



ARDENT WORKSHOP

AN ARDENT WORKSHOP PRODUCT

One Recipe, Written Down

The one page to capture a treasured family recipe before it's lost.

Free · from Ardent Workshop



One recipe, written down

The best family recipes were often never written down — they live in one person's hands, measured "by feel." Start with the one you'd most hate to lose. Print this page, sit with the cook if you can, and write it down before it's gone.

CAPTURE IT ROUGH — DON'T WAIT FOR PERFECT

If the cook says "a handful" or "until it looks right," write that down as you watch — then note your best guess at the amount beside it. A rough recipe you saved beats a perfect one you didn't.

Dish name

Who it came from (and their relation to you)

Where it comes from · the occasion it belongs to

Ingredients — write the amounts, even the "by feel" ones

How it's made — the steps

A note — the story, the occasion, why it matters

THIS IS ONE RECIPE — THE BINDER PRESERVES THE WHOLE FAMILY'S

This free page captures a single dish. The Family Recipe Heritage Keepsake Binder is the system for the whole collection — a 7-tab workbook (Excel & Google Sheets) plus four guides: a Recipe Register with the “by feel”-to-measured method, a collection overview that counts itself, a cooks roster, food traditions, and where every original lives. [Get it at ardentworkshop.com](https://ardentworkshop.com) >

A keepsake page for preserving a family recipe, not tested recipes or professional cooking, nutrition, or food-safety advice — use your own judgment when you cook. © Ardent Workshop LLC. Free to use; please don't resell or redistribute.