

# *SmartCook System*

User's Manual

Version 1.0

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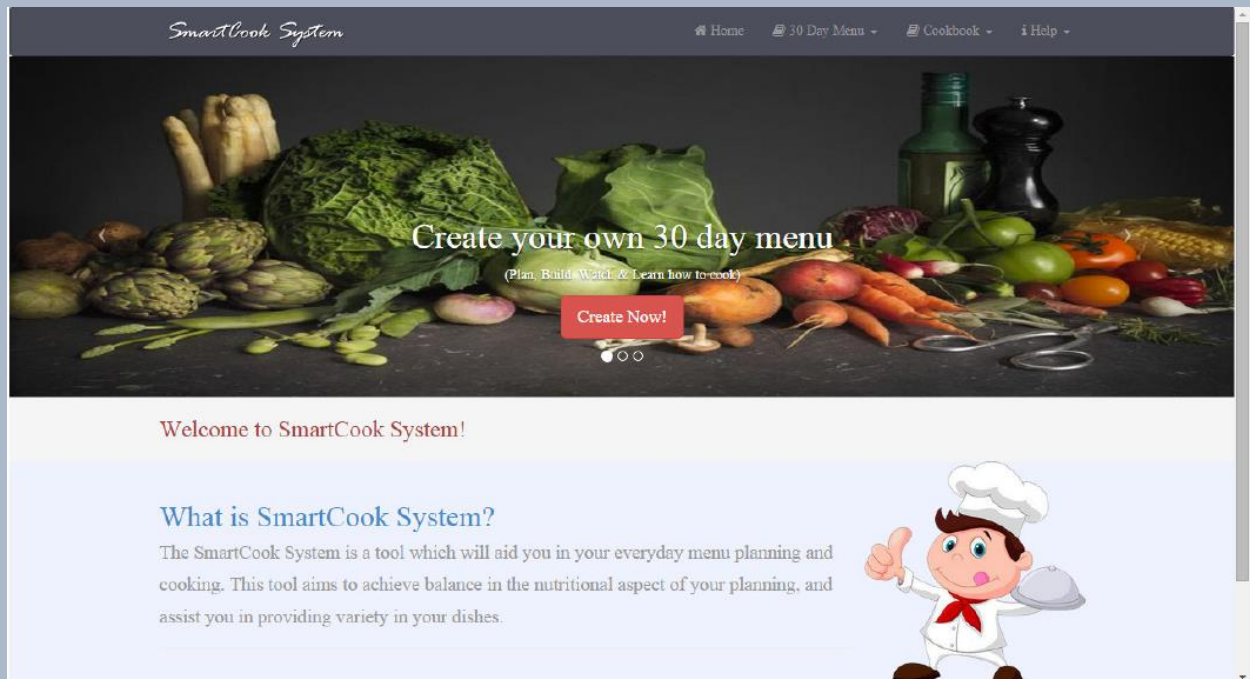
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## Welcome to the SmartCook System!

This User's Manual document aims to guide users to navigate through the SmartCook System, use its different functionalities in order to maximize full capabilities, and explore different recipes to aid our users to achieve a balance menu for our crew and seafarers.

Specific step-by-step instructions are provided for each functionality. It is suggested that instructions are followed to the dot in order to achieve correct usage of the SmartCook functionality.

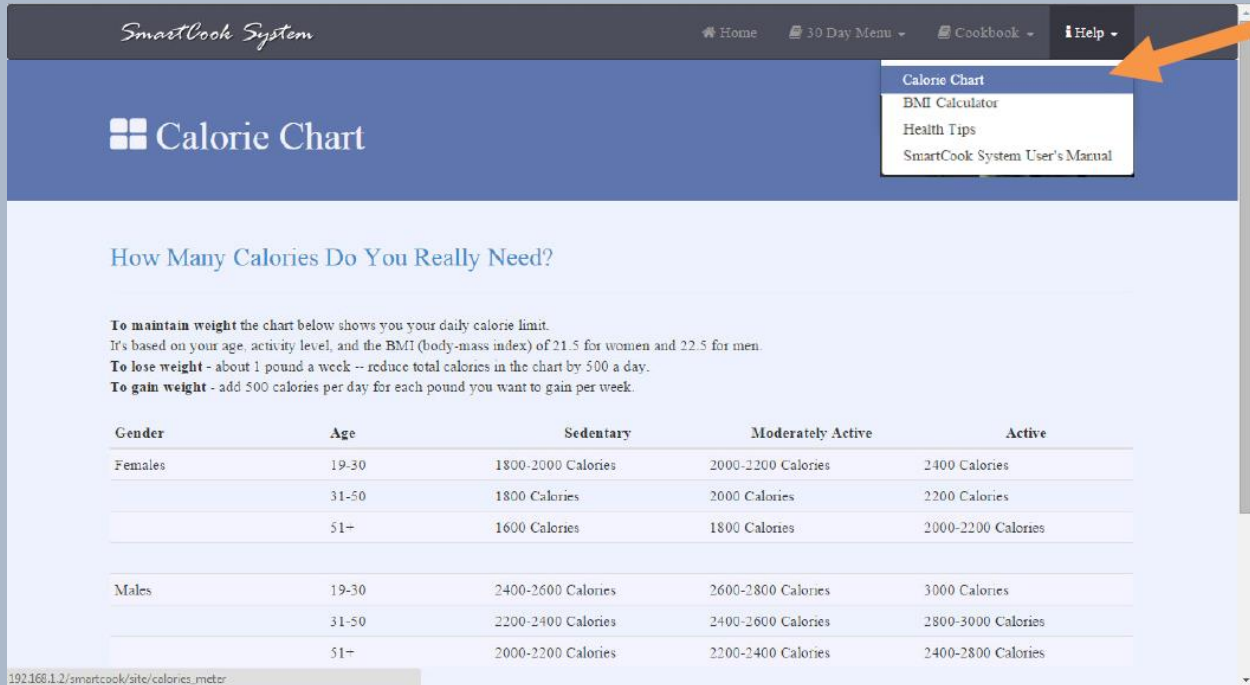
This document is also located in the system under Help option -> User's Manual section.



## Getting Started

Before going through using the menu and recipe functionalities of SmartCook, it is good to know some basic dietary principles and requirements that your crew may need for their daily sustenance.

It is highly favorable that one should go studying the Calories Chart, which is located at the Main Menu - > Help -> Calorie Chart



**SmartCook System**

Home 30 Day Menu Cookbook Help

**Calorie Chart**

BMI Calculator  
Health Tips  
SmartCook System User's Manual

### How Many Calories Do You Really Need?

**To maintain weight** the chart below shows you your daily calorie limit.  
It's based on your age, activity level, and the BMI (body-mass index) of 21.5 for women and 22.5 for men.

**To lose weight** - about 1 pound a week -- reduce total calories in the chart by 500 a day.

**To gain weight** - add 500 calories per day for each pound you want to gain per week.

Gender	Age	Sedentary	Moderately Active	Active
Females	19-30	1800-2000 Calories	2000-2200 Calories	2400 Calories
	31-50	1800 Calories	2000 Calories	2200 Calories
	51+	1600 Calories	1800 Calories	2000-2200 Calories
Males	19-30	2400-2600 Calories	2600-2800 Calories	3000 Calories
	31-50	2200-2400 Calories	2400-2600 Calories	2800-3000 Calories
	51+	2000-2200 Calories	2200-2400 Calories	2400-2800 Calories

192.168.1.2/smartcook/site/calories\_meter

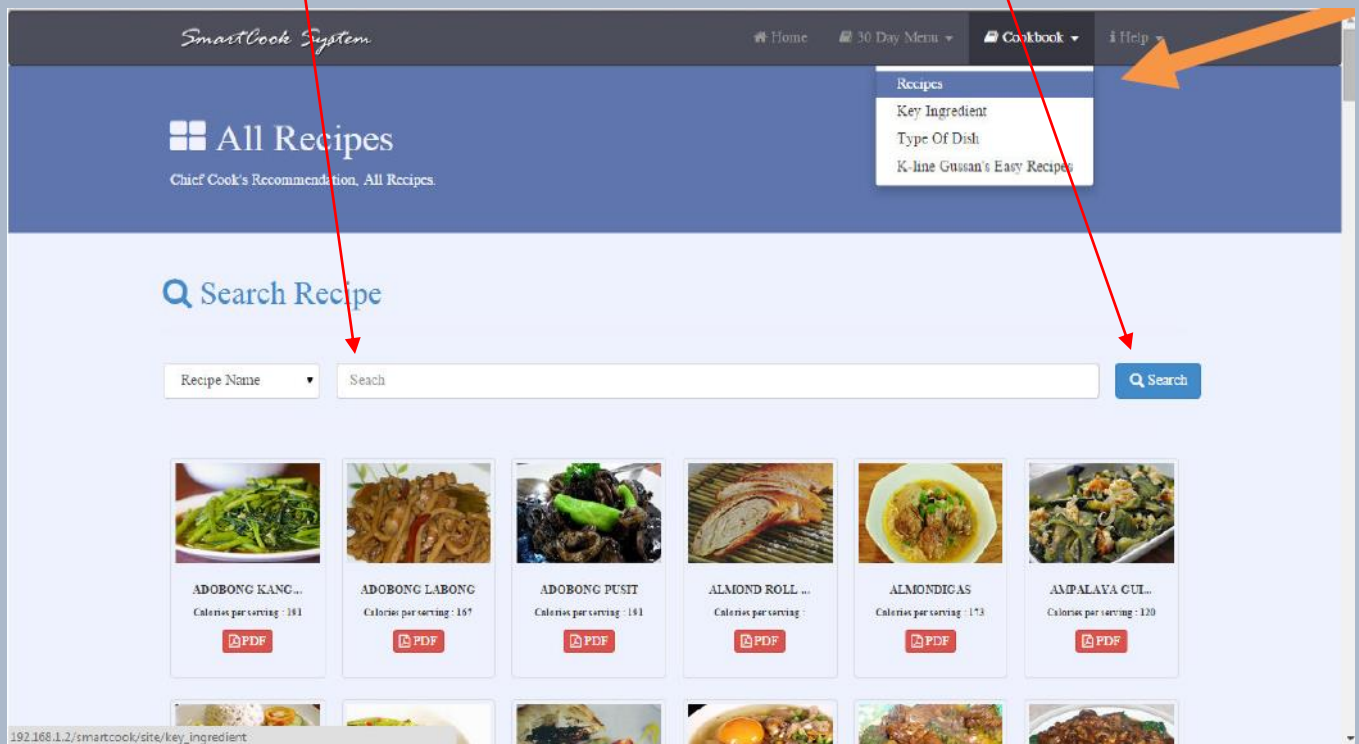
## Recipe Search and Listing Functionality

It is also suggested that users would go through reviewing first the available recipes in the system, by going through the Cookbook option.

This functionality will list all recipes, and depending on your preference, you may perform a search or listing of recipes through the following:

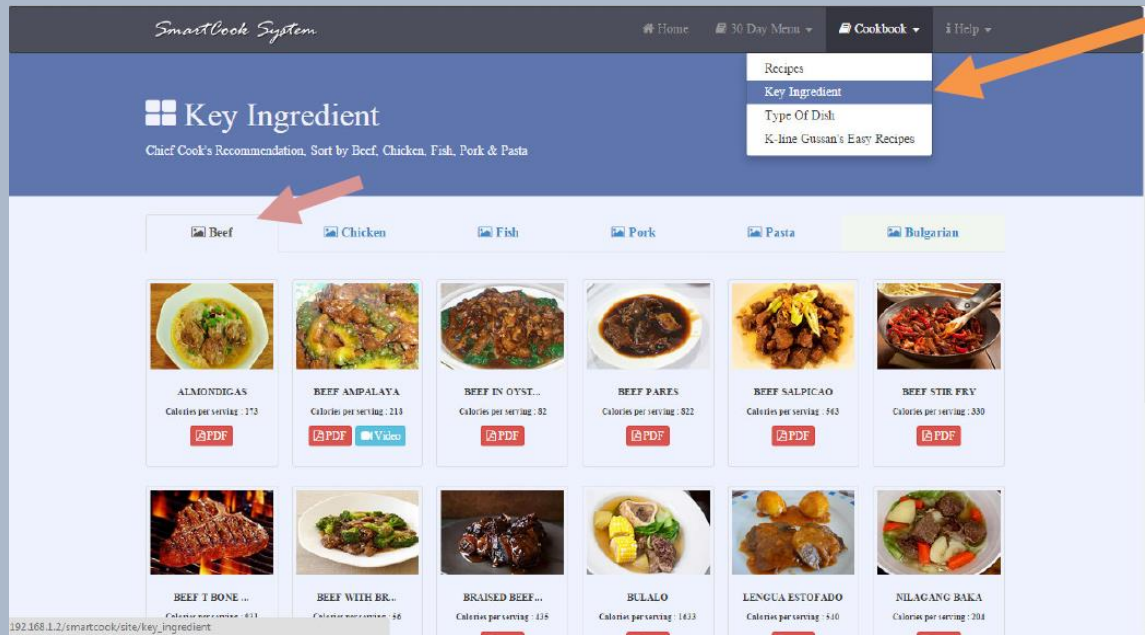
### a. Recipes Option

Just type in your Recipe Name, or a partial text of the Recipe Name, and click on Search



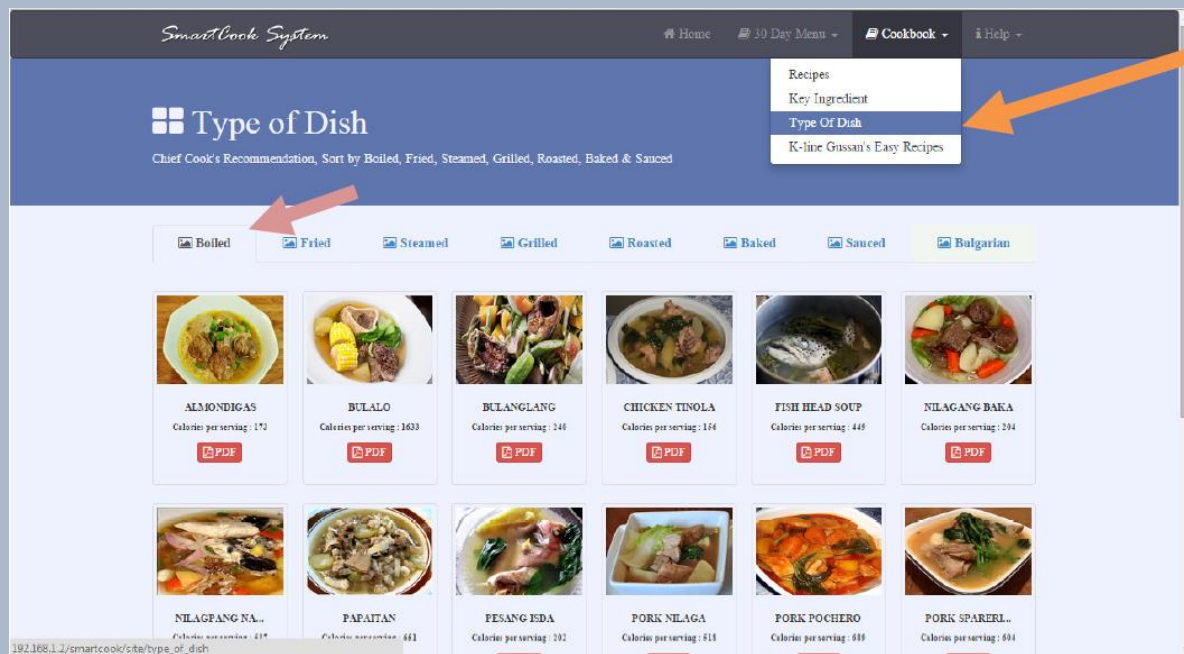
### b. Key Ingredient Option

This option groups recipes by its main ingredient. Just click on a specific tab to view all recipes associated with the ingredient.



### c. Type of Dish Option

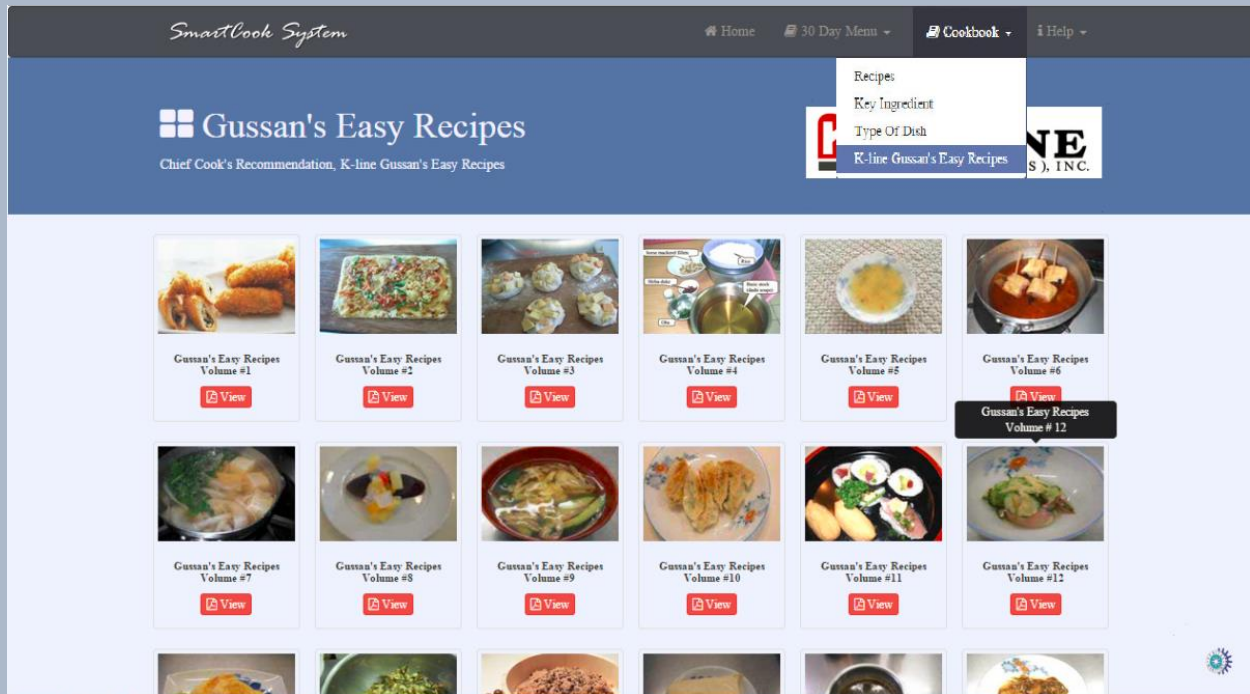
This option groups recipes on how the dish is prepared. Just click on a specific tab to view all recipes associated on how the dish is cooked.



\* A special tab dedicated to Bulgarian recipes is also present.

#### d. K-Line Gussan Easy Recipes Option

A special menu option is also present, which displays the K-Line Gussan easy recipes made by KLMA, viewable in PDF format.





### 30 Day Menu Plan Option

The 30 Day Menu Plan option presents 2 alternatives for meal planning:

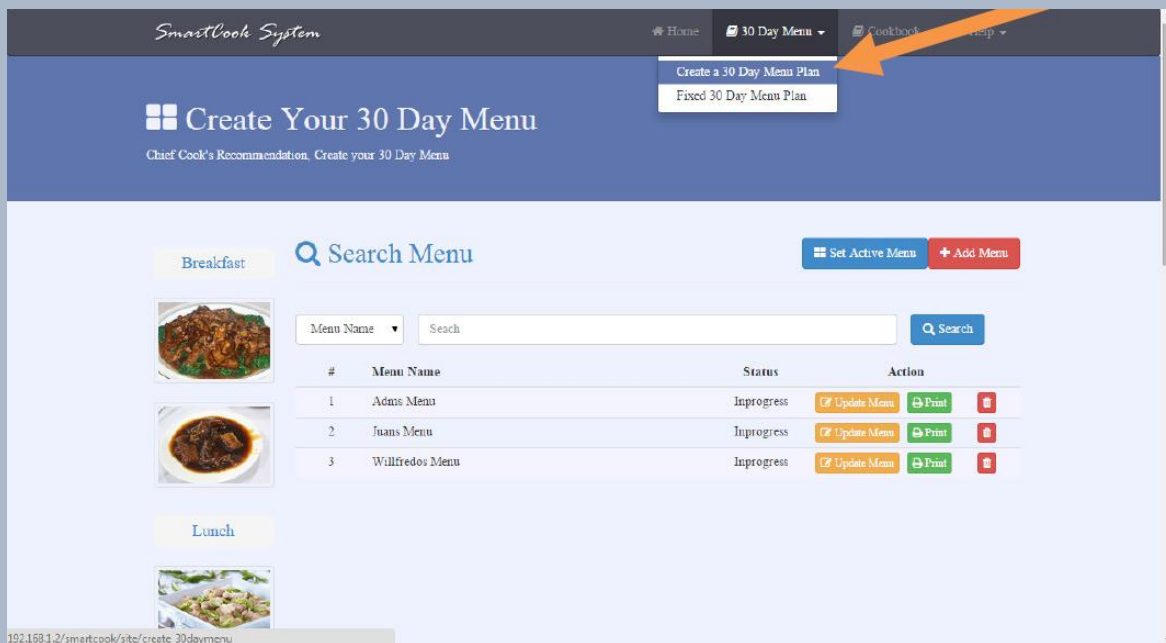
#### a. Fixed 30 Day Menu Plan

This option presents Fixed 30 day menu, which are pre-planned, for fast and convenient meal planning for 22 crew servings. Available are the International and Bulgarian menus, viewable via PDF.



#### b. Create a 30 Day Menu Plan

This option will allow the user to create their own 30 day menu, by choosing their own recipes for breakfast, lunch, dinner and snacks. This functionality is discussed in detail in the next section.



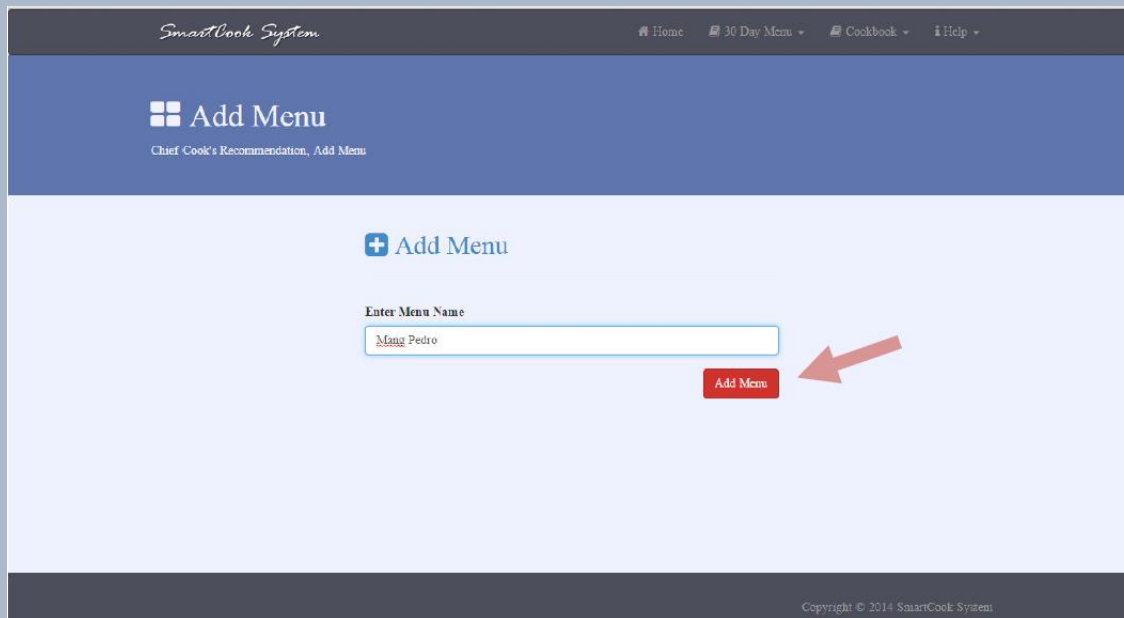


## Planning Your Own Menu - Steps

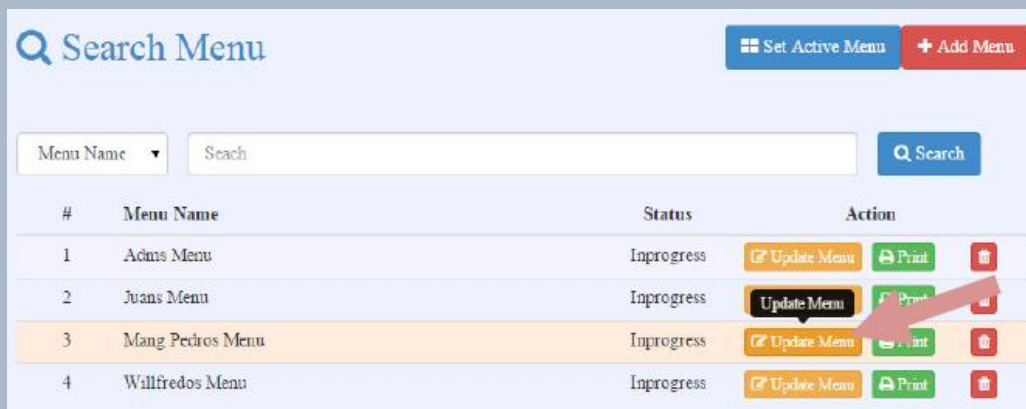
Step 1: Click on the Add Menu button.



Step 2: Place your desired Menu Name, and click on the Add Menu button to save the menu.



The system will save your menu, and make it a part of its list:



Step 3: Click on the Update button to start planning your menu:

**Create Your 30 Day Menu**  
Chief Cook's Recommendation. Create your 30 Day Menu

Breakfast Search Menu

Menu Name Search

#	Menu Name	Status	Action
1	Adms Menu	Inprogress	Update Menu Print
2	Juans Menu	Inprogress	Update Menu Print
3	Mang Pedros Menu	Inprogress	Update Menu Print
4	Willfredos Menu	Inprogress	Update Menu Print

Lunch

192.168.1.2/smartcook/site/update\_30daymenu/4

Step 4: This is the **Planning Screen**.

Click on the Breakfast, Lunch, Dinner or Snacks button, for a specific day.

**Plan Your Menu**  
Chief Cook's Recommendation. Plan your 30day Menu

Mang Pedros Menu

Review Menu Print Back

	Breakfast	Lunch	Dinner	Snacks
Day 1	Add Breakfast Breakfast	Lunch	Dinner	Snack
Day 2	Breakfast	Lunch	Dinner	Snack
Day 3	Breakfast	Lunch	Dinner	Snack
Day 4	Breakfast	Lunch	Dinner	Snack
Day 5	Breakfast	Lunch	Dinner	Snack
Day 6	Breakfast	Lunch	Dinner	Snack
Day 7	Breakfast	Lunch	Dinner	Snack
Day 8	Breakfast	Lunch	Dinner	Snack
Day 9	Breakfast	Lunch	Dinner	Snack
Day 10	Breakfast	Lunch	Dinner	Snack

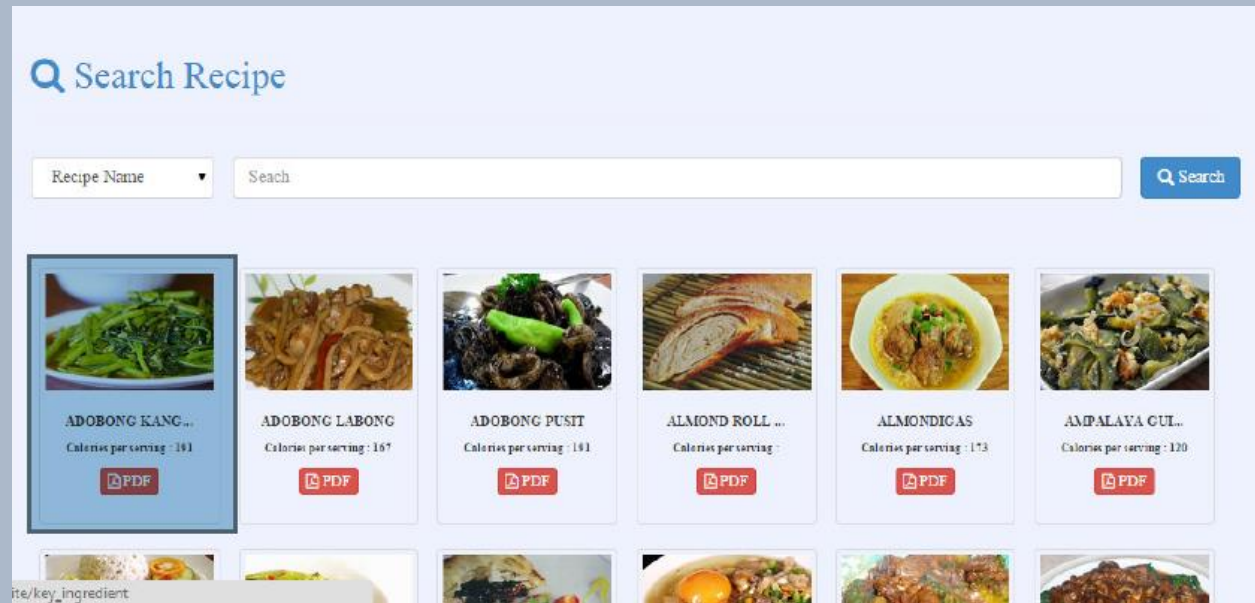
192.168.1.2/smartcook/site/add\_breakfast/4/348

**Note:** Minimum 1 Breakfast slot, 1 Lunch slot, 1 Dinner slot and 1 Snack slot is needed to mark the Day # as complete.

Step 5: A new window will appear, listing the recipes that you may choose for the slot. You may search a specific recipe.


Click on the recipe desired.

Click the OK / ADD button. This will go back to the **Planning Screen**.



Once in the planning screen, the recipe picture of the chosen dish will be displayed in the slot:



If you wish to change the dish, simply click the  button to clear the slot, and repeat Step 4 and Step 5.

Step 6: Once you are done, or partially done, you may click either of the following buttons available in the **Planning Screen** and **List of Menu** screen:



**Review Menu**

- This will display your Menu in list form in another browser tab (like a **Print Preview**):

Day Plan	Breakfast	Lunch	Dinner	Snacks
Day 1	BEEF TAPA AND FRIED EGG WITH RICE,	ADOBONG PUSIT,	BEER BATTERED FISH FILLET,	
Day 2	BELL PEPPER AND POTATO FRITATA WITH CHEESE,	BEEF SALPICAO,	BUTTERED MIXED VEGETABLES,	
Day 3	CORNEED BEEF AND FRIED EGG WITH GARLIC RICE,	BAGUIO BEANS GUISADO,	AMPALAYA GUISADO,	
Day 4	GROUND BEEF OMELET,	BEEF PARES,	BLACK YOGART BREAD,	
Day 5	FRIED DRIED FISH AND SCRAMBLED EGG WITH GARLIC RICE,	ALMOND ROLL CAKE,	BINAGOONGANG TALONG,	
Day 6	BACON AND SCRAMBLED EGG WITH GARLIC RICE,	ADOBONG LABONG,	AMPALAYA GUISADO,	
Day 7	HAM AND FRIED EGG WITH RICE,	CHICKEN BUFFALO WINGS,	BULANGLANG,	
Day 8	PORK CHORIZO AND FRIED EGG WITH RICE,	CHILI CRAB,	FRIED GALUNGGONG,	
Day 9	VIENNA SAUSAGE AND FRIED EGG WITH FRIED RICE,	EGGPLANT RELLENO,	CHICKEN PAMERSAN,	
Day 10	SARDINE GUISADO AND FRIED EGG WITH RICE,	MEATBALL SOUP,	GAMBAS,	
Day 11	LUCHEON MEAT AND SCRABLED EGG WITH RICE,	RICE AND BEANS,	KARE KARENG PATA,	
Day 12	SPAM AND FRIED EGG WITH RICE,	BULALO,	CHICKEN TINOLA,	
Day 13	SPAGHETTI,	ENSALADANG LANGKA,	MEATBALL SOUP,	
Day 14	PORK TOCINO AND SCRAMBLED EGG WITH	ADOBONG KANGKONG,	LENGUA ESTOFADO,	



**Print**

- Instead of displaying, this will directly print a summary of your menu to your printer paper.



**Back**

- This will go back to the List of Menu screen. This will also **automatically save you menu updates**.

#	Menu Name	Status	Action
1	Adams Menu	Inprogress	Update Menu  Print
2	Juans Menu	Inprogress	Update Menu  Print
3	Mang Pedros Menu	Inprogress	Update Menu  Print
4	Willfredos Menu	Inprogress	Update Menu  Print

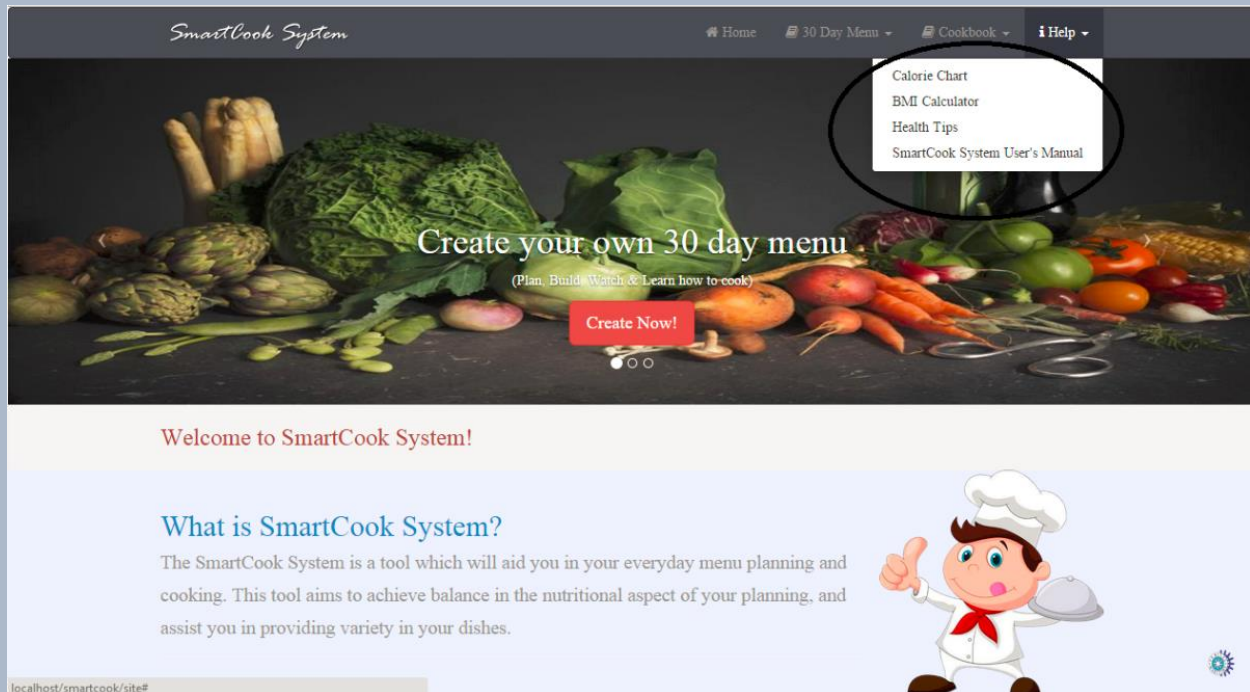


- **This is the Delete Button.** This will either delete the entries for the day (in the Planning Screen) or delete the whole menu (in the List of Menu Screen). Unless really needed, do not click this button.



## In Case You Need Help...

Just click on the **Help** option in the SmartCook Main Menu (available on all the screens), and click on the User's Manual, for this document guide to be displayed.



## BMI Calculator

Available also in the Help Option is the BMI (Body Mass Index) calculator, which computes an individual's body mass index as part of identifying his/her daily nutritional requirement, and a criteria for one's health and fitness.

Provide height (in cm), and weight (in kg) and click Compute BMI.



## Terms and Definitions

Term	Defined as
<b>al dente</b>	cooked just enough to retain a somewhat firm texture
<b>bake</b>	to make (food, such as bread and cake) by preparing a dough, batter, etc., and cooking it in an oven using dry heat
<b>barbecue</b>	to roast or broil on a rack or revolving spit over or before a source of heat (as hot coals)
<b>baste</b>	to moisten (as meat) at intervals with a liquid (as melted butter, fat, or pan drippings)
<b>batter</b>	a mixture consisting chiefly of flour, egg, and milk or water and being thin enough to pour or drop from a spoon
<b>blanch</b>	to put (food items) in boiling water or steam for a short time
<b>broil</b>	to cook by direct exposure to radiant heat (grill)
<b>caramelize</b>	to cook (something, such as a fruit or vegetable) slowly until it becomes brown and sweet
<b>cure</b>	to preserve meats by drying and salting and/or smoking.
<b>deglaze</b>	to dissolve the thin glaze of juices and brown bits on the surface of a pan in which food has been fried, sautéed or roasted by adding liquid and stirring and scraping over high heat, thereby adding flavor to the liquid for use as a sauce.
<b>degrease</b>	to remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.
<b>dice</b>	to cut (food) into small cubes
<b>dredge</b>	to coat (food) by sprinkling (as with flour)
<b>drizzle</b>	to pour a small amount of liquid onto or over something
<b>dust</b>	to sprinkle with fine particles <a cake dusted with sugar>
<b>fillet</b>	a piece or slice of boneless meat or fish
<b>flambé</b>	to pour an alcoholic liquid on (a food) and light it so that flames are produced
<b>fold</b>	to incorporate (a food ingredient) into a mixture by repeated gentle overturnings without stirring or beating
<b>garnish</b>	something (such as small pieces of fruit, chopped herbs, etc.) that is put on food as a decoration
<b>glaze</b>	a liquid mixture that is put on the surface of something and that becomes shiny and smooth when it is dry
<b>gratin</b>	a brown crust formed on food that has been cooked au gratin

<b>grind</b>	to cut (meat) into small pieces by putting it through a special machine
<b>julienne</b>	to slice into thin strips about the size of matchsticks
<b>lukewarm</b>	slightly warm; neither cool nor warm; approximately body temperature
<b>marinate</b>	(verb) to put meat or fish in a sauce for a period of time to add flavor or to make the meat or fish more tender : to soak in a marinade
<b>meunière</b>	rolled lightly in flour and sautéed in butter <sole meunière>
<b>mince</b>	to cut or chop into very small pieces
<b>pan-broil</b>	to cook uncovered in a hot fry pan, pouring off fat as it accumulates
<b>pan-fry</b>	to cook in small amounts of fat
<b>pare</b>	to trim off an outside, excess, or irregular part of <pare apples>
<b>peel</b>	to remove the skin from (a fruit, vegetable, etc.)
<b>poach</b>	to cook in simmering liquid
<b>reduce</b>	to decrease the volume and concentrate the flavor of by boiling
<b>roast</b>	to cook (food such as chicken, potatoes, or beef) with dry heat in an oven or over a fire
<b>sauté</b>	to fry in a small amount of fat
<b>sear</b>	to cook the surface of quickly with intense heat <sear a steak>
<b>shred</b>	to cut or tear (something) into long, thin pieces
<b>sift</b>	to put (flour, sugar, etc.) through a sifter or sieve
<b>simmer</b>	to cook (something) so that it is almost boiling for a certain period of time
<b>stew</b>	to cook (something) slowly in hot liquid
<b>whip</b>	to beat (as eggs or cream) into a froth (foam) with a utensil (as a whisk or fork)

\* as defined in <http://www.merriam-webster.com/> and [http://www.d.umn.edu/~alphanu/cookery/glossary\\_cooking.html](http://www.d.umn.edu/~alphanu/cookery/glossary_cooking.html)