

PostScript Quick Tips: Formatting Recipes

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Today, we'll deal with a problem that isn't handled well by most desktop publishing software: formatting recipes. We want our recipes to be attractive, yet easy to use for both shopping and preparation. We also must have a format that's easy to update, so that revising the instructions or adding an ingredient does not require tedious manual reformatting.

Figure 1 shows a recipe formatted to meet all of these requirements. It is formatted as a two column table using Microsoft Word 5.1a for the Mac. (The paragraphs in the first column of the table are formatted with two tab stops to create the appearance of three columns.) The braces that group the ingredients are created using PostScript code; these braces automatically resize themselves as required.

The technique we'll describe only works with PostScript output devices. Since the braces are created using PostScript code, they won't show up on the screen, although they'll print just fine. Finally, this technique only works with Microsoft Word, since this is the only program that supports tables and has fully integrated support for PostScript code. (Honorable mention goes to FrameMaker for its support of tables. Unfortunately, FrameMaker lacks Microsoft Word's integrated PostScript support.)

Chile Verde con Puerco (Pork with Green Chiles)

2	pounds	boneless pork roast, cut in ½ inch chunks	} Sauté on medium heat until gray (not brown).
¼	cup	oil	
3	cloves	garlic, minced	} Add to pork and sauté until onions become transparent.
½		onion, minced	
13	oz	canned whole green chiles, chopped (or 6 fresh Anaheim chiles, prepared as directed on page 5)	Add to pork and sauté 5 minutes.
4	oz	canned tomatillos (or 8 ounces fresh tomatillos prepared as directed on page 5)	Add to pork and sauté 5 minutes.
½	TBSP	ground cumin	} Add to pork and simmer until tender. Add additional water as it cooks if necessary.
¼	tsp	crushed red chiles	
1		chicken bouillon cube	
½	tsp	salt, or to taste	
½	tsp	pepper	
1	cup	water	

Figure 1: an example from *Beyond Tacos: Mexican Cuisine*, Copyright © 1984 by Regina Akers and Herb Weiner.

Therefore, you won't be able to import or place these recipes into XPress or PageMaker. (The recipe in Figure 1 was manually converted to an EPSF graphic to allow it to be included in this newsletter.)

Create a Table Template for Recipes using Microsoft Word

- Launch Microsoft Word. Choose "Style..." from the "Format" menu. Choose "Normal" from the scrolling list. Choose AGaramond Regular from the "Font" menu. Click OK.
- Choose "Document..." from the "Format" menu. Set the Left and Right Margins to 1 inch. Change the Top Margin from "At Least" to "Exactly". Click OK.
- Choose "Table..." from the "Insert" menu. Change "Number of Rows" to "1" and click OK.
- Choose "Paragraph..." from the "Format" menu. Set the Left Indent to "1.0", the Right Indent to "0", and the First Indent to "-1.0". Click "Tabs...". Set the Position

to "0.4" and click OK. Click in the ruler to place an additional tab at 1 inch, then click OK in the Paragraph Format dialog.

- Choose "Style..." from the "Format" menu, type in the name "Ingredient", and click OK.
- Press TAB. Choose "Paragraph..." from the "Format" menu. Set the Left Indent to "0.20", and click OK.
- Choose "Style..." from the "Format" menu, type in the name "Instruction", and click OK.
- Choose "Style..." from the "Format" menu, Choose "•PostScript" from the scrolling list, and click OK.
- Type in the following PostScript text, then press RETURN:

```
.cell. !brace
```
- Choose "Header" from the "View" menu. Carefully enter the PostScript code from Figure 2. Choose "Select All" from the "Edit" menu. Choose "Paragraph..." from the

```
.dict.
%! Copyright 1993 Herb Weiner. All rights reserved.
/brace {save 5 1 roll /bh exch def /bw exch def
/bf bw 15.3373 div def /ba bh bf div 61.4214 sub def
/bb ba 2 div def
translate bf dup scale
newpath 0.0 0.0 moveto
0.0 0.144012 lineto
4.24789 1.224 6.2638 3.96002 6.2638 8.92792 curveto
6.2638 21.4556 bb add lineto
6.2638 26.5675 bb add 7.05579 29.3755 bb add
10.6558 30.5274 bb add curveto
10.6558 30.6714 bb add lineto
6.83979 32.0394 bb add 6.2638 35.2073 bb add
6.2638 40.4632 bb add curveto
6.2638 52.271 ba add lineto
6.2638 57.0949 ba add 4.1039 60.1189 ba add
0.0 60.9828 ba add curveto
0.0 61.1268 ba add lineto
7.3438 61.2708 ba add 10.0798 59.2549 ba add
10.0798 50.399 ba add curveto
10.0798 38.9513 bb add lineto
10.0798 34.1274 bb add 10.7278 31.9674 bb add
14.9757 30.5994 bb add curveto
10.9437 29.3755 bb add 10.0798 27.0715 bb add
10.0798 22.5356 bb add curveto
10.0798 9.93582 lineto
10.0798 1.44 6.47979 0.0 0.0 0.0 curveto
closepath fill restore} bind def

/!brace {clippath pathbbox
/t exch def pop /b exch currentfont /FontMatrix get
3 get 1000 mul sub def /l exch def
l b 7.5 t b sub brace} bind def
```

Figure 2: the PostScript code used to produce the braces.

“Format” menu. Choose the “PostScript” style from the ribbon in the Header window. Click OK. Click in the close box of the Header window.

Note that this PostScript code assumes that there is one blank line at the end of each table cell. It therefore draws a brace that is one line shorter than the height of the table cell.

- Save your document as Stationery, and optionally save the table as a glossary entry, so that the table can be easily reused for all your recipes.

Enter a Recipe into the Table

- Most ingredients consist of three parts: a quantity (e.g. 2), a unit of measure (e.g. pounds), and the ingredient itself (e.g. pork). The three parts are separated by tabs; however, to place a tab into

a table cell, you must hold down the `OPTION` key when you press the `TAB` key. (If you press the `TAB` key without holding down the `OPTION` key, the cursor will move to the next table cell, and you will need to move the cursor back to the ingredients cell.) If an ingredient requires more than one line to describe, subsequent lines will automatically be indented correctly.

- Press the `RETURN` key after entering each ingredient, including the last ingredient in each table cell. This will place each ingredient on a new line, and will leave a blank line after the last ingredient in each table cell.
- When you have entered all the ingredients for a table cell, press the `TAB` key (without the `OPTION` key) to

move to the instructions cell of the table.

- If you’d like a brace for the current row of the table, enter the PostScript instructions `.cell`. `!brace` and press return. (The top right table cell should already contain these PostScript instructions.) If you wish to skip the brace for the current row, simply press `RETURN`.
- Enter the instructions for the cell. Press return at the end of the instructions to leave a blank line.
- Press the tab key (without the option key) to insert a new row in the table and move to the ingredients cell in the new row.

A few Final Comments

- Since recipes make extensive use of fractions, you’ll need to choose a font for which fractions are available. Adobe Expert Collections (which include fractions) are available for several fonts in the Adobe type library.
- One of the most common mistakes that cause recipes to fail is incorrect measurement of ingredients. As an author, you can reduce the likelihood of such mistakes by using capitalization to emphasize the difference between `TBSP` and `tsp`. Note that `TBSP` (SMALL CAPS from the Expert Collection) may look more attractive than `TBSP`, but it also reduces the emphasis we are trying to achieve.
- For ease of use, try to keep each recipe on a single page, since flipping pages is distracting when cooking. Feel free to place multiple recipes on a page, however.
- Use of the brace is optional for table cells containing only a single ingredient (tomatillos, for example).