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[Association of Shareware Professionals](#)

Adding Recipes

You may add your own recipes to the built in cookbook to build a more complete selection.

To Add a Recipe:

1. Select **New Recipe** from the **Recipe** menu or press **Ctrl+N**.
2. Fill in all of the appropriate blanks for the recipe you are creating. See [Edit Recipe Dialog](#) for details on specific options.

Note: You must fill in the "Name" selection.

3. Click **OK** to save the recipe to the cookbook.

Editing Recipes

You may edit any recipe included with Win Gourmet, or recipes you have added to the cookbook to correct errors, or modify to your personal taste.

To Edit a Recipe:

1. Select the recipe you would like to edit using the **Find Recipe** option.
2. Select **Edit Recipe** from the **Recipe** menu or press **Ctrl+E**.
3. Make any changes necessary to the recipe on your screen. See [Edit Recipe Dialog](#) for details on specific options.
4. Click **OK** to save your changed, **CANCEL** to return to the original settings for this recipe.

Deleting Recipes

Should you decide that a recipe is not to your liking, or is a similar to another recipe in your cookbook, you may delete it from the cookbook.

To Delete a Recipe:

1. Select the recipe you would like to edit using the **Find Recipe**(**Ctrl+F**) option on the **Recipe** menu.
2. Select **Delete Recipe** from the **Recipe** menu or press **Ctrl+D**.
3. Click **YES** to delete the recipe, **NO** to return to the main screen without deleting recipe.

Finding Recipes

You may list individual recipes according to what category of recipe they belong to or you may list all recipes in the cookbook in alphabetical order.

To Find a Recipe:

1. Select **Find Recipe** from the **Recipe** menu or press **Ctrl+F**.
2. Click on the type of recipe you would like to display, or click on **All** to obtain a listing of all recipes.
3. You will be presented with a list of all recipes in the cookbook that fall under the category you have specified. Click on the recipe on the list which you would like to display.
4. Click **OK** to display the selected recipe.

If you already have a recipe displayed on the screen, you can quickly "flip" through the rest of the recipes in alphabetical order by pressing your right and left arrow keys.

Hint: You may also double-click on any recipe to select it without having to click **OK**.

Importing Recipes

Win Gourmet can read recipes that have been exported from Win Gourmet 1.2 or Meal Master 8.00 and above. Recipes from Win Gourmet should import with no alteration and appear exactly as they would have on the computer that they were exported from. Because of differences in the way that Meal Master stores information, there may be some minor changes in the recipes imported from a Meal Master file.

To Import Recipes:

1. Select **Import** from the **File** menu, or press **Ctrl+I**.
2. Click on **Browse** and select the file you wish to import from, then click **OK**.
3. Choose the option under **Import** for the recipes that you wish to import. **All** will import all available recipes. **Range** allows you to import a specific range of recipes. (For instance 1 to 25 would import the first 25 recipes). **Select** allows you to select the recipes you wish to import from the **Available Recipes** box

Exporting Recipes

Win Gourmet has the ability to export recipes into a Win Gourmet ASCII or Meal Master format. You can export the currently selected recipe, all recipes in the cookbook, or just the recipes currently selected in your meal.

To Export Recipes:

1. Select **Export** from the **File** menu, or press **Ctrl+E**.
2. Click **Standard ASCII** or **Meal Master** to determine what format you wish to export to.
3. Choose which recipes you wish to export (**Current Recipe**, **Recipes in Meal**, or **All Recipes**.)
4. Click **OK** and enter a name for the export file.

Getting Help

If you are have problems or questions using Win Gourmet and the manual and online help do not seem to be any help, please contact us and we'll see what we can do for you. Below is a listing of ways we may be contacted. We will respond to every inquiry received within 48 hours.



Phone/FAX:

(918) 241-2301



Mail:

All mail inquiries will be answered by through the US Mail. Send all mail to:

SMI Corporation
PO Box 582221
Tulsa, OK 74158



Online Services:

CompuServe: 72644,2335
Internet: rluhman@bix.com

Registration



Win Gourmet is shareware, it is not free. Please use and evaluate this program for a month to determine if it will be useful for you. If it is and you wish to continue using the program, you must register.

Registration provides you with the following benefits:

- Peace of mind for being an honest person
- A copy of the current registered version of Win Gourmet 1.x
- Printed, bound documentation
- Even more recipes than the shareware version.
- Notices of upgrades and discount pricing

To register, simply fill out the order form and mail it, with your check or money order, to the address at the bottom. To print out the order form, click on **Order Form** below, then select Print from the help File menu.

CompuServe Users:

You can now register Win Gourmet through CompuServes Shareware Registration system. (GO SWREG use #10049 when prompted.)

CREDIT CARD ORDERS ONLY -

You can order with MC, or Visa by calling 918-241-2301 or by FAX to 918-241-2301 or by CIS Email to 72644,2335. You can also mail credit card orders to SMI Corporation at PO Box 582221, Tulsa, OK 74158.

[Order Form](#)

Order Form



Product: Win Gourmet 1.2

Quantity: _____ x \$20.00 = _____ TOTAL

Shipping and Handling: \$3.50

Overseas S&H, add: \$5.00

Oklahoma res. Add 8% tax:

Grand Total: .

Typical Totals - US: \$23.50, Canada: \$23.50, Overseas: \$28.50
(single copy)

Disk Type: () 3.5" 1.44mb () 5.25" 1.2mb

Name:

Address:

-

-

Where did you hear about Win Gourmet?

-

VISA [] MasterCard []

Card Number:

Exp. Date:

Signature:

Please mail this form and check or money order (US Funds Only) to the following address:

SMI Corporation
PO Box 582221
Tulsa, OK 74158

(see [Registration](#) for more information on credit card ordering)

What is a Meal?

A meal, as far as Win Gourmet is concerned, is a collection of recipes. These recipes may be marked to include in the meal by selecting the "include in meal" check box at the bottom of the Edit Recipe dialog box, or by selecting Add from the Meal Recipes dialog box.

When a recipe is included in a meal, its ingredient portions are adjusted to account for the number of servings you have specified for the meal. Also, using the Meal Shopping List feature, you may create a quick grocery list including items from all of the selected recipes, also reflecting the number of servings you have selected for the meal.

A meal only stays in effect until you exit Win Gourmet. If you exit the program before you have printed your shopping list and recipes etc. you will have to recreate your meal upon re-entering the program.

Setting Servings

By setting the servings for a meal, you instruct Window Gourmet to adjust the size of the selected recipes for the number of people you wish to serve.

To change the number of servings, or reset the servings to the defaults for each individual recipe, you must select **Servings** from the **Meal** menu. See [Servings Dialog](#) for details.

Creating a Meal

To create a meal, you must first select the number of servings you wish to prepare the meal for. This value is entered by selecting the **Servings** option from the **Meal** menu.

After your servings are established, select **Recipes** from the **Meal** menu. See [Meal Recipes Dialog](#) for details.

Shopping List

Once you have selected the Servings and created your Meal, you may generate a shopping list of the quantities of ingredients to be included in your meal. You may also add extra items to the list that you may wish to include with the meal (wine, cheese, etc.) or you may delete items from the shopping list that you may not need to get from the store (e.g. 2 cups warm water.)

To create a shopping list, select **Shopping List** from the **Meal** menu. See [Shopping List Dialog](#) for details.

Preferences Dialog



The preferences dialog box is used to set defaults for various values in Win Gourmet.

Default Category

The recipe category that will be automatically selected when you create a new recipe.

Default Servings

The number of servings that will be selected when you create a new recipe. It also defines the number of servings to calculate recipes for when creating a meal.

Save Bookmark on Exit

If this option is selected, whatever recipe is being displayed when you exit will again be displayed when Win Gourmet restarts. Turning this option off will cause Win Gourmet to display the message No Recipe Selected until you select a recipe.

Edit Recipe Dialog



The Edit Recipe dialog box allows you to enter information to create a new recipe or change the information in an existing recipe. Below are listed the various controls in this dialog box and their functions.

Name

In this box, you may enter the name of your recipe. This **must** be entered in order to save a recipe.

Source

Here, you enter where the recipe originated. (e.g. "Aunt Sue" or "Company Picnic")

Category

Just as it says, the "group" of foods to which this recipe belongs. You can obtain a complete list by clicking your mouse on the box. To set a default category for all new recipes, select **Preferences** from the **File** menu.

Servings

Into this box you may enter the number of people that this recipe serves. This number will be used to calculate the quantity of each ingredient when you select a different number of servings from the **Meal** menu.

Ingredients

This is a listing of all of the ingredients currently in this recipe.

Add

This button adds an ingredient to this recipe to the end of your ingredient list.

Edit

This button allows you to edit the currently highlighted ingredient. You can also edit an ingredient by double-clicking on it in the Ingredients list.

Delete

This button will delete the currently highlighted ingredient.

Instructions

This box is for entering the directions to complete the recipe.

Include in Meal

If you check this box, the current recipe will be included in your meal. Recipes that are included in a meal will have their ingredients listed in the shopping list. The ingredients will also be adjusted for the number of servings selected for the meal.

Find Recipe Dialog



The Find Recipe dialog box allows you to select a recipe from the list of available recipes by category in an easily navigated alphabetical listing.

The **Categories** box at the top of this dialog box contains a listing of all of the available recipe types. To list the recipes of a specific category, click your mouse in the radio button to the left of that category. To obtain a listing of all recipes, select the radio button next to **All**. To select a specific recipe to display or edit, click once on that recipe, then **OK**. You may also double-click on a recipe to quickly select it.

Servings Dialog



The Servings dialog box lets you specify the number of people which you will be serving. Win Gourmet then calculates to proper portions of ingredients to use for each recipe in the meal.

By default, the meal will be based on the number of recipes selected for each individual recipe with no alterations made to the quantities of the ingredients. If you uncheck the box entitled "Use Individual Recipe Servings" then each recipe's ingredients will be calculated to reflect the quantity necessary to match the servings listed in this dialog box.

Meal Recipes Dialog



The Meal Recipes dialog box allows you to select the recipes to include in your meal.

Add

This button brings up the Find Recipe dialog box so you can select a recipe to be included in your meal.

View

Clicking on this button will display the highlighted recipe on the screen. The recipe will not reflect any quantity changes to match the number of servings selected for the meal.

Delete

Removes the highlighted recipe from the meal. This does not delete it from your cookbook.

Shopping List Dialog



The Shopping List dialog box will generate a listing of ingredients based upon the recipes you and number of servings you have selected for your meal. You may also add, edit, and delete items from the shopping list as you desire.

Add

This option allows you to add a new item to the current shopping list.

Edit

This option will let you edit the currently selected item in the shopping list. You may also edit an item by double-clicking on it.

Delete

This option will remove an item from the shopping list. This will not delete the item from your recipe.

Print

Clicking on this button will print the current shopping list.

Restore

Clears the shopping list and regenerates it from the recipes selected in your meal. It is a good idea to restore the list whenever you make changes to your meal.

Clear

Clears all items from the shopping list. The shopping list will be regenerated the next time you select it from the Meal menu.

Import Recipes Dialog



The Import Recipes dialog box allows you to import recipes from Win Gourmet version 1.2 or Meal-Master version 8.00 and above.

Browse

This button allows you to select the file containing the recipes you would like to import.

Import

The radio buttons in this group let you choose which recipes to import. You can select all of the recipes, a specific range of recipes, or any number of recipes that you wish to select from the list on the bottom of this dialog.

Export Recipes Dialog



The Export Recipes dialog box allows you to export recipes from Win Gourmet into a Win Gourmet 1.2 or Meal-Master 8.00 export file.

Format

These radio buttons determine what format your recipes will be saved in. Select **Meal Master** to save to a Meal Master 8.00 file format. Select **Standard ASCII** to save into a more human-readable format to upload to computer bulletin board systems or give to other Win Gourmet users.

Export

The radio buttons in this group allow you to select which recipes to export. **Current Recipe** will export the current recipe. **Recipes in Meal** will save the recipes that are currently selected for your meal. **All** will save all recipes in your cookbook.

Whats New in Win Gourmet 1.2



Import/Export Capability

Win Gourmet can now export to text files in either Win Gourmet or Meal-Master 8.0x format. Win Gourmet can also import these files allowing you to easily exchange recipes with other users of Win Gourmet as well as other recipe programs.

Headings

There is now an option, when editing an ingredient, to designate it as a Heading. These are lines in the ingredient list that will display without a quantity or unit of measure, and are not included in the shopping list. They also display against the left margin to clearly highlight logical groupings of ingredients such as Crust and Filling for a recipe for pie.

Bookmark

If you select Save Bookmark on Exit under File|Preferences, Win Gourmet will save your current recipe on exit so the next time you start Win Gourmet, you're looking at the same recipe.

Shopping Lists

Your shopping list is now saved when you exit so you do not need to reelect the recipes for your meal every time you start Win Gourmet. Also, as you add recipes to your meal, the ingredients are automatically appended to your shopping list.

Meals

In conjunction with your shopping list, Win Gourmet now saves the recipes in your meal, as well as the current number of servings. When you start Win Gourmet, the meal recipes and servings will be the same as when you exited. To make the option of resetting your meal easy, an additional button has been added to the Meal|Recipes screen to clear your recipes and start anew.

More Recipes

Win Gourmet now comes with over 60 built-in recipes, up from the 20 or so that the original version contained. Also, there were many spelling errors in the first batch of recipes that went out, this version's collection has been run through a more thorough spell check.

Memory

For those with limited system resources, the method of storing recipes in RAM has been optimized to take only about **1/3 as much memory** as previous versions. In other words, what may have only been enough room for 100 recipes before can now fit 300.

Shopping List Bug

The last version contained a nasty little bug could cause general protection faults when creating a shopping list. This bug has been squashed.

Help File

The Help File (you're looking at it) has been updated with information on all new features. It has also been dressed up a little bit for a more attractive display.

Ombudsman's Statement

This program is produced by a member of the Association of Shareware Professionals (ASP). ASP wants to make sure that the shareware principle works for you. If you are unable to resolve a shareware-related problem with an ASP member by contacting the member directly, ASP may be able to help. The ASP Ombudsman can help you resolve a dispute or problem with an ASP member, but does not provide technical support for members' products.

Please write to the ASP Ombudsman at 545 Grover Road, Muskegon, MI 49442-9427 USA, FAX 616-788-2765 or send a CompuServe message via CompuServe Mail to ASP Ombudsman 70007,3536.

