

Saying Sorry with Dumplings

This past weekend, Grandma Anderson's Danish Dumplings brought my brother Val, his family, and mine together after too many years. We used to work with each other, and we were close growing up. Then we weren't. I made mistakes, caused some deep hurts, and I never really said the words I'm sorry. I'm saying it now, and on Saturday I put dumplings where the words should have been a long time ago.

We opened up to each other earlier in the week, which led to us making and sharing dumplings with our kids in my home.

Chicken soup with dumplings is the most enduring and beloved recipe in my family, and what we most looked forward to at Grandma's house. She made them every time we went for Sunday dinner and we would have been crestfallen otherwise. It occurs to me that there is beauty in traditions that repeat again and again. These unique patterns become glue to bond family culture.

The video above shows our families making new new memories with food, and it includes a brief cooking demo. [Click here to download a PDF of the Danish Dumpling recipe](#). You can't see Val in the video because he is behind the camera, although you hear voice about getting messy. It's a perfect example of his personality.



Post your family recipes and stories on FamilySearch. I did!

This is what FamilySearch meant by challenging people to post family recipes and the accompanying stories. We encourage you to do the same!

By Rhonda Lauritzen

By the way, below is a related video with FamilySearch CEO, Steve Rockwood, talking with us in the Media Hub. He explains that FamilySearch focused on food at the RootsTech conference because food universally brings people together and evokes rich memories. It was a tool to get people to ask more specific questions, leads to richer answers. Food is a perfect catalyst to preserve family stories, the heart of genealogy.

<https://youtu.be/x5gxqN90tQY?list=PLMhIXFs2PaFdbvHGKEirghtCkA8wzhGkh>