**NEWS RELEASE**

For immediate release

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**Review copy available on request**

**QUAKERTOWN WOMAN’S 100-YEAR ARCHIVE**

**OF 1,400 RECIPES SUBJECT OF NEW BOOK**

A Quakertown woman’s son in law has published a cookbook based on her lifetime collection of 1,400 recipes.

The book, *To Great Grandmother’s House We Go,* features 140 recipes and their historical background from the remarkable collection of recipes left by Joan Knechel (1934-2014).

Joan (Sell) Knechel was a mother of five, diner waitress, meat cutter and restaurant owner in the course of her lifetime.

Author Tom Kelchner of Carlisle said: “Joan told everybody she was going to write a cookbook and her notebooks suggest that she was planning one, but it never happened.

“She was a very able and energetic woman and I think she became such a great cook because her intellect needed a challenge. Certainly, she poured a vast amount of time and energy into B.J’s Steak and Crab, the Emmaus restaurant that she and a partner ran for a few years.

“After Joan passed away her daughter Linda remembered one of her mother’s great recipes and we went looking for it in the attic. We were floored by how many recipes there were! Eventually we found 14 notebooks, more than a dozen charity cookbooks and three file-card boxes. There was a total of 1,400 hand-written recipes! We think they go back 100 years. Some must have belonged to Joan’s grandmother (Suzanna Rothenberger 1875-1950).”

Kelchner’s book, *To Great Grandmother’s House We Go: American comfort food recipes from the 1970s, 60s and before* includes family’s favorites, the history of many and the story of Joan’s life. The kitchen-tested recipes include photos of the finished dishes as well as the original recipe cards and notebook entries.

Joan grew up in Boyertown and learned to cook from an aunt, who was of Pennsylvania Dutch descent. She married and set up housekeeping in 1955. She had her grandmother’s and mother’s recipes in an old wooden file card box and it was clear that she quickly started collecting, and cooking and perfecting new recipes from everywhere: magazines, newspapers, friends, relatives, her daughter and probably the diners where she worked.

“In the early years of her marriage her aunts would regularly drop by and bake batches of Apies cakes – a very simple Swiss dunk-in-your-coffee-type cake that’s been made in the Boyertown-Bally area for 300 years.”

Kelchner said: “When we first got the idea for the book, I picked Linda’s brains about her mother’s recipes that she remembered. She named 70 in about two hours! Then we realized that Linda had been routinely cooking or baking about 30 of them, including about six or eight types of cookies.

“There were some real mysteries in there too. Where did Joan get the recipe for ‘Greek Chili’ that matches descriptions of the original 1920’s ‘Cincinnati five-way chili?’ Where did she get the idea for making sausage by rolling the meat mixture in aluminum foil and simmering it? Are the really old looking recipe cards and cook booklets from her grandmother Suzanna? Did Suzanna ever make the “War Cake” from the 1918 Metropolitan Life booklet? We couldn’t resist including that one in the cookbook.

“Joan was a great cook. Linda and her four brothers remember many of her meals vividly. Her grandchildren remember the holiday dinners and her Christmas cookies. Joan’s great granddaughter JayLin even has memories of eating at “Nanny’s’ and now she helps bake the Apies cakes.”

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The book, self-published through IngramSpark, is available through Amazon and Barnes and Noble Web sites and can be ordered through some independent book stores.

Price: $39.99

ISBN: 978-1734595512

Hardcover: 366 pages

Dimensions: 8.5 x 1.13 x 11 inches

Further details are available on the “Books” tab on Kelchner’s Web site: https://pafoodlife.com/books

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