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Recipes

Its easy to scale and print recipes as well as add them to menus and shopping lists.

For more information about working with Recipes, choose one of the following topics:

[Adding a Recipe to the Personal Menu](#)

[Adding a Recipe to the Shopping List](#)

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[Changing the Number of Servings for a Recipe](#)

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Menus

Menus help you plan everyday meals, weekend entertaining, holidays and special events..

For more information about working with menus, choose one of the following topics

[Adding a Menu to the Shopping List](#)

[Finding Menus](#)

[Printing a Menu](#)

[Changing the Number of Servings for a Menu](#)

[Viewing a Recipe in a Menu](#)

Shopping List

You can create a shopping list using any of the recipes and menus within CookWorks Electronic Books.

For more information about working the Shopping List, choose one of the following topics

[Adding a Recipe to the Shopping List](#)

[Adding a Menu to the Shopping List](#)

[Printing a Shopping List](#)

Toolbar buttons

The Toolbar is available from the main window, as well as from all other windows in the program. It contains buttons to perform actions available at any time the program is running.

Go to Start

Returns to the Main Window.

Personal Menu

Displays contents of Personal Menu.

Shopping

Displays contents of the Shopping List.

Table of Contents

Displays a dialog box containing a list of recipes, menus, and categories.

Exit

Closes the application.

Help

Opens on-line Help to display information on how to use CookWorks.

Creating a shopping list

You can create your own custom shopping list from any of the recipes and menus in CookWorks Electronic Books.

[Adding a Recipe to the Shopping List](#)

[Adding a Menu to the Shopping List](#)

Finding Recipes

There are two ways to find recipes in CookWorks Electronic Books: Categories and the Table of Contents. If you are looking for specific kinds of recipes; Pasta recipes, Low Fat recipes, Cheesecake recipes, etc., then it is easiest to use Recipe Categories. If you know the name of a recipe that you are looking for, or if you would just like to browse through a list of all of the recipes, then the Table of Contents is the place to go.

To find recipes by category

1. From the Main Window, choose the Select Recipes button.
2. Select one of the categories in the list and choose the View button, or double-click on the category.
3. Select one of the subcategories in the list and choose the View button, or double-click on the subcategory.
4. Select a recipe you wish to look at, and choose the View button, or double-click on the recipe.

To find recipes by name

1. Choose the Table of Contents toolbar button.
2. From the Contents list, select **All Recipes**.
3. Scroll through the Recipes list to find the recipe you are looking for.
4. Select the recipe you wish to look at and choose the View button, or double-click on the recipe.

See also

[Recipe Categories](#)

[Table of Contents](#)

Finding Menus

There are two ways to find menus in CookWorks Electronic Books: Categories or the Table of Contents. If you are looking for menus using specific kinds of food; Poultry, Meat, Pasta, etc., then it is easiest to use Menu Categories. If you know the name of a menu that you are looking for, or if you would just like to browse through a list of all of the menus, then the Table of Contents is the place to go.

To find menus by category

1. From the Main Window, choose the Select Menus button.
2. Select one of the categories in the list and choose the View button, or double-click on the category.
3. Select a menu you wish to look at, and choose the View button, or double-click on the menu.

To find menus by name

1. Choose the Table of Contents toolbar button.
2. From the Contents list, select **All Menus**.
3. Scroll through the Menus list to find the menu you are looking for.
4. Select the menu you wish to look at and choose the View button, or double-click on the menu.

See also

[Menu Categories](#)
[Table of Contents](#)

Printing a Recipe

You can print recipes from the Recipe List or Recipe View windows.

To print a recipe from the Recipe List window

1. Select the recipe you wish to print.
2. Do **one** of the following:
 - Select the Tools button and choose Print.
 - Click the right mouse button anywhere in the window (except on an available button) and choose Print.

To print a recipe from the Recipe View window

1. View the recipe you want to print.
2. Do **one** of the following:
 - Select the Tools button and choose Print.
 - Click the right mouse button anywhere in the window (except on an available button) and choose Print.

Note: Photos and Info items will not print with the recipe. Nutrition always prints at the end of the recipe.

See also

[Printing a Menu](#)

[Printing to a File](#)

Printing a Menu

You can print menus from the Menu List or Menu View windows.

To print a recipe from the Menu List window

1. Select the menu you wish to print.
2. Do **one** of the following:
 - Select the Tools button and choose Print.
 - Click the right mouse button anywhere in the window (except on an available button) and choose Print.

To print a recipe from the Menu View window

1. View the menu you want to print.
2. Do **one** of the following:
 - Select the Tools button and choose Print.
 - Click the right mouse button anywhere in the window (except on an available button) and choose Print.

Note: Photos and Info items will not print with the menu. Nutrition always prints at the end of the menu.

See also

[Printing a Menu with Recipes](#)

[Printing a Recipe](#)

Printing a Shopping List

To print a shopping list

1. From the Shopping window, choose the Print button
2. Select the printing options you want, and choose the OK button.

Product Support

If you have a question about CookWorks, first check [Troubleshooting Tips](#).

If you still need help, our Product Support Team members will be happy to assist you. To allow us to help you more quickly, please provide us with the following information:

- Software product description
- System description, including computer and printer types
- Your address, telephone number, and/or fax number
- The best time to get back to you

You may contact us by any of the following methods:

Phone: (707) 523-0400

9:00 AM to 5:00 PM Pacific Time, Monday - Friday.

Fax: (707) 523-0469

Write to: Pinpoint Publishing,
PO Box 7329
Department T
Santa Rosa, CA 95407

CompuServe: 76244, 123

MCI Mail ID: 245-8579

Pinpoint BBS: 707-523-0468
Settings 1200-9600 Baud, 8-1-N
Supports ZMODEM, XMODEM and YMODEM file transfers

Table of Contents

If you know the name of the recipe or menu you are searching for, or would just like to browse through a list of recipes and menus, then the Table of Contents is a great place to start.

Viewing a recipe from the Table of Contents

1. Select a chapter, All Recipes or Index from the Contents list.
2. From the Recipes list, select a recipe and choose the View button.
Or, double-click on the recipe name.

 **Recipe icon**

 **Recipe with photo icon**

Viewing a menu from the Table of Contents

1. Select All Menus or Index from the Contents list.
2. From the Menus list, select a menu and choose the View button.
Or, double-click on the menu name.

 **Menu icon**

Finding recipes by category from the Table of Contents

1. Select All Categories or Index from the Contents list.
2. From the Categories list, select a category and choose the View button.
Or, double-click on the category name.

 **Category icon**

See also

[Finding Recipes](#)

[Finding Menus](#)

Personal Menu window

You can create your own menu from any of the recipes in this recipe collection. Select any of the recipes you wish and add them to the Personal Menu. Then you can view the nutrition for your menu or print it out to take to the kitchen.

See also

[Adding a Recipe to the Personal Menu](#)

[Editing the Personal Menu](#)

[Printing a Menu](#)

Adding a Recipe to the Shopping List

When you add a recipe to the Shopping List, all of the ingredients in that recipe are included in your list.

You may add recipes to the Shopping List from the Recipe List, Recipe View and Table of Contents windows.

From the Recipe List window

1. Select the recipe you want.
2. Select the Tools button and choose Add to Shopping List.
Or, click the right mouse button anywhere in the window (except on an available button) and choose Add to Shopping List.

From the Recipe View window

- Select the Tools button and choose Add to Shopping List.
Or, click the right mouse button anywhere in the window (except on an available button) and choose Add to Shopping List.

From the Table of Contents

1. Select the recipe you want.
2. Press and hold down the left mouse button until the drag-and-drop pointer appears, then drag the pointer onto the Personal Menu toolbar button and release the mouse button.



Drag-and-drop pointer

See also

[Adding a Menu to the Shopping List](#)

Adding a Menu to the Shopping List

When you add a menu to your shopping list, all of the ingredients from each of the recipes in the menu are included in the list.

You may add menus to the shopping list from the Menu List, Menu View and Table of Contents windows.

From the Menu List window

1. Select the menu you want.
2. Select the Tools button and choose Add to Shopping List.
Or, click the right mouse button anywhere in the window (except on an available button) and choose Add to Shopping List.

From the Menu View window

- Select the Tools button and choose Add to Shopping List.
Or, click the **right mouse button** anywhere in the window (except on an available button) and choose Add to Shopping List.

From the Table of Contents

1. Select the menu you want.
2. Press and hold down the left mouse button until the drag-and-drop pointer appears, then drag the pointer onto the Personal Menu toolbar button and release the mouse button.



Drag-and-drop pointer

See also

[Adding a Recipe to the Shopping List](#)

Adding a Recipe to the Personal Menu

You can create your own custom menus from any of the recipes in CookWorks. Simply add recipes to the Personal Menu from the Recipe List, Recipe View or Table of Contents windows.

From the Recipe List window

1. Select the recipe you want.
2. Select the Tools button and choose Add to Menu.

Or, click the right mouse button anywhere in the window (except on an available button) and choose Add to Menu.

From the Recipe View window

- Select the Tools button and choose Add to Menu.

Or, click the right mouse button anywhere in the window (except on an available button) and choose Add to Menu.

From the Table of Contents

1. Select the recipe you want.
2. Press and hold down the left mouse button until the drag-and-drop pointer appears, then drag the pointer onto the Personal Menu toolbar button and release the mouse button.



Drag-and-drop pointer

See also

[Adding a Recipe to the Shopping List](#)

Editing the Personal Menu

You may remove or one all of the recipes from the Personal Menu by using the Edit Personal Menu command in the Tools menu.

To remove a recipe from the Personal Menu

1. Select the Tools button and choose Edit Personal Menu.
Or, click the right mouse button anywhere in the window (except on an available button) and choose Edit Personal Menu.
2. In the Edit dialog, select the recipe you want to remove, and choose the Remove button.
3. Choose the OK button to accept the changes you have made.

To clear all recipes from the Personal Menu

1. Select the Tools button and choose Edit Personal Menu.
Or, click the right mouse button anywhere in the window (except on an available button) and choose Edit Personal Menu.
2. In the Edit dialog, choose the Clear button.
3. Choose the OK button to accept the changes you have made

See also

[Adding a Recipe to the Personal Menu](#)
[Personal Menu Tools](#)

Personal Menu Tools

The following items are available by selecting the Tools button in the Personal Menu window.

Edit Personal Menu

Allows you to remove one or all of the recipes from the Personal Menu.

Add to Shopping List

Adds all of the recipes in the Personal Menu to the Shopping List

Print

Prints the Personal Menu.

Print Menu with Recipes

Prints the Personal Menu with all of the included recipes.

Number of Servings

Changes the number of servings for each recipe in the Personal Menu.

Menu Tools

The following items are available by choosing the Tools button in the Menu List and Menu View windows.

Add to Shopping List

Adds all of the recipes in the selected menu to the Shopping List.

Print

Prints the selected menu.

Print Menu with Recipes

Prints the selected menu with all of the included recipes.

Number of Servings

Changes the number of servings for each recipe in the selected menu.

Kitchen Tips

Accesses Kitchen Tips information, if available.

Recipe Tools

The following items are available by choosing the Tools button in the Recipe List and Recipe View windows.

Add to Menu

Adds the selected recipe to the Personal Menu.

Add to Shopping List

Adds the selected recipe to the Shopping List.

Print

Prints the selected recipe.

Number of Servings

Changes the number of servings for the selected recipe.

Kitchen Tips

Accesses Kitchen Tips information, if available.

Related Items

Views related recipes, menus and Kitchen Tips, if available.

Recipe Categories

Recipes are divided into general categories to help you quickly find the recipe you want.

See also

[Finding Recipes](#)

[Table of Contents](#)

Menu Categories

Menus are divided into general categories to help you quickly locate just the menu you want. A menu may be found under more than one category.

See also

[Finding Menus](#)

[Table of Contents](#)

Recipe View window

Recipe View

The current recipe is shown in the box at the left of the window.

Info box

The smaller box at the right of the Recipe View can display nutritional information, a photo, or hints and tips information for the current recipe.

Nutrition button

Choosing the Nutrition button displays nutritional analysis of the current recipe in the Info box. The Nutrition button stays chosen until another button (Photo or Info) is chosen.

Photo button

Displays a photo of the current recipe in the Info box. If no photo is available for the current recipe, a standard photo will be shown. The Photo button stays chosen until another button (Nutrition or Info) is chosen.

Info button

Displays reference information for the current recipe in the Info box. If no reference information is available, the button will be unavailable. The Info button stays chosen until another button (Nutrition or Photo) is chosen.

Previous button (<)

Choose < to view the previous recipe *from the Recipe List*.

Next button (>)

Choose > to view the next recipe *from the Recipe List*.

Tools button

Select the Tools button to display a list of available tools.

Back button

Choose the Back button Returns to the previous window.

See also

[Adding a Recipe to the Personal Menu](#)

[Adding a Recipe to the Shopping List](#)

[Buttons](#)

[Printing a Recipe](#)

[Recipe Tools](#)

Menu View window

Menu View

The current menu is shown in the box at the left of the window. To view a recipe in a menu, double-click on the recipe name. To return to the Menu View window, choose the Back button.

Note: Items shown in *italics* are extra items, not recipes. Extra items will not print, nor can you “view” them. They are usually simple items like rice, steamed vegetables or green salad that you do not need a recipe to prepare.

Info box

The smaller box at the right of the Menu View can display nutritional information, a photo, or hints and tips information for the current menu.

Nutrition button

Choose Nutrition button to see the nutritional analysis of the current menu in the Info box. The Nutrition button stays chosen until another button (Photo or Info) is chosen

Photo button

Displays a photo of the current menu in the Info box. If no photo is available for the current menu, a standard photo will be shown. The Photo button stays chosen until another button (Nutrition or Info) is chosen

Info button

Displays reference information for the current menu in the Info box. If no reference information is available, the button will be unavailable. The Info button stays chosen until another button (Nutrition or Photo) is chosen

Previous button (<)

Choose < to view the previous menu *from the Menu List*.

Next button (>)

Choose > to view the next menu *from the Menu List*.

Tools button

Displays a list of available tools.

Back button

Returns to the previous window.

See also

[Adding a Menu to the Shopping List](#)

[Buttons](#)

[Menu Tools](#)

[Printing a Menu](#)

[Printing a Menu with Recipes](#)

[Viewing a Recipe in a Menu](#)

Recipe List window

Recipe list

The list of available recipes is shown in the box at the left of the window.

- To view a recipe from the list, double-click on the recipe name. Or, select the recipe and choose the View button.

Info box

The smaller box to the right of the Recipe List can display nutritional information, a photo, or hints and tips information for the current recipe.

Nutrition button

Displays nutritional analysis of the current recipe in the Info box. The Nutrition button stays chosen until another button (Photo or Info) is chosen

Photo button

Displays a photo of the current recipe in the Info box. If no photo is available for the current recipe, a standard photo will be shown. The Photo button stays chosen until another button (Nutrition or Info) is chosen

Info button

Displays reference information for the current recipe in the Info box. If no reference information is available, the button will be unavailable. The Info button stays chosen until another button (Nutrition or Photo) is chosen

Tools button

Displays a list of available tools.

View button

Displays the contents of the selected recipe.

Back button

Returns to the previous window

See also

[Adding a Recipe to the Personal Menu](#)

[Adding a Recipe to the Shopping List](#)

[Buttons](#)

[Printing a Recipe](#)

[Recipe Tools](#)

Menu List window

Menu List

The list of available menus is shown in the box at the left of the window.

- To view a menu from the list, double-click on the menu name.
Or, select the menu and choose the View button.

Info box

The smaller box to the right of the Menu List can display nutritional information, a photo, or hints and tips information for the current menu.

Nutrition button

Displays nutritional analysis of the current menu in the Info box. The Nutrition button stays chosen until another button (Photo or Info) is chosen

Photo button

Displays a photo of the current menu in the Info box. If no photo is available for the current menu, a standard photo will be shown. The Photo button stays chosen until another button (Nutrition or Info) is chosen

Info button

Displays reference information for the current menu in the Info box. If no reference information is available, the button will be unavailable. The Info button stays chosen until another button (Nutrition or Photo) is chosen

Tools button

Displays a list of available tools

View button

Displays the contents of the selected menu.

Back button

Returns to the previous window.

See also

[Adding a Menu to the Shopping List](#)

[Buttons](#)

[Menu Tools](#)

[Printing a Menu](#)

[Printing a Menu with Recipes](#)

Changing the Number of Servings for a Recipe

You can scale any recipe up to serve a crowd or down to just one serving. Use preset buttons to quickly double or halve a recipe, or restore it to its original number of servings. Or, you can choose a specific number of servings for the recipe.

To change number of servings for a recipe

1. Select a recipe.
2. Select the Tools button and choose Number of Servings.
Or, click the **right mouse button** anywhere in the window (except on an available button) and choose Number of Servings.
3. Select the desired number of servings, and choose the OK button.

To return a recipe to its original number of servings

1. Select a recipe.
2. Select the Tools button and choose Number of Servings
Or, click the **right mouse button** anywhere in the window (except on an available button) and choose Number of Servings.
3. Select Restore to Original Servings and choose the OK button.

See also

[Notes on Recipe Scaling](#)
[Recipe Tools](#)

Notes on Recipe Scaling

CookWorks offers you the ability to quickly change the number of servings from one to ninety-nine for each recipe. When recipes are scaled up to larger servings, all ingredients except seasonings are calculated as direct multiples from the original recipe. Seasonings are not figured as direct multiples to avoid over-seasoning large quantities.

NOTE: Preparation directions are not altered in the scaling process, so you will need to use your judgment with regard to pan sizes, cooking times and quantities listed in the recipe directions.

This scaling information is designed as a guide. Only the original recipes were tested and meet the standards of the author.

Changing the Number of Servings for a Menu

You can scale any menu up to serve a crowd or down to just one serving. Use preset buttons to quickly double or halve a menu, or restore it to its original number of servings. Or, you can choose a specific number of servings for the menu.

To change number of servings for a menu

1. Select a menu.
2. Select the Tools button and choose Number of Servings.
Or, click the **right mouse button** anywhere in the window (except on an available button) and choose Number of Servings.
3. Select the desired number of servings, and choose the OK button.

To return a menu to its original number of servings

1. Select a menu.
2. Select the Tools button and choose Number of Servings.
Or, click the **right mouse button** anywhere in the window (except on an available button) and choose Number of Servings.
3. Select the desired number of servings, and choose the OK button.

See also

[Menu Tools](#)

[Notes on Recipe Scaling](#)

Shopping list Summary of Ingredients

The Summary of Ingredients is a list of all the ingredients from the recipes (and menus) that are included in the Shopping List. Ingredients are divided into store locations (dairy, baking products, canned vegetables, etc.) to make your shopping even easier.

Each different ingredient is shown only once in the list. If the same ingredient is called for more than once, then the quantities of that ingredient are added together to form one entry.

For example, if the ingredient "flour" appears in several different recipes, instead of showing "flour" three times like this:

1 cup flour
2 cups flour
1/2 cup flour

Each flour item will be added together, and appear like this:

3 1/2 cups flour

NOTE: **Only exact ingredient matches will be added together**; *flour* and *whole wheat flour* will not be combined, nor will *chicken breast* and *skinless boneless chicken breast*. Ingredients must also have the same measurement type; 1 *cup* broccoli and 1 *pound* broccoli cannot be added together.

See also

[Shopping List window](#)

Viewing a Recipe in a Menu

When you are in the Menu View and Personal Menu windows, you may view any of the recipes that are part of the current menu.

To view a recipe from a menu

- Double-click on the recipe name in the Menu View window.
Or, select the recipe name and choose the View button.

To return to the Menu View window

- Choose the Back button.

See also

[Menu View window](#)

Nutritional Information

Because more healthful eating is a top priority in this decade, CookWorks Electronic Books provide comprehensive nutritional information to help you select a better diet. These nutrients are calculated for each recipe and menu per serving: Calories, calories from fat, total fat, saturated fat, cholesterol, sodium, total carbohydrates, dietary fiber, protein, vitamin A, vitamin C, and iron. Percentage of calories from fat, protein and carbohydrates is also be displayed.

Daily Values

The nutrient content per serving is also shown as a percentage of Daily Value, according to the newest regulations by the Food and Drug Administration (FDA) and the United States Department of Agriculture (USDA). These numbers reflect how a food fits into your overall daily diet, with 2000 calories per day established as a reference.

Daily Limits and Requirements

	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrates		300g	375g
Fiber		25g	30g

See also

[Bibliography of CookWorks Nutrition Sources](#)
[More Nutrition Notes](#)

More Nutrition Notes

- Where there is no size listed in recipes for various fruits and vegetables, medium-size is assumed.
- Be aware that fried food recipes do not take into consideration the total percentage of fat absorbed during frying, therefore the fat calculations will be lower in CookWorks. Most of the recipes for fried foods list oil without a specific quantity of measurement. Following is an explanation of how CookWorks calculates these ingredients.

Sometimes a recipe ingredient has no quantity or measurement associated with it. For example, when the ingredient is included for greasing pans or adding flavor to taste. So that the nutrition calculation for the recipe will be more accurate, CookWorks automatically includes a base amount of the ingredient. Below are ingredients and the amount the software assigns to them:

INGREDIENT (with no measurement)	AMOUNT ASSUMED IN COOKWORKS
butter, margarine, spreads	1 Tablespoon (13.5 grams)
oils	1 Tablespoon (14 grams)
sugar	1 Tablespoon (12 grams)
confectioner's sugar	1 Tablespoon (6 grams)
grated parmesan cheese	2 Tablespoons (16 grams)
soy sauce	1 Tablespoon (14 grams)
salt and seasoning salts	3/4 teaspoon (3 grams)
black and white peppers	scant 1/4 teaspoon (1 gram)
hot pepper sauces	1/4 teaspoon (1.5 grams)

Shopping List window

When you add recipes and menus to the Shopping List, the ingredients appear in the Shopping List window. The ingredients are divided into store locations for easier shopping. You may use the Additional Items box to include any items that you would like to add to the list.

Summary of Ingredients

A list of all the ingredients from the recipes (and menus) that are included in the Shopping List

Additional Items

A place to enter any additional items that you would like to include in the Shopping List.

- To enter additional information, click anywhere in the box to place your cursor, and begin typing.

Include Recipe Names

Select Include Recipe Names to create a list of recipe names at the top of the Shopping List.

Include Detailed List

Select Include Detailed List to create a list of each individual ingredient and its source recipe, below the Summary of Ingredients.

Print button

Prints the contents of the Shopping List.

Clear button

Removes all items from the Shopping List.

Back button

Returns to the previous window.

See also

[Shopping list Summary of Ingredients](#)

Printing a Menu with Recipes

To print a menu with recipes from the Menu List window

1. Select the menu you wish to print.

Or, click the **right mouse button** anywhere in the window (except on an available button) and choose Print Menu with Recipes.

2. Select the Tools button and choose Print Menu with Recipes.

To print a menu with recipes from the Menu View window

- Select the Tools button and choose Print Menu with Recipes.

Or, click the **right mouse button** anywhere in the window (except on an available button) and choose Print Menu with Recipes.

See also

[Printing a Menu](#)

About Other Pinpoint Products

New CookWorks Cookbooks

Pinpoint is working to publish many more popular printed cookbooks in the CookWorks Electronic Books format. Check your local software retailer for new CookWorks titles, or call PC Zone at (800) 258-2088.

Micro Cookbook 5.0

Want to put your own favorite recipes and menus on the computer? When you use Pinpoint's best-selling Micro Cookbook software, you can do just that. And, you can import any of the CookWorks recipes and menus you already have.

Micro Cookbook will calculate a nutrition analysis for all recipes and menus -- including those you add yourself. Plus, you can print recipe cards, standard pages and complete cookbooks to share with friends and family.

To order Micro Cookbook 5.0, call PC Zone at (800) 258-2088.

Recipe Hints and Tips

Information on food buying, storing, and freezing as well as cooking techniques, make-ahead suggestions, and serving ideas are available for hundreds of recipes. You can also see easy recipe variations and learn ways to make recipes even healthier.

To see Recipe Hints and Tips

1. Select a recipe.
2. Choose the Info button.
3. Choose a topic from the menu.

Menu Hints and Tips

Serving suggestions and time-saving make-ahead tips are provided for many menus, so you can spend more time at the table -- not in the kitchen.

To see Menu Hints and Tips

1. Select a menu.
2. Choose the Info button.
3. Choose a topic from the menu.

About Pinpoint Publishing

Pinpoint, maker of best-selling Micro Cookbook software, is the #1 publisher of recipe software worldwide. Located in the heart of California's Sonoma County Wine Country, we are surrounded by some of the world's best and most diverse agricultural producers. Our friendly community, fresh and wholesome food, breathtaking wines, and our valued customers have been a winning combination for over twelve years.

You can contact us through any of the following methods:

Phone: (707) 523-0400
9:00 AM to 5:00 PM Pacific Time, Monday - Friday.

Fax: (707) 523-0469

Write to: Pinpoint Publishing,
PO Box 7329
Department T
Santa Rosa, CA 95407

CompuServe: 76244, 123

MCI Mail ID: 245-8579

Pinpoint BBS: 707-523-0468
Settings 1200-9600 Baud, 8-1-N
Supports ZMODEM, XMODEM and YMODEM file transfers

Printing a Help Topic

To print the current Help topic

- From the File Menu in Help, choose Print Topic.

Note: For more information about Help, choose How to use Help from the Help menu.

Importing Recipes into Micro Cookbook 5.0

If you have Micro Cookbook 5.0 installed on your computer, you can import CookWorks Electronic Books recipes into Micro Cookbook.

To import the entire recipe collection (including menus)

- Use the Cookbook Converter that came with Micro Cookbook 5.0 to convert your Electronic Book collection to Micro Cookbook 5.0 format.

If you did not receive the Cookbook Converter with Micro Cookbook 5.0, contact Pinpoint to obtain a copy of the Cookbook Converter.

To import one or more recipes

1. Open Micro Cookbook 5.0
2. Select the File menu and choose Import.
3. Choose "CookWorks 1.0" from the Import File drop-down list.
4. Choose the Browse button at the right of the Import From File field.
The Select File to Import window appears.
5. Change to the drive/directory where your CookWorks recipe collection is located.
6. Select the file "cb4001.dbf" and choose the OK button.
A list of recipes appears.
7. Select the recipe(s) you want to import.
8. Select a chapter for the imported recipes, or type the name of a new chapter.
9. Choose the Import Selected button (or choose Import All to import all the recipes in the selected chapter).

For additional information about importing recipe into Micro Cookbook 5.0, see the Micro Cookbook 5.0 on-line Help file.

Printing to a File

Printing to a file is a simple way of exporting recipes, menus and your shopping list to a format that you can open in almost any word processor or desktop publishing program.

CookWorks can “export” to these text formats

- **TXT** (text only)
- **RTF** (Rich Text Format)

If your word processor can read RTF files and you would like to keep the font attributes, sizes, etc. then export to the RTF format.

To print a recipe, menu or shopping list to a file

1. In the Print window, select the Print to File check box.
2. Choose the OK button. The Print to File window will appear.
3. Enter the file name with an extension (.TXT or .RTF) and choose the directory in which you want to save the file.
4. Choose the OK button. The file will be created in the directory you chose.

Troubleshooting Tips

[ATI Mach 8 Video Driver and 16 Color Display](#)

[Courier Font Used in Printouts](#)

[Improving Photo Display Quality](#)

[Photos are Slow to View Using 16 Color Display](#)

ATI Mach 8 Video Driver and 16 Color Display

During our testing of CookWorks, we found that setting the ATI Mach 8 driver to 16 color display produced very poor photograph quality in CookWorks. If you have the ATI Mach 8 driver, and wish to use 16 color display, we suggest you use the Windows standard VGA or SVGA (800x600) display drivers. These two drivers will produce a far better quality photo quality running with 16 colors.

Note: If at all possible, we suggest that you run Windows in a 256 color (or higher) display mode. Not only will CookWorks photos display quality be greatly improved, but the photos will display much more quickly in 256 color display than in 16 color display.

Photos are Slow to View Using 16 Color Display

If at all possible, we strongly recommend that you run Windows in a 256 color (or higher) display mode. Not only will CookWorks photos display quality be greatly improved, but the photos will display much more quickly in 256 color display than in 16 color display.

Today, most video card (video boards) are capable of displaying 256 colors (8 bit), while certain newer video cards have the ability to display up to 16 million colors (24 bit or True Color). However, some older video cards can only display 16 colors. If you are unsure about the capabilities of your particular video card, we suggest you contact the manufacturer of the card, or your computer dealer.

Courier Font Used in Printouts

Printouts from CookWorks should use the font Times New Roman. If you are using a laser printer, and your printouts use the Courier font instead of Times New Roman, you can correct this by doing one of the following:

- Select the “Print True Type As Graphics” option for your printer. (See your Windows User’s Guide or Help, in the Control Panel window for more information on changing your Printing options.)

OR Install the updated HP driver that we have included on Disk 1.

To install the updated HP printer driver files to your hard drive

1. Create a new directory on your hard drive named HPDRIVER.
2. Copy the file HPPCL5.EXE to the HPDRIVER directory on your hard drive.
3. Type **HPPCL5** to expand the files.

Or, if you are in File Manager, double click on the HPPCL5.EXE file.

The files will be installed to the HPDRIVER directory.

4. Open the file PRINTER.TXT in any word processor, and follow the instructions for **Installing a Printer Driver**.

Note: You **DO NOT** need to follow the instructions for Updating the Universal Printer Driver and Postscript Driver.

Improving Photo Display Quality

The photographs in CookWorks will automatically adjust to display modes ranging from 16 colors to 16 million colors. Depending on your video card and the display driver you have selected in Windows Setup, you may be able to increase the number of colors that are displayed and therefore increase the quality of the photographs.

Today, most video cards (video boards) are capable of displaying 256 colors (8 bit), while certain newer cards have the ability to display up to 16 million colors (24 bit or True Color). However, some older video cards can only display 16 colors. If you are unsure about the capabilities of your particular video card, we suggest you contact the manufacturer of the card, or your dealer.

About CookWorks

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Nutrition button

Displays nutritional analysis of the current recipe or menu in the Info box.



The Nutrition button stays chosen until another button (Photo or Info) is chosen.

Photo button

Displays photo for the current recipe or menu in the Info box.



If no photo is available for the current recipe or menu, the button will be dimmed (unavailable) and a standard photo may be shown. The Photo button stays chosen until another button (Nutrition or Info) is chosen

Info button

Displays a list of reference items for the current recipe or menu in the Info box.



To display the reference information in the Info box

- Select the Info button and choose one of the items from the list.

If no reference information is available, the button will be dimmed (unavailable). The Info button stays chosen until another button (Nutrition or Photo) is chosen

Previous button (<)

Displays the previous item from a list.



For recipes

Displays the previous recipe in the View window. You can use the Previous button when Viewing recipes from the Recipe List, Menu View or Table of Contents.

For menus

Displays the previous menu in the View window. You can use the Previous button when Viewing menus from the Menu List or Table of Contents.

Next button (>)

Displays the next item from a list.



For recipes

Displays the next recipe in the View window. You can use the Next button when Viewing recipes from the Recipe List, Menu View or Table of Contents.

For menus

Displays the next menu in the View window. You can use the Next button when Viewing menus from the Menu List or Table of Contents.

Tools button

Displays a list of available tools



View button

Displays the View window for the selected recipe or menu.



Back button

Returns to the previous window.



Bibliography of CookWorks Nutrition Sources

U.S. Department of Agriculture - Handbook 8 (release 9) - Human Nutrition Information Service, 505 Belcrest Road, Hyattsville, MD 20782

Food Values of Portions Commonly Used - C. 1989 by Jean A.T. Pennington, Ph.D., R.D.

Nutrition Almanac Third Edition/ Nutrition Search, Inc., John D. Kirschmann, director; Lavon J. Dunne - C 1990, 1984, 1979, 1975, 1973 McGraw-Hill Paperback edition

Buttons

[Toolbar buttons](#)

[Back button](#)

[Tools button](#)

[View button](#)

[Previous button \(<\)](#)

[Next button \(>\)](#)

[Nutrition button](#)

[Photo button](#)

[Info button](#)

Using Drag-and-Drop

You can Drag-and-Drop items with your mouse to create a personal menu or shopping list

For more information about drag-and-drop, choose one of the following topics:

[Adding Recipes to the Personal Menu using Drag-and-Drop](#)

[Adding Recipes to the Shopping List using Drag-and-Drop](#)

[Adding Menus to the Shopping List using Drag-and-Drop](#)

Adding Recipes to the Personal Menu using Drag-and-Drop

From the Recipe List, Recipe View and Table of Contents windows

1. Select the recipe you want.
2. Press and hold down the left mouse button until the drag-and-drop pointer appears, then drag the pointer onto the Personal Menu toolbar button and release the mouse button.



Drag-and-drop pointer

See also

[Adding a Recipe to the Personal Menu](#)

Adding Recipes to the Shopping List using Drag-and-Drop

From the Recipe List, Recipe View and Table of Contents windows

1. Select the menu you want.
2. Press and hold down the left mouse button until the drag-and-drop pointer appears, then drag the pointer onto the Shopping toolbar button and release the mouse button.



Drag-and-drop pointer

See also

[Adding a Recipe to the Shopping List](#)

Adding Menus to the Shopping List using Drag-and-Drop

From the Menu List, Menu View and Table of Contents windows

1. Select the menu you want.
2. Press and hold down the left mouse button until the drag-and-drop pointer appears, then drag the pointer onto the Shopping toolbar button and release the mouse button.



Drag-and-drop pointer

See also

[Adding a Menu to the Shopping List](#)

Quick Tips for Using CookWorks

While you'll love the simplicity of CookWorks Electronic Books, here are some quick tips that will make using CookWorks even easier:

Drag-and-Drop

You can Drag-and-Drop items with your mouse to create a personal menu or shopping list. From the Recipe View, select a recipe, press and hold down the left mouse button until the drag-and-drop pointer appears. Then drag the pointer onto the Personal Menu or Shopping List toolbar button, and then release the mouse button. Similar Drag-and-Drop features are available in the Table of Contents and Menu Views as well.



Drag-and-drop pointer

Right Mouse Button

Click your right mouse button any time the Tools icon is available to quickly bring up the Tools menu. Tools let you add items to a personal menu or shopping list, print, change the number of servings, and access Kitchen Tips and Related Items (if available).

Info Button

After selecting a recipe, choose the Info button to see quick preparation tips and new variations to try. The information will appear in the window on the right side of your screen. When the Info button is completely gray, no additional information is available.

Table of Contents

To quickly find a recipe or menu by name, choose the Table of Contents toolbar button. Using the Table of Contents, you can also see a list of all the categories or of all recipes with photos.

Gray Icon Buttons

Gray icon buttons are the program's way of letting you know that a particular option is not currently available for selection.

Improving Photo Display Quality

The photographs in CookWorks Electronic Books will automatically adjust to display modes ranging from 16 colors to 16 million colors. You may be able to improve the quality of the photograph display by increasing the number of colors that are displayed, but this will depend on the video card and the display driver you have selected in Windows Setup.

Today, most video cards are capable of displaying 256 colors (8 bit), while certain newer cards have the ability to display up to 16 million colors (24 bit or True Color). However, some older cards can only display 16 colors. If you are unsure about the capabilities of your particular video card, we suggest you contact the manufacturer of the card, or your computer dealer.

Importing CookWorks Recipes into Micro Cookbook 5.0 for Windows

Pinpoint's Micro Cookbook software lets you add your own recipes and menus. If you already have Micro Cookbook 5.0 for Windows installed on your computer, you have the option of importing the CookWorks recipes into Micro Cookbook. See [Importing Recipes into Micro Cookbook 5.0](#) for more information

