The Recipes menu is active whenever there is a list of recipes in the front window. Its commands are:

- New Recipe: Creates a new recipe. If a Recipe File window is in front, the recipe will be filed there; otherwise Mangia! will ask you to specify a destination file. You provide a title for the recipe, then you can add as much or as little information to the recipe as you like (as discussed in the Editing Recipes Help topic). The New Recipe button has the same effect as this menu item.
- Delete Recipe: Removes a recipe completely. Normally you'll want to think twice before deleting a recipe (and Mangia! will give you an opportunity to change your mind) because any Recipe Links to that recipe will forever after become invalid.
- Import Recipe: Converts a Recipe Link into a complete recipe by copying it into the file associated with a Recipe File window.
- Locate Recipe: Follows a Recipe Link back to the recipe file where it is actually stored.

  Mangia! will open up a Recipe File window for the relevant file and highlight the recipe in its list.
- Show Recipe Card, Show Recipe Scaled...: Show Recipe Card opens a Recipe Card window on the selected recipe. You can also always open a recipe by double-clicking its title, or selecting it then either clicking on View Recipe or simply hitting Return. Show Recipe Scaled... will show the recipe scaled to your specifications, after first asking you how to scale it
- Add to Recipe Clipboard, Add to Shopping List: Sends any selected recipes to the appropriate place. You can see the results by opening the Recipe Clipboard or the Shopping List Window, respectively.
- Link Recipes: Makes all the selected recipes list each other as compatible.
- Sort by...: Orders the recipes in the recipe list appropriately. Sort by Source orders them by page number within publication.
- Show Recipe Sources: Shows the sources of any recipes which are credited to a publication and/or author.