Any time you input Terms like the names of ingredients, Nationalities, or Courses (that is, any time you see a Dictionary Button next to a text box), you might find that the Dictionary doesn't contain the Term you have in mind. Rather than force you to "shoehorn" your concept into an existing Term, Mangia! lets you add new Terms if you need to. Just select the last item on the Dictionary pop-up menu, New <something>. You'll get a dialog which will allow you to type in a new Term and will ask that you provide other information about the Term (about which see Editing the Dictionary).

If the kind of Term you are adding is Categorized (as are ingredients, Courses, and Nationalities), and you pick the New option, the new Term you create will be in the same Category as the other Terms on that menu.

Once a Term exists, you can edit it (change its spelling, its Categorization, etc.) using the Edit Dictionary... submenu on the Edit Menu. This process is described in the Editing the Dictionary help topic.