



Picks," you'll have some choices.

- . The minute you've popped something into the oven, head for the computer, or your pad and pencil. GET IT DOWN RIGHT AWAY. Absolutely do not worry about English or grammar.
- . When IT is out of the oven, take pictures. Download them into your computer.

THE TECHNICAL PART: A.K.A. "A place for everything and everything in its place."

- . Right click your mouse on your desktop, and click "NEW", and choose FILE. A new little folder will magically appear.



*Elizabeth Wood's English Scones*

## How to Write a Family Recipe Book



*New Mexico Posole*

### IN THE BEGINNING:

- . Keep your digital camera handy and charged all the time
- . You'll need a scanner. Check *Consumer Reports*. It costs very little to join this yearly. In the "Quick

- . Right click on that "New Folder" and choose RENAME. Rename it: FAMILY P & R, that's short for *pictures and recipes*, or whatever you want.

- . LEFT CLICK on that P and R. When it opens, LEFT CLICK ON "FILE," and choose NEW.

- . When the new folder appears, RIGHT CLICK and choose RENAME. Choose something like: *Dear Family*, and write them a little introductory letter. (Please see my *Dear Daughters 07*.)

- . From that point on, left click with careless

abandon, and get a whole bunch of "NEW" folders up there. Decide how to divide your recipe book: appetizers, meat, fish, soups, salads, desserts, whatever you want and rename all your folders accordingly.. I've just added a file labeled SERENDIPITY, because new wonderful things turn up.

. Decide on a format that you will use throughout the whole book. Put it on a 3 x 5 card and keep it handy. On it you will tell yourself these things:

Title is in Edwardian Script #16 Bold  
Text is in Arial Narrow #11  
Recipe is in Arial Narrow Bold #11  
Headings: Arial Narrow Bold #15  
The picture captions are: *Monotype Corsiva #10 Bold*  
(*this is what I do, and It's only a suggestion*)

Open your writing program. I use Corel Word Perfect X3 because it's very writer friendly. But, whatever your program is, open it. Write: "title". Then go back and hold your left mouse button down and drag it over the word. Look at your 3 x 5 card, go up into your top bar and find FONTS, choose (mine is Edwardian Script) choose #16 size and click. Title.. Skip a couple of spaces and below it write something like: "A fat brown fox," in your Ariel Narrow #11. Skip a couple of spaces down and write: Recipe in your Arial Narrow Bold #11. This is your "template" for your whole book. When you're doing a new recipe, just click on it and fill in the appropriate data.

. Go to FILE, and choose: SAVE AS. Title this "Recipe Start," or something like that and FILE it onto your DESKTOP. When you've written the recipe, then you can SAVE AS, into the proper section of your book.



### THE PICTURE BUSINESS:

. Every time you cook, it's the digital shot/s, the run to the computer or the pad and paper.

. Plug the camera into your computer, or if you've got a chip slot, remove your camera chip, shove it into the slot. I use a little simple photo program from Google called PICASA2. Click Picasa2, or whatever photo program you use and get the into your computer and edit it. Then SAVE AS, OR EXPORT into your FAMILY P & R file in whatever folder it is - meat, fish, dessert etc.



*Red Chili Sauce*

## THE RECIPE MODEL

### #1. The Family Stories

I grew up being shushed all the time. I grew up being told to "keep the family business in the family." Well, forget it, because some of my best stories are anything but shhhhh. See "*Grammy Miller's Sauerbraten.*" So many of the more colorful ones are gone now, so — hey. Why not? It's the family. Write it. Preserve the history and the HaHa ... Oops! (Rule: *Easier to ask forgiveness than permission. From Isabel's Book of Oopses*)



*Sunday Eggy Pancakes*

### #2. The Recipe

. *DON'T* — repeat — *DON'T* try to be perfect on this first draft. Consider pulling fish out of the pond as fast as you can. Just get it all down. You'll go back later and fix.

. WWWWH - who, what, when, where and how. Try to keep your entry short. (One page) But, On the second page, using arial black bold #11, write down the recipe. Refer to "*Grammy Miller's Sauerbraten.*"



*Bernardo Giani ~  
Isabel's Great  
Grandfather, 1860*

## THE HARD PART

. Now beg, borrow or steal anybody's old pictures that will work well in this recipe. Scan them. File them into the recipe folder. If the pictures show up as little icons, then simply RIGHT CLICK on the icon and choose "SHOW THUMBNAI LS." See what magic occurs.

. Open your recipe. Choose a good place to park your pointer in the text. Go up to your top two bars and choose INSERT - WORD has "INSERT"/CHOOSE PICTURE, in Word Perfect, it's GRAPHIC/from file.

. The program will ask you where to find that picture. You will go to your DESKTOP, or your C-drive (if that's where you filed your P and R) click on the picture you want and choose OPEN. It should insert it in your text. From there you can RIGHT click on its middle to make it bigger or smaller by dragging on the little arrows that appear in the corners. My program has borders which are found in FORMAT/GRAPHICS STYLES. If you use WORD - you'll just have to trawl around and good luck.

## LAST WORDS

. SAVE AS frequently! This is technical and let me count the times I've twiddled my fickle finger and lost everything. If that happens, just get up and go have a cup of tea or something, then start over. Usually, my retry is better than the first try. I realize I've forgotten ingredients!

. Know that you'll want to tear your hair out for a while until you learn the drill. I just did this with the "learning to edit videos on this website - where I don't look like a Barbie doll, but an old woman. I ask, "When did this happen?"

. Know that what you're doing is so important and valuable.

## FOR MY WEB SITE

. Email if you've got any bright ideas

. Post your recipes



### THE END GAME

You've got to finally say to yourself - DONE. Put blank pages at the end just for that reason.



. Make a CD in PDF file and ship it off to the publisher. When you choose FILE – my program gives me the option of PUBLISH TO - which is a PDF. You cannot change a PDF, but you can save OVER that old file. So do your work in your original program then SAVE AS and PUBLISH TO.

. Type into your browser: SELF PUBLISHING. You'll find a ton of places. Simply do your homework and choose the best place that works for you. I'm using lightningsource.com for my book: *NONNO'S MONKEY*, and the recipe book as well. You can pay to publish the book for your family members, and others can simply make an order and get one themselves. I believe they will use a credit card and Pay Pal account.



Don't give up!



