

Digital Gourmet Newton

Highlights

Digital Gourmet for the Newton is the ultimate addition to any kitchen and is perfect for the professional on the run, making cooking easier and shopping trips more efficient. Digital Gourmet for the Newton contains over 200 mouth watering contemporary and traditional recipes for popular foods from around the world and drinks. A special section called "My Cookbook" allows novice and professional chefs to easily record their own recipes. The shopping list feature gives chefs a complete list of ingredients and quantities required. For convenience, the shopping list can be sorted alphabetically, by recipe name or by food category eliminating forgotten items when it's time to cook.

Portable, Convenient, Accessible

Digital Gourmet for the Newton provides instant access to everything needed to make one delicious dish after another. No more fumbling for recipes in the kitchen or the supermarket. Recipes are written in an easy to follow style with complete nutritional analysis.

Perfect for Novice and Professional Chefs

With Digital Gourmet for the Newton the computer truly has a place setting in the kitchen. Complete nutritional information is provided including: carbohydrate, sodium, protein, fat content, vitamins, minerals percentage of calories from fat, and total calories. The gourmet recipes are drawn from well-known cookbooks.

Bon Appétit!

Using this On-Line Document

Press **Cmd-2** or click the right arrow on the **Horizontal scroll bar** to find out how to use this document and quickly access the information you need — moving around the chapters in the document, editing settings, and importing/exporting settings. As you move, the chapter indicator in the lower lefthand corner of the screen will tell you where you are. **Cmd-1** will return you to this page.

Use the **Vertical scroll bar** to see more information. When you have reached the end of a chapter, the vertical scroll bar will not be available.

Using This Document

Chapters NOTE: The Horizontal scroll bar doesn't actually scroll; use it to jump forward to the next chapter or jump backward to the previous chapter.

Task	choose an option (one per line)	
Go to Table of Contents	Choose Contents from Menu bar	
	Cmd - K	
Go to chapter	Cmd - 2: Using This Document	
	Cmd - 3: Using Digital Gourmet	
	Cmd - 4: Appendices and Tools	
	Cmd - 5: Common Questions and Answers	
	Click chapter indicator then choose from list.	
Go to topic (bullet items)	Double-click on choice from Table of Contents	
Move from chapter to chapter	Click Horizontal scroll bar	
	Right/Left Arrows	

Moving Around Inside Chapters

To move	press	
Line by line	Down/Up Arrow	
	Vertical scroll bar	
Up one window	Page Up	
Down one window	Page Down	
Beginning of a chapter	Home	
End of a chapter	End	

Sun, Jul 6, 2003

Getting Started

Before using Digital Gourmet, you should be familiar with the basics of writing and scrubbing out text in fields, and also with moving around in Newton. For more information, see your Newton Handbook. In order to use the Digital Gourmet, you will need either a Macintosh or Windows equipped computer to download the software to your Newton.

Digital Gourmet Newton will work with any Newton. The Digital Gourmet application is 80k. Each recipe package ranges from approximately 50k to 175k. The size of each package roughly corresponds to 80% of the Macintosh file size. You will also need a cable and software to download the information from the Macintosh disk to your Newton.

You need:

- **1. Any Model Macintosh** with a high density 3.5" drive and a hard drive.
- **2. Any Model Newton** having at least 500 k of free space either on the Newton directly or your Newton memory flash card to store the Digital Gourmet program and recipes. (After installation only 300k is needed when all recipe packages are installed).
- 3. Serial cable "Macintosh to printer" cable.
- **4. Newton communications software** for receiving downloads. This software comes with your Newton and we have provided it on the enclosed disk (see below).

What we provide:

We provide one Macintosh 3.5" HD disk with the following:

- 1. Documentation Read Me File no special program is required, you are currently reading that file.
- **2. Newton Digital Gourmet Application** to be downloaded to your Newton.
- **3. Newton Digital Gourmet Recipe packages** in compressed format. Number of individual packages may vary depending upon version purchased, the base version now contains 10 individual recipe packages with over 250 recipes and drinks.
- **4. Apple's Newton Package Installer** provided for your convenience to download both the application and the recipe packages.

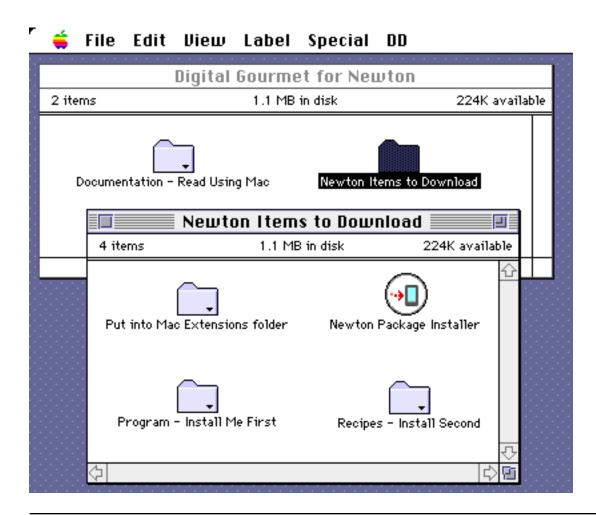
What you will be installing on your Newton:

- 1. Newton Digital Gourmet application
- 2. Individual recipe packages which are automatically installed by the

Digital Gourmet Newton after downloading is complete.

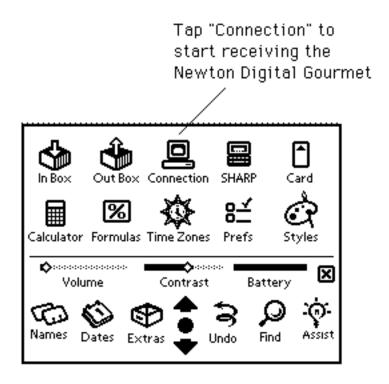
How to install Digital Gourmet for Newton

- 1. Copy the contents of the Digital Gourmet for Newton disk to your Macintosh hard drive.
- Copy the Apple Modem file and preferences to the Macintosh System Extensions folder. (The purpose of these files is to make the Newton Package Installer function on your Mac).
- Double click the folder found inside the "Recipes" folder to uncompress the recipe packages. Once the file is uncompressed you will have 10 Recipes packages (Appetizers.pkg, ...Soups.pkg, etc.). You may decide to download all recipe packages or just a few to save space.
- Leave the recipe packages, the Digital Gourmet application package (Digital Gourmet. .pkg), and the Newton Connection on your Macintosh hard drive until it's time to begin the downloading process.

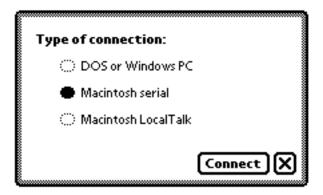


Macintosh Disk Contents for Newton Digital Gourmet

- 2. Connect the Macintosh to your Newton using a serial cable connecting the Macintosh printer port (or modem port) to the serial port on the side of your Newton. Be sure to use the Apple Package Installer Preferences to specify whether the printer or modem port is being used.
- **3. Tap the "Connection" application icon on the Newton** to prepare the Newton to receive data from your Macintosh. Follow the screen prompts to set your Newton to receive. The Connection application is used to connect to Newton Connection Kit or Newton Package Installer for the Macintosh to download recipe packages. For simplicity we will refer to the individual recipe packages such as Soup.pkg and Vegetables.pkg as "Recipe.pkg".



Tap Newton Extras drawer open to access "Connection".



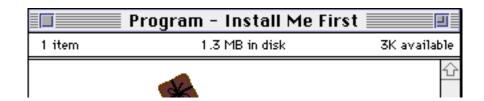
Newton Connection application open. Select Macintosh serial from the Connection menu.

4. Activate Newton Package Installer on the Macintosh to begin download process.



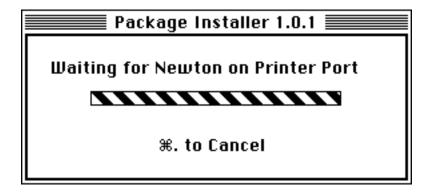
Apple's Newton Package Installer for the Macintosh provided for your convenience with Digital Gourmet.

5. Select File "Install Package" and locate the **Gourmet.pkg**, now found on your hard drive to be downloaded to the Newton.

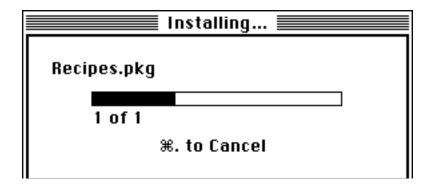




Select the Digital Gourmet Newton Application (Gourmet. π .pgk) to download first.

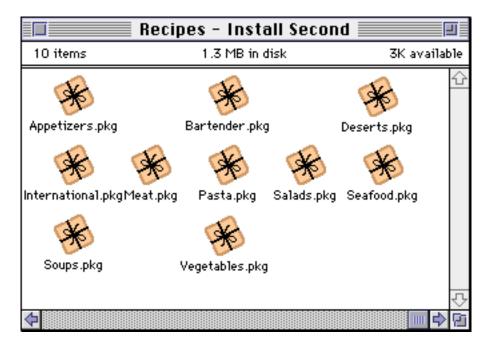


Dialog presented while Package Installer is waiting to connect with Newton.



Download progress from Package Installer.

6. Using the Package Installer select each recipe package you wish to download from the Mac to your Newton. (Depending upon the version of Digital Gourmet that you have purched you may have more than one Recipe.pkg). Once the recipe package has been downloaded to the Newton, the Digital Gourmet will automatically import the recipes into the Digital Gourmet Newton application. The process of downloading and automatically importing the recipes will take approximately 1-4 minutes per recipe package.



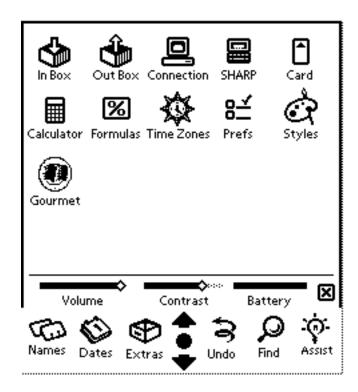
Currently 10 recipe packages are included in the Digital Gourmet for Newton. Select as many as you wish to install.

The Newton will display a message "Digital Gourmet -- Adding Recipes" during the time that Digital Gourmet is automatically importing each of the recipe packages.

Repeat step 6 to install more recipe packages. These recipes will be appended to the existing Digital Gourmet found on the Newton.

Finally!

Here is what your Newton should like when the Digital Gourmet is completely installed.



Digital Gourmet installed on the Newton.

Using Digital Gourmet

Digital Gourmet Sections

Digital Gourmet consists of three sections:

- 1. "Index" allows you to view a list of the recipes currently on file, as well allowing you to create recipes of your own.
- 2. "Recipes" displays a list of the ingredients required to prepare the recipe and a separate field with instructions as to how to proceed. From here you can create your own recipes, make a copy of the current recipe, or delete recipes from memory. You can also change the ingredients of the current recipe.
- 3. "Shopping List" is a list of ingredients which is complied from one or more recipes directly from the Index. This list can be sorted according to the names of the ingredients, the category of each ingredient or by the individual recipes in which the ingredients are contained.

Index

When Digital Gourmet first opens, you are presented with a screen which looks like the one below.

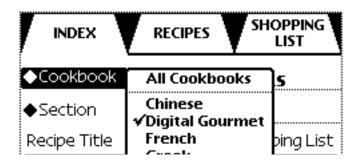


Cheese Balls with Cornstarc	
Cheese Straws	
Chinese Barbecued Beef	
Cream of Escarole	
Filets Mignons in Olive Sauc	
Fish-Slice Soup	
Green Onion Butter	
Herb Butter	
ABCDEFGHIJKLMNOPQRSTUVWXY	z
🔾 Digital Gourmet 💳 🔲	➂
Names Dates Extras Undo Find A	ာ - ssist

At the top of the page are labels for the three sections in Digital Gourmet. Since the current section is the Index, it's label is shown in front of the other two.

Near the top of the page are two fields labeled "Cookbook" and "Section". The presence of a diamond beside the name of these fields indicates that there are pop-up lists available for the field.

- To change the contents of either of these fields, tap the name of the field.
- A pop-up menu will appear with a list of the options available with check mark beside the item currently in the field. To choose a new item for the field tap an item from the list.
- To make no change to the contents of the field, tap the name of the field again to make the pop-up list disappear.





Select a cookbook from the popup menu.

Now change the name of the cookbook to "Digital Gourmet", and the section to "Appetizers", using the directions above.

The majority of the screen is taken up by a field which consists of a list of the recipes available in the current cookbook that are listed under the current section. This list is in alphabetical order. However there are usually more items in the list than can be displayed at one time in the field.

- The "Up Arrow" and "Down Arrow" buttons at the bottom of the screen allow you to view the list one page at a time.
- You can tap one of the letters of the alphabet immediately below the field. All recipes in the full list that begin with this letter, or that appear alphabetically after this letter will now be displayed. This "sub-list" can then be navigated (if necessary) by using the "Up Arrow" and "Down Arrow" as described above. To restore the full list, tap the letter "A".

You can try each of these methods for yourself. When you are finished, tap the letter "A" to restore the full list.

The check marks opposite the name of each recipe are used when generating a shopping list for one or more recipes. The details of this procedure are described in the section "Using Shopping List".



Select recipes to put on the shopping list by tapping the checkmark box. At the bottom of the page are two buttons:

• Tap on the action button (the one that looks like an envelope). The pop-up list that appears gives the option of clearing all checkmarks in the index (used for building the shopping list) and creating a new recipes. Entering new recipes is described in the section "Using Recipes" below.



Index section action slip.

• Tap on the X to quit out of the Digital Gourmet Program. This button

appears on each page of Digital Gourmet.

Recipes

To get to the Recipes page:

- Tapping the "Recipes" label at the top of the page brings you to the first recipe on the list in the index.
- Tapping on the name of a recipe itself from the Index will bring you to that recipe.

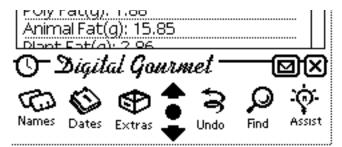




Recipe ingredients and directions.

The cookbook and the section that the recipe is contained in can be changed by tapping the name of each field and choosing an item from the pop-up list which appears. (See the section "Using the Index" for further details on pop-up lists). To enable precise nutritional information to be provided Digital Gourmet for Newton recipes contain two sets of ingredient lists. Nutritional content of each recipe is based on the first set of ingredients found in the top scrolling field (Amount and Ingredient). The designation (Sub) indicates that nutritional information for this particular ingredient has been estimated based on available data from the U.S.D.A. Food and Drug Administration. Nutritional analysis of 27 nutrients, minerals and vitamins is provided. The second set of ingredients is found at the top of the lower scrolling field along with the recipe directions keeping the original integrity of the recipe. When you enter your own recipes you may provide only one set of ingredients.

INDEX	RECIPES SHOPPING LIST			
Tacos				
◆Cookbook International				
◆Section Mexican				
Amount	Ingredient			
6 tortilla	TORTILLAS, Flour, Az			
1/2 cup	SALSA, Mexican Sauc			
1/2 cup	LETTUCE, Looseleaf,			
1/2 cup	CHEESE, Cheddar, shr			
renchilada dishe beans. NUTRITION PER Total Calories: Total Fat(g): 19 Sat. Fat(g): 4.5 Mono Fat(g): 7 Poly Fat(a): 1.8	SERVING 325.48 9.07 9			

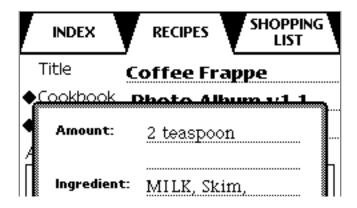


Nutritional information is provided for each of the original Digital Gourmet recipes. Nutrition is based on the first set of ingredients listed at the top of the Newton screen.

The two main fields on this page are "scrolling fields". This means that they usually have more text in them than can be displayed at one time.

- •To view the rest of the field the "scroll bar" on the right hand side of the field is used.
- •The position of the black box or "scroll box" inside the scroll bar indicates the relative position in the field of the text currently being displayed. For example if the scroll box is at the top of the scroll bar then the text displayed is at the top of the field.
- To change the text that is visible, you can tap in the scroll bar above the scroll box to view text previous to the visible text, or below the scroll box to view text further down in the field.

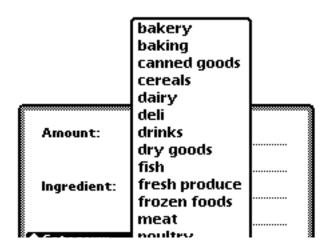
The first of these scrolling fields contains the various ingredients required for the recipe. Each of these ingredients may be altered in any way.

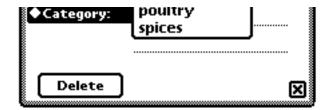




Ingredients can be added and modified in the ingredient window.

- Tapping on the name of an ingredient produces a pop-up window.
- Each of the fields in this pop-up window may be changed by either writing in the field or tapping twice quickly in the field to produce the keyboard.
- The Category field is a pop-up field, so tapping on the word "Category" produces a pop-up list of categories. From this you can choose one category for the ingredient in question.





• When you are finished changing the details of the ingredient, tap the X to close the pop-up window and save the changes you have made, or tap the Delete button to erase the ingredient from the recipe.

Below the ingredients field is the directions field. You may alter words in this field by simply writing in it, or you can tap twice quickly on the field to make the keyboard appear. Text can then be entered in the normal way.

At the bottom of the screen there are two buttons.

- As usual, tapping the X will cause Newton to quit the Digital Gourmet program.
- Tapping the action button produces a pop-up list of options:

New Ingredient opens an empty pop-up ingredients window. Text can be entered in each of the fields as described above. Then you can either save the new ingredient to the ingredients field by tapping the X, or cancel the operation by tapping the delete button.

Start New Recipe generates an empty recipe page. You should first write a title for the new recipe in the "Title" field. A cookbook and section may then be chosen by tapping each of the appropriate field names to produce a pop-up list. You can then fill in the ingredients field as required using the "New Ingredient" option described above, and enter the recipe directions by simply writing in the directions field or tapping twice in the field to produce the keyboard.

Duplicate This Recipe generates an exact copy of the current recipe with title "Copy of (Current Recipe)". This recipe may be altered in any way as described above.

Delete This Recipe will erase the current recipe from memory.

Move From Card saves the current recipe to the removable flashcard of your Newton. This can be useful if you need to transfer a recipe from one Newton to another. Keep in mind that the other Newton must also have a copy of the Digital Gourmet in order for this recipe to be functional.



Shopping List

This feature of Digital Gourmet allows you to generate a list of ingredients from one or more recipes. This shopping list is compiled directly from the index:

- To compile the shopping list, first go to the index by tapping its label at the top of the page.
- To ensure that the ingredients for a particular recipe appear in the shopping list, you must put a check mark in the box opposite that recipe by tapping the box.
- When you have checked all the recipes whose ingredients you require in the shopping list, tap the shopping list label at the top of the page. After a short delay Digital Gourmet will then jump to the Shopping List page and display the compiled list of ingredients.





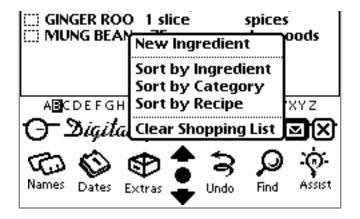
There are usually more items in the list than can be displayed at one time in the field. There are two methods of altering the visible contents of the shopping list:

- The "Up Arrow" and "Down Arrow" buttons at the bottom of the screen allow you to view the list one page at a time.
- You can tap one of the letters of the alphabet immediately below the field. All ingredients in the full list that begin with this letter, or that appear alphabetically after this letter will now be displayed. This "sub-list" can then be navigated (if necessary) by using the "Up Arrow" and "Down Arrow" as described above. To restore the full list, tap the letter "A".

You may wish to tap the box to the left of the ingredient to make a checkmark appear (or disappear). This is a quick way to remind yourself that this item has already been purchased.

Tapping the action slip at the bottom of the page produces a list of options:



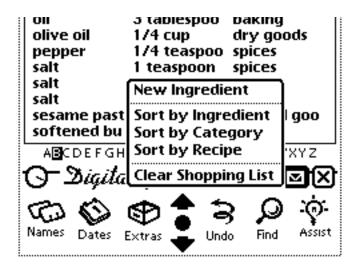


Shopping List Action Slip

New Ingredient allows you to add an ingredient to the shopping list. This function is similar to the function of the same name described in the section "Using Recipes". The only difference is that in this case you have the option of choosing which recipe you want to add the ingredient to, since there may be more than one recipe in the shopping list.

Sort By Ingredient sorts all the ingredients in the list alphabetically according to the name of the ingredient.





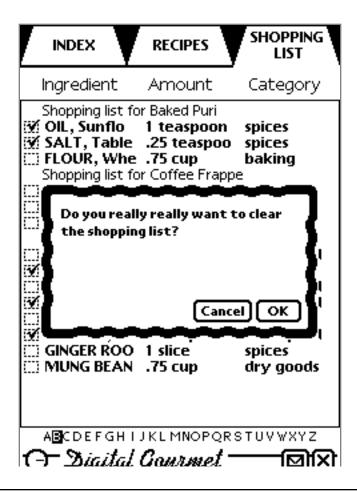
Sort By Category sorts all the ingredients in the list according to the category in which the ingredient appears, if any.

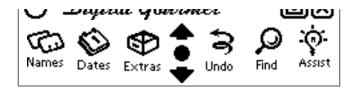
INDEX	RECIPES	SHOPPING LIST
Ingredient	Amount	Category
lemon juice garlic salt dill weed	16 ounce 1/4 cup 3 1 1/2 cup 2 tablespoo 5 cups 1/4 cup 2 tablespoo	fresh produ fresh produ spices spices spices spices spices



Sort By Recipe arranges the shopping list so that it is split into each of the separate recipes, with the appropriate ingredients appearing in each recipe.

Clear Shopping List erases the entire shopping list from the screen. A pop-up window will appear giving you the option of cancelling



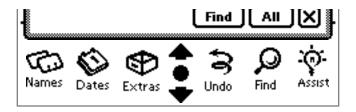


The confirmation for clearing the ShoppingList

Finding Recipes

To use the Find tap the Find button found at the bottom of the Newton pad. Digital Gourmet will search for text (you may use several words however it will not search using "and/or" statements) in recipe titles, descriptions, and ingredients. Select Find to search through the Digital Gourmet only. Select All to search through all contents of your Newton.





Starting a text find.

To return to the list of found items tap on the "Overview dot" (the large dot found between the up and down scroll arrows).





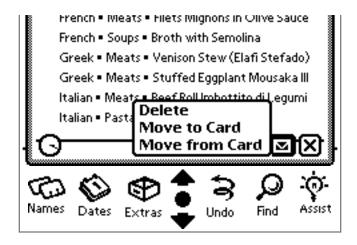
Looking at a found recipe





Starting a date find





Results of a date find with action button pressed

The action button allows you to:

Delete causes all recipes listed on the "found" list to be permanently removed from the Digital Gourmet. This action cannot be undone.

Move to Card and **Move from Card** allows recipes listed on the "found" list to be placed on either your flash card or directly on the Newton.

Remember that this "found" list is really a set of recipes which can either be viewed individually, deleted (entirely) or moved as an entire set to and from your flash card.

Finally, keep in mind that Digital Gourmet will automatically replace the contents of the "found" list when a new search is initiated.

Advanced Newton Functions

Digital Gourmet for the Newton supports specialized functions such as copying and moving information from one application to another. For example, recipe text can be imported from the Macintosh or Windows platform to the Newton. Likewise, information stored on the Newton can be "dragged" into place within the Digital Gourmet.

Using an application such as "Paperback" for the Newton you can conveniently move text into the Digital Gourmet.

Installing New Digital Gourmet Recipe Packages

New recipe packages can be added to your Digital Gourmet by activating the "Connection" on the Newton and "Package Installer" on the Macintosh. The new recipes will automatically be added to the existing Digital Gourmet for Newton.

Questions & Answers

Printing Recipes

Printing of recipes and shopping list is now available. If you had an older version of Digital Gourmet for Newton please contact us for an upgrade.

How can I change a recipe's category?

First, select a recipe. Click on category name and Digital Gourmet will prompt you for a new category.

How can I add non food items to the shopping list?

Either write them in or tap on "new ingredient" and enter the name of the item to add to the list.

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