

# Recipe Design Wizard™

The *Recipe Design Wizard* Plug-In for Adobe InDesign and InCopy 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

- *Recipe Design Wizard* is available from the Adobe Exchange: <https://exchange.adobe.com/apps/cc/674/recipe-design-wizard>. *Recipe Design Wizard* is compatible with Adobe InDesign CC 2025 (Version 20.x) and Adobe InCopy CC 2025 (Version 20.x) for Mac and Windows. Earlier versions of InDesign and InCopy are no longer supported. You can download and install the *Recipe Design Wizard* directly from within InDesign or InCopy. Go the Window > Extensions > Adobe Exchange to open the Adobe Exchange window
- Customize the Keyboard Shortcuts, as described on the next page. On Windows, this is *required* if you want to use CONTROL-TAB.
- Drag one of the Recipe Snippets into your document each time you are ready to create a new recipe.
- 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 tbspc OPTION-SHIFT-C (Mac) or SHIFT-ALT-C tbspc SHIFT-ALT-C (Windows). To switch from one form (e.g. tbspc) 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.

<i>Product Area</i>	<i>Command</i>	<i>Context</i>	<i>Mac Shortcut</i>	<i>Windows Shortcut</i>
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

- 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.
- 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*.
- Recipe Templates and 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.

	<i>File Name</i>	<i>Recipe Template Standard</i>	<i>Recipe Template Medium</i>	<i>Recipe Template Small</i>
<i>Format</i>	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
<i>First Column</i>	Width	248 pt	176 pt	140 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
<i>Second Column</i>	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
<i>Third Column</i>	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

Adornment Frame	Frame Content	Graphic	Graphic	Graphic
	Frame Width	4 pt	4 pt	4 pt
	Frame Height	4 pt	4 pt	4 pt
	Stroke Weight	3 pt	3 pt	3 pt
	Stroke Color	White	White	White
	Align Stroke	Align Stroke to Inside	Align Stroke to Inside	Align Stroke to Inside
	Stroke Cap	Butt Cap	Butt Cap	Butt Cap
	Stroke Join	Mitre Join	Mitre Join	Mitre Join
	Fill Color	Recipe Design Wizard Swatch	Recipe Design Wizard Swatch	Recipe Design Wizard Swatch
	Fill Tint	100 %	100 %	100 %
Adornment	Orientation	Left	Left	Left
	Fixed Width	Not Checked	Not Checked	Not Checked
	Table Cell	Checked	Checked	Checked
	Entire Column	Checked	Checked	Checked

- 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 cell 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...* 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 or newer, 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 (<https://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.

Herb is anxious to hear your success stories using the *Recipe Design Wizard* Plug-In. You can email Herb at [herbw@wiskit.com](mailto: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 require a matching platform and version of the Plug-In.
- Recipe Design Wizard.indk Keyboard Shortcuts.
- These instructions in PDF Format.
- Three Recipe Templates and three Recipe Snippets.
- Apple Crisp Recipe in InDesign Format.
- The Recipe Design Wizard Brochure in PDF Format. This brochure contains an additional recipe.

The Adobe Extension Manager installs the first two items into the Adobe InDesign or InCopy Application folder, and installs the remaining items in the Recipe Design Wizard folder on the Desktop.

### *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 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.

- 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 it possible to change the color of the Adornment?

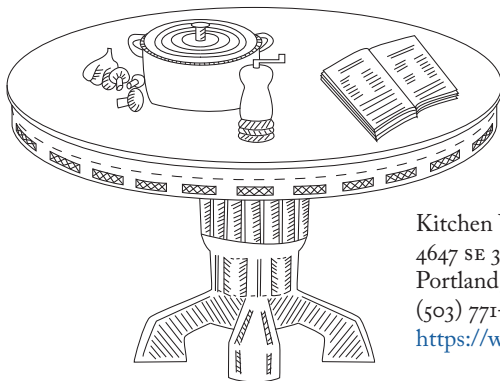
Yes. The Adornment inherits the color from the fill color of the small blue Frame (rectangle) in the top row of the second column of the table (see above question). Select that small blue Frame, and set the Fill Color to any desired value. This will change the color of all Adornments in that column.

- 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*.



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