cookie, from a Dutch word.
 - "Paste"- common word at the time for what we could call dough or batter, like her "puff paste for tarts" recipe. Can be seen in French and Italian with the still common use of the words *pâte* and *pasta*. For example *pâte à bombe*, *pâte brisée* or *pasta frolla*.
 - "Whipt" instead of whipped.
 - "Alamode" instead of the usual *a la mode*.

Things to keep in mind:

- No pictures! Obviously this was more difficult to do at the time. But, if we want to use this practically and actually make a recipe out of the book, having a visual component is really important. Especially so for homecooks.
- Recipes are short with little detail, very few standardized measurements, imprecise baking times and temperatures. Much of this book relies on the reader having an already strong grasp of kitchen knowledge.
 - Additionally, ingredients and their amounts are written within the text. A modern cookbook today would list ingredients and amounts separately from the instructions.
- There is no aesthetically pleasing cover. When we fill up our libraries with books, we want something beautiful to display, and this doesn't help.
- The title is too long. It is shortened to “American Cookery”, but this is only part of his title.
- Better for historical context than a modern cookbook that would make me want to use a recipe from it. But that’s okay! This is what gives it such value.

What I recommend you make:

The pound cake, Independence cake, Molasses Gingerbread, or buttery “cookey”.

Other Resources

Videos

[Pumpkin Pie from 1796 - A History of Pumpkins](#) (YouTube Video 18 minutes 58 seconds)

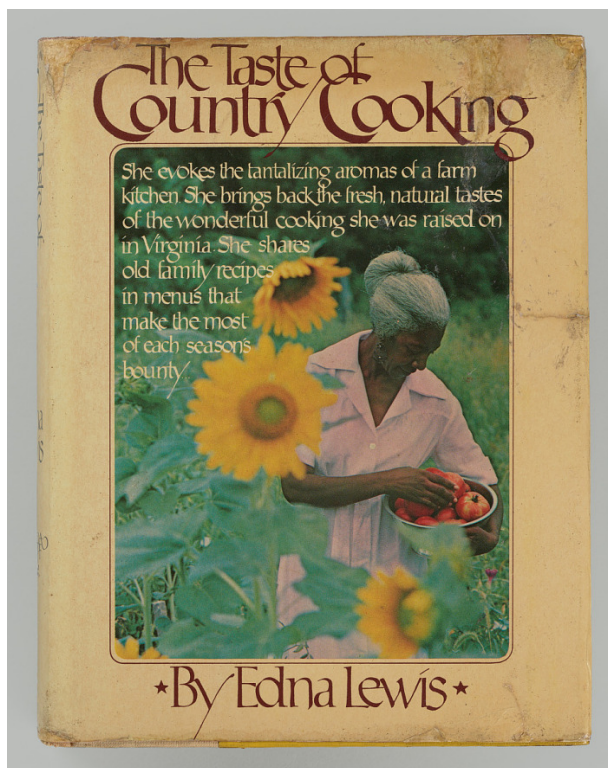
1. Meticulously researched youtube channel by Max Miller. A great food history resource with recipes, methods adopted for modern kitchens, large scope in recipes made.
2. Makes one of Ammelia’s “pompkin” pie recipes
3. We can see this hundreds of years old recipe being made.
4. How does this compare to maybe a recipe your family would make for Thanksgiving?

Further Reading

[What America’s First Cookbook Says About Our Country and Its Cuisine](#)

[Ox Tales Podcast on Why Kitchen Technology Matters](#)

1976



Alt text: We see a book, slightly worn around the edges. A gray-haired black woman is in focus as holds a metal bowl of bright red tomatoes. In the foreground are tall yellow sunflowers. The woman is surrounded by vegetation. This image is surrounded by a light yellow border. Its title, in a reddish brown font, is at the top of the image, while the author is at the bottom, with two small stars on either side of her name.

Image courtesy of the Smithsonian The National Museum of African American History and Culture

[The Taste of Country Cooking by Edna Lewis](#)

Call Number: TX715 .L6684

ISBN: 9780394732152

Publication Date: 1976-05-12

“The recipes and reminiscences of the American country cooking Lewis grew up with some 50 years ago. A richly evocative memoir of a lost time and a practical guide to recovering its joys in your own kitchen.”

I want to begin with sharing Edna Lewis’ own words:

“I grew up in Freetown, Virginia, a community of farming people. It wasn’t really a town. The name was adopted because the first residents had all been freed from chattel slavery and they wanted to be known as a town of Free People.

My grandfather had been one of the first. Over the years since I left home and lived in different cities, I have kept thinking about the people I grew up with and about our way of life. Whenever I go back to visit my sisters and brothers, we relive old times, remembering the past. And when we share again in gathering wild strawberries, canning, rendering lard, finding walnuts, picking persimmons, making fruitcake, I realize how much the bond that held us had to do with food.

Since we are the last of the original families, with no children to remember and carry on, I decided that I wanted to write down just exactly how we did things when I was growing up in Freetown that seemed to make life so rewarding. Although the founders of Freetown have passed away, I am convinced that their ideas do live on for us to learn from, to enlarge upon, and pass on to the following generations. But above all, I want to share with everyone who may read this a time and a place that is so very dear to my heart.” *The Taste of Country Cooking*, an excerpt from her introduction ([Edna Lewis Foundation](#)).

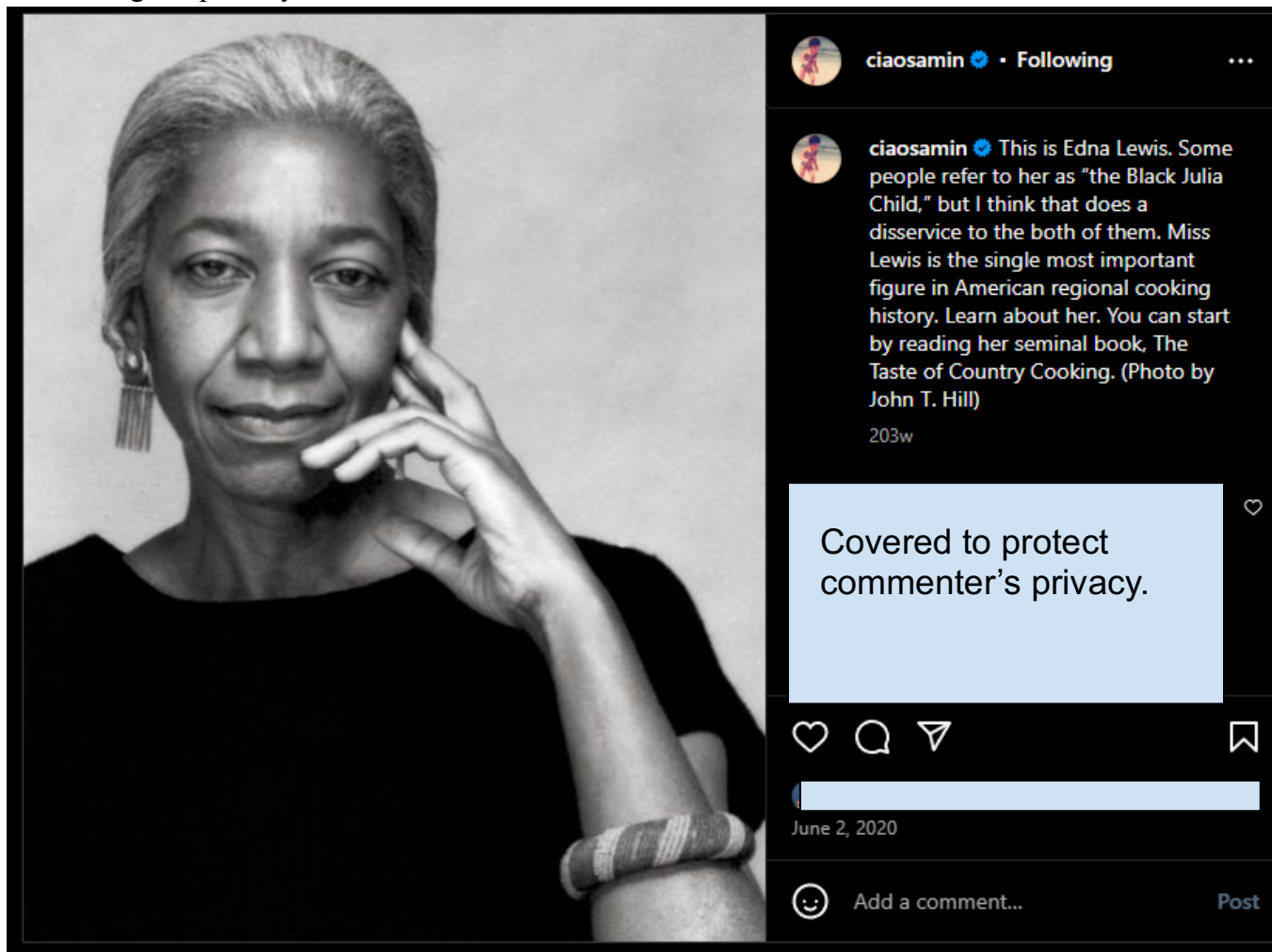
Even in this short excerpt from her much larger body of work, we can glean so much information about what it was like for her unique identity largely informed by being a Black woman descendant from enslaved African people in the South who later went on to establish their own community in the still segregated and oppressive Virginia. She makes it clear how food has been so strongly linked to this lineage.

Why it belongs in our library:

- This book can serve as an ethnographic study of Edna’s time Ethnography which is the study and systematic recording of human cultures.
- Unlike Ammelia Simmons, we have a full biography of Edna Lewis. Her book not only serves as an ethnographic study of the descendants of freed people, but also a memoir of her life by imbuing her recipes with stories and emotion, unlike Ammelia.
- She also was one of the first chefs to utilize a strongly seasonal menu, a newer concept for NYC dining.
- Her recipes are still highly accessible to a modern home cook. She even provides entire menus for specific types of feasts.
 - Importantly, they’re recipes someone would actually want to make!
- Every tool she uses is still in use today and the book is specifically written for a modern home kitchen.
- The cover of the edition I linked to is beautiful. We see Edna Lewis in a garden with a basket of tomatoes. It helps show us what might be inside of this book, and It’s great to see such an important Black chef on its cover.
- Underscores the value of food and community. She writes of family and neighbors and the people of Freetown in between recipes. She illustrates that good food is a ritualized set of behaviors- like how she along with family and friends forage for ingredients, cook together and friends and then dines together.
 - She writes “The spirit of pride in community and of cooperation in the work of farming is what made Freetown a very wonderful place to grow up in...Whenever there were major tasks on the farm...then everyone pitched in, not just family but neighbors as well. And afterward we would all take part in the celebrations, sharing the rewards that follow hard labor.” (Pg. XIV Lewis, Edna. *The Taste of Country Cooking*. 1990 version. Alfred A. Knopf, Inc. 1976 New York.)
 - The dedication reads “This book is dedicated to the memory of of the people of Freetown”

Things to keep in mind:

- Uses the classic imperial system of measurement. I would prefer metric, but this is less important for the savory dishes as they don't require the exactitude of pastry.
- It has limited images in the form of illustrations, which are visually appealing but not comparable to a fully colored HD photograph.
- Because of its structure in providing entire menus, it is harder to find a type of recipe. Meaning, if you wanted to look at every salad recipe or every dessert recipe, you would have to comb through each menu. On the other hand, it does create a unique reading experience and forces the reader to engage with the book.
- She is often referred to as the "black Julia Child" and Chef Samin Nosrat articulates well in an instagram post my issue with this:



Alt Text: A screenshot of an Instagram post with a black and white picture of Edna Lewis. @ciaosamin, the account of Chef Samin Nosrat, writes: This is Edna Lewis. Some people refer to her as "the Black Julia Child," but I think that does a disservice to the both of them. Miss Lewis is the single most important figure in American regional cooking history. Learn about her. You can start by reading her seminal book, The Taste of Country Cooking. (Photo by John T. Hill)

What I recommend you make:

Unique to Edna's book amongst the three I've chosen is that it provides entire menus and their respective recipes. I recommend that you pick one menu for whichever season you are in and make that menu. It might be laborious, most likely fun, but you will also get the most of those recipes because Edna curated that menu for us. Edna also repeatedly connects her food to her community. Cooking is often less about the food itself but the community that surrounds that food. I propose that you gather a group of people who form your community and make the recipe together and dine together, as Edna intended.

Other resources

Videos:

[An Interview with Chef Edna Lewis](#)

In this interview from 1994, we get to see and hear Edna Lewis. While her book has her portrait on its cover, to have access to this video can show us how she sounded, her speech, the suprasegmental features of her communication, and especially her physical mannerisms. We see her in her chef whites, inside her kitchen of appears to be mainly other Black chefs, a rare sight in today's NYC kitchens.

[Maangchi & Japanese Breakfast Explore Effects of War on Korean Cuisine | Close to Home](#)

Maangchi is a Korean-American who is an "untrained" chef (she did not attend school nor did she work in a restaurant. As a former pastry chef who attended culinary school, I think Maangchi has more than cemented her right to claim herself as a chef). With a video, we can experience Maangchi speak by listening and watching. We can hear her acquired English, her use of her native Korean, and watch her suprasegmental features as she communicates. Similar to Edna Lewis, her page serves as both a resource of culinary knowledge and an ethnographic study by listening to her life in Korea and her long journey to NYC.

Further Reading:

[The representation of cultural identity in Melaka Portuguese cookbooks](#)

"The Melaka Portuguese are descendants of unions between the Portuguese, who conquered Melaka in the early 16th Century, and locals. The language and culture of this minority hybrid community have survived to this day in Malaysia. Over the last decade, there has been a push to distinguish their food, and hence, cultural identity, from other communities in Malaysia.

However, there has not been much focus on the cultural representation of this "home-grown" group of people in discourses related to food. To begin addressing this gap, this paper addresses the question of cultural identity represented in four Melaka Portuguese cookbooks. The focus of this paper is on the use of linguistic and visual elements related to food heritage in four Melaka Portuguese cookbooks to examine how they are used in the construction of cultural identity among the community. These elements were analyzed using a social semiotic approach. The linguistic elements in the texts were found to be related to the cultural identity of the Melaka Portuguese people through inclusion of their family narratives and stories in the cookbooks. Visual elements were also used to portray the Melaka Portuguese culture through depictions of traditional kitchenware and food preparation techniques."

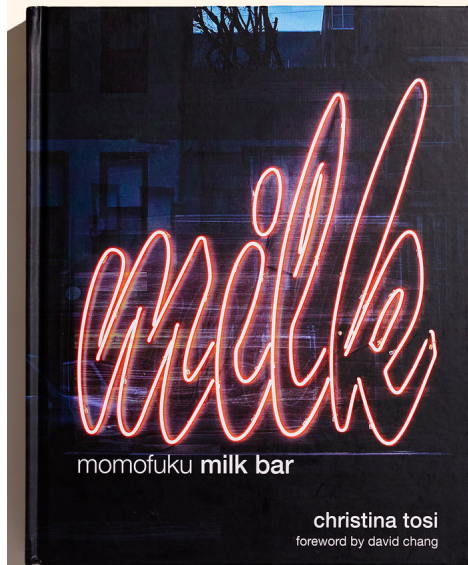
An article detailing how Melaka cookbooks are also an important ethnographic study.

What parallels can be drawn between these and Edna Lewis' book?

[A Loving Tribute To A True Southern Food Legend](#)

[Tracing a rich history of Black American cuisine in Edna Lewis' footsteps | PBS NewsHour](#)

2011



Alt text: The cover is dominated by a pink, neon sign-like text that reads "Milk". Underneath and left-justified is the title in white lettering. The author's name appears to the bottom right. This is all against a background photo of what looks to be a city building at dawn or dusk.

Image courtesy of the Milk Bar Store website.

Momofuku Milk Bar by Christina Tosi; David Chang (Foreword by)

Call Number: TX773 .T6684

ISBN: 9780307720498

Publication Date: 2011-10-25

“The highly anticipated complement to the New York Times bestselling Momofuku cookbook, Momofuku Milk Bar reveals the recipes for the innovative, addictive cookies, pies, cakes, ice creams, and more from the wildly popular Milk Bar bakery. Momofuku Milk Bar shares the recipes for Christina Tosi's fantastic desserts--the now-legendary riffs on childhood flavors and down-home classics (all essentially derived from ten mother recipes)--along with the compelling narrative of the unlikely beginnings of this quirky bakery's success. It all started one day when Momofuku founder David Chang asked Christina to make a dessert for dinner that night. Just like that, the pastry program at Momofuku began. Christina's playful desserts, including the compost cookie, a chunky chocolate-chip cookie studded with crunchy salty pretzels and coffee grounds; the crack pie, a sugary-buttery confection as craveable as the name implies; the cereal milk ice cream, made from everyone's favorite part of a nutritious breakfast--the milk at the bottom of a bowl of cereal; and the easy layer cakes that forgo fancy frosting in favor of unfinished edges that hint at the yumminess inside helped the restaurants earn praise from the New York Times and the Michelin Guide and led to the opening of Milk Bar, which now draws fans from around the country and the world. With all the recipes for the bakery's most beloved desserts--along with ones for savory baked goods that take a page from Chang's Asian-flavored

cuisine, such as Kimchi Croissants with Blue Cheese--and 100 color photographs, Momofuku Milk Bar makes baking irresistible off-beat treats at home both foolproof and fun.”

When I was a culinary student, Christina Tosi was everything I wanted to be when I thought about my future career as chef. For many of us, she represents a truly American style of cuisine that consists of cake, cookies, bars, and ice cream. Her recipes are sweet, buttery, indulgent, and unctuous with items like cereal milk ice cream, classic birthday funfetti birthday cake, cornmeal cookies, and Milk Bar pie on the menu. This book exemplifies what I want in a cookbook- photographs, replicable recipes, good instruction, and things you’d both want to bake and eat!

What we love:

- It is uniquely American, similar to Edna. These books serve as examples of what American cuisine is at its best.
- Modern day desserts that people actually would want to bake, unlike Ammelia where her recipes, especially her pastries, are more inaccessible to a modern palate.
- Just like Edna, every recipe is formulated for a modern American kitchen. Recipes can be easily replicated.
- Beautiful color photography. Being able to correlate what we bake to a picture is so helpful.
- Christina Tosi is a prolific chef who has a large internet and TV presence. Unlike Amelia, we know so much about her and how her Midwestern White American childhood influences her baking and this book.
- The physical size of the book is large. It’s nice to hold, especially when actively baking.
- Recipes are provided in metric. Christina is a culinary school trained chef, I trust these recipes.
 - This raises an issue that many cookbooks face- errata! The recipes are tired, tested, and replicable. While this might seem obvious, not every cookbook is of great quality.
- Her humor shines through in the directions and anecdotes. I like being able to feel a chef’s personality in a book. Similar to Edna, we get to read a narrative through recipes.
- The cover is beautiful and is very much displayable on a bookshelf.
- She is unapologetic. An example of this is that she proudly uses clear imitation vanilla extract to recreate a boxed cake mix flavor. This is an affront to many chefs but I love that she gives us permission to use such an ingredient.
- To a lesser extent, this book also serves as an ethnographic study of Christina tosi. She is White, female, raised middle class from the Midwest and her praxis and palate as a chef are explicitly influenced by this in her writing.

Things to keep in mind:

- She’s strongly associated with David Chang and the Momofuku Milk brand, which has been accused of serious workplace [abuse](#) and the backlash he received from trying to

[trademark chili crunch](#). She has not commented publicly on David Chang at the time of this writing (April 2024).

- Why mention this? As a former pastry chef myself who has been on the receiving end of workplace abuse, I find it hard to separate my experience from this book and other chefs like Anthony Bourdain or Gordon Ramsey (also as infamous). And for these reasons, I actually don't often cook from this or frequent Milk Bar.
 - This also offers a snapshot of the unsavory working environment of current NYC kitchens and the kinds of personalities you'd find working in them and the dynamics at play.
- There are dozens and dozens of other recipes that I could use while still being inspired by Christina.
- Even though the book was released in 2011, many of the recipes in my opinion are already starting to become “outdated”. With the NYC food scene in constant evolution, something like cereal milk seems kitschy and not as fun or exciting as when it first appeared on the scene. Would someone in 2024 still find this interesting? What about in the year 2034 or even 2064?
- Its cover is aesthetically pleasing, but doesn't not really clue us in that this is a book of pastry recipes, unlike Edna's evocative cover that makes us feel and helps understand what type of book hers is.
- She includes a recipe that is controversially entitled “crack pie”, but later changed the name to Milk Bar pie due to a warranted and reasonable public outcry. An [article](#) from the Washington Post capture these feelings:

“The name was a reference to crack cocaine — the gag being that the pie was just as addictive as the drug. But an increasing chorus of critics have pointed out that the name makes light of a serious drug epidemic, and one that had an outsize impact on the African American community. The callousness with which people throw around the word “crack” isn't the same with other drugs. We don't call any desserts “opioid pie,” even though those drugs, which claim predominantly white lives, are highly addictive, too.”
- A pastry should make us feel good. It's certainly not healthy, but that's not why we would eat Milk Bar pie. And therefore, a person should be able to eat such an item without any kind of negative feeling.

What I recommend you make:

The birthday cake! I've had it many times. It really is what you want in cake: sweet, buttery, moist, clean layers, delicious as separate components.

Other Links

What is exciting about Christina Tosi is how popular she is. She has a lot of output in terms of content like videos and writing. I linked below her TED Talk, an op ed written by herself, and an

NYT article about Tosi and Milk Bar. This is in contrast to Ammelia Simmons where we know almost nothing about her, and Edna Lewis where it is hard to find much videography of her.

[My Secret to Creating Real Magic | Christina Tosi | TED](#)

[Milk Bar's Christina Tosi: What Failing Has Taught Me | TIME](#)

[For Christina Tosi, Building a Dessert Empire Is Not All Milk and Cookies - The New York Times](#)

What Can We Conclude?

In General:

- Cookbooks can be read just as any other book.
- The visuals attached to a cookbook are very important
 - I judge books by the cover and an aesthetically pleasing book cover is always appreciated.
 - The pictures in a cookbook are important to replicating a recipe and I prefer colorized hd photographs.
 - Outside of a physical bound book is also the concept of a video cookbook, like what we can find on so many YouTube channels. With these we can see, hear, and follow along to a recipe.
- Not every cookbook is equal. Not every cookbook is good. They have both positive and negative traits and it is up to us to determine if they work. We can also rely on experts, like other chefs, to review and offer their opinions.

What Now?

You should visit a library! Libraries always have collections of cookbooks, and with your library card, are free to check out. You should check out a book and try to apply some of what I wrote in this guide to whichever book you chose.

NYU has their own [cookbook collection](#). If you are able, go visit. Talk to your librarians, too, they are more than happy to help.

More Videos:

- [Claire Saffitz x Dessert Person](#)
- [Epicurious](#)
- [Benjaminthebaker](#)
- [Food52](#)

Databases

The following are links to databases that specifically archive recipes and culinary knowledge.

- [AtoZ World Food](#)
 - The AtoZ World Food database contains information on national cuisine, food culture, recipes and ingredients from most countries.
 - [Bloomsbury Food Library](#)
 - Bloomsbury Food Library offers cross-searchable access to a range of encyclopedias, references works, e-books, and images. Search across numerous ebooks, and key reference works such as Ken Albala's Food Cultures of the World Encyclopedia, the Cambridge World History of Food, Bloomsbury's Cultural History of Food, and chapters from Food History: Critical and Primary Sources. Explore image collections from institutions such as the Metropolitan Museum of Art, USA.
 - [CKBK](#)
- The ckbk app offers unlimited access to a curated collection of the world's great cookbooks. It is, however, a paid subscription service (in the same vein as Spotify or Netflix). It is easy to use, with a very friendly user interface and A LOT of resources compiled all into one. Your local library system should have similar if not the same resources if the monthly fee is a burden.
- [Food and Drink in History](#)

From feast to famine, explore five centuries of primary source material documenting the story of food and drink throughout history. The materials in this collection illustrate the deep links between food and identity, politics and power, gender, race and socio-economic status, as well as charting key issues around agriculture, nutrition and food production.

- [The Sifter](#)
- The Sifter is a free website for searching and comparing authors, their works and the details of their works regarding food and related topics around the world and throughout history.

Academic Articles

Here are 3 articles that further aid us in exploring the concept of cookbooks as an important academic resource.

- ["Accompanying the series": Early British television cookbooks 1946-1976](#)
- This paper provides a historical analysis to demonstrate the connections and developmental links which emerged between cookbooks and television in Britain after World War II, focused on television broadcasts in the period 1946 and 1976. In this paper, I discuss how early presenters of British television cookery programmes, and their publishers, had vision and marketing skills which enabled links between visual and printed media, and established a pattern of connected cookbook and television production which is taken for granted today. I examine the connected television and publishing careers of three early British Broadcasting Corporation (BBC) television cooking pioneers: Marguerite Patten, Philip Harben and Fanny Cradock, who collectively dominated on-screen cooking programmes from the late 1940s until the mid-1970s. By

analyzing their cookbooks, particularly their jackets and promotional materials, and interpreting archival research conducted in the BBC Written Archives and other documentary archives, their contributions will be discussed alongside the development of the television-connected cookbook in Britain. I conclude that these television cooks and presenters made a significant contribution on and off our screens during that period which established the connection between television cooking programmes and cookbooks in Britain.

- [Family Cookbooks – Objects of Family Memory](#)

The article proposes an analysis of family cookbooks from the perspective of memory studies. Its main goal is to show that these are objects that shape family memory, helping to preserve and transmit it from one generation to the next. The first section outlines the theoretical framework, discussing the multiple layers of content and meaning in homemade cookbooks, the similarities between them and scrapbooks, as objects that can elicit voluntary (or involuntary) memories. Other theoretical issues that are essential for the problem in question are also examined: the complex relationships between individual memory and family memory, the layers that make up family memory, how family meals shape family memory, and recipe books seen as Proustian devices. The second part proposes a case study that explores the particular way in which the aspects discussed in the theoretical section are illustrated by two recipes notebooks belonging to a woman who was born in a Romanian town in 1944. As regards the research methodology, the case study is based on a life-story interview and the qualitative analysis of the two notebooks.

- [Let Them Read Cookbooks: Food Literacy Is Literacy](#)

Teachers and school librarians know that giving students the freedom to choose what to read from a variety of materials is the most effective way to foster a love of reading. Curiosity, pre-existing interests, or even a desire for connection cause students to reach for books that inform instead of entertain. But a genre of books is often left out of a school library's nonfiction collection: cookbooks. Of all the strategies used by teachers and school librarians to promote reading, finding a topic of common interest is one of the most effective. Because we all eat, cookbooks and stories about food are sure to entice readers of all ages. Everyone has a personal connection with food. Educators can take advantage of that fact. Culinary literacy resources are abundant in a variety of formats and can be used to support teachers and students across multiple disciplines.

AUTHOR BIO: Zachary Corolla

He, his, him, himself

NYU Steinhardt for an MA in Food Studies

Born and raised in New Haven, Connecticut, Zachary Corolla moved to Brooklyn to work at his first Michelin-starred restaurant Marea. He previously received his degree in Spanish with a minor in Linguistics from the University of Connecticut Storrs Campus in 2018. Thereon he completed one his life goals of attending culinary school and went to the Institute of Culinary Education for baking and pastry. After a tumultuous few years in NYC kitchens, Zahcary applied for the NYU and LIU dual degree program where is studying food studies and library and information sciences.