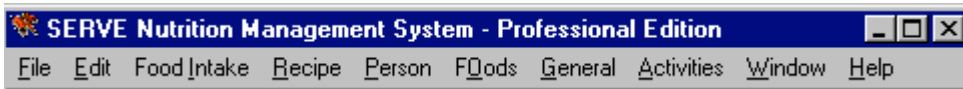


How do I create a recipe?

From the main menu bar,



select **R**ecipe, then select Create a **N**ew recipe.

The create a recipe window is displayed as shown below:

Create a recipe

Create Recipe

Name

Title

Recipe details:

Meal Vegetarian Prepare time

Serving size desc. Cooking time

Serves made Oven temp (C)

Source of recipe Microwave time

Enter a name for the food and a title.

Note that the recipe name is used for classification purposes (could be a code name or number) which is used to sort the recipes. The title is an extended text label for the recipe as used in recipe books. Both fields are required to be entered, and can be the same.

Name

Title

Enter details about the recipe as shown below:

Recipe details:

Meal Vegetarian Prepare time

Serving size desc. Cooking time


Serves made Oven temp (C)

Source of recipe Microwave time

Enter the instructions, pressing the Enter key for each new line of the instructions:

Instructions:

You can also enter any notes you want to include with the recipe.

When you have entered all the recipe details, click the  button.

The window with the Enter ingredients for recipe... title is displayed.



Type in the name of the food and press the tab or enter key:

Ingredient

Highlight the item required from the list of foods displayed and press the enter key or double click to make your selection.

4 foods found.	
▶	PASTA, REGULAR, DRY:PASTA, NS AS TO TYPE, DRY; MACARONI;
	PASTA, WHOLEMEAL, DRY:WHOLEWHEAT PASTA (ALL SHAPES);
	PASTA AND SAUCE MIX, TOMATO-BASED, DRY:TANDACO SAVOURY
	PASTA AND SAUCE, FROM DRY MIX, TOMATO-BASED,

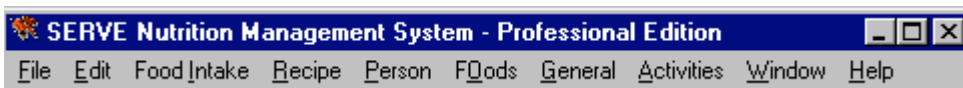
Select the number of serves from the drop down list which is displayed if there is more than one serve size. Type in the number of serves and press the tab or enter key, or type in the weight in grams:

PASTA, WHOLEMEAL, DRY:WHOLEWHEAT
Serve size dry type: 144g.
No. of serves or weight(g)

Repeat this process for each ingredient. When finished select the  button.

How do I go back and change the recipe once I have exited from the recipe?


From the main menu bar,

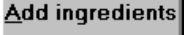
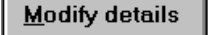


select **R**ecipe, then select **M**odify or Remove a recipe.


The modify a recipe window is displayed with the tile bar as shown below:

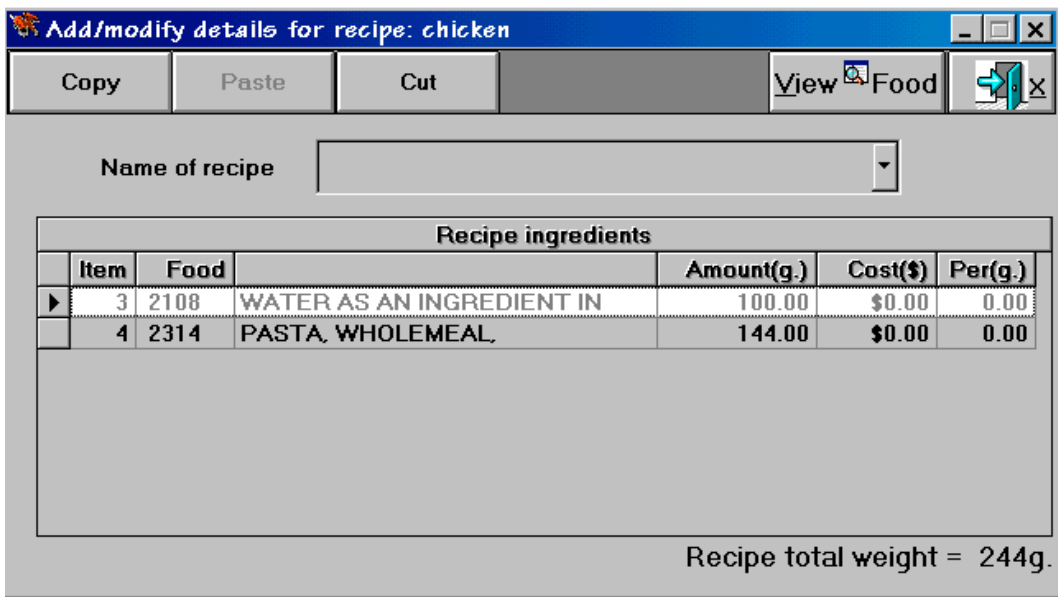


If the name of the recipe displayed is not the recipe you want to modify then select your recipe from the drop down list using the .

Click the  button to add foods to the recipe, or the  button to change the recipe instructions and other details.


What do I do if I want to change the food or amount I entered?

Click . A list of all the foods and amounts you have entered for the recipe is displayed as shown below:



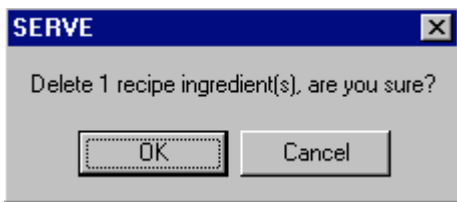
If an amount is incorrect then use the mouse to highlight the amount and type in the new value.


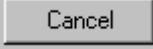
Note: Highlighting the amount is achieved by pointing the mouse at the start of the numbers to be changed, and, while holding down the left button of the mouse, dragging the mouse over the values to be changed, which are then highlighted.


If the wrong food has been chosen the click the row selection button() on the left hand side of the row to highlight the row to be removed as shown below:

Recipe ingredients						
	Item	Food		Amount(g.)	Cost(\$)	Per(g.)
	3	2108	WATER AS AN INGREDIENT IN	100.00	\$0.00	0.00
▶	4	2314	PASTA, WHOLEMEAL	144.00	\$0.00	0.00

then press the delete key. The following message window will be displayed:



Click the  button to delete the row, or the  button if you decide not to proceed with the deletion.

When finished select the  button.