

Old Family Recipes

Collected by the Sealy Area Historical Society

Instructions for Submitting Recipes

The Sealy Area Historical Society is preparing a very special cookbook featuring favorite family recipes from the kitchens of generations of Sealy area cooks. Historical photographs and information will also be included. This cookbook will be professionally published and will certainly become a prized keepsake.

Please help us by submitting a favorite family recipe that has been passed down through the years, so that your family can be represented in this historical journey through the kitchens of the Sealy area's best cooks. Your name will be printed with your recipe along with any brief comments or special memories about the recipe you wish to include. Please limit your submissions to five recipes. Not all recipes submitted will be used to avoid duplication.

Recipe forms may be downloaded online at sealyhistoricalsociety.org/cookbook. The forms are fillable pdf forms. The completed recipe forms should be sent by email to info@sealyhistoricalsociety.org or mailed to Sealy Area Historical Society, P O Box 585, Sealy, TX 77474.

Printed forms may be picked up from Angela Leschper at The Salon at 120 Main Street in Sealy any day except Sundays and Mondays. Forms may be completed by hand and returned to the Sealy Area Historical Society's Recipe Collection Box at The Salon. If unable to submit recipes on the forms provided, please copy or photograph the recipes and send by email to info@sealyhistoricalsociety.org or by text to 832-492-4244.

Please follow the instructions listed below:

- List ingredients in order of use in ingredients list and in directions.
- Include container sizes (e.g., 2-8 oz. cans), temperatures and cooking times.
- Use standard abbreviations: pt, qt, pkg, env, c, tsp, T, oz, lb, gal, doz, sm, med, lg.
- Keep ingredients and instructions separate; instructions should be in paragraph form, not in columns or charts.
- List names of ingredients in directions (e.g., "combine flour, sugar and spices" vs. "combine first 3 ingredients").
- Any additional notes or substitution suggestions should be listed separately at the end of the recipe.

Recipes should fit into one of the following categories:

Appetizers & Beverages	Breads & Rolls
Soups and Salads	Desserts
Vegetables & Side Dishes	Cookies & Candy
Main Dishes	This & That (pickles, jams, relishes, salsas, sausages, etc.)

Old Family Recipes

Recipes from Sealy area cooks

The Sealy Area Historical Society is compiling a cookbook of tried and true family recipes from residents of the Sealy area. Early recipes are welcome along with any changes that have been made to make the dish healthier by today's standards. Old photos from the Sealy Area Historical Society's archives will be included in the printed cookbook. Cookbooks will be available for purchase through the Sealy Area Historical Society.

Please submit the following for each recipe. We cannot accept more than five recipes from a single individual.

Recipe Name: _____ **Serves:** _____

Preparation: Include instructions about preheating an oven, allowing something to chill or set prior to assembly of ingredients, or any special equipment or pans needed.

Ingredients for Primary Dish (in order of use):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Instructions for primary part of dish (numbered in order):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Ingredients for sauce or filling (in order of use):

_____	_____
_____	_____
_____	_____
_____	_____

Instructions for sauce or filling (numbered in order):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Ingredients for icing/topping (in order of use):

_____	_____
_____	_____
_____	_____
_____	_____

Instructions for icing or topping (numbered in order):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Notes: (hints, variations or possible substitutions)

Tales from the Kitchen (optional – please keep to 60 words or less): Include detail about the cook, family or kitchen.

Recipe from (if not the person submitting the recipe): _____

Submitted by: _____ **City of Residence:** _____

Email address: _____

Phone: _____

Return completed forms by email to info@sealyhistoricalsociety.org or by mail to Sealy Area Historical Society, P O Box 585, Sealy, TX 77474. For more information call Nancy Naron at 832-492-4244.