

Recipe Design Wizard™

The *Recipe Design Wizard* Plug-In for Adobe InDesign (CS, CS2, and CS3) and InCopy (CS, CS2, and CS3) for Mac and Windows enables you to bring your recipes into the twenty first century with a layout that is attractive and significantly easier to use than traditional recipes. The *Recipe Design Wizard* Plug-In effortlessly accomodates changes to the list of ingredients and the associated instructions by automatically reflowing the recipe and resizing the adornments (curly braces) as changes are made to either the layout or the content.

Quick Start Guide

- Quit InDesign if it is running. Copy the *Recipe Design Wizard* Plug-In into your Adobe InDesign CS Plug-Ins folder.
- Customize the Keyboard Shortcuts, as described on the next page. On Windows, this is *required* if you want to use CONTROL-TAB.
- Go to <http://www.wiskit.com/indesign> to purchase a license and/or activate your copy of the *Recipe Design Wizard* Plug-In.
- For InDesign CS2 or CS3, drag one of the Recipe Snippets into your document each time you are ready to create a new recipe.
- For InDesign CS (or CS2 or CS3, if desired), copy the Recipe Templates to your Documents folder and Double Click one to open (you *may* be unable to open the originals). Select the Sample Recipe, Copy, and Paste each time you are ready to create a new recipe.
- Select the Text Tool, and select the text in the first table cell.
- To create a correctly typeset fraction (e.g. ½) at any time, type OPTION-SHIFT-F 1/2 OPTION-SHIFT-F (Mac) or SHIFT-ALT-F 1/2 SHIFT-ALT-F (Windows). To switch from one form (e.g. 1/2) to the other (e.g. ½), select the desired text, and type OPTION-SHIFT-F (Mac) or SHIFT-ALT-F (Windows).
- Enter the quantity (e.g. ½) for the first ingredient, press OPTION-TAB (Mac) or CONTROL-TAB (Windows) to move to the next field, enter the units (e.g. cup), press OPTION-TAB (Mac) or CONTROL-TAB (Windows) to move to the next field, and enter the ingredient. If there are no units (e.g. 8 apples), press OPTION-TAB (Mac) or CONTROL-TAB (Windows) twice to skip the units field and move directly from the quantity field to the ingredient field.
- If there are additional ingredients, press RETURN, and repeat the previous step for the next ingredient.
- Press TAB twice to move to the final table cell in the row, and enter the instructions. (You can use SHIFT-TAB to move back to the previous table cell.)
- If either the ingredients or the instructions require more than one line, the *Recipe Design Wizard* will automatically insert the curly braces of the appropriate height, and will automatically adjust the height as you edit the recipe.
- If there are additional ingredients and instructions, press TAB to add a row to the table, and repeat the preceeding steps.
- Use Save As... to save the resulting document.

Hints for Formatting Recipes

- One of the most common errors in measuring ingredients is to confuse teaspoons and tablespoons. To reduce confusion, we therefore recommend the use of the standard abbreviations tsp and TBSP. Readers have told us that the use of all caps or all small caps for TBSP emphasizes the difference between tsp and TBSP. To create SMALL CAPS at any time, type OPTION-SHIFT-C tbsps OPTION-SHIFT-C (Mac) or SHIFT-ALT-C tbsps SHIFT-ALT-C (Windows). To switch from one form (e.g. tbsps) to the other (e.g. TBSP), select the desired text, and type OPTION-SHIFT-C (Mac) or SHIFT-ALT-C (Windows).
- We often provide background information about the recipe between the title and the table, and we often place cooking and serving instructions below the table, to produce a more balanced appearance.

Apple Crisp

8		granny smith apples	Peel, core, and slice.
½	cup	granulated sugar	} Add to apples and mix. Pour into a buttered 9 by 13 inch baking dish.
¼	tsp	ground cloves	
½	tsp	ground cinnamon	
¼	tsp	ground nutmeg	
2	tsp	lemon juice	
½	cup	granulated sugar	} Blend until crumbly.
¾	cup	unbleached white flour	
6	TBSP	butter	
⅛	tsp	salt	
¼	cup	chopped pecans	Add to flour mixture and sprinkle over apples.

Preheat oven to 350°F. Bake for 45 minutes or until the apples are tender and the crust is brown.

Customizing the Keyboard Shortcuts

- It is strongly recommended that you install the *Recipe Design Wizard.indk* Keyboard Shortcuts into the *InDesign Shortcut Sets* folder in the *Presets* folder in InDesign and choose this as the Shortcut Set using the Edit > Keyboard Shortcuts... menu, or manually define the following Shortcuts using the Edit > Keyboard Shortcuts... menu. The *Quick Start Guide* and the *Hints for Formatting Recipes* on the previous page assume that these Shortcuts are installed. Note that OPTION-TAB on the Mac inserts the TAB character in a table cell, so no shortcut definition for *Insert Special Character: Other: Tab* is required on the Mac.

Product Area	Command	Context	Mac Shortcut	Windows Shortcut
Panel Menus	Character: OpenType: All Small Caps	Default	Opt+Shift+C	Shift+Alt+C
Panel Menus	Character: OpenType: Fractions	Default	Opt+Shift+F	Shift+Alt+F
Type Menu	Insert Special Character: Other: Tab	Default		Ctrl+Tab

Customizing the Recipe Template

- Recipe Templates and (for InDesign CS2 and CS3) Snippets are supplied for three paper sizes, as detailed in the following table. You can use one of the supplied templates or snippets, or begin with one of these, and customize it to suit your requirements.

	File Name	Recipe Template Standard	Recipe Template Medium	Recipe Template Small
Format	Paper Size	8½ x 11 in (Letter Size)	6 x 9 in	5 x 8 in
	Margins	0.75 in	0.5 in	0.5 in
	Font	Adobe Caslon Pro	Adobe Caslon Pro	Adobe Caslon Pro
	Font Size	12 pt	10 pt	9 pt
	Leading	14.4 pt	12 pt	10.8 pt
	First Column	Width	248 pt	176 pt
Left Indent		72 pt	60 pt	54 pt
First Line Left Indent		-72 pt	-60 pt	-54 pt
First Tab		22 pt	18 pt	16 pt
Second Tab		72 pt	60 pt	54 pt
Top Inset		7 pt	5 pt	5 pt
Bottom Inset		7 pt	5 pt	5 pt
Left Inset		4.5 pt	4.5 pt	4.5 pt
Right Inset		9 pt	9 pt	9 pt
Second Column	Width	7.5 pt	6 pt	6 pt
	Top Inset	7 pt	5 pt	5 pt
	Bottom Inset	7 pt	5 pt	5 pt
	Left Inset	0 pt	0 pt	0 pt
	Right Inset	0 pt	0 pt	0 pt
Third Column	Width	248 pt	176 pt	140 pt
	Top Inset	7 pt	5 pt	5 pt
	Bottom Inset	7 pt	5 pt	5 pt
	Left Inset	9 pt	9 pt	9 pt
	Right Inset	0 pt	0 pt	0 pt

- We strongly suggest that you choose or customize a suitable template or snippet before formatting a significant number of recipes, since there is no automatic mechanism to reformat multiple recipes for a new paper size after entering them. Note that copying and pasting text preserves the original Font Size, Leading, and Tabs, but not Column Widths or Insets.
- Since recipes make heavy use of fractions, we strongly suggest that you use an Open Type Pro font, which includes built in fractions. Adobe generously supplies three suitable Open Type Pro fonts with InDesign CS: Adobe Caslon Pro, Adobe Garamond Pro, and Adobe Jenson Pro. Many other Open Type Pro fonts are available for purchase.

Customizing the Recipe Template (Continued)

- To check whether typeset fractions (e.g. ½) or SMALL CAPS are available in a particular font, select any text in that font, then view the OpenType Menu of the Character Palette Menu. If the [Fractions] or [All Small Caps] menu items are in square brackets, it indicates that fractions or SMALL CAPS are *not* available in the current font. For more information, refer to the *InDesign User Guide*.
- We provide one row in our templates; extra rows can be inserted anywhere in the table at any time using the Insert Rows... function in the Table Menu. Extra rows can easily be added to the end of the table by pressing the TAB key with the insertion point in the last row of the table. If the table spans multiple pages, Copy and Paste the first row of the table (which contains the adornment) into one of the rows on the subsequent page to ensure that the adornments (curly braces) appear on each page containing a portion of the table.
- The first cell in each row of the table contains the ingredients. Tabs are used to separate these cells into three fields. The placement of the tabs has been chosen to allow the first two fields of most or all ingredients to fit on a single line.
- Choose Vertical Justification: Align Center as a Cell Option for all cells in the first and third columns of the table.
- The center cell in the first row of the table contains an embedded Text Frame with a width of 3 pts and a height of 4.5 pts. *Recipe Design Wizard[US]...* has been selected from the *Kitchen Wisdom Publishing* submenu of the Plug-Ins menu to attach an Adornment to the embedded Text Frame, with an Orientation of Left and the Table Cell and Entire Column attributes checked.
- The Adornment (curly brace) is drawn only if the height of the table cell (excluding the Top and Bottom Insets) is greater than or equal to 2.5 times the width of the table cell (including the Left and Right Insets). Therefore, it may be necessary to adjust the width of the second column when adjusting the font size, to ensure that the Adornment becomes visible when a second line of text is added (and is hidden when only a single line of text is present).
- Use Save As... from the File menu and select Format: InDesign CS template to save a template rather than a document. Using InDesign CS2, an alternative is to drag the text frame containing the recipe template to the desktop, to create a Snippet.

Plug-In Menu

- The *Recipe Design Wizard* Plug-In menu can be used to add an adornment to any Text or Graphic Frame. While the primary purpose of this Plug-In is for formatting recipes, other uses are left to the reader's imagination.
- Four Orientations are available from the Plug-In menu: Top, Left, Bottom, or Right.
- Fixed Width forces a width of 7.5 points. If this option is not checked, the width and height of the Adornment are determined by the width and height of the Text or Graphic Frame. Note that the Adornment is drawn only if the height is greater than or equal to 2.5 times the width.
- The Table Cell option causes the Adornment to take on the dimensions of the table cell (if any) containing the Frame. Note that the Adornment is inset by the Top and Bottom Inset of the table cell, but **not** by the Left and Right Inset.

History of the Recipe Design Wizard

From the time he began cooking, Herb Weiner, the developer of the *Recipe Design Wizard* Plug-In, has been frustrated by the inconvenient format used for recipes in traditional cookbooks.

Herb developed his unique new recipe format in 1981 as a student and self-appointed note taker for a group of friends and coworkers taking Mexican cooking classes in the evening. The format allowed Herb to quickly and accurately record the ingredients and instructions for preparing them as groups of students simultaneously prepared three or four different dishes under the direction of a wonderful chef whose only record of her recipes was in her head. Because both the ingredients and the instructions for preparing them were organized sequentially and grouped logically in the notes, the recipes were far easier to prepare, even in handwritten form, than recipes from traditional cookbooks.

Herb used primitive software to format the recipes for distribution to the other students. The collection of Recipes from these classes was ultimately published as *Beyond Tacos: Mexican Cuisine* Copyright © 1984 by Regina Akers and Herb Weiner (ISBN 0-937383-00-7), and was the first time that this format was used in a published cookbook.

In the twenty years since *Beyond Tacos* was published, Herb has sought a software solution for formatting recipes. The support for tables first introduced by Microsoft Word offered capabilities significantly beyond anything else available at the time. Herb developed a technique (<http://www.wiskit.com/postscript/quicktips/recipes.pdf>) for formatting recipes by embedding PostScript directly into Microsoft Word table cells on the Mac, but this technique is no longer supported in the latest version of Microsoft Word, nor was it ever supported by any other page layout program.

In 2003, Herb began exploring the possibility of developing a Plug-In for Adobe InDesign, and realized that InDesign is a layout and design software package based upon a modern, object-oriented architecture. It's great to finally have a publishing solution that provides a powerful development environment, allowing us to solve a 23 year old problem. We're delighted that the release of the *Recipe Design Wizard* Plug-In for Adobe InDesign finally brings Recipe publishing into the 21st century, and produces content that exceeds our customers' expectations.

Recipe Design Wizard Version 1.0 for the Mac was completed in February, 2004. Based upon inquiries from Windows users, Herb investigated the feasibility of supporting a Windows version, and was pleased to discover that Adobe's InDesign architecture made this feasible. *Recipe Design Wizard* Version 1.0 for Windows was completed in June, 2004. The User Interface is identical to the Mac version, with the exception of a few Keyboard Shortcuts. The current versions are 1.1 for InDesign CS, 2.0 for CS2, and 3.0 for CS3.

Herb is anxious to hear your success stories using the *Recipe Design Wizard* Plug-In. You can email Herb at herbw@wiskit.com.

Contents of the Recipe Design Wizard package

- The Recipe Design Wizard Plug-In. The same Plug-In works with either InDesign or InCopy, but each platform (Mac and Windows) and each version of InDesign and InCopy (CS, CS2, and CS3) require a matching platform and version of the Plug-In.
- Recipe Design Wizard.indk Keyboard Shortcuts.
- These instructions in PDF Format.
- Three Recipe Templates. For InDesign CS2 and CS3, three Recipe Snippets are also provided.
- Apple Crisp Recipe in InDesign Format.
- The Serial Number, if purchased, which is required to Activate the Plug-In. The Plug-In runs in Demo Mode if not Activated.
- The Recipe Design Wizard Brochure in PDF Format. This brochure contains an additional recipe.

Frequently Asked Questions

- What if I open a recipe or a recipe template without the *Recipe Design Wizard* Plug-In? What if I make changes and save it?

If you open a recipe, recipe template, or recipe snippet without the *Recipe Design Wizard* Plug-In, InDesign will warn you, and ask you whether you want to open the document. If you proceed, the adornments (curly braces) will not display or print. If you save the document, some or all of the adornments may be reset. We strongly recommend that you download and install the *Recipe Design Wizard* Plug-In prior to making any changes or saving any document that was created using the *Recipe Design Wizard* Plug-In. You are *not* required to purchase a license or activate the Plug-In in order to use it; however, the adornments (curly braces) will *not* print unless the Plug-In is Activated.

- What is the Activation Process?

The *Recipe Design Wizard* Plug-In operates in Demo Mode until it is Activated. In Demo Mode, the Plug-In is fully functional, except that the adornments (curly braces) will not print and will not be exported to PDF or PostScript files. Activation can be completed at <http://www.wiskit.com/indesign>, and requires the Serial Number that you receive when you purchase a license, and the Registration Code that *Recipe Design Wizard* displays in the About box. Refer to <http://www.wiskit.com/indesign> for more information.

- Am I permitted to install the *Recipe Design Wizard* Plug-In on multiple computers? Is it OK to give the *Recipe Design Wizard* Plug-In to my service bureau, so that they can print my document?

You may install the *Recipe Design Wizard* Plug-In on as many computers as you wish, but you are allowed to Activate only those copies for which you have purchased licenses. The remaining (unactivated) copies operate in Demo Mode. See the previous question.

You may freely copy, modify, distribute, and/or sell the templates or snippets and any documents you derive from them.

- Why is there a small blue Frame (rectangle) in the top row of the second column of the table?

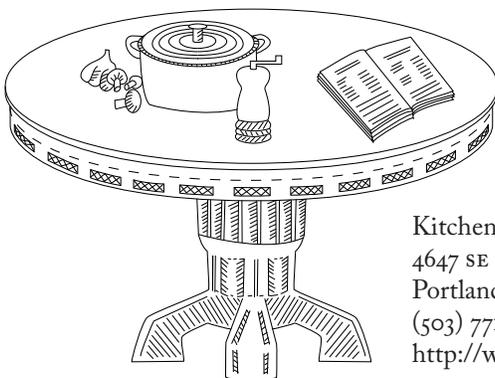
The Adornment (curly braces) must be associated with a Page Item (a Text or Graphic Frame). Adobe does not currently provide a mechanism to associate an Adornment with a table cell. We therefore insert a Text Frame (the small rectangle) into the top table cell (of each page) in each column that requires an Adornment.

- Is the *Recipe Design Wizard* available for Quark XPress?

No. Adobe makes their InDesign Software Development Kit available at no charge, and then offers reasonably priced developer programs for developers that require additional support. Quark, on the other hand, charges a license fee for the use of their Quark XTensions Developer Kit. We don't know whether it's possible to provide the function of the *Recipe Design Wizard* as a Quark XTension, and we don't intend to pay Quark's steep admission fee just to find out.

- What about Trademarks?

Only a lawyer would ask that. Adobe, InDesign, and InCopy are trademarks of Adobe. Apple and Mac are trademarks of Apple. Quark, XPress, and XTension are trademarks of Quark. Microsoft, Windows, and Word are trademarks of Microsoft. And *Recipe Design Wizard* is a trademark of *Kitchen Wisdom*.



Kitchen Wisdom publishes cookbooks and gourmet software, and provides software consulting and custom software development services for the Mac and Unix. Kitchen Wisdom's Internet address [wiskit.com](http://www.wiskit.com) uses the first three letters of *kitchen* and the first three letters of *wisdom*.

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