An integral part of almost any recipe is its Ingredient List. Mangia! 's Ingredient Lists allow you to:

• specify that several ingredients are alternatives; that is, they can be freely substituted for one another;

• group ingredients under a common heading for different components of the recipe, for example, in a pie recipe you could have separate groupings for the pie crust and filling;

• mark any ingredient as a Main Ingredient or as Optional (information that is used in Finding Recipes).

The Ingredient List of a recipe is edited in its own window; in that window, you specify each ingredient individually, using text boxes for its Amount, Ingredient, Prep for Measuring, and Remarks & Other Prep. After adding   a series of ingredients to the list, you can select them, click and drag them around in the list, delete them, mark them, and group them.

For more information on editing Ingredient Lists, see the Editing Help topic.