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Exotic Chinese cooking is made easier than ever with this unique combination of technology and culinary expertise. The editors of *Wok Talk*, popular Chinese cookery newsletter, have assembled over 100 recipes from all regions of China, organized on disk for your personal computer by the easy to use COMPUTER CHEF database (included). Select recipes by ingredients, type of cuisine, or keywords; automatically scale ingredient quantities, print out recipes as needed. Even add your own recipes using any word processor. The Chinese cooking primer helps the novice get started, while the advanced chef will find many challenging recipes to try.

Computer Chef™ Series #

The Best of WOK TALK

Classical Chinese cooking made easy. • Over 100 recipes from all regions.

- Computer Chef™ recipe file software.
- Chinese cooking technique primer.



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THE BEST OF WOK TALK

Delicious Recipes
from the Original Chinese Cooking Newsletter

by Harry Freis and the Staff of Wok Talk
Edited by Sandy McIntosh

With Computer Chef
Version 2.0
for CP/M, HDOS, MS-DOS or ZDOS
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1. INTRODUCTION

The Best of WOK TALK is a unique combination of computer technology and exotic cuisine. It can introduce the novice to the fascinating world of Chinese cookery, or challenge and assist the experienced Chinese chef.

The Best of WOK TALK includes:

- o Over 100 selected Chinese recipes from the pages of Wok Talk newsletter, contained on computer diskette.
- o The COMPUTER CHEF recipe database program, to organize, search, scale and print your recipes.
- o A primer on Chinese cooking tools and techniques, to help the novice get started.

Wok Talk

Wok Talk, the original Chinese cooking newsletter, is published monthly. Each issue boasts new and exciting recipes, editorial features on Chinese culture and cuisine, and offerings from Wok Talk's Merchandise Emporium, including Chinese cookbooks, cookware, and hard-to-find foods.

The recipes supplied with The Best of WOK TALK have all appeared in previous issues of Wok Talk. They include a great variety of authentic Chinese recipes that can be prepared by anyone with a basic knowledge of Chinese cooking techniques. Recipes range from main dishes through desserts. All the major Chinese cooking methods are represented (with the exception of "Dim Sum" appetizers, which require special preparation).

For more information about Wok Talk, see Section 6 below.

Chinese Cooking Primer

To the novice, Chinese cooking often appears mysterious and difficult. But the mystery, after all, is just a lack of familiarity with Chinese ingredients, tools, and techniques. Once you know something about these three things, the difficulty quickly disappears as well.

To help you get started, The Best of WOK TALK comes with a condensed version of Chinese Cooking: The Classical Techniques Made Easy. A beginning Chinese cook may also want to acquire the full length edition of this book, or an introductory Chinese cookbook, of which there are many. See Section 6 for some specific recommendations. Good places to look for such books include your local bookstore or library, a Chinese specialty food store, and Wok Talk's Merchandise Emporium.

The COMPUTER CHEF Program

COMPUTER CHEF is a database program which adds new dimensions of convenience and versatility to your recipe collection. It will search through your recipes to find just the one you need. Once you add your own favorites, you'll never again have to wonder where a recipe is.

It will find all the main dish recipes that can be made up quickly or way ahead of time. It will calculate the amount of each ingredient needed to increase or decrease the number of servings the recipe makes. Or, given a specific amount of one ingredient (such as 1/4 cup butter instead of the 2/3 cup the recipe calls for), it will calculate the correct amounts for the remaining ingredients and adjust the amount the recipe will serve.

COMPUTER CHEF will search through all the recipes (even on several disks) for a specific title, ingredient or keyword (see Appendix C). You may add additional keywords to these recipes and to your own recipes. Once CHEF has compiled a list of recipes that fit the search you requested, you have the option of

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

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

The COMPUTER CHEF may also be used before you go shopping to help you plan menus for the week or take advantage of the advertised specials. And it's great for figuring out how to use those leftovers at the back of your refrigerator. If you've got a quarter pound of shrimp left after making Three Flavors Soup, ask the CHEF to find you another recipe that uses it, scale the recipe to a quarter pound of shrimp, and you won't have to serve

Three Flavors Soup again within the week or feed the shrimp to the cat.

Or you might ask for a list of all the deep frying recipes or all the recipes that are great for dessert because you want to serve something special for the dinner party next weekend.

We hope that you will add your own recipes to those we have provided. The recipe formats used by COMPUTER CHEF are very flexible and straightforward, and you may use any text editor such as PIE, ED, EDLIN, VEDIT or WordStar. Complete instructions are given under "Entering Your Own Favorites" in Section 5. You can find additional Chinese recipes in the Wok Talk newsletter, and additional disks of recipes ready for use with COMPUTER CHEF are available from The Software Toolworks. Details are given in Section 6.

2. HOW TO USE THIS MANUAL

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

Section 3 explains how to get started the first time you run CHEF, and includes instructions for HDOS, MS-DOS, ZDOS and most CP/M systems.

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

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

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

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

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

3. HOW TO BEGIN

Before you do anything else, place write-protect labels on your The Best of WOK TALK distribution disks and copy all the files from them onto blank disks. Store your distribution disks in a safe place and use the copies you have made as your CHEF disks.

Your Best of Wok Talk distribution disks should contain the following files:

| Disk 1 | Disk 2 |
|----------------------------|-----------|
| CHEF.COM (or .ABS on HDOS) | RECIPES.1 |
| CHEFUNIT.TBL | RECIPES.2 |
| RECIPES.1 | RECIPES.3 |
| RECIPES.2 | RECIPES.4 |
| RECIPES.3 | RECIPES.5 |

(8" and some large capacity 5" disks contain the CHEF files, and files RECIPES.1 through RECIPES.8 on a single disk.)

For now, set Disk 2 aside while you learn to use CHEF with one disk first. Using additional disks will be explained in Section 4.

To use The Best of WOK TALK, you must insert the disk containing the CHEF program into one of your computer's disk drives, and run CHEF. How you do this depends on what operating system you are using, and how many disk drives you have.

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

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

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

At this point, you can start using COMPUTER CHEF. Proceed to Section 4 for further directions. The remainder of this section describes how, for additional convenience, you can make your CHEF disk into a bootable system disk, and eliminate the need for booting from a separate system disk.

On ZDOS and MS-DOS, you can do this using the FORMAT program. Format a blank disk with the command

FORMAT/S

Then copy all the files from your CHEF distribution disk onto the new disk. The new disk is now a bootable CHEF disk.

On CP/M and Heath/Zenith HDOS, you first copy the CHEF files onto a newly formatted disk. Then you use the SYSGEN program to make your new CHEF disk into a bootable system disk. Depending on which computer you have, SYSGEN gives slightly different messages, but the procedure is similar in all cases. If the following general steps don't seem to work for you, consult your computer's CP/M manual.

1. Put your CP/M disk in drive A, and the CHEF disk in drive B.
2. Boot up, run CP/M, and type the command SYSGEN.
3. When asked for the first (source) disk, type A.
4. When asked what disk to change, or use as destination, type B.
5. When the program finishes copying the system onto drive B:, your CHEF disk will be a system disk. You can now boot from it in drive A, and type the "CHEF" command when the "A>" prompt appears.

4. RUNNING THE PROGRAM: Selecting Your Options

When you type the CHEF command (as described in the previous section), the CHEF program will read in from the disk, display the version number and copyright notice, and show your initial list of options:

Computer Chef 2.0 (23 Jan 84) (c) 1984 James J. Gillogly.
B: contains recipe files. This is disk 1.

Select from these options:

- a. Search recipes for keyword
- b. Search recipes for ingredient
- c. Search recipes for title word
- d. Search another disk
- e. List all titles to file or printer
- f. Exit from Computer Chef

Which option do you want? _

Now you simply type the letter which corresponds to the option you want, followed by a <RETURN>.

Searching the Recipes.

Usually, the first thing you will do is to search the recipes for a keyword, ingredient or title. (The other options will be discussed later in this section).

If you type the letter "a", COMPUTER CHEF will ask

What keyword? _

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

Which ingredient? _

or if you type the letter "c",

What title word? _

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

As an example, suppose you request a title search for the title word "Shrimp". COMPUTER CHEF will find four recipes that match and will list them as

Try one of these recipes:

1. SHRIMP WITH LOBSTER SAUCE
2. SHRIMP CHIPS
3. BUTTERFLY SHRIMP WITH SNOWPEAS
4. SESAME SHRIMP TOAST

Or you may:

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

Which option do you want? _

At this point, if you want to begin a new list, or are finished with COMPUTER CHEF, select item "d". If you want to see the list again, type "e" or <RETURN> and CHEF will repeat the recipe titles list.

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

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

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

What shall I do with this recipe?

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

Which option do you want? _

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

Printing a Recipe.

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

What filename (LST: to print)? _ (on CP/M)

or What filename (LPT1: to print)? _ (on MS-DOS or ZDOS)

or What filename (LP: to print)? _ (on HDOS)

To have the recipe printed on your printer, type the name of the printer device as CHEF suggests: LST: for CP/M, LPT1: for MS-DOS and ZDOS, or LP: for HDOS. To store the recipe in a disk file, type the name of the file. If the file already exists, CHEF will add this recipe at the end; otherwise it will create a new file. After completion, CHEF will again return to this options list.

Scaling a Recipe.

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

Change which amount? _

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

Change it from <quantity specified> to what? _

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

Now what?

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

Which option do you want?

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

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

NOTE: Most of our recipes specify 4 servings. This assumes the dish is one of four on a menu for four people (for example, soup and three main courses).

If a stir fried recipe is doubled, you can not simply put twice the amount of food in the wok, as this would alter the delicate relationship between the amount of heat

retained in the wok and the time required to first sear or coat each ingredient, and then cook it. You can prepare twice the amount of each ingredient, but you should cook the dish in two batches of the correct size.

Therefore, in Chinese cooking, when serving more people you usually increase the number of different dishes rather than making more of a dish. Dishes which do not require stir frying, such as soup, can generally be scaled.

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

Ruling Out Recipes.

Once you have searched for and found some recipes, you may want to rule out, or delete, recipes that do not meet some criterion. For example, you may want to remove all recipes that contain salt, or all that do not have the keyword "snack".

The recipe titles list in our example still looks like this:

Try one of these recipes:

1. SHRIMP WITH LOBSTER SAUCE
2. SHRIMP CHIPS
3. BUTTERFLY SHRIMP WITH SNOWPEAS
4. SESAME SHRIMP TOAST

Or you may:

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

Which option do you want? _

To refine the list further, select item "b" followed by a <RETURN>. CHEF will then ask

Which way shall we delete from the list:

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

Which option do you want? _

When you make your choice, CHEF will ask for the word it is to match on (e.g. Which ingredient?) and will give you the pruned list of recipes on the recipe titles list. If you choose, for

instance, option "a" and specify "snack", CHEF will delete all recipes with "snack" in the keywords. If instead you choose option "b" and specify "snack", CHEF will save all the recipes with "snack" in the keyword and discard all those without it.

Finding More Recipes.

When viewing the recipe list, you may want to add more recipes. For example, if you have already found all the shrimp recipes and now want to add the chicken recipes, you can select item "a" from the recipe list menu: "add more recipes to this list". CHEF will then ask

Which way shall we add to the list:

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

Which option do you want? _

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

Listing Recipe Titles

Appendix A lists the titles of the recipes included with The Best of WOK TALK. However, if you have added your own recipes to your database, or purchased additional recipe disks for use with COMPUTER CHEF, you may find it handy to have a printed listing of all the recipe titles.

To make such a list, first get to the initial CHEF menu. You can do this either by starting CHEF up, or by returning to the previous option list from the current menu, until you arrive at the initial menu.

Then select the option

- e. List all titles to file or printer

CHEF responds just as for printing a recipe (see above), asking you for the name of a file or printer device. When you have told CHEF what device or file to use for output, it will list out the titles of all the recipes on the current disk or disks. The only difference from printing a recipe is that if you are listing titles on a file, the list is not appended to the end of the file. Rather, it writes over the previous contents of the file.

Using More Than One Disk.

Up to now, you have been using CHEF with one disk containing both the CHEF program and your recipe files. The Best of WOK TALK comes with two recipe disks, and you might purchase even more recipe disks, or create some of your own.

If you have more than one disk drive, you can put recipe disks in several of them, and CHEF can search all the disks. (You may need to tell CHEF which drives have disks in them, however.)

If you have only one disk drive, or have more recipe disks than drives, you can still search all the disks, but you and CHEF will have to do a little disk shuffling.

To start with, you can put a recipe disk in each disk drive (until you run out of disks or drives). (On HDOS, you will have to mount each disk using the MOUNT command.)

When you start CHEF up, it will look at the disk drives, and tell you which disk(s) it recognizes as recipe disks.

(The way CHEF recognizes a recipe disk is to look for a file named RECIPES.1 on the disk. The disks provided with The Best of WOK TALK both have such a file, and any recipe disk you create will also need to contain a RECIPES.1 file.)

But CHEF can't always tell whether each disk drive has a disk in it. If you are using CP/M or HDOS, CHEF will know whether a drive has been looked at recently, and it will check all those drives for recipes. But if CHEF doesn't mention all your recipe disks when it starts up, you will have to tell it about the ones it missed. To do this, select the option

d. Search another disk

CHEF will respond with

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

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

You must now enter the name of the drive you want CHEF to use next. On CP/M, MS-DOS and ZDOS, just enter the drive letter (e.g., "b"), and press <RETURN>. (On HDOS, enter the three character name of the drive.)

Repeat this step for each drive which CHEF has not told you contains a recipe disk.

Switching Disks in a Drive.

If you want to search several disks, but do not have enough drives to hold all of them at once, CHEF can still manage. First, search as many disks as you can mount at once. You will now have a partial recipe list from those disks, like this:

Try one of these recipes:

1. SHRIMP WITH LOBSTER SAUCE
2. SHRIMP CHIPS
3. BUTTERFLY SHRIMP WITH SNOWPEAS
4. SESAME SHRIMP TOAST

Or you may:

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

Which option do you want? c

Select the option

c. Search another disk

This will let you remove a disk from a drive, and insert a new recipe disk to continue your search. You may remove a disk containing only recipes, or even the one with the CHEF program.

CHEF will ask you the name of the disk drive to use (as in the previous section). If you already have a recipe disk in the drive, follow CHEF's instructions to remove it. Then place the new recipe disk in the drive and type <RETURN>.

On HDOS, if you want to reset SY0: and still be able to select the printing option, you must be sure your printer driver is loaded before removing the system disk. Since COMPUTER CHEF automatically loads the device driver "LP:" you only need to worry about this if you are using another printer device driver. If you rename your driver "LP:", CHEF will handle it automatically. Otherwise you must load the driver explicitly before running CHEF initially. For instance, if you are using a printer driver "CT:", you would need to type at the operating system level:

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

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

You may have noticed that when you started CHEF up, it listed the mounted drives that had disks with recipe files on them. At that time each recipe disk was given a number. When CHEF dismounts one of those disks it will repeat the CHEF disk number for you.

Each new disk is assigned the next higher CHEF disk number when it is mounted. These numbers are assigned for the duration of the current CHEF search only. If you reset to a previous disk that does not have any recipes on the current recipe title list, it will be assigned a new CHEF disk number.

When you choose option "c" to "Search another disk" CHEF retains the current list of recipe titles you have found so far. Once you have swapped disks, you may search again to add additional recipes from the new disks to the list.

The recipes on the list that are on dismounted disks are marked with an asterisk. These recipes will not be considered for pruning during ingredient or keyword searches. If you try to type one of them by entering its number, CHEF will respond with

<Recipe title> is on disk <disk number>.

Use the "Search another disk" option to remount it.

and repeat the recipe title list with options.

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

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

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

Exiting the Program.

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

Select from these options:

- a. Search recipes for keyword
- b. Search recipes for ingredient
- c. Search recipes for title word
- d. Search another disk
- e. List all titles to file or printer
- f. Exit from Computer Chef

Which option do you want? _

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

5. ENTERING YOUR OWN FAVORITES

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

Recipe Files and Disks.

Recipes may be entered using most standard editors, such as PIE, EDIT or ED. A word processor (such as WordStar on the Osborne 1) should be used in non-document mode only if available. Text formatting modes or operations should be avoided, since they may insert formatting information which can confuse the CHEF program.

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

Once the disks in The Best of WOK TALK are full, you will need to put additional recipes on another disk. You can have as many recipe disks as you like, so long as you observe the following rule:

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

If you run from the CHEF distribution disk as described in Section 3, you don't have to worry about any other files. However, if you are an experienced computer user and wish to shuffle files among disks, note that when CHEF starts up, it looks for the file CHEFUNIT.TBL to be on the system disk or on a disk with recipes (except on MS-DOS and ZDOS, where CHEFUNIT.TBL must be on the current logged in disk).

VALDOCS users only: The files created by VALDOCS are not named in the disk directory. Rather, they are given serial numbers on the disk, and the names recorded in another file by VALDOCS. You should not use VALDOCS to edit existing CHEF recipe files. You may create new recipe files with VALDOCS, but you will have to copy the VALDOCS text file (which will have a name like 84115001.VAL) to another disk under the name RECIPES.1 (or RECIPES.2, etc.) in order for CHEF to be able to read the file.

If you have more than one recipe disk, see the headings "Using More Disks" and "Resetting Disks" in Section 4.)

Layout of Your Recipes.

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

The sections are:

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

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

Recipe length: A COMPUTER CHEF recipe must be no longer than 2300 characters under CP/M or HDOS, or 3000 characters under MS-DOS or ZDOS. This can be about two to four full screens of text, depending on your line length and the amount of blank space in the recipe. If a recipe is too long, CHEF will tell you when it searches the recipe disk. You will need to shorten it, or divide it into two or more separate recipes.

Here is the way you must lay out each section:

1. **Initial Comment.** You may begin your recipe with a Comment about it, such as "This is a favorite of Jack's boss." or "From Wok Talk, Sept 83". The Comment may be as many non-blank lines as you like and should be followed by a blank line. All comment lines MUST begin in the leftmost column with NO initial blanks. This section is optional.
2. **Title.** The Title of the recipe appears after the initial comment and must be indented at least one space. Each recipe must have a unique Title. It should be something that will easily identify that particular recipe for you when it turns up on your recipe search lists, such as Uncle Bertie's Favorite Chocolate Chip Cookies. The Title must be followed by a blank line.
3. **Ingredients.** Immediately following the Title is the list of Ingredients. All the Ingredients and ingredient quantities must be given in this section. You may list them in one or two columns. The columns may include indented section headers and multiple line entries. Each ingredient entry in the first column must begin in column 1, at the left edge of the file if it is to be included in any scaling. Each ingredient entry in the second column must begin at the same character position in the file, i.e., the left edge of the second column must be even, except for the second and

subsequent lines of a long ingredient which may be indented beyond this left edge.

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

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

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

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

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

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

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

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

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

A quick glance summary of the format:

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

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

| | |
|---|----------------------|
| 1 tsp ingredient | heading for column 2 |
| 2 T ingredient | 1/2 lb ingredient |
| 3 c ingredient | 10 oz ingredient |
| 4 ingredients whose description continues to a second line | cornstarch paste |

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

This section may have as many paragraphs as necessary.

Serves 6.

KEYWORDS: main dish, leftovers, make ahead, clay pot;
Jackie & Mike-New Year's Eve '82, in-laws favorite.

Title of next recipe

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

Instructions. Combine all ingredients in a large bowl; stir.

Makes about 1 quart.

KEY WORDS: dessert, make ahead, freezes well

Comments for third recipe

Title of another recipe

etc.

6. MORE BOOKS AND RECIPE DISKS.

The condensed version of Chinese Cooking: The Classical Techniques Made Easy, which is included with The Best of WOK TALK, is intended to help you get started with Chinese cooking. However, one small booklet can not hope to contain all there is to know about this fascinating subject.

For further reading, the editors of Wok Talk suggest the complete, illustrated version of this book, and two additional hardcover books. These books may be available at your local bookstore or Chinese cooking specialty store, or can be ordered directly from Wok Talk at the address below. (Prices are subject to change.)

Chinese Cooking: The Classical Techniques Made Easy, by Norman Weinstein. \$6.95 + .60 postage (softcover, 78 pp., illus.)

Chinese Technique, by Ken Hom. \$18.25 + \$2 postage (hardcover, 345 pp, 1000 illus.)

Everything You Want to Know about Chinese Cooking, by Pearl Kong Chen, et al. \$19.95 + \$2.50 postage (hardcover).

In The Best of WOK TALK, space limitations kept us from including elaborate banquet recipes, like Peking Duck, that require lengthy and detailed preparation. However, these recipes and many others can be found in Wok Talk itself, which is available to you by subscription. You can select your favorites from new issues and enter them yourself. For additional recipe and subscription information, write to:

WOK TALK
15 Barstow Rd
Great Neck, NY 10170
(516) 829-3540

Additional recipe disks, already formatted for use with the COMPUTER CHEF program, are available from your local computer store or direct from The Software Toolworks.

WHAT'S FOR DINNER is a two disk package containing "The Secret's Out" and "Let's Eat In Tonight" recipe disks. "Let's Eat In Tonight" contains over 100 main dish and side dish recipes for everything from quick and easy dinners for two to entertaining in style for a crowd. Includes meat, seafood, chicken, pasta and vegetarian entrees, soups to use as gourmet appetizers or hearty meal-in-itself family fare, change of pace salads, and ethnic dishes from all corners of the globe.

"The Secret's Out" has over 100 recipes dedicated to desserts, baked goods and special occasions. These decadently delicious recipes will provide a wealth of dessert-eating experiences for you, your family and friends. For instance, we have special recipes for making your own Hot Fudge Sundaes with Homemade Ice Cream, plus all the elements of an English High Tea, and lots more.

APPENDIX A: Recipes, Alphabetically by Title

| | |
|---|---|
| ALMOND FLOAT WITH MANDARIN ORANGES | HONEY SPONGE CAKE |
| ASPARAGUS & CHICKEN IN BLACK BEAN SAUCE | HOT AND SOUR CABBAGE |
| ASPARAGUS AND SESAME CHICKEN SOUP | HOT AND SOUR SOUP WITH BABY SHRIMP |
| ASPARAGUS SALAD WITH PICKLED RED GINGER | HOT ORANGE SOUP WITH WAFERS |
| ASSORTED VEGETABLES IN A CLEAR SAUCE | LAMB SLIVERS IN PUNGENT SAUCE |
| BARBECUED LAMB ON SKEWERS | LAMB SOUP POT |
| BARBECUED SPARERIBS | LEMON CHICKEN |
| BEAN CURD WITH OYSTER SAUCE | "LONG LIFE" NOODLES WITH EGG |
| BEEF AND BEANCURD CLAY POT | MELON VELVET PIE |
| BEEF SHREDS WITH GREEN PEPPER | MIXED FRUITS WITH GRASS JELLY |
| BEGGAR'S CHICKEN | MONGOLIAN BEEF |
| BIRD'S NEST SOUP | PORK IN HOT PEANUT SAUCE |
| BLISTERED STRING BEANS WITH PORK | RAW FISH SALAD |
| BOK CHOY WITH WHITE PORK | RED-COOKED BEEF WITH GRAVY NOODLES |
| BRAISED & DEEP FRIED PORK SLICES IN WINE SAUCE | RED-COOKED TANGERINE CHICKEN |
| BRAISED CHICKEN DRUMSTICKS | ROMAINE LETTUCE WITH OYSTER SAUCE |
| BRAISED CHINESE CABBAGE | SALMON STEAK WITH CLOUD EARS AND NOODLES |
| BRAISED LION'S HEAD IN A SANDY POT | SALT BAKED CHICKEN |
| BRAISED PORK AND FRESH OYSTERS IN CLAY POT | SAUTEED ZUCCHINI AND MUSHROOMS IN SPICY SAUCE |
| BUDDHA'S DELIGHT | SESAME SHRIMP TOAST |
| BUTTERFLY SHRIMP WITH SNOWPEAS | SHANGHAI RED-COOKED CHICKEN |
| CAULIFLOWER WITH BEEF "SICHUAN STYLE" | SHRIMP CHIPS |
| CHICKEN AND BANANA EGGROLL APPETIZER | SHRIMP SAUCE MIXED VEGETABLES AND SHREDDED CHICKEN |
| CHICKEN AND LOTUS SEED SOUP | SHRIMP WITH LOBSTER SAUCE |
| CHICKEN CHUNKS WITH PEANUTS IN SPICY SAUCE | SILVER NOODLE SOUP |
| CHICKEN IN BROTH WITH SOUR VEGETABLE | SINGAPORE FRIED NOODLES |
| CLEAR FISH SOUP | SMASHED RADISHES IN SOY DRESSING |
| COLD SHREDDED VEGETABLES WITH CHICKEN | SOUP NOODLES WITH CHICKEN |
| CORNSTARCH PASTE | SOUR SOUP WITH RICE NOODLES |
| CRACKLING RICE VEGETABLE SOUP | SPICY COLD NOODLES WITH CHICKEN |
| CRUNCHY BEAN SPROUTS WITH BEEF | SPICY PORK STRIPS WITH BLACK FUNGUS |
| DEEP-FRIED CRAB BALLS WITH VINEGAR DIP | STEAMED BREAST OF CHICKEN WITH BLACK MUSHROOMS |
| DUCKLINGS SWIMMING IN A POND | STEAMED CHICKEN AND BEANCURD |
| FIERY PORK & WINTER BAMBOO SHOOTS OVER SNOW | STEAMED CHICKEN AND HAM WITH BROCCOLI SPEARS |
| FIVE-SPICE BOUQUET | STEAMED FRESH CRAB IN CURRY SAUCE |
| FOUR KINDS OF STEAMED VEGETABLES | STEAMED HONEY PEARS |
| FRESH SPINACH IN BEAN CHEESE SAUCE | STEAMED MUSHROOMS |
| FRIED EGGS SHANGHAI-STYLE | STEAMED PORK WITH PRESERVED TIANJIN VEGETABLE |
| GINGER TEA | STEAMED PUNGENT COD WITH CABBAGE |
| | STEAMED SHREDDED CABBAGE |
| | STEAMED WHOLE FISH |
| | STEWED CAULIFLOWER IN CREAM SAUCE |
| | STIR-FRIED CUCUMBER WITH PORK |
| | STIR-FRIED PORK AND ASPARAGUS WITH FISH SAUCE |

| | |
|----------------------------------|---------------------------------|
| STIR-FRIED SCALLOPS IN A BASKET | TEN TASTY VEGETABLES - |
| STIR-FRIED VEGETABLES | SHI ZIANG CAI |
| WITH BEANCURD | THREE FLAVORS SOUP |
| STIR-FRIED ZUCCHINI, CARROTS, | TWICE COOKED PORK AND |
| AND LEEKS | SPICY VEGETABLES |
| STUFFED BEAN CURD WITH PEAS | VEAL SAUTE "SZECHUAN" |
| AND MUSHROOMS | VEGETABLES LO MEIN |
| SUGARED WALNUTS | VELVET CHICKEN UNDER SNOW |
| SWEET ALMOND PUDDING WITH | VELVET CORN SOUP |
| RED DATES | WATERCRESS SALAD WITH |
| SWEET AND PUNGENT LOTUS ROOT | BEAN CHEESE DRESSING |
| WITH PORK | WHITE FISH FILETS IN BEAN SAUCE |
| SWEET GINGER PICKLES | WHITE FISH PIECES IN SOUP |
| TENDER BROCCOLI STEMS WITH CLAMS | WINED FISH CHUNKS IN BROTH |

APPENDIX B: Recipes by Category

Beverage

GINGER TEA

Desserts

ALMOND FLOAT WITH
MANDARIN ORANGES
HONEY SPONGE CAKE
MELON VELVET PIE
MIXED FRUITS WITH GRASS JELLY
STEAMED HONEY PEARS
SUGARED WALNUTS
SWEET ALMOND PUDDING WITH
RED DATES

Snacks

"LONG LIFE" NOODLES WITH EGG
SESAME SHRIMP TOAST
SHRIMP CHIPS
SWEET GINGER PICKLES

Soups

ASPARAGUS AND SESAME CHICKEN SOUP
BIRD'S NEST SOUP
CHICKEN AND LOTUS SEED SOUP
CHICKEN IN BROTH WITH
SOUR VEGETABLE
CLEAR FISH SOUP
CRACKLING RICE VEGETABLE SOUP
DUCKLINGS SWIMMING IN A POND
HOT ORANGE SOUP WITH WAFERS
LAMB SOUP POT
SILVER NOODLE SOUP
SOUP NOODLES WITH CHICKEN
SOUR-HOT SOUP (SUAN LA TANG)
SOUR SOUP WITH RICE NOODLES
THREE FLAVORS SOUP
VELVET CORN SOUP
WHITE FISH PIECES IN SOUP

Main Course Dishes

| | |
|---|---|
| ASPARAGUS & CHICKEN IN BLACK BEAN SAUCE | SALMON STEAK WITH CLOUD EARS AND NOODLES |
| ASPARAGUS SALAD WITH PICKLED RED GINGER | SALT BAKED CHICKEN |
| ASSORTED VEGETABLES IN A CLEAR SAUCE | SAUTEED ZUCCHINI AND MUSHROOMS IN SPICY SAUC |
| BARBECUED LAMB ON SKEWERS | SHANGHAI RED-COOKED CHICKEN |
| BARBECUED SPARERIBS | SHRIMP SAUCE MIXED VEGETABLES AND SHREDDED CHICKEN |
| BEAN CURD WITH OYSTER SAUCE | SHRIMP WITH LOBSTER SAUCE |
| BEEF AND BEANCURD CLAY POT | SINGAPORE FRIED NOODLES |
| BEEF SHREDS WITH GREEN PEPPER | SMASHED RADISHES IN SOY DRESSING |
| BEGGAR'S CHICKEN | SPICY COLD NOODLES WITH CHICKEN |
| BLISTERED STRING BEANS WITH PORK | SPICY PORK STRIPS WITH BLACK FUNGUS |
| BOK CHOY WITH WHITE PORK | STEAMED BREAST OF CHICKEN WITH BLACK MUSHROOMS |
| BRAISED & DEEP FRIED PORK SLICES IN WINE SAUCE | STEAMED CHICKEN AND BEANCURD |
| BRAISED CHICKEN DRUMSTICKS | STEAMED CHICKEN & HAM WITH BROCCOLI SPEARS |
| BRAISED CHINESE CABBAGE | STEAMED FRESH CRAB IN CURRY SAUCE |
| BRAISED LION'S HEAD IN A SANDY POT | STEAMED MUSHROOMS |
| BRAISED PORK AND FRESH OYSTERS IN CLAY POT | STEAMED PORK WITH PRESERVED TIANJIN VEGETABLE |
| BUDDHA'S DELIGHT | STEAMED PUNGENT COD WITH CABBAGE |
| BUTTERFLY SHRIMP WITH SNOWPEAS | STEAMED SHREDDED CABBAGE |
| CAULIFLOWER WITH BEEF "SICHUAN STYLE" | STEAMED WHOLE FISH |
| CHICKEN AND BANANA EGGROLL APPETIZER | STEWED CAULIFLOWER IN CREAM SAUCE |
| CHICKEN CHUNKS WITH PEANUTS IN SPICY SAUCE | STIR-FRIED CUCUMBER WITH PORK |
| COLD SHREDDED VEGETABLES WITH CHICKEN | STIR-FRIED PORK AND ASPARAGUS WITH FISH SAUCE |
| CRUNCHY BEAN SPROUTS WITH BEEF | STIR-FRIED SCALLOPS IN A BASKET |
| DEEP-FRIED CRAB BALLS WITH VINEGAR DIP | STIR-FRIED VEGETABLES WITH BEANCURD |
| FIERY PORK & WINTER BAMBOO SHOOTS OVER SNOW | STIR-FRIED ZUCCHINI, CARROTS, AND LEEKS |
| FOUR KINDS OF STEAMED VEGETABLES | STUFFED BEAN CURD WITH PEAS AND MUSHROOMS |
| FRESH SPINACH IN BEAN CHEESE SAUCE | SWEET AND PUNGENT LOTUS ROOT WITH PORK |
| FRIED EGGS SHANGHAI-STYLE | TENDER BROCCOLI STEMS WITH CLAMS |
| HOT AND SOUR CABBAGE | TEN TASTY VEGETABLES - SHI ZIANG CAI |
| LAMB SLIVERS IN PUNGENT SAUCE | TWICE COOKED PORK AND SPICY VEGETABLES |
| LEMON CHICKEN | VEAL SAUTE "SZECHUAN" |
| MONGOLIAN BEEF | VEGETABLES LO MEIN |
| PORK IN HOT PEANUT SAUCE | VELVET CHICKEN UNDER SNOW |
| RAW FISH SALAD | WATERCRESS SALAD WITH BEAN CHEESE DRESSING |
| RED-COOKED BEEF WITH GRAVY NOODLES | WHITE FISH FILETS IN BEAN SAUCE |
| RED-COOKED TANGERINE CHICKEN | WINED FISH CHUNKS IN BROTH |
| ROMAINE LETTUCE WITH OYSTER SAUCE | |

APPENDIX C: KEY WORDS AND ABBREVIATIONS

The following KEY WORDS appear in the recipes provided with The Best of WOK TALK.

| | |
|--------------|------------|
| beverage | poach |
| boil | roast |
| braise | salad |
| deep-fry | snack |
| dessert | soup |
| freezes well | spicy |
| leftovers | steam |
| main dish | stir-fry |
| make ahead | vegetarian |
| New Year | |

plus suggested menus numbered 10 through 26:

menu 10
menu 11
...
menu 26

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

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

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

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

APPENDIX D: HDOS Stand-Alone Mode

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

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

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

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

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

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

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

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