TANDY®

Color Computer

32K Required

Cat. No. 26-3257
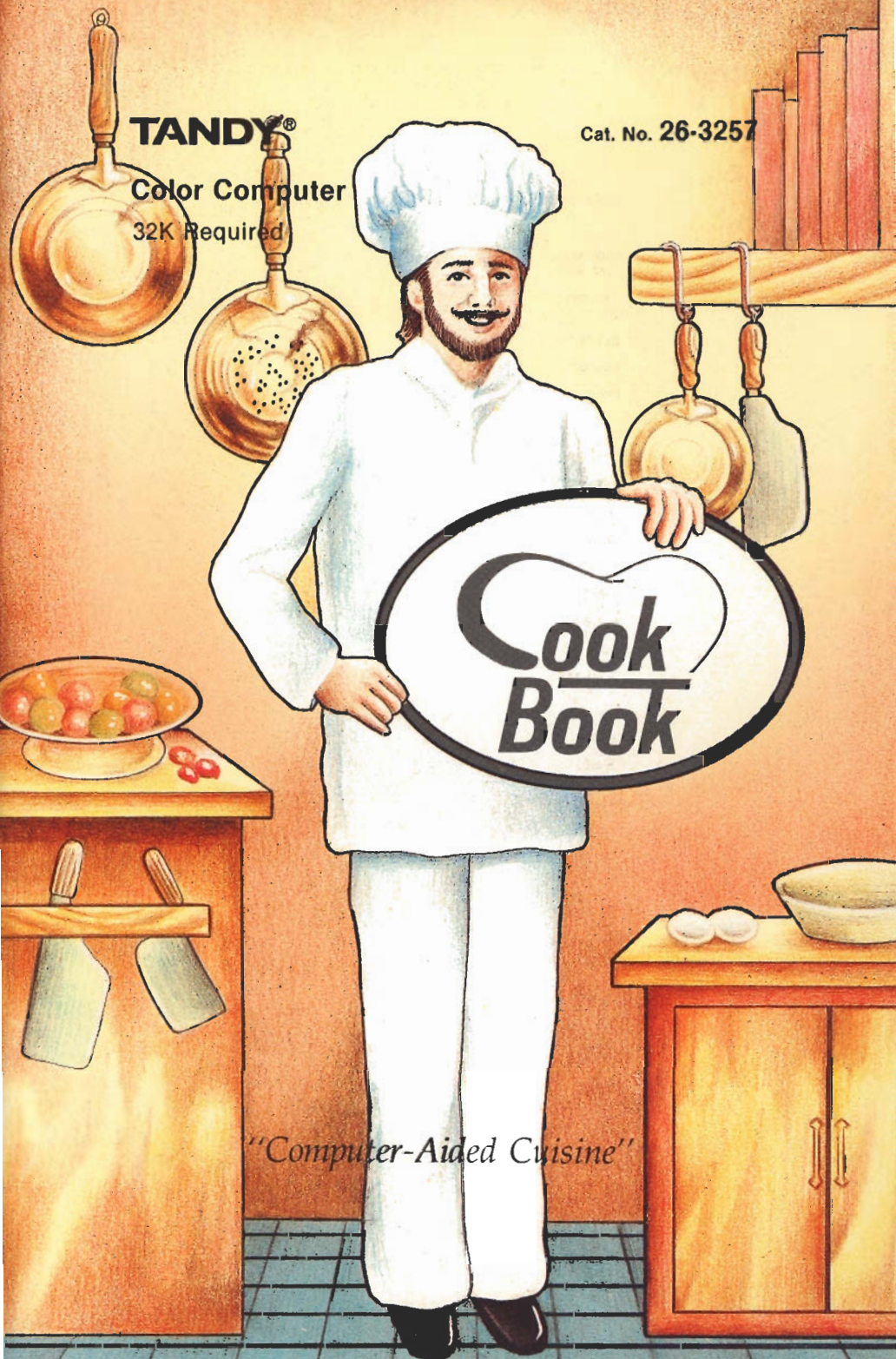
Cook Book

"Computer-Aided Cuisine"

CONTENTS

INTRODUCTION

Have you ever wished you had the knowledge and experience of a professional chef in your kitchen? CookBook is an exciting program that can provide you with a professional's culinary insight.

This program contains a data base of about 320 recipes, and each recipe is rated for its nutritional value, visual appearance, texture, and flavor intensity. The program uses this information to help you plan dinners from appetizer to dessert. You can also use this information to create new and innovative dishes.

Some of the features of CookBook are listed below:

- Defines recipes according to compatibility with other foods and beverages, ease of preparation, and cost

- Scales recipes either up or down to serve from 2 to 99 people

- Creates an ingredient shopping list

- Provides a printed copy of recipes and shopping lists

- Stores your personal recipes on separate data diskettes

- Provides a ''Help'' screen of glossary terms

- Provides a ''Timer'' to assist you in meal preparation

Use the features of CookBook to provide a whole new dimension to your cooking that will surprise and delight your family and friends.

Bon appétit!

Required Equipment

To run CookBook, you need the following equipment:

- Tandy Color Computer with at least 32K RAM and either one or two disk drives

- Television Set (Color recommended)

Optional Equipment

- Serial Printer, such as the DMP-100 (Cat. No. 26-1253)

Loading the Program

Your CookBook program comes with two diskettes. Before you begin using the program, make backups of both of these diskettes. (Refer to Appendix A, ''Backing up and Formatting a Diskette.'') Use these backup copies as the working program diskettes. Store the originals in a safe place.

To begin the program:

1. Make sure the disk drives and television set are connected correctly to the Color Computer. Refer to your Color Computer owner's manual for further details.

2. Move the antenna switchbox control to Computer (or Game).

3. Insert the program diskette into Drive 0, and if you are using two drives, insert the data diskette into Drive 1.

4. Turn on the television and tune it to channel 3 or 4 (whichever is weaker in your area).

5. Turn on the Color Computer.

6. Type **RUN "*"** and press (ENTER).

The copyright screen is displayed, followed by the CookBook Logo. A prompt then appears asking you to enter the number of disk drives you are using. Answer either **1** or **2**.

Note: If you are using only one disk drive, prompts will appear on the screen at various times during the execution of the program asking you to insert either the program diskette or a data diskette.

Main Menu

The CookBook Main Menu automatically appears on the screen. This menu offers two options:

MAIN MENU

❤ MENU PLANNER

♡ RECIPE INDEX

SPACEBAR TO SELECT | ENTER TO START

The Menu Planner section uses CookBook's data base of recipes to plan meals for any type of occasion and select beverages that complement your meal. You can also use the characteristics stored in the data base to create brand new dishes.

The Recipe Index lets you scan the listing of recipes and retrieve a specific one. You can also input your own recipes and store them on a separate data diskette.

Use the spacebar to select an option on the Main Menu and then press (**ENTER**).

MENU PLANNER

When you access the Menu Planner, the following menu appears:

MENU PLANNER

🍖 CREATE A MEAL

♟ SELECT BEVERAGE

♟ CREATE NEW DISH

SPACEBAR TO SELECT | ENTER TO START

Use the spacebar to select an option and then press (ENTER).

Create a Meal

This option lets you supply some basic meal information, and then CookBook searches its file of recipes to create menus of compatible dishes.

When you select CREATE A MEAL, the following message appears:

ONE MOMENT PLEASE
NOW LOADING
CREATE A MEAL

The computer loads this section of the program, and when the process is complete, the CREATE A MEAL QUESTION-NAIRE appears. This questionnaire, which is a series of three screens, prompts you to supply information about the meal you are planning.

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The first screen is shown below:

Determine what type of meal you wish to serve, use the spacebar to move the cursor (flashing box) to that specific meal type, and then press **ENTER**. (Refer to the Meal Types section for a description of each type of meal.) The next screen of the questionnaire appears:

Select a primary food category for your menu. Position the cursor on the correct category and press **ENTER**. If you select the FREE FORM option, CookBook produces menus that contain a variety of different food categories.

When you specify a food category, your preference may be very obvious. For instance, if you specify poultry when selecting a late supper, the menu may produce a meal centered around Chicken Divan. Sometimes, however, your preference may be more subtle. For example, CookBook may create a menu around Minestrone Soup when you specify a preference for vegetables.

Note: The above options are only a small part of the criteria the program uses to create meals. CookBook uses your choices to gain an insight into the type of meal you want to create. The actual menus may differ from what you expect; so if you don't get the type of meal you are after, try again!

After you select one of the above categories, the third questionnaire screen appears:

CREATE A MEAL QUESTIONNAIRE

ARE YOU INTERESTED IN
    LIGHT SMALL MEAL
    HEAVY SUBSTANTIAL MEAL

HOW IMPORTANT IS COST
    DO NOT WORRY ABOUT PRICE
    AVERAGE COST IS ACCEPTABLE
    KEEP IT INEXPENSIVE

SPACEBAR TO SELECT | ENTER TO START

Use the spacebar to select either a LIGHT or a HEAVY meal and then press (ENTER). The differences between these two options vary with each type of meal, so refer to the later discussion of Meal Types for specific definitions of Light and Heavy.

The cost prompt lets you select a menu that fits your specific budget. Select the appropriate response and press (ENTER).

You have now completed the Create a Meal Questionnaire. CookBook searches its data base file looking for compatible recipes that fit your specifications. During the search, the following prompt is displayed on the screen:

FULL FILE SEARCH
IN PROGRESS

This process can take a few minutes, and you will notice that the cursor appears and disappears as the search continues. When the search is complete, a new screen appears:

SEARCH FINISHED
xx
RECIPES FOUND

NOW SORTING TO CREATE MENU
x   HORS D' OEUVRES
x   SOUPS
x   MAIN COURSES
x   ACCOMPANIMENTS
x   SALADS
x   DESSERTS

This screen tells you how many recipes CookBook found that are compatible with your specifications and divides them into categories. The program sorts these recipes to create four possible menus. The screen clears and a new screen appears. A prompt appears at the bottom of the screen to inform you that the menus are being created.

After the menus are created, the meal type you selected is shown at the top of the screen, and each menu is displayed in a separate box. Use the (↓) and (↑) arrow keys to scroll through these four menus. Make a list of the recipe names. You can then access these recipes using the RETRIEVE RECIPE option described later.

When you have finished viewing these menus, return to the Menu Planner screen by pressing (ENTER).

Meal Types

To understand the criteria CookBook uses to create menus, it is important to know how CookBook defines each meal type. The various meal types displayed on the first Create a Meal Questionnaire screen are described below:

Breakfast/Brunch

This meal covers a wide range of both foods and times. Some people favor light, simple meals, while other people like heavy, substantial meals that cover a wide variety of foods.

CookBook uses the LIGHT/HEAVY meal prompt to make this distinction. If you select the LIGHT meal option, CookBook creates menus consisting of one to three items. Although the number of items is limited, CookBook tries to balance these menus nutritionally to provide your ''start the day'' needs.

If you select the HEAVY meal option, CookBook selects three to six or seven items, creating a more lavish and substantial breakfast/brunch menu.

In addition to standard breakfast items, the CookBook data base contains many regional breakfast specialties. Try some of these ''unusual'' breakfast items; you may find that they make your breakfast/brunch menus much more interesting.

Informal Lunch

Lunch is the most flexible meal of the day, and many people don't like to take time for a big meal so they grab something quick and easy. An informal lunch can include anything from a salad to a substantial one- or two-item meal.

When you select the LIGHT option, CookBook creates menus that contain single or double all-purpose items that are easy to prepare and serve. Some possible items are large luncheon salads or sandwiches and soup.

If you select the HEAVY option, CookBook provides menus containing more complex and substantial items, such as lasagne or corned beef and cabbage.

Formal Luncheon

When you add the term formal to a meal type, you imply that the meal will follow a standard classical protocol and be served in courses. CookBook considers a formal luncheon to consist of a minimum of four courses: Soup (or appetizer), Salad (serve after the Main Course if you wish to observe the classical French order), Main Course (usually accompanied by a vegetable), and Dessert.

When you specify a LIGHT formal luncheon, CookBook chooses menus that are relatively simple in style and easy to prepare.

Select the HEAVY option if you wish to serve a more complex and lavish menu. The complexity of the recipes may require that you have assistance during the preparation of the meal.

Afternoon Tea

CookBook uses this meal type not only for afternoon tea but also as a generic term to cover a variety of different situations, such as an afternoon club meeting or a less formal wedding reception. In these situations, the serving of food is not meant to be a substitute for a meal, so the difference between the light and heavy options is more subtle.

When you select the LIGHT option, CookBook creates menus containing between three to five items. The HEAVY option adds a few more items to the menus.

The items CookBook selects for an afternoon tea may appear to overlap with items suggested for a cocktail party. Usually, however, the afternoon tea menus contain a sweeter array of items.

Informal Buffet

The informal buffet is one way to serve an informal dinner, which normally includes four courses: Appetizer, Salad, Main Course, and Dessert. Instead of offering the large variety of dishes that the informal dinner does, an informal buffet relies on one or two main dishes, which are easily served in chafing dishes. This type of meal relieves you of the job of serving and produces a more relaxed dinner atmosphere.

When you select the LIGHT option, CookBook creates menus that are similar to the light option of the informal dinner, utilizing recipes that are easily prepared and served.

The HEAVY option creates a lavish informal dinner that can easily be served buffet style.

Formal Buffet

A formal buffet is a dinner experience reserved for auspicious occasions. State receptions and ceremonial banquets are examples that call for a formal buffet. The menus are quite large and elaborate, consisting of five to twelve courses, and require a certain degree of skill to prepare. Kitchen assistance during meal preparation is a must.

If you select the LIGHT option, CookBook designs menus consisting of five to seven courses. The HEAVY option creates menus of seven to twelve courses.

Formal Dinner

Elaborate is the key word when preparing a formal dinner. You must pay close attention to all details, from the food to the floral arrangements on the table. The dress for such occasions is almost always formal.

The menus designed by CookBook are elaborate and elegant, and the preparation of the recipes usually requires a refined and experienced talent. Do not attempt to prepare a formal dinner without the assistance of two or three people. Although CookBook tries to balance the menu with intricate recipes and less demanding ones, it is impossible to avoid dishes that require last minute preparation.

Since all formal dinners are elaborate, the light or heavy option determines the number of courses. When you select the LIGHT option, CookBook designs menus with five to seven courses. If you select the HEAVY option, CookBook creates menus containing six to twelve courses.

A formal dinner is as much a pleasure to execute as it is to enjoy, but it may be impossible to do both at the same time!

Informal Dinner

An example of an informal dinner is a large family gathering. It is a festive affair that offers a large variety of food. This type of meal usually consists of four courses: Soup (or appetizer), Salad (can be served after the Main Course), Main Course, which is accompanied by a variety of vegetables and breads, and Dessert.

This meal type has no specific rules about complexity or diversity and gives you the opportunity to prepare a wide range of different specialties. For example, you may want to prepare each guest's favorite dish.

When you select the LIGHT option, CookBook restricts the number of accompanying dishes and chooses ones that are light and easy to prepare.

The HEAVY option designs menus that are complex and use the maximum number of courses and accompanying dishes.

Cocktail Party

There are some fundamental aspects of cocktail parties that must be remembered when planning the menus. People tend to stand and move around a great deal, and they are trying to balance not only their food but also a drink. Since you may have an uncoordinated guest or two, it is usually a good idea to provide food that is easy to handle, especially if you are having a small gathering. As the group grows in size, however, it is acceptable to consider a cocktail buffet.

When you select the LIGHT option, CookBook assumes a small gathering of people and selects items, such as hors d'oeuvres, that are small, non-messy, and require no utensils.

If you select the HEAVY option, CookBook thinks more in terms of a cocktail buffet and chooses in addition to hors d'oeuvres, some hot dishes, salads, and assorted breads.

Late Supper

Late Supper is what is commonly thought of as the evening meal. It is usually a main dish accompanied by one or two vegetables, and possibly a salad and/or dessert. These meals are usually one plate meals that are easy to prepare.

When you select the LIGHT option, CookBook designs menus that contain a main course and vegetable or possibly a casserole which combines the two.

The HEAVY option produces menus that contain, in addition to the main course and vegetables, a salad and dessert.

Outdoor Dinner

An outdoor dinner is a meal held on the patio or in the backyard. You can either prepare it totally in the kitchen or partially outside on a grill. This meal, which is usually served family style, is simple and relaxed and requires food that can easily be eaten with your hands or a minimum number of utensils.

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If you select the LIGHT option, CookBook creates menus with a small number of items, but if you choose the HEAVY option, CookBook designs menus that contain more food items, providing variety for a larger outdoor party.

Special Days

This meal type takes into account the dining traditions characteristic of holidays such as Christmas, Thanksgiving, and New Year's Eve. CookBook's data base contains many traditional holiday recipes. The menus CookBook designs when you select this option use the HEAVY option of the informal dinner to create substantial four course dinners.

When creating menus for any meal type, CookBook tries to balance its meals with respect to nutrition, caloric count, color, physical texture, ease of preparation, and cost. Not all the meal combinations are suited to everyone. The menus created by CookBook are suggestions based on universally accepted cooking forms. Do not be afraid to modify menus and make a meal reflect your own tastes and abilities.

Select Beverage

This option lets you choose beverages that are appropriate for the type of meal you are serving.

When you select this option, the following message appears:

ONE MOMENT PLEASE
NOW LOADING
SELECT BEVERAGE

The computer loads this section of the program, and when this process is complete, the following screen appears:

CHOOSE A BEVERAGE INFORMATION

PLEASE CHOOSE THE MEAL TYPE
FOR BEVERAGE INFORMATION DISPLAY

BREAKFAST BRUNCH   FORMAL DINNER
INFORMAL LUNCH   INFORMAL DINNER
FORMAL LUNCHEON   COCKTAIL PARTY
AFTERNOON TEA   LATE SUPPER
INFORMAL BUFFET   OUTDOOR DINNER
FORMAL BUFFET   SPECIAL DAYS

SPACEBAR TO SELECT | ENTER TO START

Move the cursor to a specific meal type and press (**ENTER**). A new screen appears which contains a list of beverages appropriate for the meal type you selected. The list contains suggestions for before, during, and after a meal. Some meal types, such as breakfast/brunch, list traditional suggestions and innovative variations.

You can scroll through the list by using the ⬆ and ⬇ arrow keys. When you are ready to return to the Menu Planner screen, press (**ENTER**).

Create New Dish

This option uses the flavor characteristics stored in the data base to help you create new and interesting dishes. You choose a main meat, and CookBook suggests various sauces to accompany it.

When you select this option, the following message appears:

ONE MOMENT PLEASE
NOW LOADING
CREATE NEW DISH

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The Chef appears on the screen while the program is loading.

THE
CHEF
WILL
BE
WITH
YOU
IN A
MOMENT

When the process is complete, a new screen, CHOOSE A MAIN INGREDIENT, appears. This screen displays a complete list of meat selections, and you can scroll through it using the ⬆ and ⬇ arrow keys. When you find the appropriate meat, position your selection between the heavy dark lines at the top of the screen, and press ENTER.

The meat you selected now appears at the top of the screen. CookBook suggests a method of preparation, such as broiling, baking, and so on, and then suggests sauces that are appropriate accompaniments to your meat.

When you are finished referring to this screen, you can either return to the Menu Planner screen by pressing ⬆ or press ENTER to return to the CHOOSE A MAIN INGREDIENT screen.

If you continue to select the same type of meat, CookBook continues to give you new and innovative suggestions.

Note: Some of the sauces suggested in this section are not stored in CookBook's data base. You can locate them in an Encyclopedia of Cooking or a French cookbook.

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When you access the Recipe Index from the Main Menu, the following menu appears:

RECIPE INDEX

❤ BROWSE LISTINGS

♡ RETRIEVE RECIPE

♡ FILE NEW RECIPE

SPACEBAR TO SELECT | ENTER TO START

Use the spacebar to select an option and then press (ENTER).

Browse Listings

This option lets you scan through your entire list of recipes or access them by categories.

When you select BROWSE LISTINGS, this message appears:

ONE MOMENT PLEASE
NOW LOADING
BROWSE LISTINGS

The Chef appears on the screen while the program is loading.

B . . . BR . . .
BRO . . BROW
. . BROWS . .
. . . BROWSE . . .
. . . BROWSE THE . . .
YES . . YES . . HERE IT IS . . .
. . . BROWSE THE LISTINGS . . .

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When the loading is complete, the Browse Listing Menu appears:

BROWSE RECIPE LISTINGS FOR

FULL LISTINGS OF RECIPES
FOOD CATEGORIES NEXT MENU

BREAKFAST BRUNCH	FORMAL DINNER
INFORMAL LUNCH	INFORMAL DINNER
FORMAL LUNCHEON	COCKTAIL PARTY
AFTERNOON TEA	LATE SUPPER
INFORMAL BUFFET	OUTDOOR DINNER
FORMAL BUFFET	SPECIAL DAYS

SPACEBAR TO SELECT | ENTER TO START

This menu lets you access your recipes in any of three ways:

- Full Listing
- Food Category (such as poultry, vegetables, and so on)
- Meal Type

Move the cursor to a specific option by pressing the spacebar and then press **(ENTER)**.

If your printer is connected to the computer and turned on, the following prompt appears when you select one of the browsing options:

DO YOU WANT A PRINTOUT
Y OR N

If you select **(N)**, the recipes are listed on the screen only. If you select **(Y)**, the following prompt appears:

PLEASE ALIGN PAPER
PRESS ENTER WHEN READY

When the printer is ready, press **(ENTER)**. The printer prints a listing of the recipes as they appear on the screen.

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Full Listing

The first option on the menu lets you view your entire list of recipes. When you select this option, a page of recipes appears. To view the next page of recipes, press the spacebar. When the list is complete, the message END OF LISTING appears.

When the END OF LISTING message appears, you can return to the Browse Menu by pressing the spacebar or the up arrow key ⬆. If you want to exit the listing of recipes before reaching the end, press ⬆. You then return to the Browse Menu. At the Browse Menu, press ⬆ to return to the Recipe Index and then press ⬆ again to return to the Main Menu.

Note: If you press the up arrow key ⬆ at any time (except when it is designated for scrolling), the program returns to the previous menu.

Food Category

Select the option FOOD CATEGORIES NEXT MENU on the Browse Menu to view your recipes by categories. The following options appear:

BROWSE RECIPE LISTING FOR

RECIPES WITH PRIMARY INTEREST IN

MEATS	EGGS CHEESE
SEAFOODS	BREAD PASTA
POULTRY AND GAME	MAIN COURSES
HORS D OEUVRES	VEGETABLES
SOUPS	SALADS
SAUCES	DESSERTS

SPACEBAR TO SELECT | ENTER TO START

Move the cursor to a specific category by pressing the spacebar. When the cursor is positioned correctly, press (ENTER).

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The program displays all recipes that are included in the se-
lected category. To view subsequent pages, press the space-
bar. A message appears when the list is complete, and you
can press the spacebar or ⊕ to return to the Browse Menu.
To exit the category before reaching the end of the listing,
press ⊕. At the Browse Menu, press ⊕ to return to the
Recipe Index and then press ⊕ again to return to the Main
Menu.

Meal Type

To select a meal type, such as informal lunch or late supper,
use the spacebar to position the cursor over the correct option
and press (ENTER). The listing of recipes is displayed. Use
the above instructions for viewing the list and returning to the
Browse Menu.

Retrieve Recipe

To access a specific recipe, select RETRIEVE RECIPE on
the Recipe Index Menu and press (ENTER). The following
message appears:

<p style="text-align:center">ONE MOMENT PLEASE
NOW LOADING
RETRIEVE RECIPE</p>

The Chef appears momentarily on the screen while the pro-
gram is loading.

When the process is complete, the following screen appears:
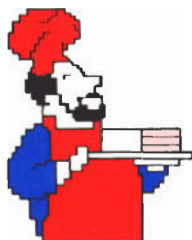
ENTER A
RECIPE
FOR FILE
SEARCH
―――――――
[ENTER]
FOR LAST
RECIPE

If you want to recall the last recipe you entered before searching for a new one, press (ENTER).

To search for a new recipe, enter the name of the recipe (up to 30 characters) in the data entry window located at the bottom of the screen. If you make a typing mistake, use the (←) key to backspace and make corrections. If the name of the recipe is exact, the message PROCESSING RECIPE is displayed, and the recipe appears on the screen.

If the name you enter is not exact, a new screen appears that displays the six closest alphabetical matches to your input. Use the spacebar to position the cursor on the correct selection and press (ENTER). The recipe appears on the screen.

Note: A prompt appears at the bottom of the list that lets you change disks and continue the search without reentering the recipe name. This is useful if you have multiple diskettes of your own recipes. Insert a new data diskette and press (ENTER) to continue the search.

Each recipe listing includes the following information:

Servings
Serving size
Calories per serving
Preparation time
Meal categories
Food groups present
Food categories
Cost
Size (light, moderate, or heavy recipe)
Ingredients
Utensils
Preparation Instructions

When your recipe first appears on the screen, the program automatically lists all the recipe information. At the end of the display, the message ⟨ENTER⟩ TO CONTINUE appears. Press (ENTER). The recipe is placed in a buffer so you can recall it, and the following screen appears:

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SCROLL THRU THE RECIPE
PRINT OUT THE RECIPE
CREATE A SHOPPING LIST
SCALE THE RECIPE UP OR DOWN
RETURN TO RETRIEVE RECIPE MENU
RETURN TO RECIPE INDEX MENU

SPACEBAR TO SELECT | ENTER TO START

Use the spacebar to select one of the above options and then press (ENTER). The options on the above menu are described below.

Scroll Thru The Recipe

Select this option to recall the recipe to the screen. You can then use the (↑) and (↓) keys to scroll through it. The recipe reappears on the screen starting with the INGREDI-ENTS section, but you can scroll backwards to see the reci-pe's introductory information, such as serving size and preparation time.

After you have finished viewing the recipe, you can return to the What's Cooking Next screen by pressing (ENTER).

While you are using the scroll option, two special features are available to you: HELP and SET TIME.

Help

Use the HELP option to access a glossary of cooking terms. Press (H) while in the scroll mode to access this function. A new screen appears that prompts you to enter a term for defi-nition. Enter a word (up to 15 characters) and press (ENTER). The definition appears on the screen.

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Press the spacebar to return to the recipe.

Note: When you enter a term, use the base form of the word, for example, poach instead of poached.

Set Time

The Set Time option provides you with a timer to use when preparing your recipes. Press (T) while in the scroll mode to access this function. A new screen appears.

Enter the amount of time using the format HH (ENTER) MM (ENTER) SS (ENTER). For example, to allow a cooking time of 45 minutes, enter 00(ENTER) 45(ENTER) 00(ENTER). If you make a mistake while entering the time, use the (←) key to make the correction. If you want to exit this function without setting a time, press (↓). You then return to the recipe. After you enter a time, a prompt appears to verify your entry. Answer by pressing **Y** or **N**. If you press (N), the time you set is cleared, so you can enter new figures. If you press (Y), the following screen appears:
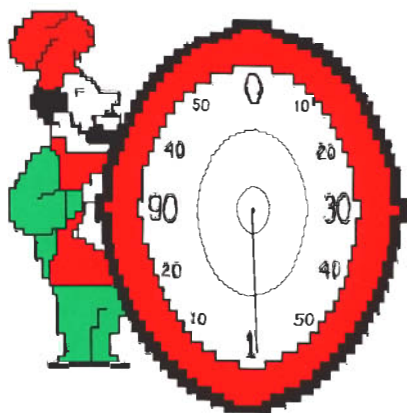
The clock is set for the time you indicated. The program then automatically returns to the recipe. At any time while the recipe is in the scroll mode, you can check the remaining time by pressing (T).

When the set time has lapsed, the clock reappears, and the program plays a tune to inform you that time is up.

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Print Out The Recipe

Select this option to print a copy of the entire recipe. A message appears telling you to make sure the printer is turned on and the paper is aligned. Press (ENTER) when you are ready.

After the printout is complete, the program automatically returns to the What's Cooking Next screen. If you want to return to this screen without making a printout, press ⊕.

Create A Shopping List

To compile a shopping list of ingredients for your recipe, select this option and press (ENTER). When the list appears on the screen, you can scroll through it using ⊕ and ⊕.

If your printer is connected to the Color Computer, the following prompt appears when you press (ENTER):

<div align="center">
DO YOU WANT A PRINTOUT
Y OR N
</div>

If you press (Y), the shopping list appears on the screen, and the printer begins. You cannot scroll through the list until the printing is complete.

If you press (N), the shopping list appears on the screen only.

To return to the What's Cooking Next screen, press (ENTER).

Scale The Recipe Up Or Down

Use this option to scale a recipe to fit your specific needs. When you select the scaling option, the following screen appears:

Current Recipe
Serves: *xx*

Scale to ???

```
┌─────────┐
│         │
│         │
│         │
└─────────┘
```
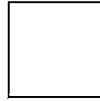
Enter a number between 2 and 99 and press (ENTER). The
message NOW PROCESSING   ONE MOMENT PLEASE
appears on the screen. When the scaling process is complete,
the program automatically returns to the What's Cooking
Next screen. All of the recipe's measurements have been
changed, so when you scroll through the recipe or the
Shopping List, the new values appear. The recipe does,
however, retain its original serving size in the data base file.

If you try to scale a recipe down to a point where some of
the measurements are inaccurate, the following message
appears:

SCALE DOWN TOO SMALL
RECIPE INACCURATE

RE-ENTER A DIFFERENT
SCALE DOWN VALUE

Return To Retrieve Recipe Menu

Select this option and press (ENTER) to return to the Retrieve
Recipe data entry screen. You can then enter a new recipe or
recall the recipe currently in the buffer by pressing (ENTER).

Return To Recipe Index Menu

Select this option and press (ENTER) to return to the Recipe
Index Menu.

File New Recipe

Select this option on the Recipe Index Menu to enter and save your personal recipes. You must store these recipes on a separate, formatted data diskette, so have a diskette ready before you begin entering your recipe. (Refer to Appendix A, "Backing up and Formatting a Diskette" for details.)

When you select this option, the following prompt appears:

ONE MOMENT PLEASE
NOW LOADING
FILE NEW RECIPE

When the program is loaded, a new screen appears asking you to enter the name of the recipe. (The ⟨ character acts as the cursor.) Type in the name of the recipe (using a maximum of 30 characters) and press (**ENTER**). If you need to correct typing mistakes before you press (**ENTER**), use the ⟨**←**⟩ key to backspace through the line.

After you press (**ENTER**), the name of the recipe appears at the top of the screen. At the prompt, SERVES: ⟨, insert the number of people the recipe serves and press (**ENTER**). This information appears at the top of the screen under the recipe name.

A new prompt appears:

INGREDIENTS
1.⟨

Enter each ingredient in your recipe, pressing (**ENTER**) after each one. When you have entered all the ingredients, press (**ENTER**) at the next ⟨ prompt.

A new screen appears that lets you list the utensils you need while preparing this recipe. Enter these items exactly as you did the ingredients. If you do not want to list the required utensils, press (**ENTER**) twice to continue.

The program now asks you to enter the preparation instructions. Type in these instructions. (You only need to press **(ENTER)** to end a paragraph or skip lines within the text.) When you are finished, press ⊕ to end the recipe.

A new screen now appears:

recipe name
SERVES *xx*

C — CONTINUE INPUT
E — EDIT THE RECIPE
F — FILE THE RECIPE
A — ABANDON AND RESTART
R — RETURN TO MENU

The options on this screen let you make alterations and corrections to your recipe before you save it. Press one of the above letters. Your choice appears momentarily at the bottom of the screen.

C — Continue Input

Select this option if you need to add additional information to your recipe. When you select ⓒ, the program returns to the end of the recipe you entered. You can add the new material but only at the end of the recipe. You cannot scroll backwards through it. When you finish entering the additional information, press ⊕ to return to the options screen.

E — Edit The Recipe

Select this option to make corrections to the recipe. A new screen appears, and the last four lines of the recipe appear on the top half of the screen. Scroll through the recipe using the ⊕ and ⊕ keys. When you find a line that needs correcting, position it between the two blue lines in the middle of the screen.

Press (CLEAR). The ⟨ prompt appears at the end of the line. Move backwards through the line using the ⟵ key, and make the necessary corrections. When the line is correct, press (ENTER). The ⟨ prompt disappears. You must correct each incorrect line individually.

Note: The Edit mode does not have word wraparound capability, so if you retype a line, the ⟨ prompt stops at the end of that line.

When you finish editing your recipe, return to the options screen by pressing (SHIFT) (CLEAR).

F — File The Recipe

Select this option when you are ready to store the recipe on your data diskette. When you press (F), the following prompts appear:

INSERT YOUR RECIPE DISK
OR A NEW FORMATTED DISK
INTO DRIVE #0
THEN PRESS ⟨ENTER⟩

Insert your data diskette into Drive 0, (Drive 1 if you are using 2 drives) and press (ENTER). The following message is displayed:

FILE RECIPE

When the recipe has been saved, the program returns to the Recipe Index Menu.

A — Abandon And Restart

Choose this option to erase the recipe you entered. A new recipe entry screen appears so you can re-enter a recipe from the beginning. To exit this new entry screen without re-entering a recipe, press (↓). You then return to the options screen.

R — Return To Menu

Select this option to return to the Recipe Index Menu. Remember, if you choose this option before saving your recipe, you will lose your input.

Once you have created a diskette containing your personal recipes, you can access them through the Recipe Index Menu using the Browse Listings or the Retrieve Recipe options. Insert the data diskette containing your own recipes into Drive 1 instead of the diskette containing the data base of Cook-Book recipes, and select one of the Recipe Index Menu options. You cannot use the Meal Planner options with your own recipes, because they are not listed by categories or characteristics.

Browse Listings

Access the BROWSE LISTINGS option on the Recipe Index Menu to view your own collection of recipes. You can only use the first option on the Browse Menu, FULL LISTINGS OF RECIPES, since your recipes are not categorized by food or meal types.

Select the FULL LISTINGS option and view your recipes page by page. At the end of the listing, return to the Browse Menu by pressing the spacebar or ⊕. If you wish to exit the listing before reaching the last page, press ⊕.

Retrieve Recipe

Access the RETRIEVE RECIPE option on the Recipe Index Menu and when the data entry screen appears, enter the name of one of your recipes.

The message PROCESSING RECIPE is displayed on the screen. The What's Cooking Next screen appears, and your recipe is shown as the current one:

WHAT'S COOKING NEXT
CURRENT RECIPE IS
XXXXXXX

SCROLL THRU THE RECIPE
PRINT OUT THE RECIPE
SHOPPING LIST NOT AVAILABLE
SCALE NOT AVAILABLE
RETURN TO RETRIEVE RECIPE MENU
RETURN TO RECIPE INDEX MENU

SPACEBAR TO SELECT | ENTER TO START

Notice that two of the options are not available when you are using one of your own recipes — Shopping List and Scale. You can, however, scroll through your recipe, using the Help and Set Time features, and print the recipe.

CookBook lets you easily maintain your personal recipe file, and you never need to worry about losing a recipe again.

APPENDIX A
BACKING UP AND FORMATTING A
DISKETTE

Before using a diskette, you must format it. You may then use these diskettes to make backups of existing diskettes or as data diskettes for storing files.

Format

1. Be sure your computer and all peripherals (TV and disk drive(s)) are turned on.

2. Get a blank diskette. Be sure the write-protect notch is **not** covered by a foil tab.

3. Turn on your system.

4. Insert the blank diskette into Drive 0 and close the drive door.

5. At the OK prompt, type:

   DSKINI0 (ENTER)

6. The computer formats the diskette and when the process is complete, the OK prompt returns to the screen.

If you have more than one disk drive, you can format a diskette in another drive by substituting the appropriate drive number for Drive 0. For example, DSKINI1 formats the diskette in Drive 1.

Backup — One Disk Drive

1. Be sure your computer and all the peripherals are turned on.

2. Insert your Source diskette (the diskette you wish to copy) into the disk drive and close the door.

3. At the OK prompt, type:

   BACKUP 0 (ENTER)

4. The following prompt appears:

   INSERT DESTINATION DISKETTE AND PRESS (ENTER)

   Remove the Source diskette and insert the Destination diskette. When you are ready, press (ENTER).

5. The following prompt appears:

   INSERT SOURCE DISKETTE AND PRESS (ENTER)

   The computer will continue to prompt you to exchange these two diskettes. Make sure you insert the correct diskette.

6. When the backup is complete, the OK message reappears on the screen.

Backup — Two Disk Drives

1. Be sure your computer and all peripherals are turned on.

2. Insert the Source diskette (the diskette you wish to copy) into Drive 0 and the Destination diskette into Drive 1, and close the drive doors.

3. At the OK prompt, type:

   BACKUP 0 TO 1 (ENTER)

4. When the backup is complete, the OK message reappears on the screen.

TECHNICAL TIPS FOR
Cookbook
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When creating a meal, as described on pages 6 and 7, the program sorts by major food groups. (For example, chicken and seafood are in the same food group.) The program also gives equal weight to the other questions you answer when creating menus. There may be instances when you ask for a seafood meal and the program gives you poultry suggestions, because, for example, you indicated an inexpensive meal.