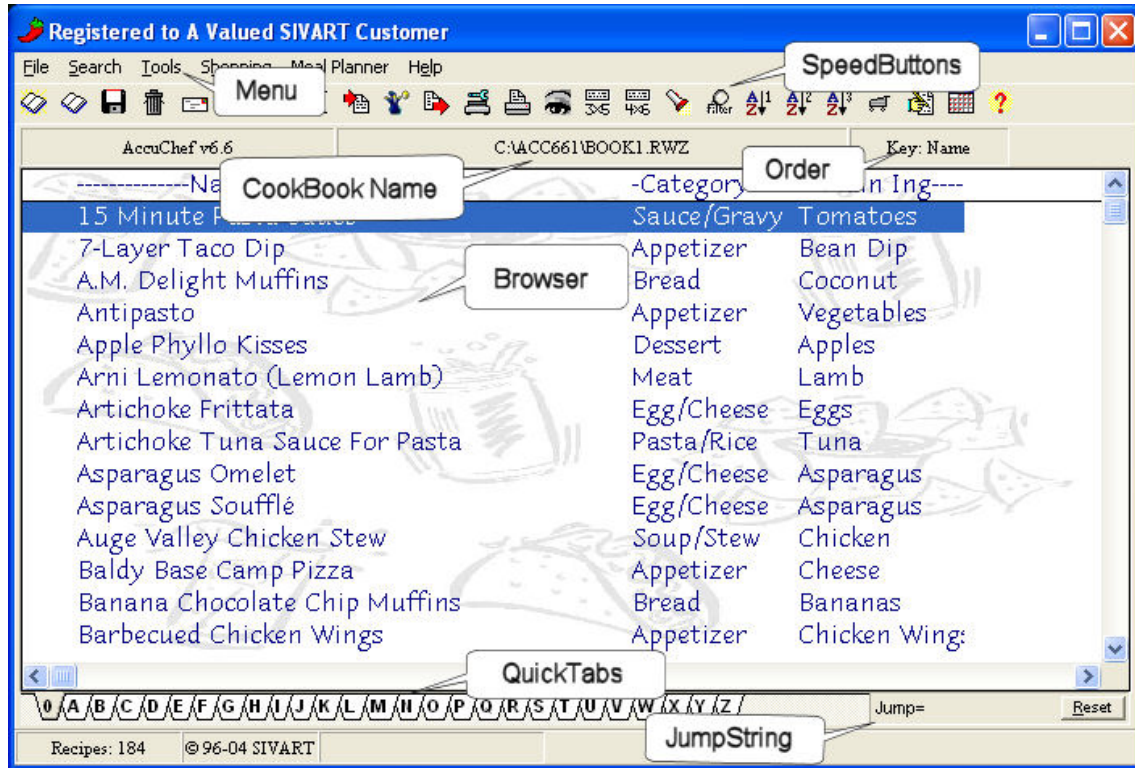


## AccuChef Quick Guide

### The Browser:



**To move around in the Browser** use the "PgUp", "PgDn", up & down arrows, click on a QuickTab letter or type in a "JumpString".

**To edit a recipe** highlight it in the Browser and press the "Enter" key.

**To type in a new recipe** press the "Ins" key.

**To import a new recipe** select "Import Wizard" from the "File" menu, press "Shift+Ins" or click on the Import Wizard speedbutton (with the little wizard on it).

**To print a recipe** press "Ctrl+P" or click on the "Print" speedbutton.

**To create a new cookbook** select "New Cookbook (Create)" from the "File" menu or press "Ctrl+N".

**To open a different cookbook** select "Open Existing Cookbook" from the "File" menu or press "Ctrl+O".

**To find a recipe** click on the "Filter" speedbutton or press "Ctrl+T", enter your search criteria in the appropriate field(s) and click the OK button. To turn the filter off click on the "Turn Filter Off" button at the bottom of the Browser screen.

**To change the font** in the Browser select "Browser Font" from the "Tools" menu.

## AccuChef Quick Guide

### The Editor:

**Edit Recipe**

File Tools Help

SpeedButtons

Name: 15 Minute Pasta Sauce

Category: Sauce/Gravy Main Ing: Tomatoes Yield: 2 Servings: 4 ReCalc: 4

Notes: Note: you can make a large batch and freeze sauce in portion sizes in plastic bags. If you freeze the sauce right after you make it, you will capture the flavor.

Ingredients / Preparation Shopping List Check Prep RTF Editor

Original Qty	Ingredient Name	Preparation	ReCalc Qty
2 Tbl	Olive Oil		¼ Cup
2	Garlic Cloves	Mince	4
4 Pinches	Pepper	Fresh Ground	8 Pinches
½ Cup	Onion	Finely Chopped	1 Cup
1 Can	Crushed Tomatoes (28 Oz)		2 Cans

Place a large heavy pan over moderate heat. Add the oil, garlic, pepper and onion. Cook for 5 minutes, or until fragrant. Add a crushed tomatoes. Reduce heat and simmer, stirring occasionally for 10 minutes. Season with salt and your favorite chopped fresh herb (basil, fresh oregano, or fresh coriander). Fresh herbs make a big difference in quality and flavor. Serve over pasta with garlic bread and a salad on the side.

Per serving: 222 cal (56% from fat, 7% from protein, 38% from carb); 4 g protein; 15 g tot fat; 2 g sat fat; 10 g mono fat; 2 g poly fat; 23 g carb; 5 g fiber; 37 mg sodium; 0 mg cholesterol; accupoints = 4.9; exchanges = 4 ½ veg - 3 fat

Prep Time: Ingredient qty in the original recipe. U.S. Metric 28-JAN-2003 Caps

**To type in a recipe** use the Enter key to move to the next field (you can use the Tab key if you check the “Use Tab key in the editor” on the configuration screen).

**To check the spelling** click on the “Spelling” button or press the “F7” key.

**To modify the “Categories” list** double click on the “Category” field.

**To modify the “Servings” list** double click on the “Servings” field.

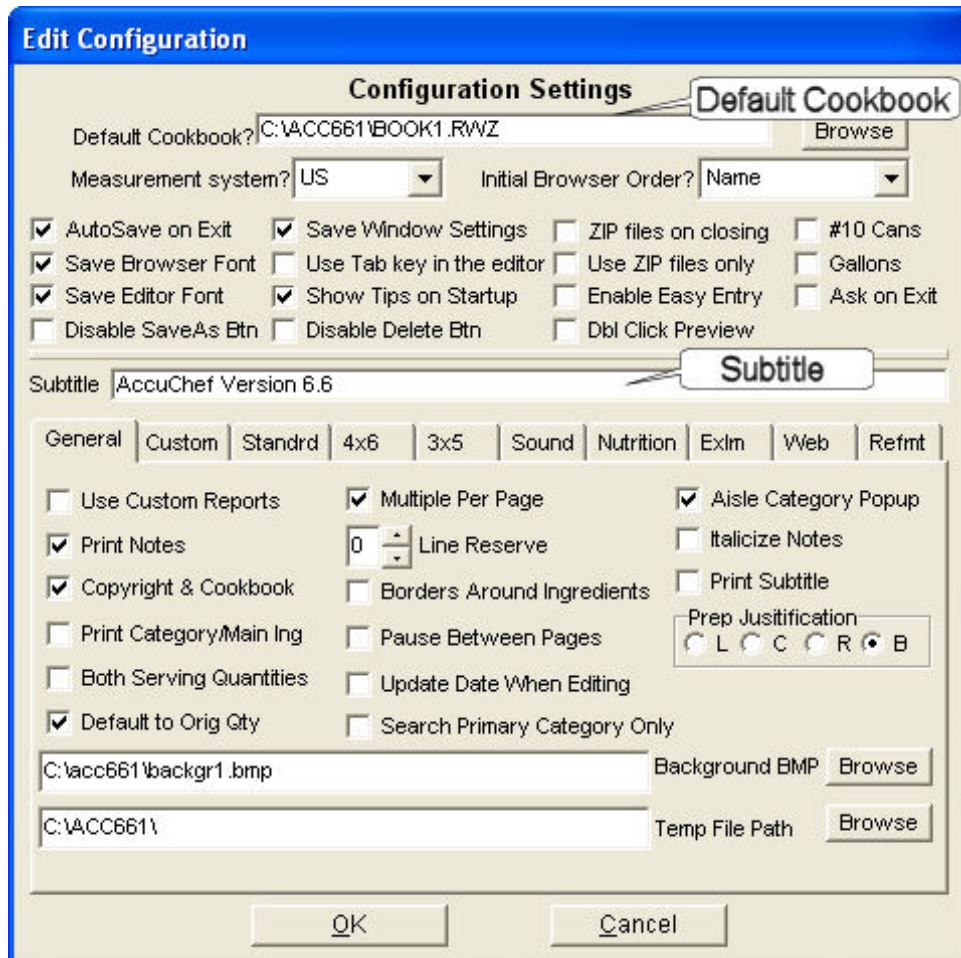
**To calculate the nutritional value** of the recipe click on the speedbutton with the scale on it, select “Calc Nutritional Values” from the “Tools” menu or press “Ctrl+L”. Click on the “Add to Recipe” button to add the values to the prep text.

**To Save the recipe and return to the Browser** click on the “OK” button or press “Alt+O”

**To change the font** in the editor select “Editor Font” from the “Tools” menu.

## AccuChef Quick Guide

### The Configuration Manager:



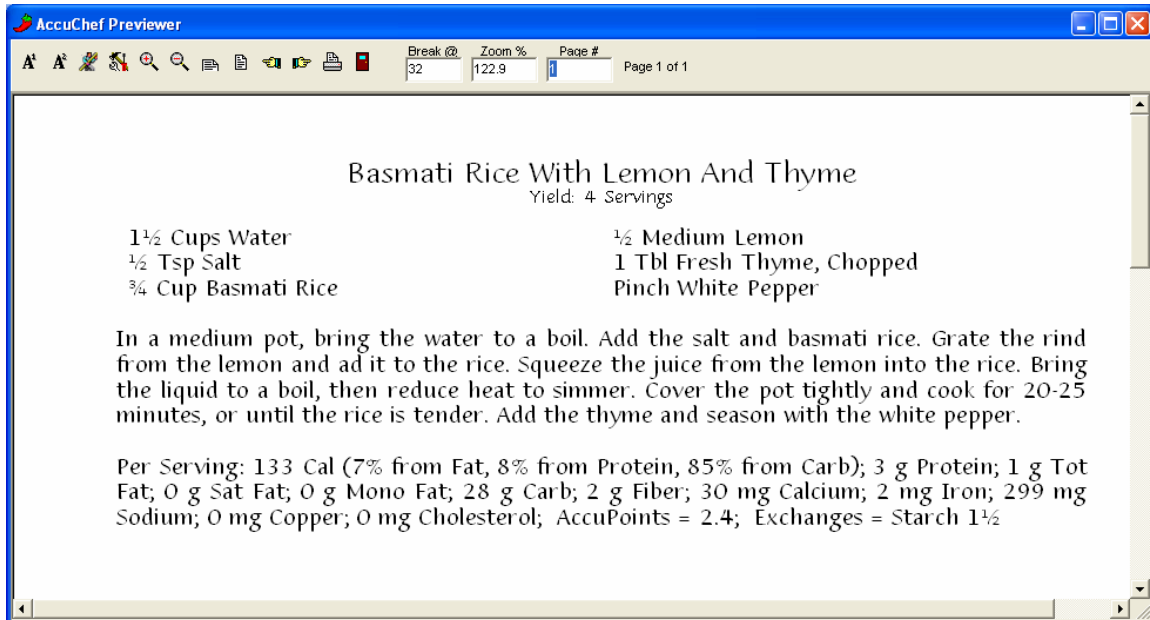
**To change the default cookbook** click on the Browse button and select the cookbook you want AccuChef to open each time it starts up.

**To change the subtitle** move to the subtitle field and enter the subtitle you want it to use. If you don't want a subtitle uncheck the box labeled "Print Subtitle"

**To turn off the "AccuChef v6.6 1996-2004 SIVART" line** uncheck the box labeled "Copyright & Cookbook"

# AccuChef Quick Guide

## The Previewer:



**To preview a recipe printout** click on the speedbutton with the eyeball on it or select "Print Preview" from the "File" menu on either the Browser or Editor. Close the preview window or click on the speedbutton with the door on it to return to the Browser or Editor.

**To change the printout fonts (& size)** click on the "A1" (title) and/or "A2" speedbuttons.

**To change the break at value** (the point at which AccuChef will wrap an ingredient onto the next line) enter a new value into the "Break@" field. This is useful if you increase the size of the font and find that the columns start "bumping" into each other. Decrease the break at value and AccuChef will wrap the ingredient onto the next line. If you decrease the font size and find that the ingredients are wrapping too early, increase the break at value.