A recipe book is not just a book that contains sets of instructions for preparing a dishes. Recipe books can tell us the stories of the author(s), their knowledge and discoveries as well as the historical context that can be derived from these recipes. Several pieces of work have focussed on examining how recipes tell the stories of people and communities. In the paper Cookbooks As A Social And Historical document – A Scottish Case Study it focusses on Scottish cookbooks published between 1890 and 1990 and how these recipes act as historical markers of major events and record technological advances in society. The results from the paper validated the claim that cookbooks are a social historic and cultural document stating that “although cookbooks might not record events in the society as historical facts nevertheless their contents are often a response to historical events.”