

TUTORIAL SERIES

Topic: Exporting and Importing Data from CulinarE-Companion™

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Question 1: How do I export a recipe or shopping list?

Answer: Please note: Wiley-supplied CulinarE-Companion™ recipes may not be exported. Only recipes added by you may be exported. You can save a Wiley supplied recipe as your own recipe by renaming it and providing a new author name. All shopping lists can be exported.

Exporting a Recipe:

Step 1: To export one of your own recipes click on the Export button from within a recipe.

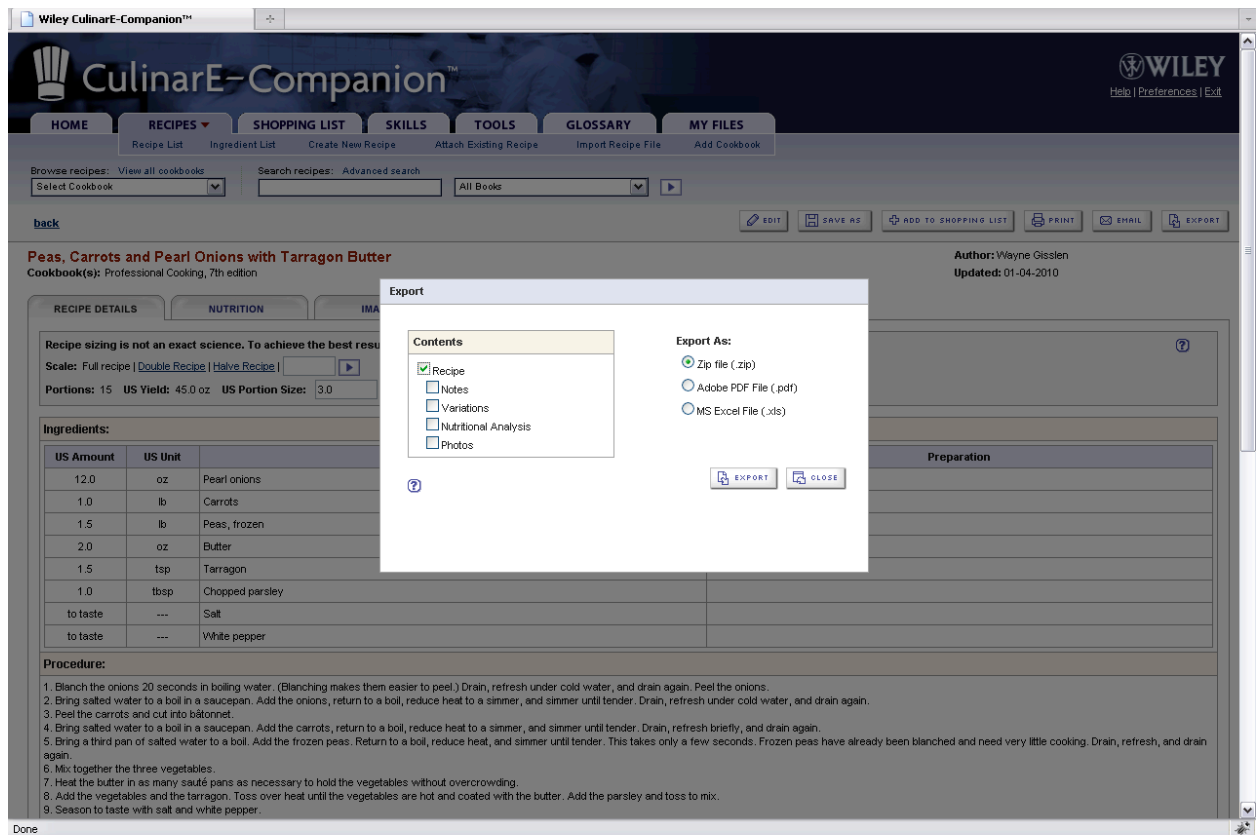
The screenshot shows the Wiley CulinarE-Companion web interface. The top navigation bar includes links for HOME, RECIPES, SHOPPING LIST, SKILLS, TOOLS, GLOSSARY, and MY FILES. Below the navigation bar, there are search and browse options. The main content area displays the recipe title "Peas, Carrots and Pearl Onions with Tarragon Butter" by Wayne Gisslen, updated 01-04-2010. The recipe details section includes a note about recipe sizing, a scale selector (Full recipe, Double Recipe, Halve Recipe), and portion size information (15 portions, 45.0 oz US Yield, 3.0 ounce(s) portion size). The ingredients table is as follows:

US Amount	US Unit	Ingredient	Preparation
12.0	oz	Pearl onions	
1.0	lb	Carrots	
1.5	lb	Peas, frozen	
2.0	oz	Butter	
1.5	tsp	Tarragon	dried
1.0	tbsp	Chopped parsley	
to taste	---	Salt	
to taste	---	White pepper	

The procedure section contains the following steps:

1. Blanch the onions 20 seconds in boiling water. (Blanching makes them easier to peel.) Drain, refresh under cold water, and drain again. Peel the onions.
2. Bring salted water to a boil in a saucepan. Add the onions, return to a boil, reduce heat to a simmer, and simmer until tender. Drain, refresh under cold water, and drain again.
3. Peel the carrots and cut into bâtonnet.
4. Bring salted water to a boil in a saucepan. Add the carrots, return to a boil, reduce heat to a simmer, and simmer until tender. Drain, refresh briefly, and drain again.
5. Bring a third pan of salted water to a boil. Add the frozen peas. Return to a boil, reduce heat, and simmer until tender. This takes only a few seconds. Frozen peas have already been blanched and need very little cooking. Drain, refresh, and drain again.
6. Mix together the three vegetables.
7. Heat the butter in as many sauté pans as necessary to hold the vegetables without overcrowding.
8. Add the vegetables and the tarragon. Toss over heat until the vegetables are hot and coated with the butter. Add the parsley and toss to mix.
9. Season to taste with salt and white pepper.

Step 2: Select the format you would like to export the recipe to and specify where on your computer the recipe should be saved.



Exporting a Shopping List:

Answer: Select the “Export” button from within the shopping list.

The screenshot shows the 'Shopping List' page for a recipe named 'angel cake wendy'. The interface includes a navigation bar with 'HOME', 'RECIPES', 'SHOPPING LIST', 'SKILLS', 'TOOLS', 'GLOSSARY', and 'MY FILES'. Below the navigation bar, there are buttons for 'PRINT', 'EXPORT', 'RENAME', 'SAVE', and 'SAVE AS'. The 'EXPORT' button is circled in red. The main content area shows a table of ingredients for purchase, with columns for 'Exclude', 'Ingredient Name', 'Amount to Purchase', and 'Adjust Quantity'. The ingredients listed are Almond extract, Cake flour, Cream of tartar, Egg whites, Vanilla, Salt, and Sugar. There is also a 'Recipes Included' table on the left side of the page.

Exclude	Recipe Name	Scale	Rescale if Needed
<input checked="" type="checkbox"/>	Angel Food Cake	1	<input type="text"/>

Exclude	Ingredient Name	Amount to Purchase	Adjust Quantity
<input type="checkbox"/>	Almond extract	0.17 fluid ounce(s)	<input type="text"/>
<input type="checkbox"/>	Cake flour	12 ounce(s)	<input type="text"/>
<input type="checkbox"/>	Cream of tartar	0.25 ounce(s)	<input type="text"/>
<input type="checkbox"/>	Egg whites	2 pound(s)	<input type="text"/>
<input type="checkbox"/>	Vanilla	0.33 fluid ounce(s)	<input type="text"/>
Spices and Herbs			
<input type="checkbox"/>	Salt	0.17 fluid ounce(s)	<input type="text"/>
Sweets			
<input type="checkbox"/>	Sugar	2 pound(s)	<input type="text"/>

Step 2: Select the format you wish to export the shopping list to and save to a preferred location on your computer.

The screenshot displays the 'Export List' dialog box in the CulinarE-Companion application. The dialog has the following content:

Export List

Export As:

- MS Excel File (.xls)
- Rich Text Format File (.rtf)

Buttons: **EXPORT**, **CLOSE**

The background interface shows a shopping list for 'angel cake wendy' (Date created: 07-14-2010). The list is sorted by name and grouped. The ingredients and their quantities are as follows:

Exclude	Ingredient Name	Amount to Purchase	Adjust Quantity
<input type="checkbox"/>	Almond extract	0.17 fluid ounce(s)	<input type="text"/>
<input type="checkbox"/>	Cake flour	12 ounce(s)	<input type="text"/>
<input type="checkbox"/>	Cream of tartar	0.25 ounce(s)	<input type="text"/>
<input type="checkbox"/>	Egg whites	2 pound(s)	<input type="text"/>
<input type="checkbox"/>	Vanilla	0.33 fluid ounce(s)	<input type="text"/>
<input type="checkbox"/>	Salt	0.17 fluid ounce(s)	<input type="text"/>
<input type="checkbox"/>	Sweets		
<input type="checkbox"/>	Sugar	2 pound(s)	<input type="text"/>

Question 2: How do I import a recipe or shopping list?

Answer: Shopping lists are created and built in the CulinarE-Companion™ format but cannot be imported into another version of CulinarE-Companion™. You can import another recipe in the CulinarE-Companion™ format (.zip) or a MasterCook file (.mx2) into CulinarE Companion™.

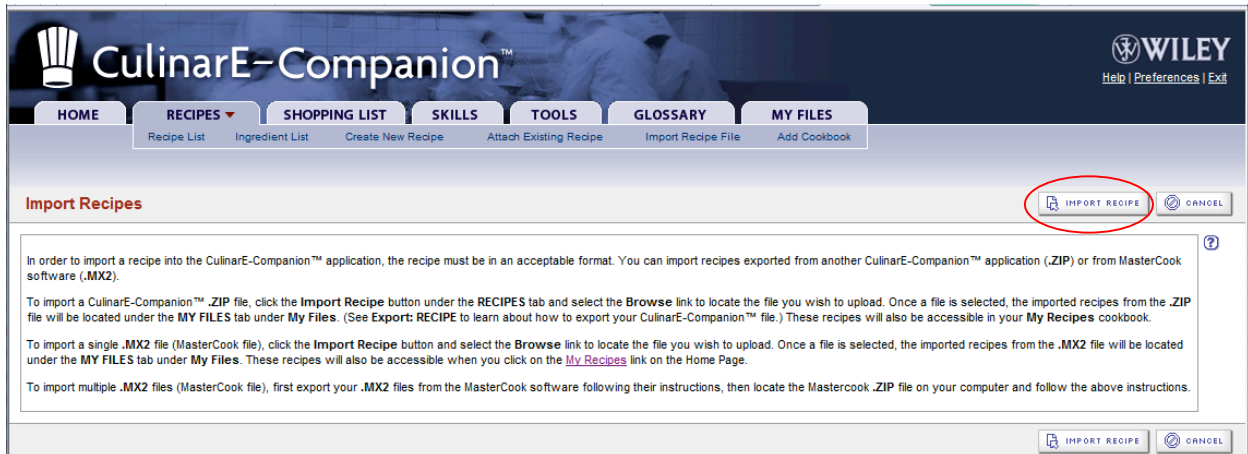
Importing a Recipe

Step 1: Select “Import Recipe File” from the Recipes tab

The screenshot shows the 'CulinarE-Companion™' web application. The navigation bar includes 'HOME', 'RECIPES', 'SHOPPING LIST', 'SKILLS', 'TOOLS', 'GLOSSARY', and 'MY FILES'. Under the 'RECIPES' tab, there are options for 'Recipe List', 'Ingredient List', 'Create New Recipe', 'Attach Existing Recipe', 'Import Recipe File' (circled in red), and 'Add Cookbook'. Below the navigation bar, there is a search area with a search box and a dropdown menu set to 'All Books'. The main content area is titled 'All Recipes' and shows '1383 recipes'. It includes a 'REFINE LIST' sidebar on the left with categories like 'Category', 'Course', 'Cuisine', and 'Main Ingredient'. The main list has columns for 'Recipe Name', 'More Info', 'Cookbooks Selection', 'Author', and 'Updated'. The first few rows of the list are:

Recipe Name	More Info	Cookbooks Selection	Author	Updated
<input type="checkbox"/> A.B.C.				10-05-2010
<input type="checkbox"/> Aioli I		Professional Cooking, 7th edition	Wayne Gislen	01-04-2010
<input type="checkbox"/> Aioli II	VARIATION	Professional Cooking, 7th edition	Wayne Gislen	01-04-2010
<input type="checkbox"/> Allemande Sauce	VARIATION	Professional Cooking, 7th edition	Wayne Gislen	01-04-2010
<input type="checkbox"/> Allumette Potatoes (Shoestring or Matchstick Potatoes)	VARIATION	Professional Cooking, 7th edition	Wayne Gislen	01-04-2010
<input type="checkbox"/> Almond Biscotti		Professional Cooking, 7th edition	Wayne Gislen	01-04-2010
<input type="checkbox"/> Almond Filling		Professional Cooking, 7th edition	Wayne Gislen	01-04-2010
<input type="checkbox"/> Almond Tea Cookies	VARIATION	Professional Cooking, 7th edition	Wayne Gislen	01-04-2010
<input type="checkbox"/> Amandine	VARIATION	Professional Cooking, 7th edition	Wayne Gislen	01-04-2010
<input type="checkbox"/> American French or Tomato French Dressing		Professional Cooking, 7th edition	Wayne Gislen	01-04-2010
<input type="checkbox"/> Ancho Mashed Potatoes	VARIATION	Professional Cooking, 7th edition	Wayne Gislen	01-04-2010
<input type="checkbox"/> Ancho Sauce	VARIATION	Professional Cooking, 7th edition	Wayne Gislen	01-04-2010
<input type="checkbox"/> Anchovy Butter	VARIATION	Professional Cooking, 7th edition	Wayne Gislen	01-04-2010
<input type="checkbox"/> Anchovy Sauce	VARIATION	Professional Cooking, 7th edition	Wayne Gislen	01-04-2010
<input type="checkbox"/> Andouille	VARIATION	Professional Cooking, 7th edition	Wayne Gislen	01-04-2010
<input type="checkbox"/> Angel Food Cake	VARIATION	Professional Cooking, 7th edition	Wayne Gislen	01-04-2010
<input type="checkbox"/> Anna Potatoes	VARIATION	Professional Cooking, 7th edition	Wayne Gislen	01-04-2010

Step 2: Click on the “Import Recipes” button and select the Browse link to locate the file you wish to upload. Once the import is complete you can locate the recipes under the My Files tab.

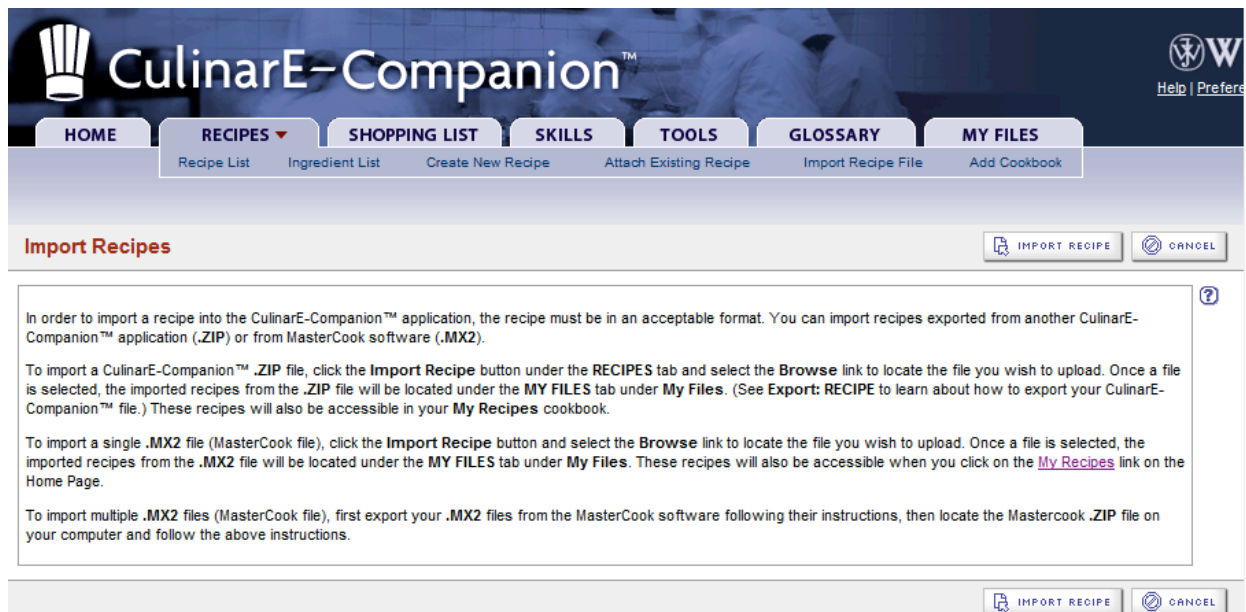


Question 3: Can I import a recipe from MasterCook?

Answer: Yes! You can import another recipe in the CEC format (.zip) or a MasterCook file (.mx2) into CulinarE-Companion™.

Step 1: Go to the Recipe tab and click on “Import Recipe File”.

Step 2: Select the Browse link to locate the .MX2 file you wish to upload. Once the import is complete you can locate the recipes under the My Files tab. Note that you can import multiple MasterCook files at one time.



The screenshot displays the CulinarE-Companion web application interface. At the top, the logo and title 'CulinarE-Companion™' are visible, along with navigation links for 'Help' and 'Preferences'. Below the title is a horizontal menu with tabs for 'HOME', 'RECIPES', 'SHOPPING LIST', 'SKILLS', 'TOOLS', 'GLOSSARY', and 'MY FILES'. Under the 'RECIPES' tab, there are sub-links: 'Recipe List', 'Ingredient List', 'Create New Recipe', 'Attach Existing Recipe', 'Import Recipe File', and 'Add Cookbook'. The main content area is titled 'Import Recipes' and contains a text box with instructions on how to import recipes. The text box includes three paragraphs: one for importing .ZIP files, one for importing single .MX2 files, and one for importing multiple .MX2 files. At the bottom of the page, there are two buttons: 'IMPORT RECIPE' and 'CANCEL'.

Import Recipes

In order to import a recipe into the CulinarE-Companion™ application, the recipe must be in an acceptable format. You can import recipes exported from another CulinarE-Companion™ application (.ZIP) or from MasterCook software (.MX2).

To import a CulinarE-Companion™ .ZIP file, click the **Import Recipe** button under the **RECIPES** tab and select the **Browse** link to locate the file you wish to upload. Once a file is selected, the imported recipes from the .ZIP file will be located under the **MY FILES** tab under **My Files**. (See **Export: RECIPE** to learn about how to export your CulinarE-Companion™ file.) These recipes will also be accessible in your **My Recipes** cookbook.

To import a single .MX2 file (MasterCook file), click the **Import Recipe** button and select the **Browse** link to locate the file you wish to upload. Once a file is selected, the imported recipes from the .MX2 file will be located under the **MY FILES** tab under **My Files**. These recipes will also be accessible when you click on the [My Recipes](#) link on the Home Page.

To import multiple .MX2 files (MasterCook file), first export your .MX2 files from the MasterCook software following their instructions, then locate the Mastercook .ZIP file on your computer and follow the above instructions.

Question 4: What is the difference between adding a recipe, attaching an existing recipe and importing a recipe file?



Answer: There are 3 ways to load recipes into CulinarE-Companion™.

- 1) When you “Create a Recipe”, you are entering a recipe into the software so that you can take advantage of all the functionality provided.
- 2) When you “Attach Existing Recipe”, you are creating a title for the recipe you can search for it but the contents of the recipe will only be viewable in the attached document since you are attaching the contents of the recipe as an existing pdf or word doc. You will not take advantage of all functionality (nutritional analysis, metric conversion, scaling, etc).
- 3) When you “Import Recipe File”, you are either importing another recipe in the CEC format or you are importing a MasterCook file.