

WILLIAMS-SONOMA

**GUIDE
TO GOOD COOKING™**

User's Guide

(Macintosh OEM)



**Broderbund**

Acknowledgments

WILLIAMS-SONOMA GUIDE TO GOOD COOKING

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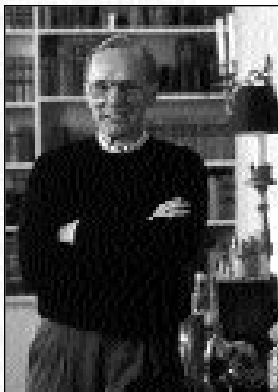
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Welcome by Chuck Williams



“When I founded Williams-Sonoma 40 years ago, I could clearly see the beginning of an appetite for imaginative foods from across the world. I made it my mission to supply the best-quality kitchen equipment to make those inventive recipes easy to prepare. Something I never imagined when I stocked my first store with specialized items such as French omelet pans and charlotte molds was that one day I’d regard a computer as an important cooking item.”

“I am a firm believer that cooking should be enjoyable and easy—a pleasure rather than a chore. WILLIAMS-SONOMA GUIDE TO GOOD COOKING takes all the guesswork out of cooking and puts all the enjoyment back in. You can search for recipes in many different ways to find only those dishes that best suit your needs or tastes. When we finished WILLIAMS-SONOMA GUIDE TO GOOD COOKING, what impressed me most about using it was that it was so easy to find every recipe (especially when compared to flipping through books). You can resize recipes according to the number of people you wish to serve, and compile thousands of menu plans from your choice of recipes. To get you started, I have already created 50 menus to suit any occasion.”

“Not that you need to put a computer in your kitchen—the beauty of WILLIAMS-SONOMA GUIDE TO GOOD COOKING is that you can print out recipe instructions and use them in the kitchen without fear that spilling blueberry sauce on them will ruin them forever! Moreover, you can also print out shopping lists of all the ingredients you need to prepare your choice of recipes, as well as decorative Menus to display when entertaining guests.”

“If there is any cooking-related word you don’t understand, you can instantly see its definition and even view video demonstrations of key cooking techniques. If you’re a novice in the kitchen, it’s simple to learn as you cook. If you’re already an experienced chef, you’re sure to find plenty of inspiration—and even new cooking tips—among the 1,000 outstanding recipes provided here, everything from a basic recipe for Aioli to a refreshing Zucchini and Mint Salad. Here you’ll find enticing contemporary versions of the classics, as well as tried-and-true favorites from around the world, ideal for serving at any kind of occasion. Whatever recipe you choose to make, you can trust it to work with impressive results.”

“For four decades now, Williams-Sonoma has inspired millions of American cooks. With the beautiful and practical WILLIAMS-SONOMA GUIDE TO GOOD COOKING, simple, delicious home cooking just got simpler. I know that among our favorite recipes, you’ll soon find recipes that are destined to become yours. Have fun—and bon appetit!”

Chuck Williams
Founder and Vice-Chairman of Williams-Sonoma, Inc.



The Williams-Sonoma Story

Williams-Sonoma, America's leading retailer of kitchenware, was founded by Chuck Williams. Having been blessed with cooking skills at an early age, it was only natural that on Chuck's first trip to Paris in 1952 he became fascinated with the food and the vast array of specialized cooking and baking equipment he found there.

So fascinated, in fact, that Chuck was inspired — in 1956 — to open a small shop in Sonoma, the wine country town north of San Francisco. Two years later, Chuck moved the shop to San Francisco, where it became a mecca for those following the trend toward French and Italian cooking.

In 1972 the small business began expanding. Williams-Sonoma now has more than 145 stores across the United States, as well as 15 stores in Japan. In addition, the company's Catalog for Cooks reaches more than 7 million people each year. Chuck is widely acknowledged as a pioneer in the simple cooking of America, France, and Italy. He was the first to introduce professional cooking equipment to the home cook, and the first to promote many food products in the United States, including balsamic wine vinegar, extra-virgin Tuscan olive oil, and Pommery mustard.

In 1992, Chuck Williams began serving as General Editor of the highly successful *Williams-Sonoma Kitchen Library*, a comprehensive series of over 30 cookbooks written by leading international food authorities, which has sold more than 6 million copies worldwide. Each volume in the series concentrates on a single main ingredient or kind of food, and is expressly designed for practical, everyday use in the kitchen. The most outstanding 1,000 recipes from the Kitchen Library were chosen by Chuck Williams for inclusion in *WILLIAMS-SONOMA GUIDE TO GOOD COOKING*.

If you enjoy this product, you may be interested in the following titles from the *Williams-Sonoma Kitchen Library* series: Beans & Rice, Beef, Cakes, Cupcakes & Cheesecakes, Chicken, Chocolate, Cookies & Biscotti, Fish, Fruit Desserts, Gifts from the Kitchen, Grilling, Holiday Baking, Hors d'Oeuvres & Appetizers, Ice Creams & Sorbets, Mexican Favorites, Muffins & Quick Breads, Pasta, Pasta Sauces, Pies & Tarts, Pizza, Pork & Lamb, Potatoes, Salads, Shellfish, Soups, Stews, Stir-Fry, Thanksgiving & Christmas, Vegetables, and Vegetarian. Also, look out for forthcoming titles: Breads, Breakfast & Brunches, Cooking Basics, Cooking with Kids, Healthy Cooking, Mediterranean Cooking, Outdoor Cooking, and Thanksgiving.

Each book contains approximately 50 easy-to-make recipes, illustrated with a full-page, full-color photograph that shows how the finished dish will look, together with information on kitchen equipment, cooking techniques, and an illustrated glossary of cooking terms.



Introduction

Welcome to WILLIAMS-SONOMA GUIDE TO GOOD COOKING, the supreme single-source cooking guide that enables you to access a lifetime's worth of popular and proven recipes in an instant. Using WILLIAMS-SONOMA GUIDE TO GOOD COOKING is an easier, quicker, and more enjoyable way to plan and cook a meal for any occasion than ever before.

No matter what your tastes are, you're sure to find plenty of tempting choices among these 1,000 easy-to-prepare recipes. Whatever your level of cooking expertise or computer experience, you can now find preparing flavorful recipes an easy task. WILLIAMS-SONOMA GUIDE TO GOOD COOKING includes all the information the home cook needs: each recipe's preparation instructions are accompanied by ingredient and equipment information, nutritional and cooking time data, and are conveniently linked to an exhaustive glossary of key techniques and essential terms.

Fun and easy-to-use, WILLIAMS-SONOMA GUIDE TO GOOD COOKING provides inspiration for many meals and thousands of menu-planning options. Moreover, it enables you to create and print out time-saving recipe instructions, customized shopping lists, and personal menus with unparalleled ease — whatever you need whenever you need it.

If all this talk of food is making you hungry, please refer to the Installation Instructions Card to start cooking immediately. For a brief overview of what's in this program, go to *A Quick Guide to WILLIAMS-SONOMA GUIDE TO GOOD COOKING* on page 10. If you have specific questions about how this program works, look them up in each section of *Using WILLIAMS-SONOMA GUIDE TO GOOD COOKING*. This manual is designed for both Macintosh and Windows users.



What You'll Find in this Package

- © WILLIAMS-SONOMA GUIDE TO GOOD COOKING Electronic User's Guide
- © WILLIAMS-SONOMA GUIDE TO GOOD COOKING application (Macintosh)
on CD-ROM



A Quick Guide to *WILLIAMS-SONOMA GUIDE TO GOOD COOKING*

WILLIAMS-SONOMA GUIDE TO GOOD COOKING provides a convenient means of finding the right recipes and building the perfect menu. It includes all the information the home cook needs — from recipe instructions and nutritional data to advice about equipment and demonstrations of useful cooking methods.

At the heart of WILLIAMS-SONOMA GUIDE TO GOOD COOKING are 1,000 delicious, easy-to-prepare recipes, presented in the form of Recipe Cards. WILLIAMS-SONOMA GUIDE TO GOOD COOKING enables you to find exactly those recipes that best match your tastes and needs.

About the Kitchen

When you open WILLIAMS-SONOMA GUIDE TO GOOD COOKING, you arrive in the Kitchen, which serves as a table of contents to the program. The Kitchen leads to five other sections: Recipe Finder, A–Z Recipe Index, Favorite Recipes, Menu Planner, and Glossary. Wherever you are in the program, you can always easily return to the Kitchen. From the Kitchen, you can locate recipes in three ways: from the Recipe Finder, A–Z Recipe Index, and Favorite Recipes. The most versatile way of finding recipes is to use the Recipe Finder.



About the Recipe Finder

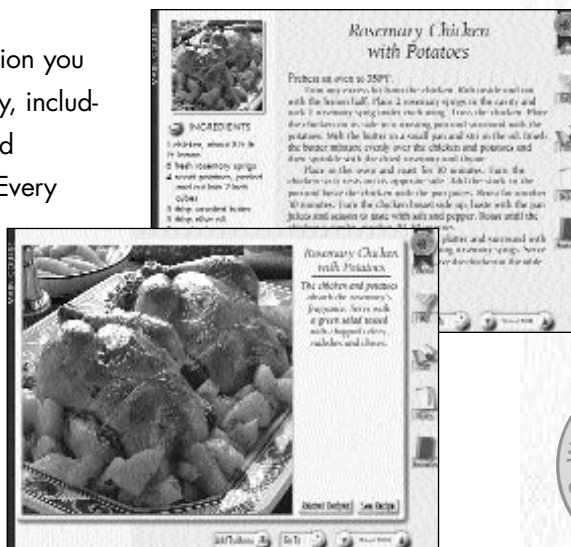
The Recipe Finder is a powerful search tool that allows you to access recipes by various criteria, including Course, Cooking Method, Season, Cooking Time, Region of Origin, and Ingredients. In the Recipe Finder, you can also set your Dietary Preferences to limit your searches to recipes that do not exceed nutritional values that you specify and that do not contain specific foods you dislike. If you are a vegetarian, you can also note this in Dietary Preferences to exclude from your search recipes that contain meat, poultry, or seafood.



After you make a search, the total number of recipes that matches your criteria is displayed and the first (in alphabetical order) three recipes from that total are previewed in the Recipe Finder. You can then scroll through the list to find recipes. Whenever you see a recipe that appeals to you, double-click on it to see its Recipe Card.

About the Recipe Card

Each Recipe Card contains all the information you need to know to prepare a dish successfully, including nutritional analysis, time guidelines, and adjustable ingredient and equipment lists. Every Recipe Card has two “sides” to it, or views: the Image view, the main feature of which is a large, full-color photograph of the finished dish to guide and inspire you in its preparation; and the Text view, where you can find further details about the recipe, including its preparation and cooking instructions.



The Image view is the first view you receive, but you can switch between the two views by simply clicking on the recipe image. You can browse through the recipes at whichever view you prefer.

The Text view provides recipe instructions as well as a list of ingredients and their quantities. You can also choose to see information about the recipe’s cooking time, nutritional data, equipment, and cooking techniques. The key words or phrases that appear in these Information Lists are automatically linked to the Glossary.

Each recipe comes with a recommended serving size, such as “Serves 4”. You can use the Servings Adjuster to select the number of people you wish to serve from the available options for that recipe. Options differ from recipe to recipe, according to the nature of the food itself (see A Note about Serving Sizes, p.46).

If you like the recipe and want to make it, you can immediately print out the recipe instructions to use in the kitchen. If you are missing some ingredients, you can print out a shopping list to take with you to the store.



from the Recipe Finder to locate different courses in the meal until you build an entire Menu. (The program also comes with 50 Menus for special occasions recommended

by Chuck Williams.) You can attach personal notes to a Menu and save the Menu by your choice of name for future use.



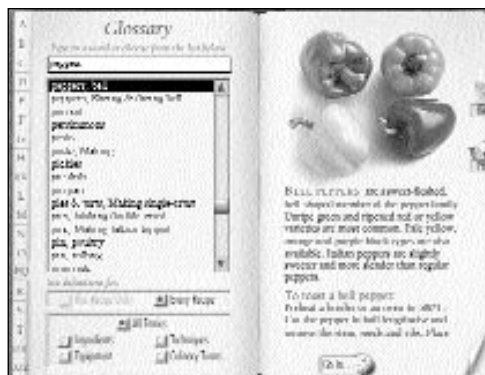
From the Menu Planner, you can print recipe instructions and any attached notes for each recipe included in the Menu to take into your kitchen.

Furthermore, you can print out a compiled Shopping List to take to the grocery store, which you can organize either by recipe name, by store category, or in a simple alphabetical list. You can also print out a decorative Menu Card, which lists the recipe names by course.

About the Glossary

The Glossary contains 650 entries that answer many questions that you may have about unfamiliar ingredients, kitchen equipment, and cooking techniques called for in the recipes. You can choose to go to the Glossary at any time to look up a term or you can directly link to the Glossary from a Recipe Card by clicking on any glossarized word, which highlights in red when your cursor moves over it.

The Glossary also includes 66 videos that demonstrate the key culinary techniques needed to make some of the recipes. All the words from the glossary entries — including the videos — can be printed for ease of reference.



Using *WILLIAMS-SONOMA GUIDE TO GOOD COOKING*

Whether you're an expert chef planning a lavish dinner party, a weekend cook wishing to expand your recipe repertoire, or a culinary novice seeking guidance not only on what to cook but also how to cook it, *WILLIAMS-SONOMA GUIDE TO GOOD COOKING* offers you the advantages of personalized recipe searches, adjustable recipes, menu-planning guidance, expert culinary advice, as well as the convenience of printable recipe instructions, Shopping Lists, and Menu cards.

USING THE KITCHEN

When you open the program, you arrive in the Kitchen, which serves as a table of contents to *WILLIAMS-SONOMA GUIDE TO GOOD COOKING*. The Kitchen leads to the five sections of the program, each represented by an object in the kitchen.



In the Kitchen you can:

- ☛ go to the Recipe Finder, A-Z Recipe Index, or Favorite Recipes to locate recipes
- ☛ go to the Menu Planner to look at Chuck Williams' recommended Menus or any of your previously saved Menus
- ☛ go to the Glossary to look up definitions and video demonstrations of cooking terms

Getting around the Kitchen

Simply click on any of the objects described below to enter that section of *WILLIAMS-SONOMA GUIDE TO GOOD COOKING*:

Recipe Finder is your search tool for locating the 1,000 Recipe Cards, enabling you to narrow your search to only those recipes that match your personal needs.

A-Z Recipe Index is a file box containing the 1,000 Recipe Cards in alphabetical order.



Favorite Recipes is a scrapbook into which you can store a list of all the recipes that you have previously identified as personal favorites. This scrapbook is blank until you add your first recipe. (To learn how to add recipes, see Adding a Recipe to your Favorites, p.38.)

Menu Planner is a recipe compiler that enables you to plan and organize your whole meal. You can add up to 6 individual Recipe Cards to a Menu, and then name and save that Menu for future reference. You can also access Chuck Williams' 50 recommended Williams-Sonoma Menus from this Menu Planner.

Glossary is a reference book containing photographs and definitions of 650 keywords, covering all the ingredients, equipment, and other culinary terms used in this program, as well as 66 videos of cooking techniques.

In addition to these five main sections, there are two more buttons in the Kitchen:

Help and **Quit**.

Click on **Help** at the top right of the Kitchen screen or any other active screen to see further information about how to use WILLIAMS-SONOMA GUIDE TO GOOD COOKING. Assistance is provided in the form of a fully annotated sample screen with captions about each of its features.

Clicking on **Quit** at the bottom left of the Kitchen screen exits the program. You can also select **Quit** from the **Go To...** menu on any other screen to finish using the program.

Wherever you are in the program, you can always easily return to the Kitchen by selecting the **Kitchen** option from **Go To...** menu.

Finding the Recipes

From the Kitchen, you can locate recipes in three ways: from the Recipe Finder, A-Z Recipe Index, and Favorite Recipes.

The most versatile way of finding recipes is to use the **Recipe Finder**, which locates recipes according to 6 attributes: Course, Method, Season, Time, Region, and Ingredients.





If you already know the name of the recipe you are seeking, use the **A-Z Recipe Index** to locate it.

If you have used WILLIAMS-SONOMA GUIDE TO GOOD COOKING before and have previously identified some recipes as personal favorites then they can be found using **Favorite Recipes**.

USING THE RECIPE FINDER

To go to the Recipe Finder, click on **Recipe Finder** when you first arrive in the Kitchen or choose **Recipe Finder** from the **Go To...** menu that appears on every other screen.

The Recipe Finder is a powerful way of locating the recipes that best suit your



needs. The Recipe Finder is split into two parts: the left side of the screen is where you specify your search criteria and the right side displays the results of your search in the form of miniature versions of the Recipe Cards, known as Recipe Previews.

In the Recipe Finder you can:

- 🕒 set your Dietary Preferences
- 🕒 make a search for recipes
- 🕒 preview the recipes that match your choices
- 🕒 add a recipe to a Menu
- 🕒 go to view Recipe Cards
- 🕒 get Help
- 🕒 go to any other section of the program

Getting around the Recipe Finder

When you first enter the Recipe Finder, all the selections on the left side of the screen are set to ALL, meaning that all 1,000 recipes in WILLIAMS-SONOMA GUIDE TO GOOD COOKING are available for you to view. It would be difficult to show you all 1,000 recipes at the same time, so only the first three recipes alphabetically (namely *Aioli*, *All-American Barbecued Chicken*, and *Almond, Lemon and Anise Biscotti*) are displayed as Recipe Previews from the 1,000 available. If you want to look through all the recipes, you can do so at this point by using the scroll bar on the right side of the screen to move up and down through the Recipe Previews.



The total number of recipes found during a search is indicated by the **Find Report** on the bottom right of the screen. Before you start your search the total figure records 1,000. The number in front of the total (that is, 1 of 1,000) refers to the relative position of the selected Recipe Preview (which is the one highlighted within a red frame) within that total. Whenever you make a search, use the Find Report to gauge your current position within the total number of recipes found.

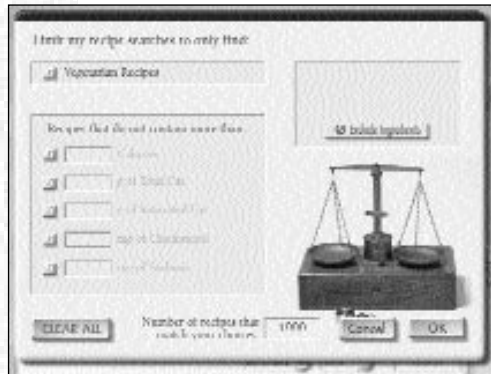
When you initially arrive at the Recipe Finder, the first, alphabetically ordered recipe is highlighted. If you return to the Recipe Finder from a Recipe Card chosen from the Recipe Finder, the highlight surrounds this last-viewed Recipe Card. You can highlight any recipe by clicking on it once.

You can use the scroll bar to advance through the set of recipes. Any time that you see a recipe that is appetizing to you and for which you would like more information, double-click on it or click on it once and then click **Go To Recipe**. This action takes you to the Recipe Card for that recipe.

Setting Dietary Preferences

Before you start searching for recipes, you may wish to set your Dietary Preferences. Setting Dietary Preferences enables you to exclude recipes that you consider unappealing (either because of taste, health considerations, or ethical reasons) from all your future searches.





If you are a vegetarian, click the checkbox to exclude recipes that contain meat, poultry, or seafood. Recipes that do provide a meat-free option in their Ingredients List (for example “chicken or vegetable stock”) are considered vegetarian, but always pay attention to the Ingredients List for each recipe.

If you are on a low-sodium, low-cholesterol, or low-fat diet — or are simply calorie-conscious — you can choose to exclude recipes that exceed particular nutritional values for Calories, Total Fat, Saturated Fat, Cholesterol, and Sodium. Click on the checkbox alongside each nutrient and type in your maximum limit. If you later uncheck the box, your maximum limit remains registered but will not affect your search. (For rules of thumb about what constitutes a healthy maximum, see A Note About Nutrition, p.20.)



If you are allergic to certain foods or simply dislike them, you can exclude them from all subsequent searches by clicking **Exclude Ingredients**. **Exclude Ingredients** calls up a screen that lists food groups on the left and specific ingredients within each group on the right. Select a food group and/or a specific ingredient by clicking on it from the list to highlight it and then clicking **Add**. You may also type in an ingredient name in the Entry Field and then click **Add**. You can add up to three ingredients to your list.

If you change your mind at any time, highlight the name of the ingredient and then click **Remove** to delete the ingredient from your list. When you have finished, click **OK** to return to Dietary Preferences.



Whatever you specify in Dietary Preferences is likely to affect the number of recipes found in future searches. Always pay attention to the Find Report to make sure you are not narrowing your choice too severely.

If you are happy with your choices, click **OK** to exit Dietary Preferences. A checkmark is placed in the **Dietary Preferences** button to alert you that Preferences have been set. These Preferences are remembered even if you quit the program and affect all future searches in the Recipe Finder until you decide to alter them.

Making a Search

To start a search, click on the Search buttons on the left side of the Recipe Finder screen to define the kind of recipes you wish to find. Each recipe has 6 attributes: **Course, Method, Season, Time, Region, and Ingredients**. Each Search button accesses a list of options from which to choose. Your selections appear in the space next to each button.



A NOTE ABOUT NUTRITION

The recipes included in *WILLIAMS-SONOMA GUIDE TO GOOD COOKING* present a diverse range of choices from light salads to extravagant desserts. They also range widely in nutritional content, from courses designed specifically for healthy eating to others intended only as occasional indulgences.

You are what you eat. To help you make health-conscious selections, each recipe in this program has been evaluated by a registered dietitian and analyzed for its nutrient breakdown on a per-serving basis. Use the information that appears in the Nutrition List accompanying each recipe (see *Getting Information about Nutrition*, p.43) to help keep track of your daily nutritional intake when you are planning meals.

All ingredients listed within each recipe have been included in the nutritional analysis, except those listed as “optional” and those added “to taste”. When a recipe gives a suggested ingredient substitution (for example, “1/2 cup sour cream or yogurt”), the nutritional analysis is evaluated upon the first item mentioned.

When no quantity is specified (as with salt and pepper), it is not included in the analysis. When seasoning with salt, bear in mind that you are adding 2,200 mg of sodium for each teaspoon (tsp) of regular salt and 1,800 mg per teaspoon (tsp) of coarse kosher or sea salt. The addition of black or white pepper, however, does not affect nutritional data.

Unless otherwise stated, the recipes in this program were designed for medium-sized fruits and vegetables and the nutritional analysis is based on medium-sized foods.

Accompaniments suggested in the introduction to the recipe on the Image view of a Recipe Card or shown in the photograph of a serving suggestion are not included in the analysis.

However if a recipe includes a Basic recipe in its Ingredients List (*Kung Pao Chicken*, for example, includes *Chinese-Style Chicken Stock* in its preparation), then the nutritional analysis does also include all the ingredients required for that component recipe. (See *A Note about Basic Recipes*, p.35.) If a recipe suggests using another recipe only as an option, then the



nutritional data does not take into account the ingredients of that optional recipe. For example, the nutritional data for *Baked Fresh Figs in Port* does not include *Whipped Cream* because it is only listed as optional. If you choose to use the optional recipe, go to that Recipe Card to view its nutritional data. (See Getting Information about Nutrition, p.43.)

Reading the Nutritional Analysis

Each recipe in this program has been analyzed according to 10 items of nutritional data. To plan your recipes in a health-conscious way, it is important to know how to read an analysis.

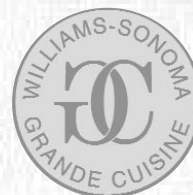
☺ **Per Serving** Quantities are based on a single serving of each recipe. Therefore, adjusting the serving sizes of a recipe does not affect any of these figures.

☺ **Calories** measure the energy provided by any given food. A calorie, technically referred to as a “kilocalorie” or kcal, equals the heat energy necessary to raise the temperature of 1 kilogram of water by 1° Celsius. Three nutrients in food provide calories: protein, which contains 4 calories per gram; carbohydrates, which also contains 4 calories per gram; and fat, which contains 9 calories per gram. In some countries, energy is measured in kilojoules rather than calories. To convert a calorie to a kilojoule, multiply by a factor of 4.2.

☺ **Protein**, one of the basic life-giving nutrients, helps build and repair body tissues and performs other essential functions. One gram of protein contains 4 calories. A healthy diet derives about 15% of daily calories from protein. Protein is found in both foods of animal origin and in plant foods. The protein found in animal foods is called “complete” because it contains the nine amino acids essential to human health. Protein from plant foods contains varying combinations of these amino acids. These foods are often eaten in complementary pairs to form a complete protein, resulting in such classic culinary partners as beans and rice or pasta and cheese.



NUTRITION	
Per Serving	
Calories	210
Protein	4g
Total Carbohydrate	38g
Total Fat	11g
Saturated Fat	7g
Monounsaturated Fat	4g
Polysaturated Fat	0g
Cholesterol	24mg
Sodium	77mg
Fiber	1g





☛ **Carbohydrates**, classed as simple (sugars) or complex (starches), are the main source of dietary energy. One gram of carbohydrates contains 4 calories. A healthy diet derives about 55% of calories from carbohydrates, with no more than about 10% coming from refined sugars. The reason that ingestion of refined sugars should be minimized is that they provide no other nutrients; they are in essence “empty calories” and often contribute to excess calorie consumption which, of course, can cause weight gain.

☛ **Total fat** is a measure of the grams of fat, both saturated and unsaturated, present in a serving, with 1 gram of fat equivalent to 9 calories (more than twice the calories in 1 gram of protein or carbohydrates). Experts recommend that total fat intake be limited to a maximum of 30% of total calories. To calculate the percentage of fat in a given recipe or diet, multiply the number of fat grams by 9 (to get the fat calories), then divide this number by the total calories. For instance, a recipe with 5 grams fat and 100 calories has 45 fat calories (5 x 9) and 45% fat (45 divided by 100). A simple rule of thumb is not to exceed 3 grams of fat per 100 calories consumed.

Please note that the fat components (monounsaturated, saturated, polyunsaturated) do not necessarily always add up to a figure that equals the value given for total fat because numbers of grams have sometimes been rounded off.

☛ **Saturated fat**, derived from animal products and some tropical oils, has been found to raise blood cholesterol and should be limited to no more than one-third of total fat calories. However, some fat is necessary in the diet to help maintain cell health and to transport fat-soluble vitamins. One way to identify a saturated fat is if it is solid at room temperature; the more saturated it is, the more solid it will become. Like all fats, saturated fat contains 9 calories per gram.

☛ **Monounsaturated fat**, like polyunsaturated fat, is found mostly in foods of plant origin and is generally liquid at room temperature. Sources include avocados, olive oil, canola oil, and peanut oil. Like all fats, monounsaturated fat contains 9 calories per gram. Recent studies show that monounsaturated fats may play a role in reducing cholesterol by lowering low-density lipoproteins (LDL) in the blood.

- ④ **Polyunsaturated fat**, like monounsaturated fat, is derived mainly from foods of plant origin and is generally liquid at room temperature. Polyunsaturated oils include corn, sesame, safflower, and cottonseed. Like all fats, polyunsaturated fat contains 9 calories per gram. Recent studies have shown that polyunsaturated fats may play a role in lowering blood cholesterol levels in some people.
- ④ **Cholesterol** is an essential substance manufactured in the human body. Dietary cholesterol is present in foods of animal origin (meat, fish, poultry, butter, eggs, dairy products) but is not found in plant foods. Experts suggest a daily intake of no more than 300 milligrams of dietary cholesterol. The intake of saturated fats can actually raise blood cholesterol levels, so while certain highly saturated plant foods such as tropical oils and hydrogenated vegetable fats do not contain dietary cholesterol, they can contribute to elevated cholesterol levels in some people.
- ④ **Sodium**, derived from salt and naturally present in many foods, helps maintain the proper balance of body fluids. Excess intake by sodium-sensitive people can lead to high blood pressure or hypertension. Others should limit intake to about 2,400 milligrams daily.
- ④ **Dietary Fiber**, found only in plant foods, aids elimination and may help prevent heart disease, intestinal disease and some forms of cancer. A healthy diet should include 20–35 grams of dietary fiber daily. Fresh fruits and vegetables, whole grains, and legumes are good sources of dietary fiber. The types of fiber are classed either as soluble or insoluble. Soluble fiber (found in carrots, oats, citrus, and other foods) is believed to aid in lowering blood cholesterol levels; insoluble fiber contributes roughage to the diet and is found in items such as bran, whole grains, fruits, and vegetables.

When you are using WILLIAMS-SONOMA GUIDE TO GOOD COOKING, you can also look up definitions of these nutrients in the Glossary. Click on **Go To...** and select **Glossary**. Then click on the **Culinary Terms** checkbox, which calls up a list of the culinary terms employed in the program. You can also type in the name of the nutrient where you see the blinking cursor.





Selecting a Course

WILLIAMS-SONOMA GUIDE TO GOOD COOKING is perfect for building Menus of diverse recipes. If you are seeking a specific course for your meal, click on **Course**, which brings up a set of options. The six plates represent different courses



(Appetizers, Main Courses, Desserts, Salads, Side Dishes, and Soups) and a deep bowl represents Basic recipes, which are recipes, such as stocks, doughs, sauces, dressings, marinades, toppings, and glazes, that form a part of another recipe. (See A Note about Basic Recipes, p.35.)

To select a course, click on the plate that matches your choice of course. (It turns red to show that it has been selected.)

Selecting a Course Type

Once you have selected a course, the contents of the list on the right changes to reflect the specific options available for that course. Each course has its own associated list of **Course types** from which you can select up to three options. **Course types** are descriptions of the course designed to assist you in narrowing your search to just those recipes that suit your exact needs. Most of the course types are self-evident, but other categories are explained below:

- ☞ **Buffet** describes recipes that hold well at room temperature, and includes holiday foods as well as those that serve many guests.
- ☞ **Composed Salads** (available only for Salads) contain ingredients other than basic greens.
- ☞ **Cooking for a Crowd** includes recipes that you can adjust to serve 10 people or more. (See A Note about Serving Sizes, p.46.)

- 👉 **Gifts from the Kitchen** (available only for Basic recipes) are food items that you can give as presents, and include recipes for candies, cookies, cakes, breads, preserves, flavored oils, and vinegars.
- 👉 **Make Ahead** includes recipes that can be prepared in advance and either heated, or simply eaten cold or at room temperature. Sometimes only the greater part of the Make Ahead recipe can be made in advance but the rest can easily be finished just before serving.
- 👉 **Picnic** includes recipes that travel well and that can be served cold or at room temperature.
- 👉 **Quick Breads** are sweet and savory breads that are not yeast-based and therefore can be prepared relatively quickly.
- 👉 **Spicy** refers to recipes that you'll notice have the distinctively hot flavor of chilies and peppers.
- 👉 **Vegetarian** are recipes that contain no meat, poultry, or seafood, but which may contain eggs or cheese.

All course types are additive, meaning that the Recipe Finder finds all recipes with any of those course types, not just the specific (and less common) recipes that match all types. For example, if you choose a Soup course and then also select Spicy and Cold Soups course types, the Finder finds 16 recipes — the seven soups that are spicy as well as the nine soups that are cold.

Click once on a course type to add it to your search. Its name is highlighted and is included in the selection list near the top of the screen. If you want to remove it from your search, click on it again in the main list and the name will be deleted from your list of selected course types.

Click **Cancel** to disregard your last selection and return to the Recipe Finder which will still display your previous setting. Click **ALL** to incorporate all courses. Once you





are happy with your choice, click **OK** to return to the Recipe Finder, where you will see your selection entered. (Once you arrive at a Recipe Card, you see the course of that recipe displayed in the Course Identifier on the left of the Recipe Card.)

Please note that some recipes in WILLIAMS-SONOMA GUIDE TO GOOD COOKING have two courses. For example, most pasta recipes can be served as either appetizers or main courses, according to the quantities served. Similarly, depending on personal preference and appetite, some salads are used as either salad courses or main courses. In these cases, you can find the recipes under both courses.

Selecting a Cooking Method

Have you recently bought a new barbecue and are you eager to try it out? Or maybe you fancy a tasty stir-fried dinner tonight? If you're seeking a recipe that is cooked in a certain way, click on **Method**, which brings up a set of options in the form of a stove dial. There are 13 available options around the stove dial representing different cooking meth-



ods: Baking, Boiling & Simmering, Braising & Stewing, Broiling, Deep-Frying, Grilling, Poaching, Preserving, Roasting, Sautéing & Frying, Steaming, Stir-Frying, and No Cooking (which refers to recipes like salads, sandwiches, dips, sauces, dressings, and frozen desserts that do not require heating).

Click on the icon that matches your choice of cooking method, or click and drag your mouse to turn the dial to point to your selection. (The icon turns red to show that it has been selected.)

Click **Cancel** to disregard your last selection and return to the Recipe Finder which will still display your previous setting. Click **ALL** to incorporate all cooking methods. Once you make a choice, click **OK** to return to the main Recipe Finder screen, where you will see your selection entered.

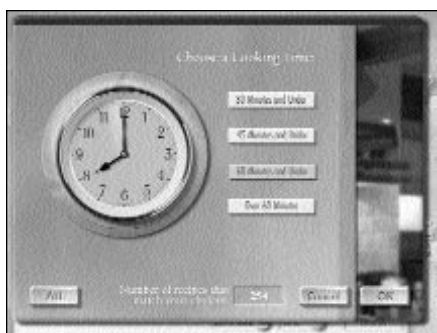
Selecting a Season

Whether it's freezing outside and you feel like baking something nutritious, or it's 90° outside and you feel that you yourself are baking, use the Season search to locate recipes suitable for every day of the year. Clicking **Season** brings up 5 available options: Summer, Fall, Spring, Winter, and Year-Round (which refers to recipes that work equally successfully whatever the season and that use ingredients that are commonly available throughout the year).



Recipes have been categorized by season according to the availability of their main ingredients as well as the overall heartiness of the food. While air freight makes it possible to find virtually any ingredient at any time of year, the ingredients that taste best are those that grow when nature intends them to grow, are picked at the peak of their ripeness, and are used as soon as possible after that. The Season search helps you use only the finest quality, in-season ingredients in your Menus.

Click **Cancel** to disregard your last selection and return to the Recipe Finder which will still display your previous setting. Click **ALL** to incorporate all seasons. Once you make a choice, click **OK** to return to the main Recipe Finder screen, where you will see your selection entered.



Selecting a Cooking Time

Just arrived home from work famished and want to eat as soon as possible? Or want to spend time in the kitchen during the weekend refining your cooking skills? Whatever amount of time you have, use the Time search to find the recipes you want.

Clicking on **Time** accesses four options of time ranges, including 30 Minutes and Under; 45 Minutes and Under; 60 Minutes and Under; and Over 60 Minutes.



Click on the button with the time range that matches your choice. (The button changes color and changes the position of the hands on the clock to show you that it has indeed been selected.)

Click **Cancel** to disregard your last selection and return to the Recipe Finder which will still display your previous setting. Click **ALL** to incorporate all cooking times. Once you make a choice, click **OK** to return to the main Recipe Finder screen, where you will see your selection entered.

Each recipe is accompanied by preparation and cooking times, which can be viewed in the Time Information List on the Text view of a Recipe Card. (See Getting Information about Time, p.44.)

Selecting a Region



Planning a Mexican dinner party for Cinco de Mayo or a meal to celebrate Chinese New Year? Either way you can travel the world of cuisine by using the Region search. Many of the recipes can be traced back to a specific country so you can build Menus according to regional themes.

Clicking on **Region** calls up a world map with two lists of options. The list on the left includes eight broad culinary regions — Asia, Caribbean, Europe, Mediterranean, Mexico, Middle East, Morocco, and U.S.A. — from which you can take your pick. You can also choose Non Regional, which calls up the 212 general recipes that have no specific country of origin.

Selecting a Subregion

Depending on your choice, specific Subregions are then listed on the right side of the screen from which you can make a further choice if you want. For example,



You can add up to five ingredients to your list. If you change your mind at any time about your choice of ingredients, highlight the name of the ingredient in your list of selected items (on the right) and then click **Remove** to remove the ingredient from your list. (You'll notice that the Ingredients search works in the same way as Exclude Ingredients in the Dietary Preferences, see p.18.)

Whatever you specify in the Ingredients Search affects the number of recipes found. The more ingredients you add to your selection, the fewer recipes you find that contain all those food items. Although the Ingredients Search is a useful way of narrowing your search to just those recipes that match your needs, keep on checking the Find Report as you go to ensure that you are not narrowing your choice down too far.

Once you have selected your combination of ingredients, click **OK** to return to the Recipe Finder. (You'll see the ingredients for which you searched listed in the Information List on the left side of the text view of a Recipe Card.)

Previewing the Recipes that Match your Choices

After you make a search, the number of recipes found as a result is recorded in the Find Report and the first three (if there are three or more) recipes are displayed on the right side of the Recipe Finder as Recipe Previews. Use the scroll bar to advance through these Recipe Previews. Any time you see a recipe that is appetizing to you, double-click on it, or click once on the Recipe Preview to highlight it and then click on **Go To Recipe**. This takes you to the Recipe Card for that recipe.

Once you are viewing a Recipe Card, you can continue to browse through the other recipes found as a result of your search by clicking on the arrows on the bottom right of the Recipe Card. Click the **down** arrow (on the left) to go forward (the next number in the sequence); click the **up** arrow (on the right) to go backward (the previous number).

To return to the Recipe Finder choose **Recipe Finder** from the **Go To...** menu.

Changing your Choices

If you make a mistake or change your mind about what you have selected previously, you can change your choice by clicking the relevant Search button(s) and either choosing another available option or clicking **ALL** to remove that attribute of the recipe as a factor in your search.

If you want to cancel all your choices at once, click **CLEAR ALL** to clear all the selections you made using the Search buttons and to re-set the displays to the default setting of ALL. *Be aware that CLEAR ALL does not affect data that you entered in Dietary Preferences, as that is more personal, permanent information than other search criteria.* However, you can also change Dietary Preferences data by clicking **Dietary Preferences** and removing your choices from there.

Adding a Recipe to a Menu

If you see any recipe among the Recipe Previews that you would like to include in your Menu, click once on the recipe to highlight it and then click on **Add To Menu** to include that selected recipe in your current Menu. When the dialog box appears informing you that you have added the recipe to a Menu, click **OK** to return to the Recipe Finder. When adding a recipe to a Menu it is automatically placed in a slot with a label that corresponds to its course attribute. A recipe can only be added once to the same Menu. A maximum of six recipes can be added to the same Menu.

Going to a Recipe Card

If you see a recipe among the Recipe Previews that appeals to you and that you would consider using, double-click on the Recipe Preview to access its Recipe Card, or click once on the Recipe Preview to highlight it and then click on **Go To Recipe**. The Recipe Card contains all the information you need to know about preparing that recipe.



Getting Help from the Recipe Finder

Click on **Help** on the top right of the screen to request further information about how to use the Recipe Finder. Assistance is provided in the form of a fully annotated sample Recipe Finder screen with captions about each of its features. Click **OK** to return to the Recipe Finder.

Leaving the Recipe Finder

If you want to leave the Recipe Finder, click **Go To...** to access any other section of this program. From the Recipe Finder, the list of possible destinations comprises Kitchen, A–Z Recipe Index, Favorite Recipes, Menu Planner, Glossary, and Quit. Or double-click on any Recipe Preview to view a Recipe Card.



USING THE RECIPE CARDS

To go to a Recipe Card, double-click on any Recipe Preview or recipe name or click once on the Recipe Preview or recipe name and then click **Go To Recipe** in the Recipe Finder, A–Z Recipe Index, Favorite Recipes, and Menu Planner.

The Recipe Cards are the core of WILLIAMS-SONOMA GUIDE TO GOOD COOKING. Each Recipe Card contains standard information you need to know to prepare a dish successfully. Every Recipe Card has two “sides” or views to it: the Image view and the Text view.

In the Recipe Cards you can:

- 👉 switch between the two views of a Recipe Card
- 👉 browse through a set of Recipe Cards
- 👉 access Related Recipes (from Image view only)
- 👉 add a selected recipe to your list of Favorites
- 👉 attach your own Notes to a Recipe Card
- 👉 print a recipe’s instructions and Shopping List
- 👉 add a selected recipe to a Menu
- 👉 view the Williams-Sonoma Menu associated with a recipe
- 👉 get instructions on preparing a recipe (from Text view only)
- 👉 get information about ingredients, equipment, techniques, nutrition, and time (from Text view only)
- 👉 get Help
- 👉 go to any other section of the program





Getting around a Recipe Card

The Image view is the first view you get when you arrive at a Recipe Card. The main feature of the Image view is a large, full-color recipe photograph. The photograph shows the finished dish, sometimes together with serving suggestions where appropriate, to guide and inspire you in its preparation. The Image view also includes an introduction to the recipe to help you assess its suitability and that provides tips on its preparation.



Image view



Text view

The Text view of a Recipe Card gives recipe instructions as well as lists of the necessary ingredients and their quantities,

the recipe's required equipment, cooking techniques, nutritional content, and cooking time (collectively known as the Information Lists). The Course Identifier, a vertical color strip on the left side of the Text view, indicates the course of the recipe: recipes are defined as Appetizers, Soups, Salads, Main Courses, Side Dishes, or Desserts. (Some recipes may have two courses on the Identifier, indicating that you can serve them equally satisfactorily as either course.)

Switching between the Two Views of a Recipe Card

You can switch between the two views of a Recipe Card by clicking anywhere on the recipe photograph. You can also switch from the Image to the Text view by clicking on **See Recipe**.

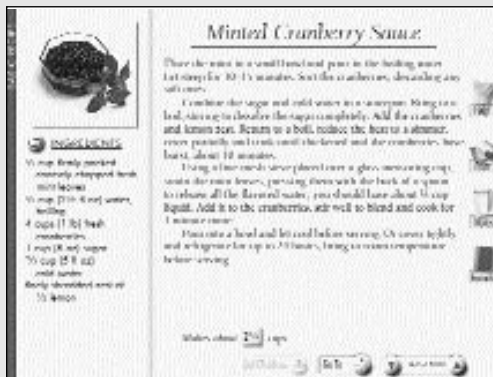
A NOTE ABOUT BASIC RECIPES

There are two types of recipes in *WILLIAMS-SONOMA GUIDE TO GOOD COOKING*.

Of the total 1,000 recipes, there are:



Regular recipe



Basic recipe

863 regular recipes, from which you can create complete stand-alone dishes. (The *All-American Barbecued Chicken* that appears in the Recipe Finder before you start a search is an example of a regular recipe.)

137 Basic recipes, which you can use as components of, or optional accompaniments to, regular recipes. The Basic recipes include simple recipes for stocks, pastries, doughs, sauces, dressings, oils, marinades, toppings, and glazes. (The *Aioli* that you first see in the Recipe Finder is an example of a Basic recipe.)

Together, Basics give you a library of essential recipes that form a great reference tool for any chef. You can use Basics in conjunction with many

recipes in *WILLIAMS-SONOMA GUIDE TO GOOD COOKING* as well as with recipes from other sources.

You can search for Basic recipes in the Recipe Finder and A–Z Recipe Index just like any regular recipe, and you can even add them to your list of Favorites if you want.

You can search for *only* Basics by choosing the Basics option in the Course search in the Recipe Finder.





The Recipe Card for a Basic appears in a similar format to a regular recipe. You can, however, easily identify a Basic Recipe Card because it has a uniquely white rather than a colored background and the words “Basic Recipe” appear in its olive-green Course Identifier (on the left side of the screen). Also, you may notice that the serving information on a Basic Recipe Card refers to making units of quantity (such as “Makes 2 cups”) rather than to serving a number of people (“Serves 4”), which appears in a regular Recipe Card.

If a recipe requires a Basic in its preparation, you see the name of the Basic listed in that recipe’s Ingredients List. (For example, *All-American Barbecued Chicken* lists *Basic Barbecue Sauce* among its ingredients.) If you need to know how to make any Basic, click on its name to access its Recipe Card. You can also look up the Basics used by a recipe if you click **Related Recipes** located on the Image view of the Recipe Card. (If there is no related recipe associated with a Recipe Card, then the **Related Recipe** is grayed out.)

The only functional difference between a Basic recipe and a regular one is that a Basic cannot be independently added to a Menu. However, if you decide to add to a Menu a regular recipe that requires a Basic, the information about that Basic is automatically included to the Menu. This means that you are able to print out the recipe instructions for that Basic from the Menu and that its ingredients will be included in the compiled Shopping List.

Browsing through a Set of Recipe Cards

If you access a Recipe Card through the Recipe Finder, you can browse through all the other recipes found as a result of your last search by clicking on the arrows to either side of the Find Report. Also, if you access a Recipe Card through the A-Z Recipe Index, you can browse through all the other recipes in alphabetical sequence by clicking on these arrows. Click the **down** arrow (on the left) to go forward (the next number in the sequence); click the **up** arrow (on the right) to go backward (the previous number). You can browse through the recipes at either the Image or Text view.

Accessing Related Recipes

The Recipe Card Image view contains an introduction about the recipe to help you assess its suitability. If the recipe is not what you want, you may wish to explore other recipe possibilities. Occasionally the introduction mentions other recipes that are related to the current recipe. Recipes are related either by being a complementary dish or by forming a component part of another recipe. (The latter case is referred to as a Basic recipe.) You can click on **Related Recipes** to view a list of these related recipes. Select a name from the list and click **OK** to go to that Recipe Card.



If you are in a Recipe Card for a Basic recipe (see A Note about Basic Recipes, p.35), the Related Recipes feature informs you what recipes you can prepare using that Basic. This is particularly useful if you have leftovers of a Basic available and want to know what other recipes use it. By the same token, you can also make a batch of a favorite Basic recipe in advance to use later in a variety of recipes.

If you have arrived at a Recipe Card through a link from another recipe in this way, a **Back To Recipe** button appears below. Click on **Back To Recipe** to return to the previously viewed Recipe Card.





Adding a Recipe to your Favorites

There are 1,000 recipes in WILLIAMS-SONOMA GUIDE TO GOOD COOKING, which is a large number to remember. You may wish to compile your own list of favorite recipes for future reference. Click on **Favorites** to add the current recipe to your list of favorites. When you see the dialog asking "Do you want to add this recipe to your list of Favorite Recipes?", click **Yes**.

Once you have classified a recipe as a favorite, the **Favorites** button displays a star to show you it has been added to the list. To remove the recipe from your favorites, click on **Favorites** again. When you see the dialog asking "Are you sure you want to delete this recipe from your list of Favorite Recipes?", click **Yes**.

Recipes that you have previously classified as your favorites are listed in the Favorite Recipes scrapbook (see Using the Favorite Recipes, p.51). You can also remove them from here by highlighting the recipe from the list, and clicking **Delete**.

Attaching your own Notes to a Recipe Card

Although all the recipes were carefully created by world-class cooks, individual tastes do vary and you may feel you can improve a recipe's instructions. You can attach your recipe modifications or ingredient substitutions by clicking on **Notes**. This accesses a notepad into which you can type your own comments about a recipe.



If your text disappears off the screen, use the scroll bar on the right to view it. Once you have added Notes to a Recipe Card, click **OK**. The **Notes** button displays a text-filled notepad to let you know that notes now exist. Your Notes remain with that recipe until you decide to change them, even if you exit the program.

Printing a Recipe

If you decide that you want to make a recipe, you can print out materials to help you in its preparation. Clicking on **Print** calls up a screen from which you can choose to print:

- 🖨️ Recipe Instructions to use in the kitchen
- 🖨️ a Shopping List of ingredients to take with you to the store

If you want to print recipe instructions, you can also choose to include your own notes with the recipe by clicking on the **Include Notes** checkbox.

If you decide to print a Shopping List, you have the option to organize the list of ingredients in alphabetical order or grouped by store section, which sorts the ingredients by grocery store sections (such as Produce, Baking Goods, Canned Goods, etc.) to save you time.

Adding a Recipe to a Menu

Click on **Add To Menu** to include the current Recipe Card in a customized Menu. A dialog informs you that “You have added the selected recipe to the current Menu.” The recipe is placed in whichever Menu is currently open. If no Menu is open, it is placed in a new, untitled Menu. Only one Menu can be open at the same time.

The recipe is placed in a slot in the Menu with a label that corresponds to its Course Identifier. (**Add To Menu** does not take you to the Menu Planner. If you want to see the recipe in position in the Menu, choose **Menu Planner** from the **Go To...** menu.) The same recipe can only be added once to the current Menu.



If you try to add a recipe to a Menu that has already filled its six course slots, you will be alerted to the fact by a dialog that tells you “Your current Menu is full”. In order to





make room for your current recipe, you need to delete an existing recipe. Select one of your six previously selected recipes by clicking its name from the list that appears in the dialog. Click **OK** to delete it and add your current recipe in its place.

Viewing the Williams-Sonoma Menu associated with a Recipe

If the recipe is included in one of Chuck Williams' 50 Menus for special occasions, a Williams-Sonoma Menu ribbon appears on the top right of the Recipe Card. Click on **Menu** to go to the recommended Williams-Sonoma Menu that includes that dish. To return to the recipe, double-click on its Recipe Preview (which is highlighted by a red frame).

Please note all the Williams-Sonoma Menus specify a certain serving size, such as "Halloween Buffet for 12" and "Elegant Dinner for 6". Consequently, the Williams-Sonoma Menu ribbon only appears on a Recipe Card if a Williams-Sonoma Menu exists that uses the specific serving size of that recipe. If you adjust the serving size to a number other than that which matches the number of people that the Menu serves, then the Williams-Sonoma ribbon disappears and you cannot access the associated Williams-Sonoma Menu. For example, *Baked Beets with Orange* is included in the Williams-Sonoma Menu named "Hanukkah Supper for 6" but only when the serving size for that recipe is set to 6. If you adjust *Baked Beets with Orange* to any one of its five other serving sizes then the Williams-Sonoma ribbon disappears. This ensures that when you use a Williams-Sonoma Menu, the serving sizes of all the recipes it includes are consistent.


Getting Instructions on Preparing a Recipe

The preparation and cooking instructions for a recipe are located on the Text view of the Recipe Card. Follow these instructions to make the dish successfully.

A folded page corner and the word "more..." is sometimes present at the bottom right of the recipe instructions to indicate that further information follows on another screen. Click on this corner or the word "more..." to turn the page and access more text; click again in the same area to return to the previous screen.

If you adjust the serving size according to the number of people you wish to serve (see A Note about Serving Sizes, p.46), any data in the recipe instructions (concerning time, equipment, or ingredients) is likely to alter as a result.

Getting Information about a Recipe

Every recipe has 5 Information Lists that appear on the left side of the Recipe Card, each of which contains important information about the recipe. The first (or default) List that you see is the Ingredients List. Click on the **Information** button  on the top of the List to select one of the four other Information Lists, which are Equipment, Techniques, Nutrition, and Time.

If there is any word or phrase that appears in an Information List with which you are unfamiliar, you can click on the word itself to link to the Glossary, where you see its definition or (in the case of techniques) a video demonstration. You will notice that your cursor changes to a pointing finger as it passes over a term in the Information Lists that is defined in the Glossary, and the term itself changes color from black to red. Once you click on a word or phrase in the Information Lists, it changes color again from red to blue to notify you that it has been selected.

Getting Information about Ingredients

The first List that you see on a Recipe Card is the Ingredients, which itemizes the ingredients that you need for that recipe in the order that you need them as you prepare the recipe.

Among the ingredients you may also find the name of a Basic recipe. For example, the recipe for *All-American Barbecued Chicken* includes in its Ingredients List the Basic recipe for *Basic Barbecue Sauce*. (See A Note about Basic Recipes, p.35.) If you do not know how to make any recipe, click on its name in the Ingredients List to access its Recipe Card. To return to the previous Recipe Card, click **Back To Recipe**.



Getting Information about Techniques

While all the recipes in WILLIAMS-SONOMA GUIDE TO GOOD COOKING are easy to prepare if you simply follow the recipe instructions, some recipes do require more knowledge of cooking skills than others.

If you want to see a List of the cooking techniques you should know to make a recipe, click the **Information** button and select the **Techniques** option. (If nothing is listed here, it means that no special techniques are required for that recipe.)

If you are unsure of how to perform some of these culinary skills, click on the word or phrase to see a narrated video that demonstrates how to perform that technique.

This automatically takes you to the Glossary (see Using the Glossary, p.59). Click on the **Play** button (the red arrow) to start the video. When you have finished watching the demonstration, click **Back To Recipe** to return to the recipe. If you want, you can click **Print** from the Glossary to print out guidelines on techniques to refer to in the kitchen.



Getting Information about Nutrition

To prepare well-rounded, healthy meals, it makes sense to pay attention to the nutritional content of everything you eat. Click the **Information** button and select the **Nutrition** option to get nutritional data for any recipe. You can find quantities for each of 10 items: Calories, Protein, Carbohydrates, Total Fat, Saturated (Fat), Monounsaturated (Fat), Polyunsaturated (Fat), Cholesterol, Sodium, and Dietary Fiber. (For more information on what constitutes a healthy choice in a recipe, see A Note About Nutrition, p.20.)



Because this data is analyzed on a per-serving basis, it is not affected by any changes that you make to a recipe's serving size.





Getting Information about Time

If time is a consideration, check the amount of time a recipe takes to make before you start it. Click the **Information** button and select the **Time** option, which gives a breakdown of the Total time, according to Preparation time, Cooking time, and Other time (which itemizes time required for tasks such as cooling, soaking, marinating, etc.).

When a wide range of hands-off time is involved, such as with a recipe that could be marinated between two to 12 hours, the Total time is assessed on the minimum time necessary.

Where a range of cooking time is provided, the Total time is based on the maximum cooking time necessary.

These times are estimates intended for use as a guideline; actual times may vary from cook to cook. Preparation times usually include the time required to make a Basic recipe (see A Note about Basic Recipes, p.35), except when, as with *Chicken Stock*, the Basic can be made well in advance or can be substituted with a purchased alternative. If the Basic recipe is optional (such as *Lemon Butter* in the *Fennel-Marinated Salmon* recipe), the preparation and cooking time for it are marked as optional.

As a rule of thumb, adjusting the serving size of the recipe is likely to affect the total cooking time of a recipe. If you increase the number of people you plan to serve, it follows that the recipe will probably take you longer to prepare. Therefore, if time is an important factor for you and you select a specific cooking time from the Recipe Finder, be aware that subsequently adjusting the serving size may take you over the time limit you set. Always double-check time information after you increase or decrease the serving size.



Changing a Recipe's Serving Size

Each recipe comes with a recommended serving size, such as "Serves 4". Click on the figure in the **Servings Adjuster** to select the number of people you wish to serve from the available options for that recipe.



Each recipe has its own set of serving sizes and is available in between one to six different sizes. Options differ from recipe to recipe, according to the nature of the ingredients themselves. (See A Note about Serving Sizes, p.46.)

Any ingredient, equipment, and time information in the recipe is likely to change as a result of your serving size selection, but nutrition and techniques information remains unaffected.

Getting Help from the Recipe Card

Click on **Help** on the top right of the screen to request further information about how to use the Recipe Cards. Assistance is provided in the form of a fully annotated sample Recipe Card with captions about each of its features. Click **OK** to return to the Recipe Card.

Leaving a Recipe Card

If you want to leave a Recipe Card for any other area of the program, click **Go To...**. From the Recipe Card, the list of possible destinations is Kitchen, Recipe Finder, A-Z Recipe Index, Favorite Recipes, Menu Planner, Glossary, and Quit.



A NOTE ABOUT SERVING SIZES

When you first arrive at a Recipe Card, the serving size given is the one from the original recipe when it was created. If you wish to serve a larger or smaller number of people than the figure provided here, click on the number (known as the Servings Adjuster) to see what other serving options are available for that recipe. Recipes come between one to six serving sizes.

Food is more art than science: cooking cannot be reduced to a simple mathematical formula. If you decide to double the number of people you wish to serve, it does not necessarily follow that all ingredients are doubled (some ingredients like yeast and spices are particularly unlikely to require doubling); that it will take you twice as long to prepare the recipe; nor that it requires twice as much equipment. If you choose to adjust a recipe, the re-scaling of the ingredients, time, and equipment information that you receive was not undertaken by a computer but by real cooks, aware of subtleties of flavor and culinary practicalities.

WILLIAMS-SONOMA GUIDE TO GOOD COOKING was created by a world-renowned editorial team of cookery experts and professional chefs under the guidance of Chuck Williams. It was this team that decided what recipes could be successfully resized and in what quantities, taking into consideration that the amounts of ingredients, equipment, and cooking space had to be realistic in a home kitchen and that the recipe had to be manageable by one cook.

All the information in this program is based on what makes culinary sense, so the options for resizing available for each recipe are based on attainable cooking results and ease of use as dictated by the food itself. For instance, any stir-fry recipe has not been resized up beyond 6 servings as any larger amount of food is difficult to cook in one home-size wok, and two woks cannot be managed by one cook simultaneously. By the same token, a recipe that includes a roasted chicken has not been resized down to two servings, as a whole chicken serves a minimum of four people and it is impractical to buy half a chicken.



That does not mean that if there are only two of you, you cannot prepare many of the recipes in this program. You can always follow the recipe instructions for any recipe that serves a larger number of people than you intend to serve: simply choose the lowest figure above your number of guests and save the leftovers for a later occasion. If a recipe does not have a resizing option at all, it is not recommended to cook this dish in combined or divided batches.



Browsing through a List of Recipes

You can select a recipe name from the complete alphabetical list to see a Recipe Preview. You can also use the scroll bar on the right of the list to browse through a list of all the names until you find the recipe you want.

Searching for a Specific Recipe by Name

Once you have used the program a few times, you will become familiar with the names of the recipes. If you want to find a specific recipe that you already know the name of, type in the name at the top of the screen where you see the blinking cursor. Typing in the first few letters of the name advances the alphabetical list of recipes to the closest match.

Accessing Recipes by a Specific Letter of the Alphabet

Click on any letter of the alphabet shown on the A–Z Index Tabs at the bottom of the screen to locate all the recipe names that begin with that letter. Selecting the letter **S**, for example, advances the Recipe Index to all recipe names that begin with S.

Adding a Recipe to a Menu

If you wish to include a recipe in your planned meal, click on the name of the recipe in the list and then click **Add To Menu**. (**Add To Menu** does not take you to the Menu Planner. If you want to see the recipe in position in the Menu, choose **Menu Planner** from the **Go To...** menu.)

The same recipe can only be added once to the current Menu.

Going to a Recipe Card

Once you have selected a recipe name from the list of recipes, a Recipe Preview is displayed on the right side of the Recipe Index. Double-click on any Recipe Preview to access its associated Recipe Card, or click once on the Recipe Preview to highlight it and then click on **Go To Recipe**.

When you access a Recipe Card through the A–Z Recipe Index, you can browse through all the other recipes in alphabetical sequence by clicking on the arrows to



either side of the Find Report. Click the **down** arrow (on the left) to go forward (the next recipe in alphabetical order); click the **up** arrow (on the right) to go backward (the previous recipe in alphabetical order). You can browse through the recipes at either the Image or Text view.

Getting Help from the A-Z Recipe Index

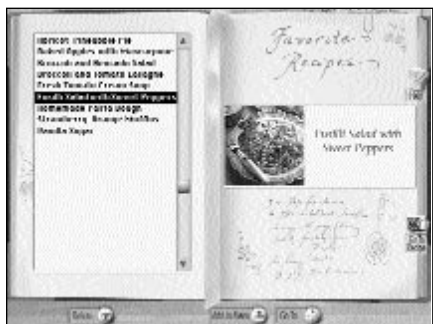
Click **Help** on the top right of the screen to request further information about how to use the A-Z Recipe Index. Assistance is provided in the form of a fully annotated sample Recipe Index screen with captions about each of its features. Click **OK** to return to the A-Z Recipe Index.

Leaving the A-Z Recipe Index

Click **Go To...** to access any other section of this program. From the A-Z Recipe Index, the list of possible destinations comprises Kitchen, Recipe Finder, Favorite Recipes, Menu Planner, Glossary, and Quit. Or click on the Recipe Preview to access a Recipe Card.



USING THE FAVORITE RECIPES



To go to the Favorite Recipes, click on **Favorite Recipes** when you first arrive in the Kitchen or choose **Favorite Recipes** from the **Go To...** menu that appears on every other screen.

Although the recipes in this program are all delicious, you are sure to form your personal preferences. Favorite Recipes empowers you to compile your own list of favorite recipes for future reference. Favorite Recipes can also serve as a convenient temporary storage place for recipes that you haven't yet used but that you'd like to put aside for consideration until after you've finished browsing.

In Favorite Recipes you can:

- 📍 browse through a list of your Favorite Recipes
- 📍 remove a Favorite from your list
- 📍 go to a Favorite Recipe Card
- 📍 add a Favorite to a Menu
- 📍 get Help
- 📍 go to any other section of the program

Getting around Favorite Recipes

When you first go to the Favorite Recipes, it is blank and remains blank until you start adding recipes to it. To classify a recipe as a Favorite, click **Favorites** on a Recipe Card. (See Adding a Recipe to your Favorites, p.38.)

After you have added Favorites, the names of these recipes are displayed in a list on the left side of the Favorite Recipes.





Browsing through your Favorite Recipes

You can click on any of the names in the list of Favorite Recipes to see a Recipe Preview, which is displayed on the right side of the screen. If the list is too long to fit in the window, you can use the scroll bar to browse through the full list.

Removing a Favorite from your List

To delete a recipe from your list of Favorites, select its name by clicking on it and then click **Delete**.

Going to a Favorite Recipe Card

If you want to see the Recipe Card of one of your Favorites either double-click on its Recipe Preview on the right side of the screen; double-click on its name in the list; or click once on its name to highlight it and then click on **Go To Recipe**.

Adding a Favorite to a Menu

Click on **Add To Menu** to include the selected Favorite Recipe in your Menu. When adding a recipe to a Menu it is automatically placed in a slot with a label that corresponds to its course. A recipe can only be added once to the same Menu. A maximum of six recipes can be added to the same Menu.

Getting Help from Favorite Recipes

Click on **Help** on the top right of the screen to request further information about how to use Favorite Recipes. Assistance is provided in the form of a fully annotated sample Favorites screen with captions about each of its features. Click **OK** to return to Favorite Recipes.

Leaving the Favorite Recipes

Click on **Go To...** to access any other section of this program. From the Favorite Recipes, the list of possible destinations comprises Kitchen, Recipe Finder, A-Z Recipe Index, Menu Planner, Glossary, and Quit. Or double-click on any Recipe Preview to go to a Recipe Card.

USING THE MENU PLANNER

To go to the Menu Planner, click on **Menu Planner** when you first arrive in the Kitchen or choose **Menu Planner** from the **Go To...** menu that appears on every other screen.

The Menu Planner is a tool for collecting and organizing a collection of recipes that you would like to serve in the same meal. (Your recipe combination is known as a Menu.)



The Menu Planner also contains 50 recommended Williams-Sonoma Menus compiled by Chuck Williams.

Getting around the Menu Planner

The Menu Planner is the place for assembling your own Menus. The Menu Planner has six course slots (Appetizer, Soup, Salad, Main Course, Side Dish, and Dessert) to accommodate between one and six of your selected recipes.

You do not have to add one recipe of each kind of course to a Menu. For instance, the same Menu can include six appetizers or six desserts — the choice is entirely yours!

You can save your combination of recipes under your choice of Menu name.

In the Menu Planner you can:

- 🔍 view the recipes that you have added to a current Menu
- 🔍 rearrange the serving order of the recipes
- 🔍 change the course of the recipe
- 🔍 delete recipes from a Menu and delete a Menu
- 🔍 save the Menu under your choice of name
- 🔍 open your previously saved Menus
- 🔍 open Williams-Sonoma Menus





- ☛ go to any recipe shown in a Menu
- ☛ add Notes to a Menu
- ☛ print information about a Menu
- ☛ get Help
- ☛ go to any other section of the program

Viewing the Recipes in a Menu

You can add a recipe to a Menu from any regular Recipe Card, as well as the Recipe Index and Favorite Recipes by using **Add To Menu**. (You cannot, however, add a Basic recipe independently to a Menu. See A Note about Basic Recipes, p.35.)

If you add a recipe to a Menu, its Recipe Preview is deposited in one of the six course slots in the Menu. (Until you add a recipe to a Menu, the six course slots are blank).

If you try to add a recipe to a Menu that has already filled its six course slots, you will be alerted by a dialog that tells you "Your current Menu is full". In order to make room for your current recipe, you need to clear a name from the list of six recipes that appears in the dialog. To clear a name, select a recipe from the list, and then click **OK** to substitute your current recipe in its place.

A red highlight frame surrounds the Recipe Preview that you last added to the Menu. Double-click on the highlighted Recipe Preview to return to its associated Recipe Card.

Re-arranging the Serving Order of the Recipes

When you are in a Menu that contains less than six recipes, you can move any Recipe Preview to a different course slot. Click on the recipe you wish to move, which brings up a red highlight frame around your selection, and, keeping your finger down on the mouse, drag the red highlight frame to an empty course slot. Only one recipe can occupy the same course slot, so move each recipe in sequence until you have the desired arrangement.

When you print a Menu, the recipes will automatically print in course order, that is: Appetizer, Soup, Salad, Main Course, Side Dish, and Dessert. If two or more recipes of the same course are in the same Menu, they will print in the order that they appear in the Menu, reading left to right within each row, top to bottom row.

Changing the Course of the Recipe

When you add a recipe to a Menu, it appears in the Menu Planner with a label that corresponds to its Course Identifier, which is shown on the left side of the Recipe Card. (See Getting around a Recipe Card, p.34.) (In the case of recipes with two course identifiers, it appears in the Menu Planner according to its primary — or more likely — course identifier.) If you wish to serve a recipe as any course other than its pre-assigned attribute, click on the Course Identifier to select the course of your choice. This enables you, for example, to serve a salad as a main course, or a main course as an appetizer if you want.

Changing the Course Identifier in the Menu Planner only affects the Menu Planner; it does not change the permanent Course Identifier on the Recipe Card nor does it change the number of recipes that you'll find through a course search in the Recipe Finder.

Deleting Recipes from a Menu and Deleting a Menu

If you want to remove a single, specific recipe from a Menu, click once on the Recipe Preview to select the recipe and then click on **Clear** and choose **Clear Recipe**.

If you want to remove all recipes from a Menu — but want to retain the name of the Menu — click on **Clear** and choose **Clear All Recipes** from the options.

If you want to delete a Menu altogether, click on **Clear** and choose **Delete Menu** from the options.

In each of the above cases, an alert dialog warns you of the decision you are making before it deletes recipe(s) or a Menu. Click **Yes** if you're sure you want to remove the recipe(s) or Menu.





Saving Menus

To save your own Menu, click on **File** and choose **Save**. Type in your choice of name and click **OK**.

If you want to modify one of the Williams-Sonoma Menus or one of your previously created Menus without replacing the original, first make your recipe additions and deletions. Click **File** and then choose **Save As...** from the options. Type in your choice of name and click **OK**.

If you try to exit the program while you still have a current Menu that has not been saved, you will be prompted to give it a name and save it.

Opening your Menus

In the Menu Planner, you can open your own previously saved Menus as well as the 50 recommended Williams-Sonoma Menus. You can identify the Williams-Sonoma Menus by the prefix "WS".

Click **File** and choose **Open...** A list of Menus appears, which you can browse through using the scroll bar on the right. Your Menus will appear listed in alphabetical order separate from the list of the Williams-Sonoma Menus. When you see the Menu you want, select it from the list of names shown and then click **OK** to view that Menu.

Opening Williams-Sonoma Menus

In a Menu Planner, you can access the 50 recommended Williams-Sonoma Menus, compiled by the founder of Williams-Sonoma, Chuck Williams. You can identify the Williams-Sonoma menus by the prefix "WS". Click **File** and choose **Open...** and select from the list of Menu names that appears.

When you are viewing a Williams-Sonoma Menu, a Williams-Sonoma Watermark appears on the top right of the screen to indicate that the displayed Menu was compiled by Chuck Williams.

Going to a Recipe Card

In the Menu Planner, click once on any Recipe Preview to highlight it; double-click on it to go to its associated Recipe Card or click on **Go To Recipe**.

Attaching your own Notes to a Menu

Click on **Notes** to access a notepad into which you can type your own comments about a Menu. You may, for instance, wish to keep a record of when you created this Menu and which guests you entertained on that occasion. If your text disappears off the screen, use the scroll bar on the right to view it.

Once you have added notes to a Recipe Card, the **Notes** button displays a text-filled notepad to let you know that notes now exist. Your notes remain with that Menu until you decide to change them, even if you exit the program.

When you see a Williams-Sonoma Menu, you'll notice that the notepad is already "filled" for you. This is because the 50 Williams-Sonoma Menus are accompanied by Notes from Chuck Williams. Click on **Notes** to read why Chuck Williams decided to choose the combination of recipes that he recommends. You can then choose to keep Chuck's notes or overwrite them with your own words. If you decide to replace Chuck's notes with your own you will be prompted to save the Menu under a new name.

Printing a Menu

Use Print to get printed information to assist you in preparing a Menu. Click on **Print** to call up a screen from which you can choose to print out.

- 🖨️ recipe instructions for all the recipes in the entire Menu to use in your kitchen
- 🖨️ a Shopping List of all the ingredients required by all the recipes in the Menu to take with you to the store
- 🖨️ a Menu Card listing the recipe names in serving order to decorate your dining table when entertaining





If you decide to print recipe instructions, you can also choose to include your own Notes with the recipe by clicking on the **Include Notes** checkbox.

As with individual recipes, you have the option of organizing the list of ingredients in alphabetical order or grouped by store category, which sorts the ingredients by grocery categories (such as Produce, Baking Goods, Canned Goods, etc.). In the Menu Planner, you also have the additional option of organizing the list of ingredients by recipe name. This way you keep the recipes separate, which is helpful for eliminating a set of ingredients should you later decide to delete one or more courses from your Menu.

If you decide to print a decorative Menu Card, you will get a list of the recipe names in course order: Appetizer, Soup, Salad, Main Course, Side Dish, Dessert. If you choose six recipes of the same course you'll get a list of names in the order that you assembled them in the Menu Planner, reading left to right in each row, and then top to bottom down the three rows. You can use this Menu Card to adorn your dining table when you are entertaining or to send out to guests in advance. You can also choose to print the Menu notes by clicking on the **Include Notes** checkbox.

Getting Help from the Menu Planner

Click on **Help** on the top right of the screen to request further information about how to use the Menu Planner. Assistance is provided in the form of a fully annotated sample Menu Planner screen with captions about each of its features. Click **OK** to return to the Menu Planner.

Leaving the Menu Planner

Click on **Go To...** to access any other section of this program. From the Menu Planner, the list of possible destinations comprises Kitchen, Recipe Finder, A-Z Recipe Index, Favorite Recipes, Glossary, and Quit. You can also double-click on any Recipe Preview to go to its associated Recipe Card.

USING THE GLOSSARY

To go to the Glossary, click on the **Glossary** book when you first arrive in the Kitchen or choose **Glossary** from the **Go To...** menu that appears on every other screen.

The Glossary contains all the 650 cooking-related words or phrases that are mentioned in the Recipe Cards, categorized into Ingredients, Equipment, Techniques, and miscellaneous Culinary Terms (which includes diet and nutrition). If you are unfamiliar with any word, you can look it up either through the Information Lists in the Recipe Cards (see Getting Information about a Recipe, p.41) or directly from the Glossary.

Getting around the Glossary

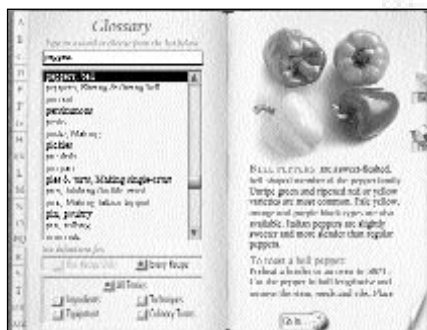
The Glossary is represented in the form of a reference book.

The left “page” lists all the entries featured in the Glossary in alphabetical order and contains the Filter Controls that enable you to browse through exclusive categories of Ingredients, Equipment, Techniques, and Culinary Terms. It also contains the A–Z Glossary Tabs that enable you to look up Glossary entries by specific letters of the alphabet.

The right “page” provides an explanation of specific terms using words, pictures, and, in some cases, video demonstrations.

In the Glossary you can:

- 🔍 access definitions of words or phrases
- 🔍 search for a word you want to look up
- 🔍 access information by category
- 🔍 view videos of cooking techniques
- 🔍 print information from a Glossary entry
- 🔍 get Help
- 🔍 go to any other section of the program





Accessing Definitions of Words or Phrases

If you access the Glossary from the Kitchen or the **Go To...** you'll see a complete alphabetical list of all the keywords used in the program. Select from this list of words to see a specific glossary definition. You can use the scroll bar to browse through the entries until you find the one you're interested in.

Some entries in the Glossary have more information that can be contained on a single page. For example, the entry on "dried pasta" runs to 6 pages because it contains many sub-entries on the different pasta shapes. A folded page corner is present at the bottom of any right-hand page where more information follows. Click once on this corner to access the next page in the entry; each subsequent click turns another page until you return to the first page.

These sub-entries are also included separately in the list of keywords. Clicking on the name of the sub-entry in the list takes you to the generic Glossary entry in which you can find the sub-entry's definition. For example, clicking on "farfalle" from the list of keywords takes you to the first page of the entry on "dried pasta", where you will see useful information about pastas in general. Click on the page corner, until you see the specific definition of "farfalle".

Click on any letter shown in the A-Z Glossary Tabs to look up only those entries or sub-entries that begin with that specific letter. Some phrases are indexed in more than one way, meaning that you can find them under more than one letter of the alphabet. For example, "cheesecake pan" can be found under **C** but also under **P** for "pan, cheesecake."

Searching for the Name of a Word

You can also type in the word or phrase you wish to look up in order to locate its definition. The type-in area is located at the top of the list of entries on the left page, where you see the blinking cursor. Typing in the first few letters of the word advances the list of entries below to the closest match.

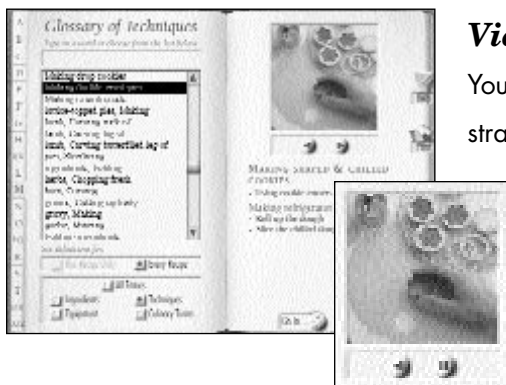
Accessing Information by Category

If you access the Glossary through a Recipe Card, the specific word you clicked on is explained on the right, and all the other keywords from that same Information List are automatically imported into the list of Glossary entries.

While you are still in the Glossary, you can also choose to look up definitions of these words or words found in the other Information Lists from the same recipe. Click on the checkboxes alongside the lower Filter Controls (for Ingredients, Equipment, Techniques, and Culinary Terms) to see the Glossary entries for that category. (The terms from the Nutrition Information Lists can be found under the Culinary Terms category.)

When you have finished, click on **Back To Recipe** to return to the Recipe Card.

Or if, at this stage, you want to continue your culinary education of other terms used elsewhere in WILLIAMS-SONOMA GUIDE TO GOOD COOKING, click on the **Every Recipe** checkbox, which expands the list of glossary entries to display the entries for all recipes. You can also choose to browse these lists either by separate categories of entry or, by choosing **All Entries**, by all categories of entry.



Viewing Videos

You can view videos of key cooking demonstrations by clicking on any word or phrase in the Techniques Information List in a Recipe Card or by clicking the **Techniques** checkbox.

Video Controls appear underneath the first frame of the video. Click the

Play button once (on the right) to start the video; click it again to pause the action. Clicking on the **Rewind** button (on the left) returns you to the start of the video.



Printing Glossary Text

Click on **Print** to print out the words from all the pages of any active Glossary entry. In the case of the video techniques, an expanded text version of the narration that accompanies the video is printed out for you to refer to in your kitchen.

Getting Help from the Glossary

Click on **Help** to request further information about how to use the Glossary. Assistance is provided in the form of a fully annotated sample Glossary screen with captions about each of its features. Click **OK** to return to the Glossary.

Leaving the Glossary

Click on **Go To...** to access any other section of this program. From the Glossary, the list of possible destinations comprises Kitchen, Recipe Finder, A-Z Recipe Index, Favorite Recipes, Menu Planner, and Quit.



PRINTING

If you wish, you can print out all the important information contained in WILLIAMS-SONOMA GUIDE TO GOOD COOKING.

You can print from three sections of WILLIAMS-SONOMA GUIDE TO GOOD COOKING: the Recipe Card, the Menu Planner, and the Glossary. To print, click on **Print** on the right side of the screen and choose from a number of options by clicking on the appropriate radio buttons and checkboxes. Click **OK** after you have made your choice.

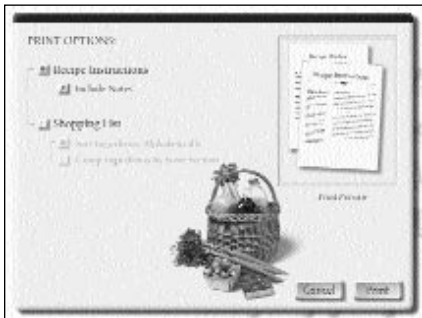
From Print, you can:

- print information about a Recipe
- print information about a Menu
- print information about a Glossary entry

Printing a Recipe

If you want to make a recipe, you can choose to print:

- Recipe Instructions to use in the kitchen
- a Shopping List of ingredients to take with you to the store



If you want to print recipe instructions, you can choose to include your own notes with the recipe by clicking on the **Include Notes** checkbox.

If you want a Shopping List, you have the option of organizing the list of ingredients in alphabetical order or grouped by store section, which sorts the ingredients by grocery categories to save you time in the store.

(See A Note about the Shopping List, p.64.)



You'll notice that the recipe name follows the ingredients quantity in parentheses. This lets you cross out the ingredients associated with a specific recipe should you later decide that you no longer want to make it part of your Menu.

Grouping Ingredients by Store Section

To save you time in the store you can choose to group ingredients associated with a single recipe or a Menu by the areas of the supermarket or grocery store where you can find them. The store sections comprise:

- ☛ Dairy, Refrigerated & Frozen Foods
- ☛ Meats, Poultry & Seafood
- ☛ Produce
- ☛ Baking Goods & Staples
- ☛ Oils, Condiments & Spices
- ☛ Canned Goods, Juices & Preserves
- ☛ Specialty Items (which includes wines and liquors)

As with sorting recipes alphabetically, similar items are grouped together and the name of the recipe follows each ingredient.

Group Ingredients by Recipe

If you want to keep the ingredients required by each recipe in a Menu separate on your Shopping List, you can choose to group ingredients by recipe. An alphabetical list of ingredients and their quantities follows the name of each recipe in the Menu.





Handling Basic Recipes in a Shopping List

If you are printing a recipe that is dependent upon a Basic recipe, the ingredients for the Basic are included in the Shopping List for the regular recipe according to the appropriate serving size. (For an explanation of Basic recipes, see A Note about Basic Recipes, p.35.)

There are some rare cases when the Ingredients List of a Recipe Card includes a choice. If one or more of the following circumstances applies, all the ingredients related to the options for that recipe are included on the Shopping List so that you can make the choice when you are in the store:

☛ Two or more Basic recipes

Some recipes call upon a Basic recipe that has variations from which you can choose. For example, the recipe for *Chicken Tostadas* lists a choice between *Salsa Fresca* or *Red Molcajete Salsa*. In this case, ingredients for both the Basics would print with the instruction "Required Basic Recipe for Chicken Tostadas. Choose one of the following:"

☛ A homemade Basic recipe and its purchased equivalent

Some Basic recipes can be substituted with purchased equivalents. For example, you may wish to save yourself the time and trouble of making corn tortillas and some sauces by purchasing them from the grocery store instead. In these cases, text is included on the Shopping List requesting that you "Choose one of the following" together with the name of the Basic recipe and the words "or purchased".

☛ Including the Basic recipe or leaving it out altogether

Some Basic recipes are offered only as a suggested additional accompaniment to another recipe. In these cases the regular recipe would be satisfactory without the inclusion of the Basic and it is up to you whether you want to make the Basic or

not. For example, the recipe for *Baked Fresh Figs in Port* suggests the Basic recipe *Whipped Cream* as an optional extra. If you are counting calories you may not want to use the cream when you make the recipe. In this case, text prints above the ingredients for *Whipped Cream* advising that the ingredients are “Optional Basic Recipe for Baked Fresh Figs in Port”.





Printing a Menu

If you want to make an entire Menu's worth of recipes, you can choose to print:

- ☑ Recipe Instructions for all the recipes in the Menu
- ☑ a Shopping List of all the ingredients required by all the recipes in the Menu
- ☑ a decorative Menu Card listing the recipe names



If you decide to print recipe instructions, you can also choose to include your own or Chuck Williams' notes with the Menu by clicking on the **Include Notes** checkbox.

If you decide to print a decorative Menu, you will get a list of the recipe names in course order:

Appetizer, Soup, Salad, Main Course, Side Dish, Dessert. If you choose six recipes of the same course you'll get a list of names in the order that you assembled them in the Menu Planner, reading left to right in each row and top to bottom down the three rows. You can use this Menu Card to adorn your dining table when you are entertaining or to circulate to guests in advance. You can also choose to print the Menu notes by clicking on the **Include Notes** checkbox.

As with individual recipes, you have the option of organizing the list of ingredients in alphabetical order or grouped by store section, which sorts the ingredients by grocery categories. In the Menu Planner, you have the additional option of organizing the list of ingredients by recipe name as well. This way you keep the recipes separate, which is helpful for eliminating a set of ingredients should you later decide to delete one or more courses from your Menu.

Printing a Glossary Entry

If you want to refer to information from a Glossary definition, click on **Print** to print out the text information relating to the active Glossary entry. (Photographs and illustrations do not print.) In the case of the video techniques, an expanded version of the narration that accompanies the video is printed out for you to use in your kitchen.



GETTING HELP



You can use this User's Guide for help, or you can also get help from within the program. Click on **Help** on the top right of any screen to access further information about how to use the WILLIAMS-SONOMA GUIDE TO GOOD COOKING. Assistance is provided in the form of sample screens that are annotated with captions about each section of the program's active features.

From Help, you can:

- get information about each feature of a screen
- take a Help tour of the whole screen
- get Help about any section of the program
- read the Credits

Getting Information about each Screen Feature

Click on any of the round, numbered buttons to see information about each of the active features of the section you were in last. Each round button brings up a text explanation of how the feature to which it points works.

When you have finished, click **OK** to return you to your current screen.

Taking a Help Tour

You can also take a Help tour of a whole section of WILLIAMS-SONOMA GUIDE TO GOOD COOKING by clicking on the forward (right) arrow beneath the text box, which accesses information about each feature in sequence. Clicking on the backward (left) arrow takes you through each feature in reverse order.



Getting Help about other Sections of the Program

Wherever you are in the WILLIAMS-SONOMA GUIDE TO GOOD COOKING, you can get Help about any other section of the program. Click on **Help About...** to see a list of all the options (Kitchen, Recipe Finder, A–Z Recipe Index, Favorite Recipes, Recipe Card (Image), Recipe Card (Text), Menu Planner, and Glossary) and select one of them to get information about that section of the program.

Reading the Credits

You can also see who contributed to the production of WILLIAMS-SONOMA GUIDE TO GOOD COOKING by clicking on **Credits**. When you have finished, click **OK** to return to the Help screen.



Troubleshooting

FREQUENTLY ASKED QUESTIONS

Q: I am a vegetarian: Can I make sure I never find recipes that contain animals in my searches?

A: Yes. Go to the Recipe Finder. Open up the Dietary Preferences and simply click the Vegetarian Recipes Only checkbox. This eliminates all meat, poultry, and seafood dishes from future searches.

Q: I found a great recipe last time I used the program, but now can't remember its full name. How do I find it again?

A: With 1,000 recipes in this program, it's certainly difficult to keep track of each one. In cases like this, try to remember what it was that you liked about the recipe and then use the Recipe Finder to narrow your search to possible candidates. For example, if you remember a recipe because it included figs, make an Ingredients search for "figs" or if you liked it because it was spicy, search for a spicy Course type. Also, consider using the A-Z Recipe Index to search for any keywords that you do recall from the recipe name. If, for example, the name ended in "...Pie", type the word "Pie" in the Recipe Index and browse through the available options until you find the one you are after. In the future you can keep track of recipes by adding them to your list of Favorites.

Q: I like one of the Williams-Sonoma Menus, but want to substitute the soup that Chuck Williams recommends with one of my own choosing. How do I do that?

A: In the Menu Planner click **File** and then choose **Open...** and select the name of the Williams-Sonoma Menu you want to modify. Click **OK**. Select the soup or any other course that you want to change by clicking on it. It will be highlighted in red to show that it has been selected. Click **Clear** and choose **Clear Recipe** to remove that recipe from the Menu. Then, click **Go To...** to access the Recipe Finder and locate the soup you want to serve instead by using the search options there. Go to the Recipe Card (see Using the Recipe Cards, p.33). Next, click **Add To Menu** to bring that recipe into the current Menu. Using **Go To...** again, return to the Menu Planner where you will now see your recipe. Click **Save As...** under the **File** menu to re-name the new Menu with your choice of name. (In deciding upon



your new choice of name you may want to reflect some part of the name of the Menu on which your new Menu was based. For example, "Columbus Day Dinner" could become "Columbus Day with Crab Bisque".)

Q: Where can I see all the videos of cooking techniques?

A: Click Glossary from the Kitchen or click **Go To...** and then choose **Glossary**. When you are in the Glossary, click the checkbox alongside **Techniques** and make sure the checkbox by **Every Recipe** is checked. This brings up a complete list of all the Glossary entries that include a video of a culinary technique called for in the Recipe Cards.

Q: Last time I used the program, I was sure that there was a Williams-Sonoma Menu accompanying a certain recipe. Now when I go to that recipe I can no longer find the Williams-Sonoma Menu ribbon. Where did it go and how do I get it back?

A: All of the Williams-Sonoma Menus are specific to a certain serving size. You need to make sure that the serving size for the recipe matches that found in the name given to the Williams-Sonoma Menu. Go back to the Recipe Card that you think had an associated Williams-Sonoma Menu and use the Servings Adjuster (see Changing a Recipe's Serving Size, p.45) to change its serving size until the Williams-Sonoma Menu ribbon re-appears.

Q: Some of the recipes have yellow backgrounds, while others are on plain white backgrounds. Why? Is there a difference between these recipes that I should know about?

A: Yes. The "white" recipes are known as Basic recipes and there are 137 of them in the program. Basics are components of, or optional accompaniments to, regular recipes (the "yellow" ones), and include simple recipes for stocks, pastries, doughs, sauces, dressings, oils, marinades, toppings, and glazes. Basics function just like regular recipes except that, as you are most unlikely to want to eat any of these dishes (like *Chicken Stock* or *Chili Oil*) on their own, you cannot add a Basic independently to a Menu. (However, if you decide to add to a Menu a regular recipe that uses a Basic, the information about that Basic is automatically included to the Menu.) For more information about Basics, see A Note about Basic Recipes, p.35.



Q: Under an Ingredients search in the Recipe Finder, I selected “whole chicken” and found a total of 111 recipes. But many of these recipes, such as Baked Acorn Squash with Chutney and Baked Adzuki Beans with Eggplant, don’t appear to contain chicken at all. How come?

A: All of the recipes you found do require whole chicken in one form or another. If it is not immediately apparent how, it is likely to be because some recipes use the Basic recipe *Chicken Stock* in their preparation or at least suggest it as an option. If you look at the *Chicken Stock* Recipe Card, you’ll see that it lists “whole chicken” in its Ingredients List. Therefore any recipe that uses *Chicken Stock* also uses the “whole chicken” and will be found through a search on that ingredient.



GETTING TECHNICAL SUPPORT

If you still need assistance, you can contact Brøderbund Technical Support by using the options listed below. It is helpful if you can:

- ☺ tell us your computer make and model, including what system version, how much RAM (memory) is available, and the brand names of both the video card and sound card you are using
- ☺ have the computer positioned near your phone and turned on
- ☺ have the WILLIAMS-SONOMA GUIDE TO GOOD COOKING CD-ROM and this User's Guide on hand
- ☺ have writing materials available for your notes

You can contact us in any of the following ways:

- ☺ Phone — Call us at (415) 382-4700 from Monday through Thursday between the hours of 6 a.m. and 4.30 p.m., and Friday from 6 a.m. to 3.45 p.m., Pacific Time.
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- ☺ Mail — Send your questions to Brøderbund Technical Correspondence, P.O. Box 6125, Novato, CA 94948-6125.
- ☺ Internet — Contact our World Wide Web site at <http://www.broderbund.com>



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Warranty

If you are not completely satisfied with your purchase, return the product to the place where you purchased it, along with the original sales receipt and the reason for return.

If you believe you have found any such error or defect in the program, contact Broderbund's Technical Support online at <http://www.broderbund.com>, or call Brøderbund's Technical Support Department at (415) 382-4700 between the hours of 6 a.m. and 4:30 p.m. Monday through Thursday, and Friday from 6 a.m. to 3:45 p.m., Pacific Time. Brøderbund Technical personnel will attempt to help you correct or avoid the problem. If any such error or defect cannot be corrected or reasonably avoided, Brøderbund will inform you how to obtain a corrected program disc.

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