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the Recipe Box

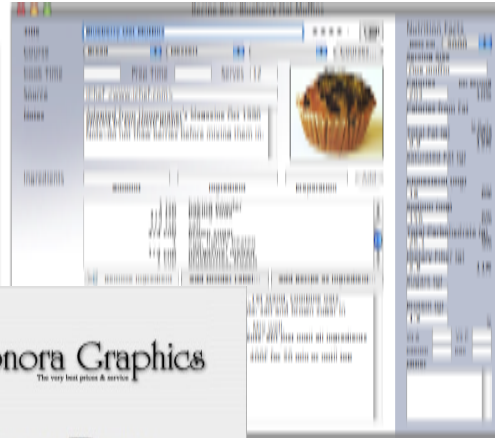
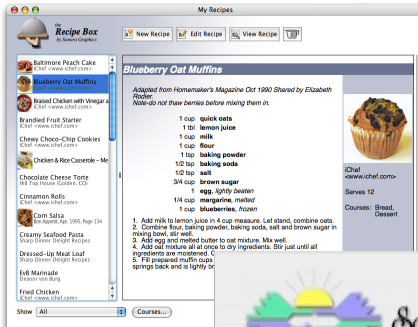


The easy-to-use electronic
recipe book application from
Sonora Graphics

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Manage Recipes

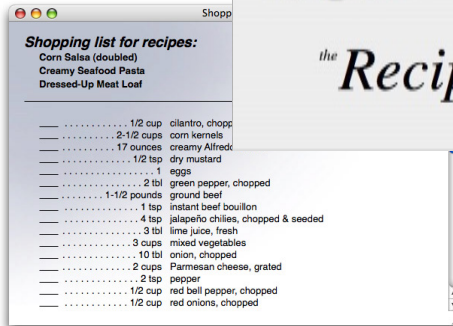
View, print, and organize recipes with a click of the mouse.



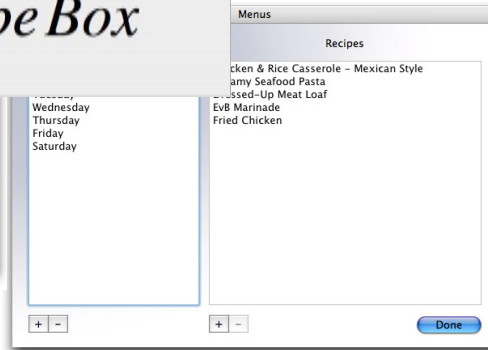
Enter Recipes
Recipe entry is quick and easy with smart entries—even add photos.

Create Shopping Lists

Custom shopping lists are scaled to the number of servings desired.



the *Recipe Box*



Prepare Menus

Plan meals and organize groups of recipes.

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Introduction to the Recipe Box

What Can You Do?

The Recipe Box is an easy-to-use yet powerful way to manage your recipe collection. With the Recipe Box you can:

- Create and use multiple recipe books
- Add, edit and view recipes
- Add photos to your recipes
- Import recipes from files or web sites
- Rate your recipes or mark them as *untried*
- Link recipes together
- Scale recipes for the number of guests you expect
- Display recipes full-screen for use in the kitchen
- Have the Recipe Box read recipes or ingredient lists to you
- View and print shopping lists or save them to your iPod or PDA
- Share recipes with friends that have the Recipe Box
- Filter lists of recipes by meal course
- Create menus containing groups of recipes

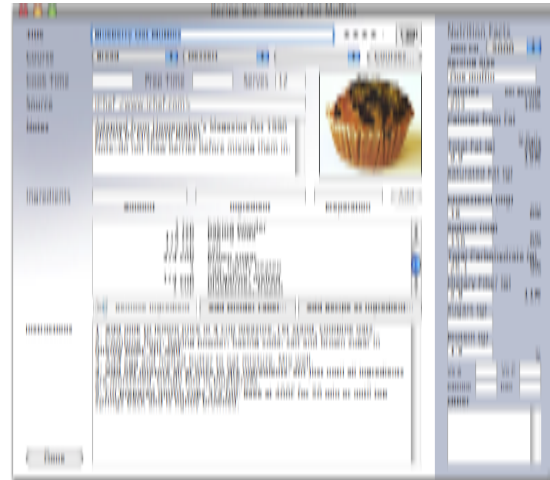
Getting Started

When you first open the Recipe Box, a new recipe book is created in your documents folder called *My Recipes.rbbook*. You can create additional recipe books as needed.

You can begin entering your first recipe by clicking the *New Recipe* button or choosing *Recipes → New Recipe*, which opens a new editing window. Fill in the fields as desired. Since the Recipe Box tracks your recipes by their names, make sure that each recipe has a unique name.

For each ingredient in the recipe, fill in the amount (1 cup, 1-1/2 tbl, etc.) ingredient name, and any preparation desired (sliced or chopped, for example) and click the *Add* button or simply press the *return* or *enter* key. For best results, put descriptions like “chopped” or “minced” in the preparations field rather than the ingredient field.

As you enter ingredients into recipes, the Recipe Box builds a dictionary of ingredients, measures, and preparation methods that it then uses to anticipate your entries.



Ingredient
Ingredient
Ingredient

Entering Ingredients

When you begin entering an ingredient, the Recipe Box tries to anticipate your entry to minimize typing.

To enter “onion” for example, begin by pressing the “o” key. Depending upon the ingredients in your dictionary, the Recipe Box may suggest “oil”.

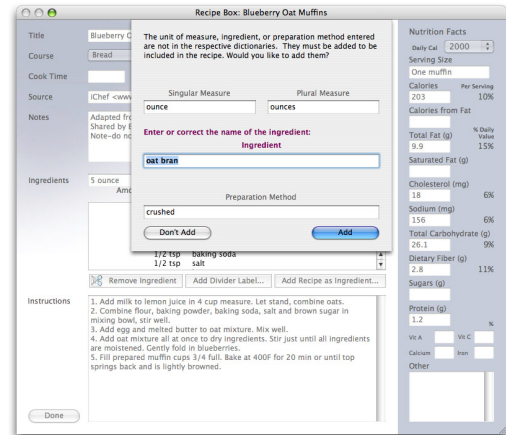
Pressing the “n” key will cause the Recipe Box to make a new guess, in this case suggesting “onion”. At this point, no further typing is necessary. Type an

apostrophe ‘ as the first character to prevent anticipation of your entry.

New Ingredients

If you enter an ingredient preparation method, or unit of measure that the Recipe Box doesn’t have in its dictionaries, you’ll be asked if you want to add it.

In the window that appears, you can make any corrections necessary before clicking *OK*. In order for the ingredient to be added to a recipe, it must be entered into the dictionary.



Entering Quantities

Typically, when you enter the quantity for an ingredient, you'll start with a number and follow it with a unit of measure, for example, "3 cups" or "1 pound". Some ingredients won't require a unit of measure, such as a recipe that calls for 2 eggs—the eggs are the ingredient, not a unit of measure.

Quantities will often include fractions, which can be entered with a hyphen (or dash) between the whole number and the fraction: "3-1/2 tablespoons".

You can also enter a range as the quantity. For example, "3-4 onions". When you make such an entry, the Recipe Box will display the range as *3 to 4*.

When you enter a new unit of measure and the Recipe Box asks about adding it to the dictionary, you can provide both singular and plural versions of the units, such as "bunch" and "bunches".

Preparation Methods

For best results, put preparation methods, such as "chopped" or "diced" in the preparation field rather than the ingredient field. For example, it's better to enter "onions" in the *Ingredient* field and "chopped" in the *Preparation* field than to enter "chopped onions" in the *Ingredient* field. Using the preparation field properly allows the Recipe Box to combine ingredients accurately for shopping lists and maintain the ingredients dictionary efficiently.

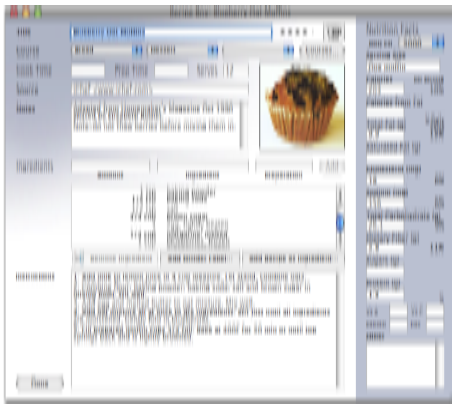
<input type="text" value="onion"/>	<input type="text" value="chopped"/>
Ingredient	Preparation

Editing Recipes

You create new recipes and edit existing ones in editing windows (*Recipes* → *New Recipe* or *Recipes* → *Edit Recipe*). Enter a name for the recipe in the *Title* field (remember that each recipe in a recipe book must have a unique name). Up to three meal courses can be assigned to the recipe, such as “side dish” or “salad”. Click the *Courses...* button to add, change, or remove meal courses.

The time, source, and notes fields are optional but allow you to enter the preparation time for the recipe, where you obtained the recipe, and to add your own notes.

If you like, add a picture by dragging one into the photo area of the window or choosing *Recipe* → *Add Photo...*



Ingredients can be rearranged by dragging them into the desired order. They can be grouped by adding labels or you can include other recipes as ingredients by pressing the *Add Divider Label...* or *Add a Recipe as an Ingredient...* buttons. A frosting recipe might be an ingredient in a favorite cake recipe, for example.

To add a rating or mark a recipe *untried*, click on the dots next to the recipe title and drag left or right.

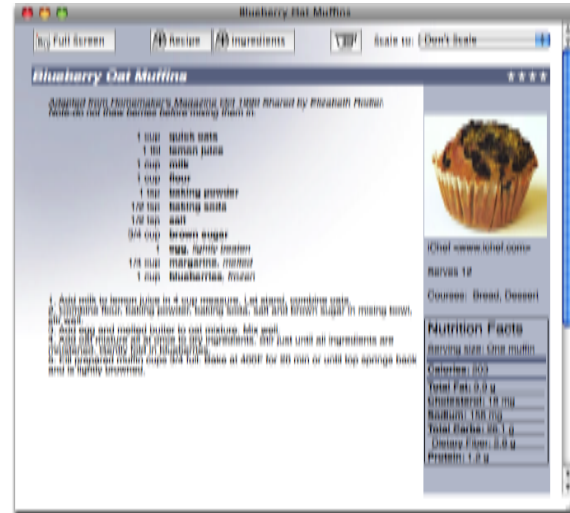
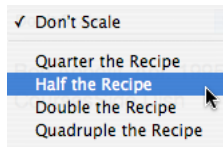
Viewing Recipes

View windows (*Recipes* → *View Recipe*) show a recipe as it will be printed. View windows can also be expanded to full screen size for easy use in the kitchen by clicking on the *Full Screen* button.

Use the *Scale to:* pop-up menu to change the number of servings desired from the recipe. If the recipe specifies a number of servings, it can be scaled to any number from 1 to 10 servings. If not, it can be

quartered, halved, doubled, or quadrupled.

If View windows are open when a shopping list is created, the scaling selected in the view windows will be reflected in the shopping list quantities.



Importing Web Recipes

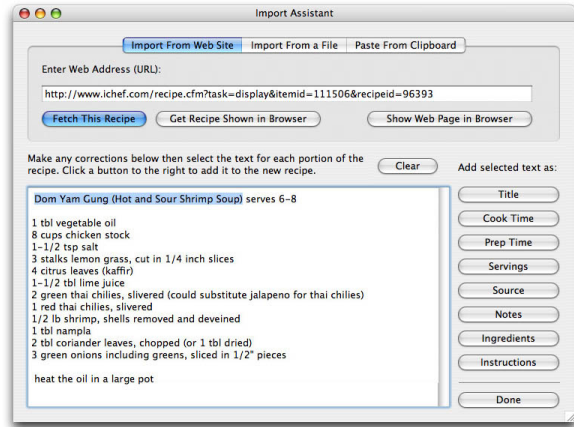
The Import Assistant (*Recipes* → *Import Assistant...*) helps you add recipes from web sites to your recipe book.

Click the *Import From Web Site* tab to retrieve a recipe from a web page. Enter the URL for the web page and click *Fetch This Recipe* or click *Get Recipe Shown in Browser* to import the recipe open in your web browser.

To view the entered web page, click the *Show Web Page in Browser* button.

You can make changes or corrections to the recipe text shown, if desired. To create the new recipe, select each part of the recipe (title, number of servings, ingredients, etc.) and click the corresponding button on the right side of the window. A new recipe window will be opened with the highlighted text included.

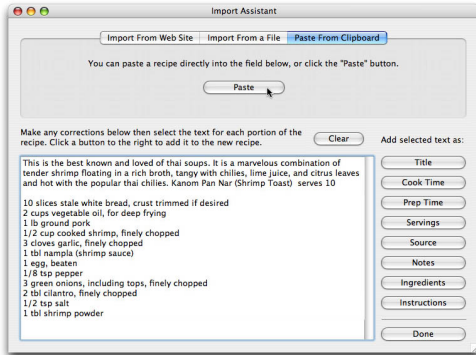
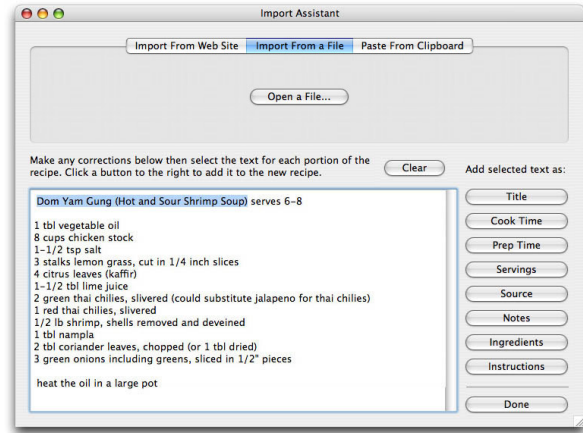
NOTE—If the imported text from a web page is poorly formatted, you might get better results by selecting the text of the recipe in your web browser, choosing Edit → Copy and pasting it into the Import Assistant window (see Importing Local Recipes, below).



Importing Local Recipes

The Import Assistant (*Recipes* → *Import Assistant...*) can retrieve recipes from files on your computer. Click the *Import From a File* tab, then click the *Open a File...* button.

The Import Assistant can extract the text from most files but applications like Microsoft Word do not always store data as you might expect. If the file does not import well you might get better results by opening the application



that created the file, selecting the recipe, choosing *Edit* → *Copy* and pasting it into the Import Assistant window.

Text can be pasted into the Import Assistant at any time, or you can click the *Paste From Clipboard* tab and then click the *Paste* button. When you use the Paste button, however, the Recipe Box removes non-alphanumeric characters from the pasted text.

Organizing Recipes

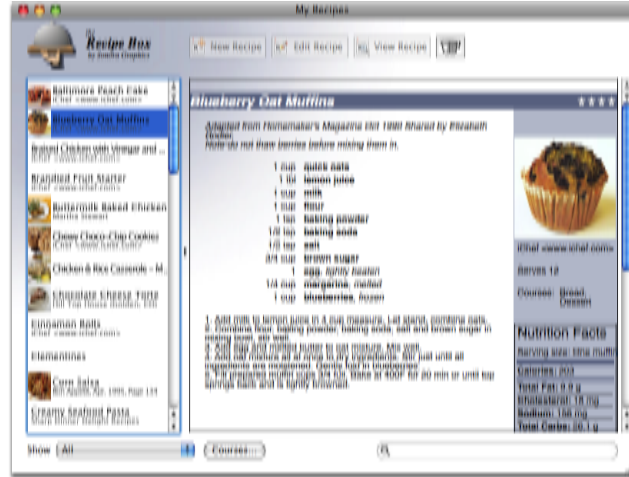
The Recipes Window

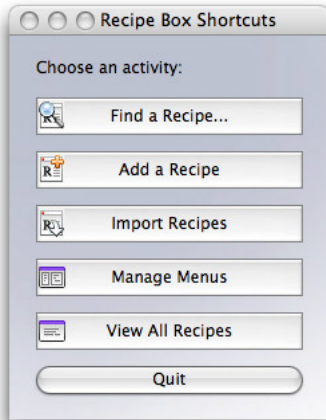
Use the *Show* pop-up menu in the lower left corner of the Recipes window to display all your recipes or just those belonging to a certain meal course. Type in the search field to show only recipes containing the entered words.

Select one or more recipes to edit, view, print, or create a shopping list. More than one recipe can be selected by dragging the mouse across the list, holding the shift key when clicking, or individually by holding the command (⌘) key when clicking.

Many actions in the Recipe Box can be performed using *contextual menus*, menus specific to the item you've selected. If you have a multi-button mouse, right click on a recipe or field, otherwise hold the *ctrl* key while clicking to see the pop-up menu.

The Recipe Box can start up with either the Recipes window or the Shortcuts window displayed. Open the Preferences window (*Recipe Box* → *Preferences...* under Mac OS X, *Edit* → *Preferences...* under OS 9) to change this setting.





The Shortcuts Window

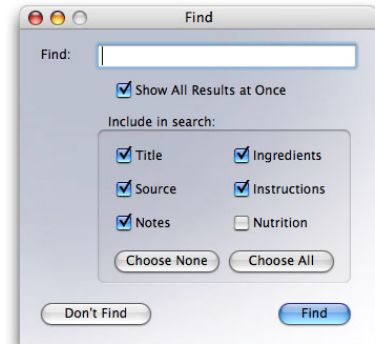
An alternative to the Recipes window is the Shortcuts window (*Recipes* → *Show Shortcuts Window*). The Shortcuts window has buttons to search for a recipe, add or import recipes, open the Menu window, or return to the Recipes window. The Recipe Box can start up with the Recipes window or the Shortcuts window displayed. Open the Preferences window to change this setting.

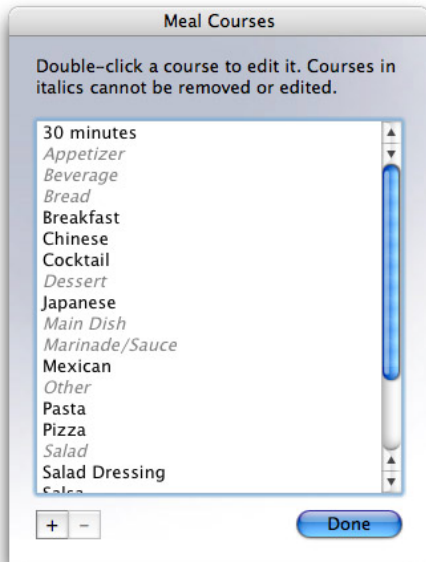
The Find Window

It's easy to locate recipes by their title or those that contain certain ingredients, notes, or directions.

Type the word or phrase you would like to find into the *Find* window (*Edit* → *Find...*) and choose which field of each recipe the term should be searched.

Click the *Show All Results at Once* box to see all of the located recipes in one list, or uncheck it to have each recipe opened individually.





Meal Courses

Meal courses can be edited in the Meal Courses window (click the *Courses...* button in the main or editing windows).

The default meal courses, *shown in italics*, cannot be changed or deleted, but you can add your own courses and edit or delete them at any time.

When you delete a meal course, it will be removed from recipes that have that meal course assigned to them.

Opening a recipe book or importing recipes from a file will add the meal courses from the new recipes to the meal course list.

To add a meal course, click the + button in the lower left corner of the Meal Courses window and type the name of the new meal course. To remove one or more courses, select them in the list and click the - button.

Planning Meals

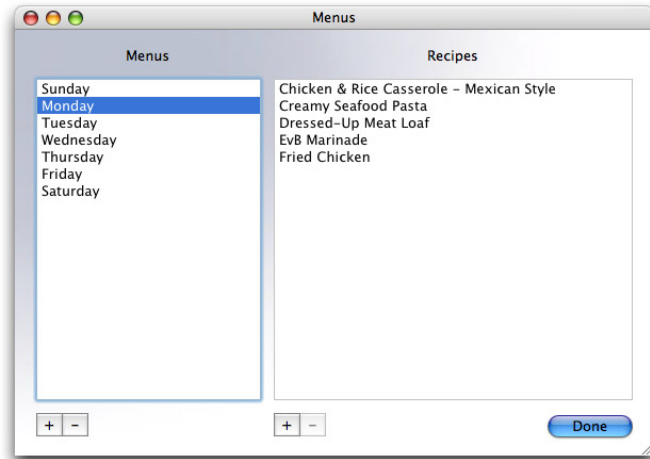
Creating Menu

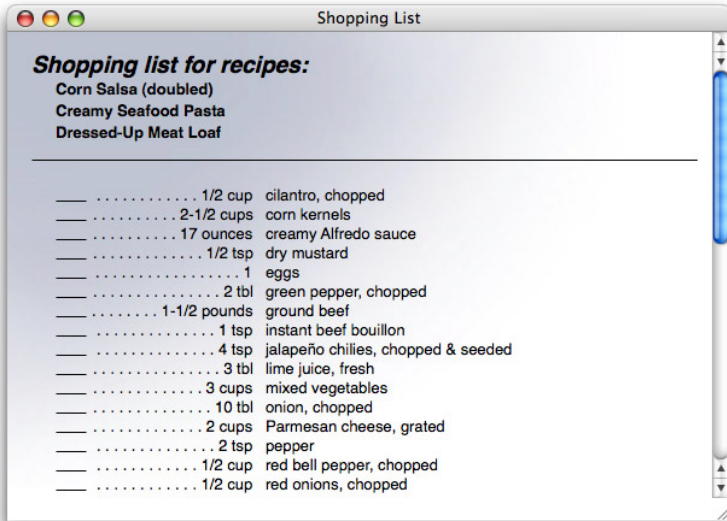
You can organize groups of recipes into *menus*. Open the Menu window by choosing *Recipes* → *Manage Menu*.

The left column shows the menus you have created. When you select a menu from this list, the right column shows the recipes in that menu. Click the + button to add a new menu or recipe, click the - button to remove a menu or recipe.

If you select a menu in the left column then choose to edit, view, or print; or to create a shopping list, all of the recipes in the selected menu will be included.

Menus are stored independently of your recipe books, so it is possible to open a recipe book that does not contain a recipe included in a menu. If this should happen, the recipes in the right column will appear dimmed.





Making Shopping Lists

A shopping list can be created for one or more recipes or for one or more menus, and can include items you add manually to the list.

Select the recipe(s) or menu(s) to be included and select *Shopping Lists* → *Create Shopping List*. The shopping list window can be printed or copied to the clipboard.

To save a shopping list to a text file for use on an iPod, Palm Pilot, or other PDA device, choose *Shopping Lists* → *Export Shopping List*.

Quantities in the shopping list are based on the recipe scaling selected in any View windows open when the shopping list is created.

NOTE—exporting a shopping list to your iPod requires that the iPod be set to “Enable disk use” in the iTunes preferences. See the iTunes help for more information.

Dictionaries

Managing Dictionaries

Management of the ingredient, preparations, and units of measure dictionaries is largely automatic, but you can edit them if necessary to correct mistakes or remove entries that were not intended (*Dictionaries* → *Ingredients Dictionary*, *Dictionaries* →

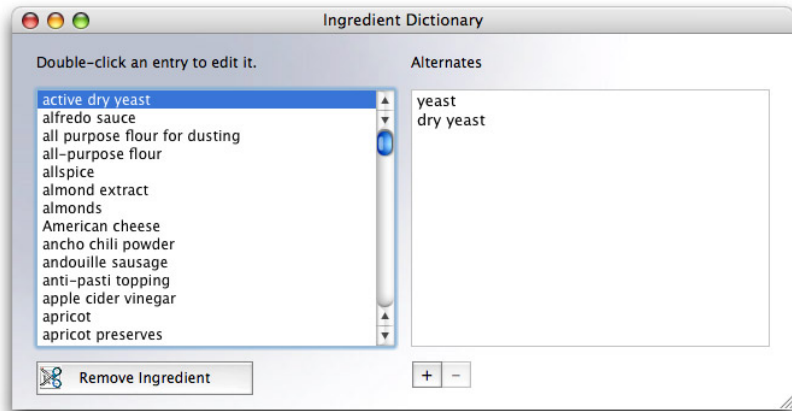
Measurements Dictionary, or *Dictionaries* → *Preparation Methods Dictionary*).

To remove an entry, select it and click the *Remove* button. To edit an entry, double click it and type the new name.

Deleted measures and preparations are removed from all recipes that reference them, but if you delete an ingredient, it will be flagged in each recipe:

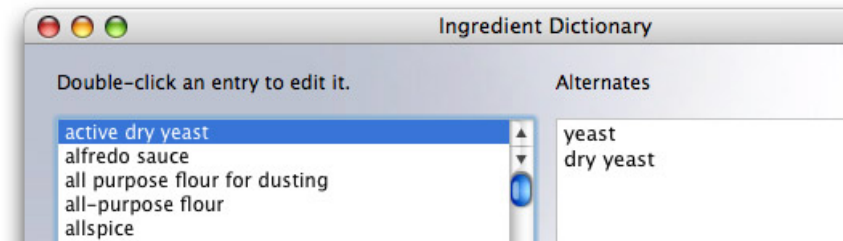
```
1-1/4 cup lime juice
1/4 cup <ingredient deleted>, chopped
1/4 cup jalapeño chilies, chopped
```

To locate recipes containing missing ingredients, choose *Edit* → *Find Deleted Ingredients...*



Alternates

The Alternates field in the ingredients and units of measure dictionaries can be used to store variations on your preferred terms. For example, if you want to be able to enter “yeast”, or “dry yeast”, but want them to display as “active dry yeast”, simply add the latter two as alternates for “active dry yeast”.



Entering alternates into the editing windows works just like any other ingredient or unit of measure, but they will always be displayed using your preferred names. In this example, you can enter “yeast”, “dry yeast”, or “active dry yeast” into the *Ingredients* field and the Recipe Box will display the ingredient as “active dry yeast”.

Reference and Support

Terminology

Course

The portion of a meal that a recipe belongs to, such as “dessert”, “salad”, or “main dish”.

Drag

Pressing the mouse button then sliding the mouse to move an item in a list or to select several items in a list.

Ingredient

The name of an item included in a recipe, such as “onions”, “salt”, or “flour”. An ingredient can also be another entire recipe. For example, a cake recipe might use an icing recipe as an ingredient.

Filter

Reducing the list of displayed recipes to just those that match the selected meal course. For example, choosing “Appetizers” from the *Show* pop-up menu in the main window will limit the list of recipes to those whose course selections include appetizers.

Menu → Item

Refers to the selection of a menu item. *Menu* is the name of the menu in the menu bar and *item* is the item to be selected.

Recipe book

The files that the Recipe Box uses to store recipes.

Preparation Method

The way an ingredient is prepared as part of a recipe. For example, onions can be “chopped”, “sliced”, “minced”, etc.

Scale

To adjust the quantities of the ingredients to increase or decrease the number of servings produced by the recipe.

Unit of measure

The units that a quantity of an ingredient are measured in, such as “cups”, “ounces”, or “liters”.

Contact Us

All of us at Sonora Graphics hope that you enjoy using the Recipe Box and that it helps you create the greatest feasts ever. If you need help using the Recipe Box you can contact us via e-mail at the address below. When contacting us, please indicate which operating system and version you have, what type of computer you are using, and the nature of the difficulty you are experiencing.




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Fine Print

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Please note that while the Recipe Box is distributed as shareware, it is not free. Please register your copy of the Recipe Box by clicking the *Register...* button in the *About Recipe Box* dialog box (*Recipe Box* → *About Recipe Box...* for Mac OS X users or  → *About Recipe Box...* for OS 9 users). Until you register the Recipe Box, you can use the program to see if it meets your needs, but you will only be able to store up to 10 recipes.

You can visit the Sonora Graphics store at Kagi.com or simply click the *Visit Sonora Graphics Store* button in the Register Recipe Box window.



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