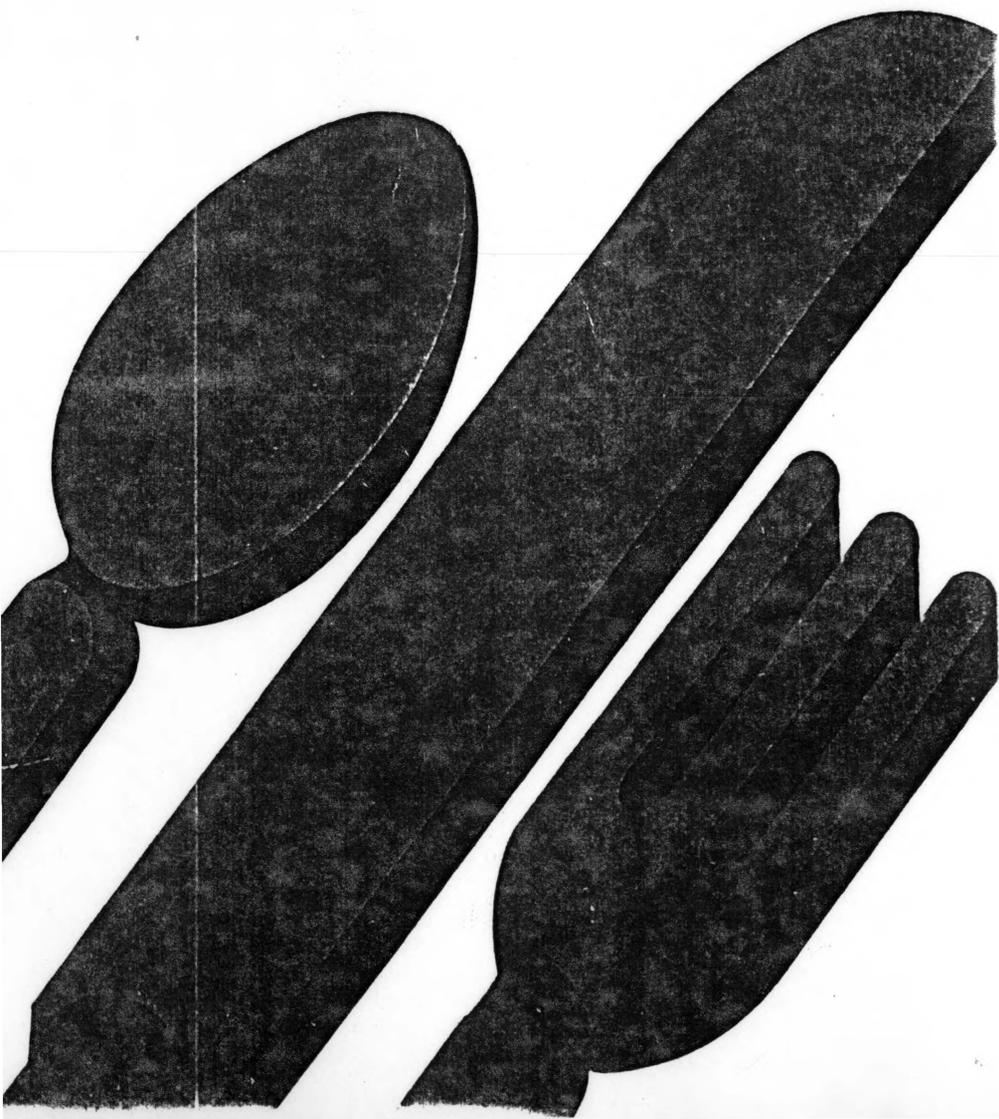


micro COOKBOOK

USER GUIDE *64K IIc Version*



MICRO COOKBOOK USER GUIDE APPLE IIe

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First edition - first printing April 7, 1983

CB-011-E

made in U.S.A.

PREFACE

MICRO COOKBOOK is the "Computer Age" answer to the conventional cookbook and comes complete with hundreds of tasty international recipes. It provides an easy, fast, and reliable means to manage, store, search, and retrieve recipes.

The User Guide explains how you can use MICRO COOKBOOK to:

- . Answer your what's for dinner questions
- . Plan parties and meals
- . Produce shopping lists
- . Provide useful food buying, preparation and storage hints
- . Indicate calorie and nutrition information
- . Access our glossary of cooking terms
- . Manage, store, search and retrieve your own great recipes.

It assumes that you have the complete MICRO COOKBOOK package. This package includes the MICRO COOKBOOK SOFTWARE diskette, the BASIC RECIPE diskette containing hundreds of international recipes and this Users Guide. The two diskettes may be distributed on one double-sided diskette. Your Apple IIe computer should be functional with at least one disk drive.

This User Guide is very brief since MICRO COOKBOOK is so easy to use. The manual will, most likely, serve only as a handy reference in the near future. The Introduction describes MICRO COOKBOOK and tells you how to get started. The Introduction should be read first.

The second chapter explains the recipe, classification, and ingredient retrieval capabilities.

The third chapter describes more personalized features such as entering your own specialties, modifying existing recipes, removing unwanted recipes, and the product limitations.

Chapter 4 details the printing functions available to you.

Chapter 5 details other invaluable MICRO COOKBOOK features including nutrition and calorie guides, cooking terms, food storage hints, etc. This chapter also details how to alter optional cookbook parameters to suit your personalized needs.

Appendix A describes the error messages that may result from using MICRO COOKBOOK, their meaning, and subsequent actions to take.

Appendix B describes the maintenance/reorganization facility provided with MICRO COOKBOOK, and how it can be used.

Appendix C outlines some interesting technical points regarding the development and implementation of MICRO COOKBOOK.

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CHAPTER 1: AN INTRODUCTION

THE COMPUTER-AGE COOKBOOK

The home computer can be much more than an expensive video game or check book balancer. With MICRO COOKBOOK the computers full power can be put to use solving "real" daily problems, helping around the house. MICRO COOKBOOK is the computer-age answer to meal planning and cooking requirements of today and beyond.

You probably have a recipe box or two bursting at the seams with an unknown and unmanaged quantity of recipes. You've probably purchased your previous cookbooks in a traditional medium (i.e. book). All that is behind you now, you're entering the age of home information management. MICRO COOKBOOK is software that helps you manage, store, search and retrieve your recipe collection. Best of all, it is easy to use and involves no programming or computer knowledge to run.

WHAT CAN MICRO COOKBOOK DO?

MICRO COOKBOOK can be used to answer at computer speeds the following types of questions:

- . What can I make for dinner, I have chicken, tomatoes, and onions available?
- . Blueberries are in season - what dessert recipes use blueberries?
- . I feel like having Mexican food tonight. I have onions, peppers and tomatoes - what recipes can I make?
- . How do I make zucchini parmesan?
- . What will I need to buy when shopping if I plan to make....?
- . What does blanch mean?
- . How many calories are there in a can of tuna?

and much more.

MICRO COOKBOOK can automatically adjust any recipe for smaller or larger serving size. It can also help you manage your own recipe collection, allowing you to store, search and retrieve your own specialties. You can create your own separate MICRO COOKBOOK recipe diskettes.

Whether you are using the BASIC RECIPES diskette or one of your own, all the helpful and informative capabilities of the product are available.

WHAT EQUIPMENT DO I NEED?

To use MICRO COOKBOOK you need:

An Apple IIe computer system equipped with

- an 80 column text card
- video monitor
- a DISK II and controller for DOS 3.3 (slot 6 Drive 1)

The MICRO COOKBOOK diskette(s)

- the MICRO COOKBOOK SOFTWARE diskette
- the MICRO COOKBOOK RECIPE* diskette

Optionally, MICRO COOKBOOK will support

- a joystick or trackball for use with "point-direction"
- a printer to carry out printing functions
- additional blank diskettes for creating personalized cookbooks

GETTING STARTED

MICRO COOKBOOK is easy to use. However, you should read the remaining sections in this and the following chapter to become more familiar with the product before giving it a try.

To start MICRO COOKBOOK simply...

Insert the MICRO COOKBOOK SOFTWARE diskette in disk drive 1 and close the door. Turn on your Apple computer and video monitor. The in-use light on your disk drive will come on while your diskette is being read.

After about 40 seconds the in-use light will go off and the computer will beep. The software has been loaded. MICRO COOKBOOK is now ready and asking for a RECIPE diskette. Remove the SOFTWARE diskette from drive 1, insert a RECIPE diskette and close the door. One has been provided with your starter package. If your BASIC RECIPES diskette is on the "flip" side of your SOFTWARE diskette, simply flip it over and insert the diskette back in the drive. Touch any key when you are ready to proceed.

You should now have the main MICRO COOKBOOK menu on the screen. You're off to a great start!

* the BASIC RECIPES diskette will usually be distributed on the "flip" side of the SOFTWARE diskette. In order to use it, simply place it in your drive with the BASIC RECIPES label facing up. You may wish to copy this flip side to another diskette for ease, backup and convenience.

MICRO COOKBOOK SCREENS

MICRO COOKBOOK is, to use a computer term, menu-driven. This simply means it is oriented around computer display screens where you will fill in the blanks. It does not ask questions to which you respond, but simply presents the choices and you select one.

The main menu is a good example of a menu-driven screen. It contains a list of numbers and what functions they represent. At the bottom of the screen is a blank box where you can enter the number of the corresponding function you wish. Look for the blinking cursor (small square), it is normally set to where you are to enter your response.

MICRO COOKBOOK is easily manipulated by a few special terminal keys. These special keys allow you to maneuver within a given screen (you can fill in only relevant or necessary blank input areas), proceed to the next computer screen, revert back to the previous screen displayed, or print out the screen.

MICRO COOKBOOK continuously monitors the keyboard and game I/O devices (joystick, trackball, paddles, etc.). Motion created by moving your joystick is "equated" to the corresponding directional keys (left, right, up, down). The trigger buttons on the game I/O devices are equivalent to the open and close Apple keys that appear to the left and right of the space bar at the bottom of your keyboard.

Several keys are very handy when using MICRO COOKBOOK. They are detailed below.

- | | |
|---------------------------------|--|
| PROCEED (CLOSE-APPLE) | The PROCEED key (the close-Apple key to the right of the space bar) is used to proceed with an action. It is equivalent to the trigger 1 on your joystick or track ball. The (CTRL) and (C) keys entered simultaneously are also equivalent. |
| ESCAPE (OPEN-APPLE)
or (ESC) | The ESCAPE key (the open-Apple key to the left of the space bar) is used to revert back to the previous operation or screen. The (ESC) key on the upper left hand side of your keyboard or the trigger 0 on your joystick is equivalent. |
| TAB (TAB) | The TAB key (below the ESC key) allows you to position to the next input data area on the screen. |

- UP (↑) The UP key is generally used to position to the previous data input area on the screen. It can be used to position the cursor to a desired location on the screen. Upward motion via the joystick is treated as the equivalent.
- DOWN (↓) The DOWN key is used to position to the next data input area on the screen. It can be used like the UP key to position the cursor to a desired location on the screen. Downward motion via the joystick is treated as the equivalent.
- LEFT (←) The LEFT key will position you to the previous character entered. Should you make a typing mistake, you can go back over it to correct it. A space bar should be used to remove unwanted characters.
- RIGHT (→) The RIGHT key will position you to the next character in the data input area. You can use the key to position over to desired characters you may wish to correct.
- RETURN (RETURN) The RETURN key is treated like a tab key. It will advance you to the next data input area on the screen. Should the current input area be the last on the screen, MICRO COOKBOOK will proceed to the next screen.
- PRINT (CTRL-P) The PRINT key will print the current screen on your printer. This key is activated by entering the (CTRL) and (P) keys simultaneously, as if you were using the shift key.

RELEASE NOTES

A program has been provided on the MICRO COOKBOOK SOFTWARE diskette, RELEASE NOTES. This program presents a summary of documentation updates to this User Manual, as well as supplementary technical information.

To run the release notes program:

- Power up your Apple computer with a DOS 3.3 SYSTEM MASTER diskette.
- Remove the SYSTEM MASTER and insert the MICRO COOKBOOK SOFTWARE diskette.
- Type RUN RELEASE NOTES followed by (RETURN).

CHAPTER 2: BASIC FUNCTIONS

This chapter introduces you to some of MICRO COOKBOOK's basic, but powerful rapid recipe retrieval techniques.

THE MAIN MENU

Once MICRO COOKBOOK has been started up the main menu will appear on the screen. A menu is used to select which function you want MICRO COOKBOOK to perform. A menu contains a list of numbered functions that MICRO COOKBOOK can perform. The main menu also has a blank data input area.

The main menu is used:

- . to directly retrieve a known recipe
- . to present indices (recipe, ingredient, and classification), from which you can choose a recipe
- . to proceed to any of three sub-menus where you can utilize other MICRO COOKBOOK features
- . to get help on functions provided by the main menu

RETRIEVING A RECIPE

Retrieving a recipe from the main menu is easy. A blank input area near the lower left hand side of the screen provides space where you can enter the name of the recipe you wish to retrieve. The cursor will be blinking. To the left of this area is an instructional message which reads "Select function or recipe directly". Type in the name of the recipe you wish to retrieve followed by the (RETURN) key. MICRO COOKBOOK will search your recipe diskette and retrieve this recipe if it exists. Figure 1 on the next page illustrates a retrieval of a recipe from the main menu.

A recipe is usually presented in one screen. The ingredients required to make the recipe appear on the left side of the screen. The directions appear on the right half of the screen. After retrieving the desired recipe, you can revert back to the main menu by entering any key.

Occasionally a second screen containing additional directions may be presented. An instructional message will appear at the bottom of the screen indicating this. In this case, entering a key will proceed to the second screen containing additional directions.

RETRIEVING A RECIPE DIRECTLY

MICRO COOKBOOK

Select a recipe directly (alternate serving size)

- 0 Select a recipe from the RECIPE INDEX
- 1 Select recipes from the INGREDIENT INDEX
- 2 Select recipes from the CLASSIFICATION INDEX

- 3 Select a recipe by INGREDIENTS and/or CLASSIFICATIONS

- 4 ENTER, MODIFY, REMOVE and OPTIONS Sub-menu

- 5 Terminology, Measurements and Reference Sub-menu

- 6 PRINTING functions and SHOPPING LIST Sub-menu

- ? Explanations and HELP for functions on this Menu

Select function or recipe directly → **zucchini parmesan**

ADJUSTING THE SERVING SIZE

MICRO COOKBOOK can automatically adjust ingredient quantities for an alternative serving size. This is accomplished by explicitly requesting a serving size when you enter the desired recipe name. Type the recipe name followed by a left parenthesis "(" and the desired serving size.

) zucchini parmesan(12 (RETURN)

MICRO COOKBOOK will display the recipe with ingredient quantities adjusted to serve 12 people. MICRO COOKBOOK adjusts each ingredient quantity proportionately. This quantity adjustment may not be applicable to all recipe ingredients.

PRINTING A RECIPE

Often it is desirable to have a paper copy of the recipe you're making. This is especially true if your personal computer is not in the kitchen. MICRO COOKBOOK provides many useful print functions. These functions are detailed in Chapter 4 of this manual.

Printing a specific recipe is done using the PRINT key (CTRL-P). To use this function you must have a printer connected to your system.

To print a recipe:

- retrieve the desired recipe (usually from the main menu)
- make sure your printer is turned on
- simultaneously enter the "CTRL" and "P" keys

NOTE: MICRO COOKBOOK allows you to define control characters to be used with your printer. If you experience any printing problems, refer to the release notes for additional details.

A SAMPLE RECIPE

zucchini parmesan			
Serves 08 entree		italian	
QTY	MEASURE	PREPARED	INGREDIENT
½	cup	grated	cheese
8	medium	sliced	zucchini
¾	cup	chopped	onion
2	tbl	chopped	parsley
1	large	clove	garlic
1	tbl		salt
¼	tsp		pepper
¼	tsp		oregano
¼	tsp		rosemary
4	cups	peeled	tomato
¼	cup		olive oil
Heat oil in large skillet. Add zucchini, onion, parsley, garlic, salt, pepper, oregano and rosemary.			
Saute' mixture over medium heat, stirring often, until zucchini is tender (20 minutes).			
Toss in chopped tomatoes and continue to saute' until tomatoes are thoroughly heated (5 minutes).			
Turn mixture into serving dish; sprinkle with parmesan cheese.			
MODE: RETRIEVAL		ENTER ANY KEY TO PROCEED	

SELECTING FUNCTIONS FROM A MENU

There are several ways to select functions from the main menu. The most obvious way is to type in the corresponding function number followed by the (RETURN) key. For instance, by typing a 0 followed by (RETURN), you would obtain an index of recipes. You can, however, use the directional cursor keys (UP, DOWN, LEFT, RIGHT), joystick, or trackball to "point" the cursor to the desired function. By entering the (RETURN) key, or the PROCEED key (Close-Apple), you can select the function currently pointed to. We refer to this technique as "point-direction".

INDICES

MICRO COOKBOOK manages your recipe data so you can search and retrieve your recipe collection very rapidly. In order to provide this powerful search and retrieval, MICRO COOKBOOK maintains several indices which relate your recipe data. Each recipe name is maintained in an index. Each ingredient and recipe classification is also stored in an index. These indices are available to you to help select a desired recipe.

RECIPE INDEX

By selecting function 0 (either by typing a 0 followed by (RETURN) or using point-direction) you can obtain an index of recipes that are stored on the RECIPE diskette. Each index screen contains the names of up to 51 recipes. In most cases several index screens are required to present all your recipes. Indices are presented in a randomized order. You can view your indices in alphabetized order. Refer to Chapter 5 for sorting details.

The recipe index offers you four options:

- Enter a recipe name at the bottom of the index screen and (RETURN) and retrieve the desired recipe.
- Enter the PROCEED key (Close-Apple) or (RETURN) to obtain the next recipe index screen.
- Enter the ESCAPE key (ESC) to terminate the index and revert back to the main menu.
- Enter the index mode via point-direction. You can maneuver about the index screen and select a recipe without even typing its name.

THE INDEX MODE

The index mode allows you to select a recipe without typing its name. Once you've obtained an index screen, you will have the cursor positioned near the bottom of the screen. By manipulating the cursor with the directional keys or joystick, you can point to the desired recipe (or ingredient or classification in other indices), simply enter the (RETURN) or PROCEED key (Close-Apple) to make your selection. A selection from the index mode is equivalent to typing in the name at the bottom of the index screen.

The index mode is available on all indices. This "point-select" method of retrieval is generally easier than typing. Figure 3 on the following page illustrates the use of the index mode to select a recipe.

INGREDIENT INDEX

By selecting function 1 at the main menu, you can obtain an index of all ingredients used by recipes on the RECIPE diskette. This index is very similar to the recipe index, except it presents all ingredients stored (i.e. carrots, zucchini, etc.). By entering an ingredient in the space provided at the bottom of the index screen you can obtain a "qualified" index of recipes.

For instance, if you entered:

) zucchini (RETURN)

you would then obtain an index of all recipes that use zucchini as an ingredient.

An ingredient index offers you four options:

- Enter a particular ingredient at the bottom of the index screen and obtain a qualified index of recipes that use that ingredient.
- Select an ingredient via the index mode and obtain a qualified index of recipes.
- Enter the PROCEED (Close-Apple) or (RETURN) keys at the bottom of the index screen to obtain additional ingredients.
- Enter the ESCAPE key (ESC) to revert back to the main menu.

THE INDEX MODE

SELECT FROM INDEX

CHICKEN CACCIATORE	LIME PIE	SWISS-CHEESE SALAD
ALMOND CHICKEN	VEAL PICCATA	SUKIYAKI
SICILIAN STEAK	ZABAGLIONE	COLESLAW
BASIL TOMATOES	SHISH KEBAB	BEEF RELLENOS
BERNAISE SAUCE	LEMON SPONGE PUDDN	SWISS STEAK
MEAT LOAF VARIANTS	SWISS SPAGHETTI	CHICKEN PROVENCEALE
QUICK CURRY	CHOPS MILANAISE	AVOCADO DIP
LASAGNA	LEMON MERINGUE PIE	LEMON SOUFFLE'
BEEF BOURGUIGNON	FRIED RICE	LEMON BROCCOLI
ICY MELON FREEZE	BROWN SAUCE	CHINA PEPPER STEAK
FESTIVE LAMB CHOPS	BAKED FISH VEGGIE	SPICY SHRIMP
MEAT LOAF	STEAK 'N MUSHROOMS	PINEAPPLE SHERBERT
FETTUCINE ALFREDO	SHRIMP DE JONGHE	MUSHROOM PARMESAN
BEEF STROGANOFF	POPOVERS	BAKED PORK CHOPS
NOODLES ROMANOFF	ORIENTAL VEGGIES	RISOTTO
SHASHLIK	SPAGHETTI AL TONNO	CHICKEN ROSEMARY
WESTERN SALAD	VEAL PARMESAN	TOMATO AND FISH

Enter cursor direction key or selection directly →

CLASSIFICATION INDEX

A classification index is very similar to an ingredient index. By selecting function 2 from the main menu, you can obtain an index of all recipe classifications (i.e. Mexican, French, dessert, entree, etc.). By entering a keyword classification in the space provided at the bottom of the index screen you can obtain a "qualified" index of recipes.

For instance, if you entered:

) dessert (RETURN)

you would obtain an index of all recipes classified as desserts.

The classification index offers you four options:

- Enter a particular classification at the bottom of the index screen and obtain a qualified index of recipes classified as such.
- Select a recipe classification via the index mode and obtain a qualified index of recipes.
- Enter the PROCEED (Close-Apple) or (RETURN) keys at the bottom of the index screen and obtain any additional recipe classifications.
- Enter the ESCAPE key (ESC) to revert back to the main menu.

ENDING MICRO COOKBOOK

You can end MICRO COOKBOOK by typing "QUIT" while at the main menu rather than entering a recipe name. It is a good idea to shut-down MICRO COOKBOOK this way after entering or modifying recipes.

CHAPTER 3: GETTING A LITTLE DEEPER IN COOKBOOK

This chapter begins by detailing the most powerful search and retrieval capability available in MICRO COOKBOOK - the selection of recipes by classifications and/or ingredients. It then details how to enter, modify, and remove recipes. This chapter provides some helpful hints that should be considered when using MICRO COOKBOOK, as well as the limitations of the product. Chapter 3 concludes by showing you how to create your own personalized cookbooks.

SELECTING RECIPES BY CLASS/INGREDIENT

MICRO COOKBOOK features useful ingredients and classification indices that provide the ability to search on one or more ingredients and/or classifications simultaneously. You can use this search capability to find, for instance:

- french desserts which use cheese
- meatless italian dishes that use zucchini, onion and tomatoes
- Mexican entrees, etc.

To perform this type of search simply:

- Select function 3 at the main menu. The "SELECT BY CRITERIA" screen will appear. This screen contains 7 data input areas.
- Enter any recipe classifications you desire in the first two input area (i.e. French, Dessert). Entering one or no keyword classification is also allowable. Use the TAB key (TAB) or the (RETURN) keys to advance to the next input area.
- Enter any ingredients you wish to use in the search (i.e. zucchini, onion, tomato). You have the option of entering zero to 5 ingredients.
- After entering the classifications and/or ingredients desired, enter the PROCEED key (Close-Apple) to activate the search, MICRO COOKBOOK will quickly search your recipe collection and report back the number of recipes that have met ALL your criteria.
- If recipes have been selected, enter any key to obtain a qualified index of recipes.

THE ENTER/MODIFY/REMOVE/OPTIONS SUB-MENU

The ENTER/MODIFY/REMOVE/OPTIONS sub-menu is subordinate to the main menu. It can be used to:

- ENTER and store your own recipe specialties
- MODIFY existing recipes, enabling you to re-classify recipes, change ingredients, directions, etc.
- REMOVE any unwanted recipes
- CREATE your own personalized cookbooks
- ALTER cookbook default optional parameters (printing, sorting, retrieval).

ENTERING YOUR OWN SPECIALTY

MICRO COOKBOOK allows you to enter and store your own specialties enabling you to search and retrieve them like the other recipes MICRO COOKBOOK comes with!

Entering your own recipe is easy. It essentially involves filling in a few screens similar to formatted index cards. Figure 4 below illustrates this concept.

ENTRY CONCEPT

ENTER YOUR OWN RECIPE			
Name	Joey's special	Class	Italian entree
Number of servings	08		
Quantity	Measurement	Preparation	Ingredient
8	medium	sliced	zucchini
2/3	cup	chopped	onion
1	clove	crushed	garlic
2	tbl	chopped	parsley
4	cups	peeled	tomato
1/2	cup	grated	cheese
[Closed Apple for next screen		[Esc] to return to sub-menu	

In order to enter your own recipe, you must first be at the ENTER/MODIFY/REMOVE/OPTIONS sub-menu. From there select function 1 to request the entry function.

The first of 3 input screens will appear. It contains several data input areas. The first screen allows you to enter the recipe name, serving size, classifications, and up to 6 ingredients. The second screen provides space for an additional 9 ingredients, for a total of 15 ingredients.

The cursor (blinking square) will be positioned on the first data input area, the recipe name. Type the name of the recipe you are entering. The recipe name must be unique - the name must not already be in use on the recipe diskette. MICRO COOKBOOK maintains an index of recipe names so that it can retrieve recipes by their name very quickly. If you're not sure whether the name you've chosen is unique, don't worry, MICRO COOKBOOK will check it out for you. By entering the TAB (TAB) or (RETURN) key, you will position to the next data input area.

You're now positioned at the serving size. Enter a numeric serving size for the recipe followed by the (RETURN) key. You're now positioned at the first of four classification input areas. Typical classifications are: entree, Mexican, French, beef, meatless, hot, cold, quick, etc. A classification is a "keyword" which you can use to retrieve recipes by in the future. You can enter anything you wish. To bypass these input area, or any others, simply enter the TAB key (TAB) or (RETURN). Chapter 1 details the special keys used to maneuver about MICRO COOKBOOK screens.

Now that you're done entering the recipe classifications, begin entering the quantity, measure, and preparation for each ingredient (i.e. "1/2 CUP SIFTED FLOUR" where "1/2" is the quantity, "CUP" is the measure, "SIFTED" is the method of preparation, and "FLOUR" is the ingredient). Each of these data input areas is optional, and may be bypassed at any time. Once you've completed this screen enter the PROCEED key (Close-Apple) to proceed to the next screen.

The second input screen allows you to enter any additional ingredients used in this recipe. If you have no other ingredients to enter, simply proceed to the third and final screen by using the PROCEED key (Close-Apple).

The final screen begins to take on the image of what the actual stored recipe will look like when retrieved. The recipe name, serving size, classifications, and ingredients appear on the left half of the screen. The right half of the screen is currently blank, and is used to store directions for making the recipe. The cursor will be positioned near the upper middle of the input screen. You can enter directions on the right half of the screen. While entering (or modifying) directions, you can use your directional cursor keys or joystick to position about the screen.

Once you've entered the directions, enter the proceed key (Close-Apple) to store the recipe on your recipe diskette. Should you require additional area for directions, enter a (CTRL-N) rather than the PROCEED key to obtain a screen extension. Your original directions will appear on the left side of the screen. The right half of the screen is available for additional directions.

The escape (ESC) key will revert back to the previous screen. The current input screen will be forgotten, however.

MODIFYING AN EXISTING RECIPE

MICRO COOKBOOK allows you to modify existing recipes. You may wish to correct a typing mistake, change ingredients, or update cooking directions. The same three screens used to enter the recipe are now used to modify it. The three modify screens will contain, in the input areas, the original data entered. You can change all or part of the recipe data.

To MODIFY an existing recipe simply:

- Select function 2 at the ENTER/MODIFY/REMOVE/OPTIONS sub-menu. A screen will appear requesting the recipe name to modify.
- Type the name of the recipe in the input area provided followed by the PROCEED key (Close-Apple) or (RETURN).
- The familiar first screen will appear. Notice that the recipe name cannot be changed. Position to the next input area, serving size, using either the TAB key (TAB) or (RETURN). Modify the recipe serving size, classifications, ingredients, and quantities you wish. Use the TAB key (TAB) or directional keys to maneuver about the screen.
- Once you've finished modifying the first screen, enter the PROCEED key (Close-Apple), and repeat the above process for the second and third screens. Once you've completed modifying the third screen, enter the proceed key (Close-Apple) and MICRO COOKBOOK will modify the recipe on your recipe diskette.

REMOVING UNWANTED RECIPES

MICRO COOKBOOK allows you to remove unwanted recipes from the recipe diskette. The removal is permanent, and should be used with care.

To REMOVE an unwanted recipe:

- Select function 3 from the ENTER/MODIFY/REMOVE/OPTIONS sub-menu. A screen will appear requesting the recipe name to remove.
- Type the name of the recipe in the data input area followed by the PROCEED key or (RETURN) to remove the recipe.

HELPFUL HINTS

To facilitate your use and enjoyment of MICRO COOKBOOK we have included the following entry and modification function hints.

- Try to name your ingredients in a consistent manner (i.e. carrot for carrot, carrots). The BASIC RECIPES diskette uses the singular form of the ingredient name in most cases.
- Try to identify commonality in your classifications; be consistent.
- Attempt to enter your recipes as correct as possible. Modifying recipes can waste diskette space until the RECIPE diskette is reorganized (Appendix B).
- NEVER open the disk drive door while your disk is in use.
- Your time and creativity has been spent entering your recipes - back them up often and use high quality diskettes.

STORAGE CAPACITY, LIMITATIONS

A MICRO COOKBOOK RECIPE diskette can store up to 255 recipes. The actual number of recipes depends on several factors including:

- The quantity of data entered for each recipe
- The amount of unique ingredients used in your recipe diskette (there is a maximum of 255)
- The amount of unique recipe classifications used to classify your recipes (a maximum of 60)
- The physical storage capacity of your disk drive
- The amount of modification, entry, and removal

Modifying existing recipes can render some diskette space unusable. You can recover this space by using the maintenance/reorganization facility described in Appendix B.

MICRO COOKBOOK allows you to create your own personalized cookbooks. These new RECIPE diskettes can each hold up to 255 recipes. If your recipe collection is very large, it may be a good idea to group like recipes into common diskettes (i.e. Desserts, Entrees, Soups & Salads, etc.).

CREATING YOUR OWN COOKBOOKS

MICRO COOKBOOK allows you to create your own personalized cookbooks. Each newly created RECIPE diskette can store up to 255 recipes. You can create your own RECIPE diskettes from the ENTER/MODIFY/REMOVE/OPTIONS sub-menu. The procedure is simple, but it requires some disk shuffling.

To create your own cookbook:

- Select function 4 at the ENTER/MODIFY/REMOVE/OPTIONS sub-menu.
- MICRO COOKBOOK will prompt you to insert your SOFTWARE diskette in drive 1. Remove the RECIPE diskette. Insert the SOFTWARE diskette and enter any key to proceed.
- The video screen will go black to a few seconds while it reads the SOFTWARE diskette. Once complete, MICRO COOKBOOK is now ready to initialize a new RECIPE diskette. Remove the SOFTWARE diskette. Insert the diskette you wish to initialize as a RECIPE diskette. THIS DISKETTE WILL BE COMPLETELY OVERWRITTEN! Do not insert a valuable diskette.
- Enter the PROCEED key (Close-Apple) to continue. If you wish to abort this operation, enter the escape key (ESC).

Your disk drive will whirl and clang for awhile, setting up the new diskette in MICRO COOKBOOK format. Once complete, insert the SOFTWARE diskette and you're back in action. The new RECIPE diskette can be used to store recipes.

CHAPTER 4: PRINTING FUNCTIONS

If you have a printer connected to your system, MICRO COOKBOOK provides several useful print functions. These functions are described in this chapter.

The default printer is slot 1. To alter this default, refer to Chapter 5. Your printer/interface may require a special protocol to print correctly. The product release notes (page 4) and Chapter 5 detail the procedure for configuring MICRO COOKBOOK for your particular printer/interface.

THE PRINTING FUNCTIONS SUB-MENU

The PRINT FUNCTIONS sub-menu is subordinate to the main menu and is used to:

- automatically generate shopping lists for you to take to the grocery store
- print an index of all recipes
- print an index of all recipe ingredients and classifications

You can return to the main menu by entering the ESCAPE key (ESC).

PRINTING A SHOPPING LIST

By selecting function 1 from the PRINTING FUNCTIONS sub-menu you can generate a shopping list.

A screen will appear which contains 18 blank fields. The left side of the screen allows you to enter up to 9 recipes you plan to make for the week. The right side of the screen allows you to add supplementary items that you wish to include in your shopping list (i.e. detergent, paper towels, etc.). Once done, enter the PROCEED key (Close-Apple) to generate your shopping list. MICRO COOKBOOK will rapidly evaluate your recipe needs and summarize the ingredients you will need. Additionally, it will supplement your shopping list with any additional items you specified. Make sure your printer is turned on.

PRINTING INDICES

The recipe, ingredient, and classification indices can be printed from the PRINTING FUNCTIONS sub-menu. Simply enter the corresponding function number (2, 3, and 4 respectively), and your indices will be printed out on your printer.

Printing a specific recipe was discussed in Chapter 1.

CHAPTER 5: OTHER FEATURES, OPTIONS

MICRO COOKBOOK comes complete with invaluable reference material including calorie and nutrition guides, glossaries, measurement tables, food buying/storage hints and more. This chapter highlights these features, as well as certain default cookbook parameters that can be altered to suit your personal needs. This chapter concludes by detailing some advanced search capability available.

THE REFERENCE SUB-MENU

The REFERENCE sub-menu is subordinate to the main-menu. It provides invaluable cooking reference material.

The REFERENCE sub-menu is used to:

- obtain various glossaries - cooking terms, ingredient preparation, etc.
- retrieve calorie and nutrition guides for fruits, vegetables, meat, fish, poultry, etc.
- view other reference material such as measurement/equivalence tables, food buying/storage hints, etc.

Each function on this sub-menu corresponds to a function number. Simply select the corresponding function number you desire (0 thru 9). You can return to the main menu by entering the escape key (ESC).

ALTERING COOKBOOK DEFAULT OPTIONS

MICRO COOKBOOK contains default parameters which control:

- the printer slot
- the printer output
- the presentation of indices
- the searching capability

By selecting function 5 at the ENTER/MODIFY/REMOVE/OPTIONS sub-menu you can retrieve and alter several default cookbook optional parameters. The upper half of the options screen contains a summary of the RECIPE diskette statistics (number of recipes, ingredients, etc.). The lower half of the screen contains optional parameters that can be altered to suit your personalized needs.

The first cookbook option is the sort. MICRO COOKBOOK presents indices in randomized or "hashed" order. By turning the sort option on (replacing the "0" with a "1") you can obtain future indices sorted in alphabetic order (only the first two characters are treated significant).

The second cookbook option is the extensible search option (ESO). By default ESO is turned on. If the extensible search is on, MICRO COOKBOOK will perform a slightly more intelligent search on ingredients. If the singular form of the ingredient does not exist (i.e. "carrot"), a search for the plural form of ingredient will occur ("carrots"). Naturally the inverse action occurs if originally specified in plural form.

The third cookbook option is the printer slot. The default slot is set to 1. You can update this to suit your needs (1 thru 5).

The fourth and fifth options define the secondary recipe disk drive and slot used in conjunction with the "switch" command (described below).

The final cookbook parameters deal with printer output. MICRO COOKBOOK sends out 6 leading control characters to your printer/interface prior to printing. These characters typically control the printing font (small, normal, elongated) on dot matrix printers. Additionally, these characters can be used as a protocol to certain intelligent interface cards. Each character is expressed as a 3-digit ASCII value. MICRO COOKBOOK also sends out 2 trailing control characters after each line of output. These two ASCII characters can typically control the spacing (single or double). Be sure to enter the PROCEED key (Close-Apple) to record the parameter changes.

The RELEASE NOTES program found on your SOFTWARE diskette details the control characters required for specific printers and interfaces. You should run this program if you encounter any printer problems.

MULTIPLE DISK DRIVE

If your Apple II-E is equipped with two disk drives, MICRO COOKBOOK can use the second drive as a secondary recipe drive. By typing "switch" at the main menu followed by (RETURN) rather than a recipe name, MICRO COOKBOOK will refer to the secondary drive for recipe search, retrieval, entry, or modification. By issuing the switch command at the secondary recipe drive, you will revert back to the original primary recipe drive.

ADDITIONAL SEARCH CAPABILITY

MICRO COOKBOOK offers a search capability known as "wildcard". This search capability is generally used when you wish to find a recipe, ingredient, or classification spelled "like ...". This search capability is not available when searching for recipes by multiple classifications and/or ingredients.

By preceding the requested search item with an asterisk (*), you will initiate a wildcard search. MICRO COOKBOOK will search for recipes, ingredients, or classifications that have a spelling that begins like the search item.

For instance, to find all recipes beginning with character "C", you would enter:

==) *C (RETURN)

MICRO COOKBOOK will search for all recipes beginning with a "C". To find all recipe names starting with "CHICKEN", you would enter:

==) *CHICKEN (RETURN)

This search technique is not as quick as the normal search capability. It results in an index of recipes, ingredients, or classifications.

Additionally, MICRO COOKBOOK offers a "not" search capability. By preceding the requested ingredient or classification with a (-) (located to the right of the caps lock key), it will find all recipes that do not use the specified ingredient/classification.

For instance, to find all recipes that do not use salt, enter:

==>-salt (RETURN)

where an ingredient is requested, MICRO COOKBOOK would locate all recipes that do not use salt. When selecting recipes by multiple classifications and ingredients, you can use the "not" capability in conjunction with the normal search capability (all non-mexican entrees, ...).

SUPPORT POLICY

VIRTUAL COMBINATICS feels that a software product is much more than the diskette it is written on. We feel that a product is the sum of the software, documentation, packaging and support. VIRTUAL COMBINATICS maintains a 12-hour per day support line to help you resolve any problems or answer any questions you may have regarding our products. Our company address and phone number appear in the beginning of this manual.

APPENDIX A: ERROR MESSAGES

MICRO COOKBOOK will inform you of any error conditions encountered. Most errors are simply the result of a typing mistake. The error messages are informative, and are displayed on the lower left portion of your screen. To recover from these errors, and re-try your request, simply enter any key on the keyboard.

Some error messages are the result of physical problems/constraints regarding your RECIPE diskette. These errors are more serious, and may require some corrective action in the near future. Some examples of these type of errors are DISK I/O ERROR!, DISKETTE FULL!, etc. These messages are differentiated from informative messages by a trailing exclamation mark (!). If one of these messages is encountered, locate the message below and follow the corrective action.

CLASSIFICATION LIMIT EXCEEDED!

problem: An attempt to store more than 60 unique classifications on a RECIPE diskette is being made.

solution: Proceed with the entry/modification. Future retrievals may not produce accurate results. Modify recipe(s) so as to remove excessive classifications.

CLASSIFICATION(S) NOT FOUND

problem: The classification being requested from an index does not exist on the RECIPE diskette.

solution: Check the classification spelling. Re-enter an alternative classification name.

DATA INTEGRITY ERROR!

problem: The RECIPE data retrieved is invalid, contaminated. This is usually attributed to a physical I/O problem during an entry, modification, or reorganization.

solution: Remove the recipe and re-enter.

DISK I/O ERROR!

problem: A physical problem has been encountered while attempting to read or write from your disk drive. Fatal.

solution: Check your disk drive. Make sure the disk drive door is closed. Clean your disk drive heads. If problem persists, see Appendix B regarding file maintenance.

DISK IS FULL!

problem: The RECIPE diskette does not have sufficient space for storage of the entered/modified recipe.

solution: Either create a new RECIPE diskette (Chapter 3), or see Appendix B regarding file maintenance.

INGREDIENT LIMIT EXCEEDED!

problem: An attempt to store more than 255 unique ingredients on a RECIPE diskette is being made.

solution: Proceed with entry/modification. Future retrievals may produce inaccurate results. Identify commonality in ingredient naming (synonyms, plurals, etc.). Create a new cookbook for additional storage space.

INGREDIENT(S) NOT FOUND

problem: The ingredient being requested from an index does not exist on the RECIPE diskette.

solution: Check spelling. Re-enter an alternative ingredient name.

INVALID COOKBOOK RECIPE DISKETTE

problem: The RECIPE diskette inserted in drive 1 is not a valid RECIPE diskette.

solution: Remove the diskette. Place a valid RECIPE disk in drive.

INVALID COOKBOOK SOFTWARE DISKETTE

problem: The diskette inserted in drive 1 is not a valid SOFTWARE diskette.

solution: Remove the diskette. Place a valid SOFTWARE disk in drive.

INVALID RECIPE NAME

problem: The recipe name is blank, this is not a valid identifier.

solution: Re-enter the recipe name. It cannot be blank.

PRINTER NOT READY

problem: The print slot specified is not connected to an active printer.

solution: Check printer. Make sure it is on and working. Check the printer slot. Verify that it is correct.

RECIPE NAME ALREADY IN USE

problem: The name of the recipe being entered already exists on your RECIPE diskette.

solution: Choose a new, unique recipe name for this entry.

RECIPE LIMIT EXCEEDED!

problem: An attempt to store more than 255 unique recipes on a RECIPE diskette is being made.

solution: Create a new cookbook to store additional recipes.

RECIPE(S) NOT FOUND

problem: The recipe being requested for retrieval, removal, or modification does not exist on your RECIPE diskette.

solution: Check the recipe name spelling. Re-enter an alternative recipe name. Obtain an index of recipe names if you're unsure.

SERIOUS ERROR...TERMINATING

problem: An internal problem with the software has been detected.

solution: Record the event. Report the problem to VIRTUAL COMBINATICS.

UNABLE TO LOAD!

problem: The MICRO COOKBOOK SOFTWARE or RECIPE diskette cannot be read properly.

solution: Repeat the start-up process of MICRO COOKBOOK. Make sure the SOFTWARE diskette is in drive 1. Make sure the drive is fully closed.

APPENDIX B: RECIPE MAINTENANCE, REORGANIZATION

RECIPE DISKETTE BACKUP

Your recipes are a valuable investment in time and creativity. The recipe data is a resource, an 'information' resource. To protect this information resource, some simple procedures should be followed. These include creating back-up copies of your recipe diskettes, cleaning your disk drive heads, and using high quality diskettes.

Back-up copies of your RECIPE diskettes can be made by using conventional disk copy programs. Apple provides a handy utility program, COPYA. Back-up frequently. Should a RECIPE diskette become damaged, follow procedures in the next section of this appendix.

You may wish to make back-up copies of your RECIPE diskettes to swap with other MICRO COOKBOOK users. Virtual Combinatics encourages this. The MICRO COOKBOOK SOFTWARE diskette must not be copied for distribution to others. Virtual Combinatics has invested considerable time and money developing this product for you, and have priced it low enough so that all computer owners can afford to buy it. Giving a copy to a friend is a violation of copyright laws - we call it stealing.

RECIPE DISK MAINTENANCE

MICRO COOKBOOK provides an easy and reliable means to store and retrieve cooking recipes. It allows you to search for recipes rapidly by intelligently managing recipe data. On rare occasions, your RECIPE diskettes may become damaged. This may happen due to an I/O error on your diskette. Warning messages such as "DISK I/O ERROR!" will appear. MICRO COOKBOOK provides a comprehensive recipe maintenance and reorganization facility which will attempt to remedy your diskette problems.

Additionally, if your recipe diskette is full of data, it can usually be reorganized by this facility. MICRO COOKBOOK will reclaim any unused space on your RECIPE diskette due to modifications and removal. Your recipe diskette should be in tip-top shape after running it through this facility. You've invested too much time and effort to loose it all because of a diskette problem.

It is advisable to make a copy of the RECIPE diskette prior to maintenance/reorganization as a back-up. In order to run the maintenance facility, you will need your DOS 3.3 system master diskette for booting purposes. Insert your system master in drive 1 and turn on your Apple and monitor. Once you're in Apple immediate command mode, insert the MICRO COOKBOOK SOFTWARE diskette in drive 1. Type "RUN MCB.MAINTENANCE" to run the maintenance facility. Once loaded, the facility will request a RECIPE diskette. Insert the RECIPE diskette in drive 1, sit back and relax. The maintenance program usually requires 20 to 45 minutes to run.

APPENDIX C: TECHTALK

MICRO COOKBOOK was built on recent commercial advances in Information Resource Management (IRM). It provides a rapid and reliable means of data storage and retrieval.

Data Storage and retrieval is accomplished through a specialized internal data base management system (DBMS). Retrieval time is minimized through the use of randomized indices. Binary relations facilitate the use of boolean set operations (union, intersection, etc.).

A RECIPE diskette is divided into 3 distinct storage areas: overhead, indices, and textual data. The overhead diskette area contains run time screen definitions, data base definitions, and workspace. Three indices are maintained - recipe, ingredient, and classification. The data area is used to store textual data related to your recipes.

MICRO COOKBOOK was written in Applesoft and 6502 assembly language. The Applesoft BASIC code was compiled by TASC (The Applesoft Compiler: MICROSOFT, Bellevue, WA), and is distributed in binary format.

