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COMPUTER CHEF Version 1.0

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as told to

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COMPUTER CHEF: An Introduction

How much do I increase these ingredients to make this recipe for 9 people instead of the 4 it says?

What can I whip up at the last minute on those days I forget to defrost something before I leave for the office?

What shall I take to the scout potluck next week?

What can I make with this leftover ham?

Where is that terrific dessert recipe Aunt Sally gave me last summer?

How many of these cookies can I make with only half a cube of butter in the house?

What am I going to do with all these tomatoes and squash from the garden, especially since the kids refuse to touch either, and the neighbors all have tons of their own?

There's a simple answer to all these questions: **COMPUTER CHEF**. This versatile program will search through your recipe collection to find just the one you need. It will find all your potluck recipes, or all the main dish recipes that can be made up quickly or way ahead of time. It will list all the recipes that kids like using tomatoes or squash. It will calculate the amount of each ingredient needed to increase or decrease the number of servings the recipe makes. Or, given a specific amount of one ingredient (such as 1/4 cup butter instead of the 2/3 cup the recipe calls for), it will calculate the correct amounts for the remaining ingredients and adjust the amount the recipe will serve.

In fact, about the only thing it won't do is the dishes.

COMPUTER CHEF comes with over 65 family-tested recipes and an innovative way to use them. Once you add your own family favorites you'll never again have to wonder where a recipe is. **COMPUTER CHEF** will search through all the recipes (even on several disks) for a specific title, ingredient or keyword (see Appendix C). You may add additional keywords to these recipes and to your own recipes. Once **CHEF** has compiled a list of recipes that fit the search you requested, you have the option of

- 1) expanding the list by searching for another title, ingredient or keyword;
- 2) pruning the list by eliminating those recipes containing a particular title, ingredient, or keyword;

- 3) pruning the list by eliminating those recipes that do not contain a particular title, ingredient or keyword;
- 4) continuing the search on additional disks; or
- 5) viewing one of the listed recipes and scaling it or printing it or filing it or all three.

Using these search capabilities, for instance, you can tell the CHEF to find all the chocolate recipes (ingredient search) and cookie recipes (add to list with keyword search) that do not contain salt (prune from the list with ingredient search). You may then select a recipe from the list presented, and scale the recipe to the desired number of portions if necessary. If you have a printer, you can print out the tailored recipe, take it to the kitchen, and put it right on the countertop with the flour and pastry board. When you're finished, you just throw the printout away, so it doesn't matter if it gets spattered and dripped on.

The COMPUTER CHEF may also be used before you go shopping to help you plan menus for the week or take advantage of the advertised specials. And it's great for figuring out how to use those leftovers at the back of your refrigerator. If you've got half a pint of cottage cheese left after making lasagna and no one in the family eats cottage cheese, ask the CHEF to find you another recipe that uses it, scale the recipe to a half pint of cottage cheese, and you won't have to serve lasagna again within the week or feed the cottage cheese to the dog.

Or you might ask for a list of all the ethnic recipes or all the recipes that are great for entertaining because you want to serve something special for the dinner party next weekend. And for birthdays and special occasions there are recipes that include the keyword "gift".

The recipes supplied with COMPUTER CHEF were compiled by three working mothers who use them all the time to provide nutritious, delicious meals for their families without giving up their many activities to stay home all day and cook. Some of the recipes are Grandmother's, handed-down and jealously guarded until now. Some were collected during our travels and sojourns abroad. (There are those who would classify our current location as a foreign country and some of the recipes are definitely "Californian".) Others have been pried out of friends and family over the years.

We hope that you will add your own recipes to those we have provided. The recipe formats used by COMPUTER CHEF are very flexible and straightforward, and you may use any text editor such as PIE, ED, EDIT or WordStar. Complete instructions are given under "Entering Your Own Favorites" below.

2. HOW TO USE THIS MANUAL

The CHEF program is easy to use and essentially self-explanatory. At each step it asks what you want to do next and lists your choices. To show you how to enter your own recipes and to help you become familiar with COMPUTER CHEF terminology and use, however, we are providing this manual. It includes

1. COMPUTER CHEF: An Introduction
2. How To Use This Manual
3. How To Begin
4. Running the Program
5. Entering Your Own Favorites
6. More Recipes for Your COMPUTER CHEF
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8. Index

Section 3 explains how to get started the first time you run CHEF, and includes specific instructions for Osborne 1, Heath/Zenith, and standard CP/M systems.

Section 4 describes the way COMPUTER CHEF works. You might want to follow along on the computer as you are reading it, and try the examples as they are given.

Section 5 explains the format you need to use in entering your own recipes for COMPUTER CHEF to use.

The recipes supplied with CHEF are listed alphabetically in Appendix A and by category in Appendix B. Appendix C lists the keywords and abbreviations we used when entering our recipes. It also gives the abbreviations CHEF will recognize when converting such things as teaspoons to tablespoons during scaling.

Appendix D is for HDOS users with a single disk drive, and explains how you can use COMPUTER CHEF even though there is no room on the CHEF disk for the operating system.

If you have to come back to this manual to look something up, the index will help you find what you need without having to reread the whole document.

3. HOW TO BEGIN

Before you do anything else, place a write-protect label on your COMPUTER CHEF distribution disk and copy all the files from it onto another disk. Store your distribution disk in a safe place and use the copy you have made as your CHEF disk.

Your COMPUTER CHEF distribution disk should contain the following files:

For HDOS disks:

CHEF.ABS
CHEFOVER.LAY
CHEFUNIT.TBL
RECIPES.1
RECIPES.2
RECIPES.3
RECIPES.4

For CP/M disks:

CHEF.COM
CHEFUNIT.TBL
RECIPES.1
RECIPES.2
RECIPES.3
RECIPES.4

To use COMPUTER CHEF, you will have to insert the CHEF disk into one of your computer's disk drives and run the CHEF program. How you do this depends on what operating system you are using, and how many disk drives you have.

On HDOS systems: Mount the disk in one of the disk drives and run the CHEF program from it. For example, insert the disk in SY1: and type the commands "MOUNT SY1:" and "SY1:CHEF". (If you have a single drive system see Appendix D.)

On CP/M systems: Boot up your CP/M system disk, and get to the "A>" prompt. (On the Osborne 1, you may need to press the ESC key when the menu appears.) Insert the CHEF disk in another disk drive. Run the CHEF program from it. For example, insert the CHEF disk in drive B: and type the command "B:CHEF".

CAUTION: If CP/M gives the message, "BAD LOAD", your CP/M system is configured for less than the 48K needed to run CHEF. You must make a system disk configured for the memory size of your machine (48K or larger), using MOVCPM and SYSGEN according to instructions in your CP/M manual.

If you wish, you can make your CHEF disk into a bootable system disk, and eliminate the need for the CP/M system disk. On Heath/Zenith and most other systems, use SYSGEN to do this; see your CP/M manual for instructions. On the Osborne 1, use the SETUP program. Depending on which version of the software you have, SETUP gives slightly different messages, but the procedure is similar in all cases:

1. Put your CP/M disk in drive A, and the CHEF disk in drive B.
2. Boot up, run CP/M, and type the command SETUP.
3. When asked for the first (source) disk, type A.
4. When the menu of choices appears, type the letter "X" to exit from SETUP.
5. When asked what disk to change, or use as destination, type B.
6. When the red lights on the disk drives go out, your CHEF disk is a system disk. You can now boot from it in drive A, and type the "CHEF" command when the "A>" prompt appears.

When you have typed the CHEF command, press the RETURN key (which we will show as <RETURN>). The CHEF program will read in from the disk, and display the version number and copyright notice, followed by your initial list of options.

4. RUNNING THE PROGRAM: Selecting Your Options

Computer Chef 1.0 (1 May 82) (c) 1982 James J. Gillogly.

A: contains recipe files. This is disk 1.

B: contains recipe files. This is disk 2.

Select from these options:

- a. Search recipes for keyword
- b. Search recipes for ingredient
- c. Search recipes for title word
- d. Search another disk
- e. Exit from Computer Chef

Which option do you want? _

Now you simply type the letter which corresponds to the option you want, followed by a <RETURN>. If you type the letter "a", COMPUTER CHEF will ask

What keyword? _

(Appendix C contains a list of the keywords used in the accompanying recipes. You may add additional keywords to these recipes and to your own recipes.) If you type the letter "b" instead, COMPUTER CHEF will ask

Which ingredient? _

or if you type the letter "c",

What title word? _

Type the word you want the COMPUTER CHEF to search for. Since CHEF looks for a letter-by-letter match, you need only type as many letters as make that word unique. For instance, if you want all the main dishes, you need only type "main" when asked for the keyword to search for, or, if you want all the chocolate recipes, you might type "choc" when asked "Which ingredient?". However, this also means if you ask for an ingredient search for "egg", CHEF will find all recipes which call for an egg plus all recipes which use "eggplant", and, if you ask for "eggs", COMPUTER CHEF will NOT find the recipes that contain "egg" (without an "s"). Since CHEF does not differentiate between upper and lower case, "honey", "HONEY", and "Honey" will all match "Honey".

If you request a title search for the title word "Fudge", COMPUTER CHEF will find two recipes that match and will list them as

Try one of these recipes:

1. Fudge
2. Double Fudge Brownies

Or you may:

- a. Add more recipes to this list
- b. Prune this list down
- c. Search another disk
- d. Forget these and go back to the first option list
- e. Repeat the recipe list

Which option do you want? _

If you now type the number of one of the recipes, that recipe will be displayed on your terminal screen, followed by the prompt line

Hit a <RETURN> when you're ready to proceed.

You may then examine the displayed recipe to see if it is the one you want and type <RETURN> when you are finished. CHEF will then display a new list of options:

What shall I do with this recipe?

- a. Type it on the screen again
- b. Write it as a file or print it
- c. Revise it for different amounts
- d. Return to recipe titles list

Which option do you want? _

If you want to look at the recipe again, select item "a" and CHEF will display the recipe on the screen again, followed by this same options list.

If you want to have the recipe printed or stored in a file, select item "b". CHEF will then ask:

What filename (LST: to print)? _

or, under HDOS,

What filename (LP: to print)? _

To have the recipe printed on your printer, type "LST:" ("LP:" on HDOS). To store the recipe in a disk file, type the name of the file. If the file already exists, CHEF will add this recipe at the end; otherwise it will create a new file. After completion, CHEF will again return to this options list.

Scaling a Recipe.

If you want to increase or decrease the recipe, select item "c", "Revise it for different amounts". COMPUTER CHEF will then list all the ingredients for which a quantity is specified in the recipe. (Such things as "grated cheese, optional" and "salt and pepper to taste" will not be listed.) The last item on the list will be the quantity the recipe makes or serves if that is specified in the recipe (as it is in all of ours). COMPUTER CHEF will then ask

Change which amount? _

Give the number of the item to be scaled. CHEF will next ask

Change it from <quantity specified> to what? _

You now type the amount you want the ingredient or servings changed to. COMPUTER CHEF will calculate the percentage this is of the original recipe (to within 1%) and multiply all the ingredients on the list by that amount. It will then display the modified recipe on the screen and ask you

Now what?

- a. Type it (scaled) on the screen again
- b. Write this as a file or print it
- c. Return to previous options (e.g. to rescale)

Which option do you want?

You may save this modified version in a separate file, print it on your printer, have CHEF display it again on the screen, or have CHEF return you to the previous options list.

CAUTION: When a recipe is increased more than two times, the measurements for spices will be larger than necessary, since the need for spices does not increase proportionately with the other ingredients. It is a good idea in such cases to use HALF the given amount of a particular spice and then add more gradually to taste.

When you are finished with scaling and printing the recipe, select option "c" or simply type <RETURN>, either of which will return you to the previous options list, where you may type <RETURN> again to return to the recipe titles list.

Modifying the Recipe List.

The recipe titles list still looks like this:

Try one of these recipes:

1. Fudge
2. Double Fudge Brownies

Or you may:

- a. Add more recipes to this list
- b. Prune this list down
- c. Search another disk
- d. Forget these and go back to the first option list
- e. Repeat the recipe list

Which option do you want? _

If you want to begin a new list, or are finished with COMPUTER CHEF, select item "d". If you want to see the list again, type "e" or <RETURN> and CHEF will repeat the recipe titles list. If you enter a number or letter other than those given on the list, CHEF will ask

Please give me a letter from a to d or a recipe number.

If you want to add additional recipes to this list without deleting the ones you have, type the letter "a" followed by <RETURN>. CHEF will then ask

Which way shall we add to the list:

- a. Add entries with keyword
- b. Add entries with ingredient
- c. Add entries with title word
- d. No change

Which option do you want? _

When you select a, b, or c, CHEF will ask you to specify the word it is to search for in the titles, ingredients, or keywords (e.g. What keyword?). It will then return to the previous options list with additional recipe suggestions that match the search word.

If you choose not to add to the recipe list but to prune it down by selecting item "b", CHEF will ask

Which way shall we delete from the list:

- a. Delete entries with keyword
- b. Retain only entries matching keyword
- c. Delete entries with ingredient
- d. Retain only entries matching ingredient
- e. Delete entries with title word
- f. Retain only entries matching title word
- g. No change

Which option do you want? _

When you make your choice, CHEF will ask for the word it is to match on (e.g. Which ingredient?) and will give you the pruned list of recipes on the recipe titles list. If you choose, for instance, option "a" and specify "kids", CHEF will delete all recipes with "kids" in the keywords. If instead you choose option "b" and specify "kids", CHEF will save all the recipes with "kids" in the keyword and discard all those without it.

Resetting Disks.

You may ignore this section unless you have more recipe disks than you have disk drives.

Once you have completed a search of the recipes on your mounted disks, you may want to have CHEF continue searching on additional disks. To request this, select item "c" from the recipe titles list options:

Try one of these recipes:

1. Fudge
2. Double Fudge Brownies

Or you may:

- a. Add more recipes to this list
- b. Prune this list down
- c. Search another disk
- d. Forget these and go back to the first option list
- e. Repeat the recipe list

Which option do you want? c

The way you proceed now depends on the operating system you are using.

Under CP/M, CHEF will respond with

Which drive shall I use (e.g. B:)? _

You must now enter the name of the drive you want CHEF to use next. Type the letter name of the drive (e.g. "b") followed by a <RETURN>. Then, following the instructions CHEF gives, replace the disk in the named drive and type another <RETURN>.

On HDOS, CHEF will respond with

Which drive shall I use (e.g. SY1:)? _

You must now enter the name of the drive you want CHEF to use next. If that drive is not mounted, insert a recipe disk and then give the name of the drive. If the drive is already mounted, give the name of the drive; then wait for CHEF to dismount the current disk and ask you to replace it.

You may reset the disk containing the chef program (CHEF.ABS) without problems, but, in order to do any further

scaling of recipes, the file CHEFOVER.LAY must be on one of the currently mounted recipe disks or on SY0:.

If you want to reset sy0: and still be able to select the printing option, you must be sure your printer driver is loaded before removing the system disk. Since COMPUTER CHEF automatically loads the device driver "LP:" you only need to worry about this if you are using another printer device driver. If you rename your driver "LP:", CHEF will handle it automatically. Otherwise you must load the driver explicitly before running CHEF initially. For instance, if you are using a printer driver "CT:", you would need to type at the operating system level:

```
>load ct:
>chef
```

CAUTION: COMPUTER CHEF will run with all drivers supplied by Heath/Zenith, but may require more than 48K to run with some very large drivers supplied by independent vendors.

You may have noticed at the very beginning of the program, that CHEF listed the mounted drives that had disks with recipe files on them. At that time each recipe disk was given a number. When CHEF dismounts one of those disks it will repeat the CHEF disk number for you. Each new disk is assigned the next higher CHEF disk number when it is mounted. These numbers are assigned for the duration of the current CHEF search only. If you reset to a previous disk that does not have any recipes on the current recipe title list, it will be assigned a new CHEF disk number.

When you choose option "c" to "Search another disk" CHEF saves the list of recipe titles it is working with so that you may add additional recipes to the list from the new disks. The recipes on the list that are on dismounted disks are marked with an asterisk. These recipes will not be considered for pruning during ingredient or keyword searches. If you select one of them by number, CHEF will respond with

```
<Recipe title> is on disk <disk number>.
Use the "Search another disk" option to remount it.
```

and repeat the recipe title list with options.

If you choose to "Add more recipes to this list" or "Prune this list down" and have replaced some of your mounted recipe disks, CHEF will ask

```
Use only the most recently reset disk (<drive>, disk <#>)?
```

If you want the new disk searched for a keyword, ingredient or title that your other mounted recipe files have already been searched for, you will save time and duplication of effort by responding affirmatively with "yes" or "y". If you want CHEF to search all your mounted recipe files respond with "no" or "n".

Exiting the Program.

When you are finished with the current recipe titles or when your pruning eliminates all of them, CHEF will return you to the initial options list:

Select from these options:

- a. Search recipes for keyword
- b. Search recipes for ingredient
- c. Search recipes for title word
- d. Search another disk
- e. Exit from Computer Chef

Which option do you want? _

You may now begin a new search by selecting option a, b or c; reset any drive by selecting option d; or end the program with option e or <RETURN>.

5. ENTERING YOUR OWN FAVORITES

In addition to using the recipes provided with COMPUTER CHEF, you can add your own, using any text editor or word processor program to enter them onto a disk, following certain layout rules explained below.

When you start adding recipes, you may need more space than is available on a single disk, so you will use more than one disk when you run CHEF. Before presenting the layout rules, we will look at how to set up the new recipe files and how to run CHEF with more than one recipe disk.

New Recipe Files and Disks.

Recipes may be entered using any standard editor such as PIE, EDIT or ED. A word processor (such as WordStar on the Osborne 1) should be used in non-document mode only since document mode inserts formatting information which may confuse COMPUTER CHEF.

Recipes are entered onto text files, which may contain as many recipes as the editor and disk have room for. Smaller files may be easier to edit, however.

Since the COMPUTER CHEF disk is already full with recipes, you will need to put your recipes on another disk. You can have as many recipe disks as you like, so long as you observe the following rule:

The recipe files on each recipe disk MUST be named RECIPES.1, RECIPES.2, and so on, numbering consecutively. If one number is missing, higher numbered recipe files will be ignored. If a disk does not contain a file called RECIPES.1, COMPUTER CHEF will ignore that disk.

HDOS users only: If you use the "Search another disk" option, you should also copy the file CHEFOVER.LAY from your CHEF disk to each recipe disk.

If you run from the CHEF distribution disk as described in Section 3, you don't have to worry about any other files. However, if you are an experienced computer user and wish to shuffle files among disks, note that when CHEF starts up, it looks for the file CHEFUNIT.TBL to be on the system disk or a disk with recipes. On HDOS only, the file CHEFOVER.LAY must always be on some mounted recipe disk.

If you have several recipe disks, and have enough disk drives to have each disk in a drive at one time, all you need to do is boot up your system, insert each recipe disk in a drive, and make sure the operating system has noticed the disk before you give the CHEF command to start up the CHEF program.

On CP/M: After you have inserted a recipe disk into a drive, execute the DIR command for that drive. For example, if you put a disk in drive B:, at the "A>" prompt type the command "DIR B:".

On HDOS: After you have inserted a recipe disk into a drive, mount the disk in that drive. For example, if you put a disk in drive SY1:, at the ">" prompt type "MOUNT SY1:".

If you have more recipe disks than you have disk drives, you will need to use the "Search another disk" option within CHEF. (See the heading "Resetting Disks" in Section 4.)

Layout of Your Recipes.

Recipe files are just ordinary text files containing recipes which we, or you, type in. But in order for COMPUTER CHEF to understand them, the recipes must follow a certain format. Each recipe consists of seven sections, some of which are optional and need not appear.

The sections are:

1. Initial Comment (optional)
2. Title
3. Ingredients
4. Instructions
5. Serves or Makes (optional)
6. KEY WORDS (optional)
7. Recipe Separator

The sections that are included MUST be given in this order.

Recipe length: A COMPUTER CHEF recipe must be no longer than 3000 characters. This can be about two to four full screens of text, depending on your line length and the amount of blank space in the recipe. If your recipe is too long, COMPUTER CHEF will tell you before printing it out. You will need to shorten it, or divide it into two or more separate recipes.

Here is the way you must lay out each section:

1. **Initial Comment.** You may begin your recipe with a comment about it, such as "This is a favorite of Jack's boss." or "For Christmas 1981". The comment may be as many non-blank lines as you like and should be followed by a blank line. All comment lines MUST begin in the leftmost column with NO initial blanks. This section is optional.
2. **Title.** The title of the recipe appears after the initial comment and must be indented at least one space. We like ours centered. Each recipe must have a unique title. It should be something that will easily identify that particular recipe for you when it turns up on your recipe search lists, such as Uncle Bertie's Favorite Chocolate Chip Cookies. The title must be followed by a blank line.
3. **Ingredients.** Immediately following the Title is the list of ingredients. All the ingredients and ingredient quantities must be given in this section. You may list them in single or double columns. The columns may include offset headers and multiple line entries. Each ingredient entry in the first column must begin in column 1, at the left edge of the file if it is to be included in any scaling. Each ingredient entry in the second column must begin at the same character position in the file, i.e., the left edge of the second column must be even, except for the second and subsequent lines of a long ingredient which may be indented beyond this left edge.

For purposes of scaling, CHEF will only look at the ingredients which begin with a number at the left edge of the file or the left edge of column 2. However, COMPUTER CHEF will look at ALL words between the Title and the Instructions during ingredient searches.

3 T butter	1/2 tsp baking soda
4 apples	1/2 c less 1 T chopped walnuts
6 cups flour	pinch salt

(The salt will not be scaled because it does not begin with a number, but an ingredient search for salt would return with this recipe suggestion.)

The file CHEFUNIT.TBL contains a list of units that are not to be divided. You may add items to this list that you want CHEF to round to whole numbers during scaling.

Each recipe can have up to 40 ingredients. If you have a recipe with more than 40 ingredients, enter it as two recipes with related but unique names, such as Vegetables and Beef I and Vegetables and Beef II, with ingredients split across the two recipes so that each has less than 40.

The ingredients section must be followed by a blank line, and the first blank line encountered after the beginning of the ingredients list will be taken as the end of the section so DO NOT put any blank lines in the middle of your ingredients list.

4. **Instructions.** The instructions for preparing the recipe are given next and may be given in paragraph form. Individual paragraphs may be separated by blank lines and you may use as many paragraphs as you need to make it all legible.

Scaling does not affect this section at all. When the recipe is scaled, any ingredient quantities given here will remain as they are, even if the recipe is doubled or halved. It is therefore preferable to give ingredient names without amounts, such as "Combine butter with half of flour" rather than "Combine 3 T butter with 3 cups flour". The former will still be correct when the recipe is doubled, but the latter example will only be confusing and may lead to error.

5. **Serves or Makes.** The next line, separated from the instructions by a blank line, is the recipe size. It is one line only. The first word must be either "Serves" or "Makes". COMPUTER CHEF will use the first number it encounters on this line as the final scaling option, e.g. "Serves 4" or "Makes about 32 cookies 1-inch in diameter." This section is optional.
6. **KEY WORDS.** This section is separated from the previous one by a blank line. The first words must be "KEY WORDS:", given in uppercase. These may be followed by as many lines of keywords as you want, with the keywords separated from one another by commas, semicolons, spaces or whatever. Appendix C includes a list of the keywords used in the distribution recipes. You may add to the list anything you think will be useful to you. For instance, we have suggested five different menus with the use of the menu-# keywords. You may want to add additional recipes to these menus by adding the corresponding menu numbers to the KEY WORD section of the recipes to be added, or you may want to add your own keywords. This section is optional.
7. **Recipe Separator: "-"**. The final part of every recipe, an essential part, is the recipe separator. It consists of a hyphen "-" in the leftmost column and marks the end of the recipe for COMPUTER CHEF. In our recipe files we use several hyphens in a row "-----" to make the recipe separator easier for us to spot. BE AWARE that any hyphen at the left margin will be taken to be the end of the recipe, so don't accidentally put one in the instruction section at the left edge.

A quick glance summary of the format:

----- (recipe separator from previous recipe)
This is my little comment about this recipe.

Title - one line only, indented, followed by blank line

1 t ingredient	heading for column 2
2 T ingredient	1/2 lb ingredient
3 c ingredient	10 oz ingredient
4 ingredients whose description continues to a second line	pinch salt & pepper

This is the method section that tells how to prepare this recipe. It is separated by blank lines from the section above (ingredients) and the section below (which may begin with either "Makes" or "Serves").

This section may have as many paragraphs as necessary.

Serves 6.

KEYWORDS: dessert, potluck, make ahead, freeze, gift, bake sale;
Julie & Ron-Xmas '80, in-laws favorite.

Title of next recipe

1 ingredient	3 cups ingredient that requires
2 ingredients	several lines to describe
1/2 c + 2 T ingredient	fully
2 teaspoons vanilla	1 ingredient (optional)
	1 pt ingredient (opt.)

Instructions. Simply combine all ingredients in a large bowl and stir.

Makes about 1 quart.

KEY WORDS: main dish, lo-cal, hi-pro, leftovers

Comments for third recipe

Title of another recipe

etc.

6. MORE RECIPES FOR YOUR COMPUTER CHEF.

If you would like additional recipes already formatted for use with your COMPUTER CHEF, GILLOGLY SOFTWARE offers a second disk of recipes entitled "The Secret's Out" with over 100 recipes dedicated to desserts, baked goods and special occasions. These decadently delicious recipes will provide a wealth of dessert-eating experiences for you, your family and friends. For instance, we have special recipes for making your own Hot Fudge Sundaes with Homemade Ice Cream and a simple, delicious Hot Fudge Sauce, plus all the elements of an English High Tea, and lots more. The Secret's Out disk is available for \$9.95 from

GILLOGLY SOFTWARE
2520 S. Chard Avenue
Topanga, CA 90290

Please specify desired disk format: HDOS or Heath CP/M (available in hard or soft sector), Osborne 1 single density, Xerox 5" single density (also for Kaypro), or standard CP/M (8" single density).

To order, please send your name and address plus \$9.95 for each copy of "The Secret's Out" recipe disk. California residents please add sales tax.

Keep us in mind for those special gift occasions.

APPENDIX A: Recipes, Alphabetically by Title

Apple Onion Turkey Stuffing	Persian Kebabs
Baked Turkey	Pie Crust
Banana Blueberry Bread	Pineapple Zucchini Bread
Banana Sour Cream Waffles	Poppy Seed Cake
Barbecued Spareribs	Potato Kugel
Beef Jerky	Pumpkin Bread or Muffins
Bran Muffins	Pumpkin Pie
Brown Rice Salad	Scones*
Butter Cookies	Secret Kiss Cookies
Canadian Flapjacks*	Smoothie
Candied Yams	Spinach & Mandarin Orange
Cheese Cake	Salad w/ Mint Dressing
Cheesers	Spinach Stuffed Shells
Cheese Twists	Strawberry Pizza
Chicken Mole	Susie's Sunflower Potatoes
Chicken Soup	Sweet and Sour Meat Loaf
Chili Rellenos*	Sweet and Sour Pork
Chinese Chicken Salad	Swingers
Chocolate Chip Cake	Tofu Quiche
Corn Bread	Tuna Apple Salad
Crab Broccoli Casserole	Turkey Strips with
Cracked Wheat Bread	Artichokes
Cranberry Sauce	Vegies and Dip*
Cream of Broccoli Soup	Worcester Hash*
Creamed Carrot Soup	Zucchini Pizza
Crescent Rolls	
Dale's Eggs in Basic Roman	
Red Spaghetti Sauce	
Date Bars	
Dave's Beans	
Double Fudge Brownies	
Dutch Indonesian Sate	
Eggplant Parmesan	
Eggplant Salad	
Fish Dish	
Fish Kebabs	
Foil-wrapped Steak*	
French Onion Soup	
Fried Rice	
Fudge	
Granola	
Granola Bars	
Greek Stew*	
Hearty Vegetable Beef Soup	
Honey Lemonade	
Hungarian Stuffed Cabbage	
Leaves	
Korean Beef	
Layered Bean Dip	
Mandarin Chicken	
Michelle's Triple C Cookies	
Nona's Baklava	
Peanut Butter Cookies	

* These recipes have been omitted from Xerox format 5" disks due to lack of space. You may receive a free printout of them by sending a self-addressed business size envelope to The Software Toolworks.

APPENDIX B: Recipes by Category

APPETIZERS:

Cheese Twists
Layered Bean Dip
Vegies and Dip*

BEVERAGES:

Honey Lemonade
Smoothie

BREADS:

Banana Blueberry Bread
Bran Muffins
Corn Bread
Cracked Wheat Bread
Crescent Rolls
Pineapple Zucchini Bread
Pumpkin Bread or Muffins
Scones*

BREAKFAST FOODS:

Banana Sour Cream Waffles
Canadian Flapjacks*
Granola
Tofu Quiche

COOKIES:

Butter Cookies
Date Bars
Double Fudge Brownies
Granola Bars
Michele's Triple C Cookies
Peanut Butter Cookies
Secret Kiss Cookies

DESSERTS:

Cheese Cake
Chocolate Chip Cake
Fudge
Nona's Baklava
Pie Crust
Poppy Seed Cake
Pumpkin Pie
Strawberry Pizza

MAIN DISHES:

Baked Turkey
Barbecued Spareribs
Chicken Mole
Chili Rellenos*
Crab Broccoli Casserole
Dale's Eggs in Basic Roman
Red Spaghetti Sauce
Dutch Indonesian Sate
Eggplant Parmesan
Fish Dish
Fish Kebabs
Foil-wrapped Steak*
Greek Stew*
Hungarian Stuffed Cabbage Leaves
Korean Beef
Mandarin Chicken
Persian Kebabs
Spinach Stuffed Shells
Sweet and Sour Meat Loaf
Sweet and Sour Pork
Swingers
Turkey Strips with Artichokes
Worcester Hash*
Zucchini Pizza

SALADS:

Brown Rice Salad
Chinese Chicken Salad
Eggplant Salad
Spinach & Mandarin Orange Salad
with Mint Dressing
Tuna Apple Salad

SIDE DISHES:

Apple Onion Turkey Stuffing
Beef Jerky
Candied Yams
Cheesers
Cranberry Sauce
Dave's Beans
Fried Rice
Potato Kugel
Susie's Sunflower Potatoes

SOUPS:

Chicken Soup
Cream of Broccoli Soup
Creamed Carrot Soup
French Onion Soup
Hearty Vegetable Beef Soup

APPENDIX C: KEY WORDS & Abbreviations

The following KEY WORDS appear in the recipes provided with COMPUTER CHEF.

appetizer	lunch
baked goods	main dish
beverage	make ahead
bread	menu-1 (holiday)
breakfast	menu-2 (Middle Eastern)
brunch	menu-3 (barbecue)
casserole	menu-4 (brunch)
cookies	menu-5 (company coming)
dessert	outdoor
easy	potluck
entertain	quick
ethnic	salad
freezes well	sinfully rich
gift	snack
hi-pro	soup
holiday	spicy
kids	vegetarian
leftovers	

The following ABBREVIATIONS are recognized by COMPUTER CHEF for purposes of scaling ingredients.

c	cup
gal	gallon
gals	gallons
#	pound
oz	ounce
lb	pound
lbs	pounds
pt	pint
qt	quart
T	tablespoon
tbsp	tablespoon
t	teaspoon
tsp	teaspoon

These abbreviations also appear in the recipes provided with COMPUTER CHEF:

approx	approximately
env	envelope
hi-pro	high protein
in.	inch
"	inch
opt or opt.	optional
pkg	package
sq	square
sqs	squares

APPENDIX D: HDOS Stand-Alone Mode

In a single-disk HDOS system, you normally need to boot from a disk which contains the operating system, the program you want to run, and its data files. COMPUTER CHEF needs all the space on its disk, leaving no room for the operating system files. However, using an unadvertised but handy feature of HDOS, you can execute CHEF from a non-bootable disk if your system disk has been placed in stand-alone mode.

To do this, make sure that SET.ABS is on your system disk, and type the command SET HDOS STAND-ALONE. HDOS will respond by recording this mode permanently on the system disk (so that the next boot-up from this disk will automatically leave HDOS in stand-alone mode) and will issue a mysterious message, which you should ignore.

The benefit of stand-alone mode is that you may use the RESET command, which is the equivalent of DISMOUNT followed by MOUNT. In particular, you may type RESET SY0: and replace the bootable diskette with another, which need not contain the full HDOS system. For example, you can say RESET SY0: and replace the system disk with your CHEF disk.

If the new disk contains the two files SYSCMD.SYS and PIP.ABS, you can run any number of commands. The rest of the disk - about 350 sectors - is available for your programs.

If the disk does not have room for these files - as the CHEF disk does not - you can still run one command. So you can still give the CHEF command and run the CHEF program. But when you exit from CHEF, you will have to insert the system disk again and reboot the system. This is a bit inconvenient, but it does let you run CHEF.

If you plan to use any device (such as LP:), you must load the driver with the command LOAD LP: after booting, but before you use the RESET command.

You can switch your system disk out of stand-alone mode by typing SET HDOS NOSTAND-ALONE with your system disk mounted. However, many single-disk users run stand-alone exclusively.

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