

HEARTH COOKBOOK

User Guide

Version 1.1.0 · Cook, minus the noise.

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1. Why Hearth exists

Hearth Cookbook is a text-first, ad-free cooking companion. It exists so you can cook from your phone, tablet, or this web kitchen without an account, without ads, and without a feed competing for the stove.

One step stays on screen. Timers keep running if you lock the phone or leave the room. Recipes, pantry, the week's plan, and the shopping list live on this device unless you export a backup.

Use it when you want dinner from what is already in the fridge, when you want a quiet cook, or when you want a library you actually own.

2. How the kitchen is organized

Five places cover a kitchen week:

- Today — what you can cook now, favorites, recently cooked, and tonight if dinner is on the plan.
- Recipes — your library. Search, filter, star, edit, copy, delete, and add recipes.
- Cook — full-screen steps, timers, swipe next or back, and a large Done control.
- Plan — a week grid. Tap a cell, pick a recipe; the shopping list rebuilds from the grid.
- More — pantry, shopping list, print, backup, units, appearance, Cook Mode options, and this guide.

No account is required. On first open, pick Metric, Imperial, or Auto. Change units any time in More. Dry pantry amounts show cups and grams together — 1 cup flour is also 120g.

3. Day one: set up your pantry

The pantry is the list of food you actually have. Hearth uses it to answer “what can I cook tonight?” and to keep the shopping list from asking for milk you already bought.

Do this before the first cook. It takes a few minutes and pays off every later meal.

1. Open More, then Fridge & pantry (or tap Quick start on Today).
2. A starter pantry is already there — oats, eggs, onions, pasta, olive oil, and similar staples.
3. Tap an item to mark it in stock or out. In stock items are what you have.
4. Add anything extra you keep on hand: type the name, then Add to fridge. “Cheddar”, “rice”, “frozen peas” are enough — keep names short.
5. Walk the fridge, freezer, and one cupboard. Mark what is real. Leave the rest out of stock.
6. You do not need quantities. In stock / out of stock is enough for matching.

When the pantry is honest, Today’s Quick start and Fridge’s “What can I make?” show recipes you can cook now, recipes that are close, and recipes that would need a shop.

4. Pantry and the shopping list

They are related, but they are not the same list.

- Pantry (Fridge) — what is in the house right now. You tap items as you use them up or restock. Hearth matches recipes against this list.
- Shopping list — what to buy. It is built from the week Plan: every planned recipe’s ingredients, minus pantry items you already have (when “skip pantry items on the list” is on, which is the default).

Typical loop: plan two or three dinners on Plan → open the shopping list → buy what is there → after the shop, mark those items in stock on Fridge → cook from Today or Cook.

You can add a one-off to the shopping list (coffee filters, foil) without putting it on the plan. Check items off as you drop them in the cart. Mark bought when the trip is done.

The list is grouped by aisle (produce, dairy, meat, and so on) so a single store pass is enough.

5. First-day plan

A quiet first day uses food you already have and one recipe from the starter library. Overnight Oats is the easiest first cook: five minutes, no stove, a short optional timer in the morning.

1. Morning, two minutes — On Fridge, confirm rolled oats, milk or oat milk, and something sweet (maple, honey) are in stock. Add “berries” if they are in the fridge.
2. Morning, five minutes — Open Recipes, tap Overnight Oats, tap Cook. Stir the jars as the first step says. You are done until breakfast.
3. Late morning — On Plan, tap tonight’s Dinner cell. Pick Tomato Basil Soup, Black Bean Tacos, or whatever Fridge says you can cook now. The shopping list updates.
4. If the list shows a gap — Open Shopping list, add anything missing, shop once, then mark those pantry items in stock.
5. Evening — Open Cook (or open the recipe and start Cook). One step on screen. When a timer appears, leave the phone on the counter; it will chime. Swipe or tap Next. Large Done finishes the session.

That is a full Hearth day: pantry truth, one easy cook, one planned dinner, a short shop only if something was missing.

6. Walk-through: cook Overnight Oats

This is the same path you will use for every later recipe.

1. Go to Recipes. If the list is long, type “oats” in search, or tap Quick <20m.
2. Open Overnight Oats. Check servings if you are cooking for one instead of two.
3. Start Cook. The screen goes full-bleed: step 1 of 2, the mixing instruction, and the ingredients for that step.
4. Do the step. Tap Next, or swipe left. (Swipe right goes back.)
5. Step 2 is the morning finish. If you warm the oats, a 60-second timer is there — pause and resume from the icon. Keep the phone awake; Cook Mode holds the screen on while a timer runs in the foreground.
6. Tap the large Done control when you are finished. The recipe lands on Recently cooked on Today. Star it if you want it pinned under Favorites.

If you leave Cook Mode with a timer running, choose Keep timer, leave. The notification stays; opening Cook returns to the same step. Stop timer if you are done for real.

Voice (optional, in More): say next, back, pause, resume, repeat, or done. The phone will ask for the microphone only if you turn this on.

7. The Recipes page

Recipes is the library. Starter dishes ship with the app (Carbonara, lemon drizzle, shakshuka, stir-fry, tomato soup, oats, salmon, tacos, risotto, chili). Everything you add sits beside them.

- Search — matches title and ingredient names.
- Filters — All, Quick <20m, Vegan, Under \$10, and a few cuisines. Combine with search.
- A recipe card — cuisine or folder, time, servings. Tap the card to read it. Tap the heart to favorite.
- On a card or the reader — Edit, Copy, Delete. Copy duplicates the recipe so you can change servings or notes without touching the original. Delete asks you to confirm and clears it from the plan and recent cooks.
- The round plus button — add a recipe (see the next section).

Open a recipe to see ingredients with cups and grams on dry pantry amounts, steps, and notes. Adjust servings before you cook; quantities scale. Print is on More if you want a paper copy.

8. Add a recipe to the library

From Recipes, tap the plus button. You get three honest paths. After a parse you always land on a review screen — fix names, amounts, and steps, then Save.

- Paste text — paste a recipe from a note, email, or website. Include a title, an ingredients list, and numbered or line-broken steps. Tap Parse.
- Paste a page address — if the box looks like a URL, Hearth fetches that page (only when you ask) and reads a recipe if the page publishes one (JSON-LD or a clear ingredients/steps layout). Then review and Save.
- New blank — start from an empty title, servings, ingredients, and steps. Add rows as you go. Save when it looks like dinner.
- Try a sample — loads a known-good paste so you can see the review screen without hunting for a recipe.

On Android you can also share a recipe page or selected text into Hearth from the system share sheet.

On review: tap any field to edit. Remove a bad ingredient. Add a missing step. Confidence is a hint, not a grade — read the steps once before you Save.

Save puts it in the library. Discard throws the draft away. Edit later from the recipe card.

9. More menu — the rest of the house

Keep this short. Open More when you need one of these.

- Fridge & pantry — in stock / out of stock, add items, see what you can cook now.
- Shopping list — aisle groups from this week's plan, plus manual lines. Check off as you shop.
- Print recipes — system print or save as PDF.
- User guide — this document as PDF. A Word copy is next to it if you want it in a document app.
- Backup — rename the file, then choose a folder: Downloads, Google Drive, Files, or another cloud. Restore replaces the library with that file.
- Units — Metric, Imperial, or Auto. Dry cups show grams alongside.
- Appearance (Android) — Light, Dark, or System.
- Cook Mode — auto-advance when a timer ends; sound; haptics; voice commands.
- Accessibility — type scale, high contrast, reduce motion.
- Tip jar — Cash App \$QRPTips if the app earned its keep.
- About — version, developer, and email. Privacy: no account, no ads, no trackers; importing a URL happens only when you ask.

10. Troubleshooting

- Stuck on Imperial or Metric — tap Continue or Skip for now. Units stay changeable in More.
- Cook will not open — pick a recipe first, or cook from Today / Recipes. Cook needs a recipe id.
- Timer died when I locked the phone — on Android, allow notifications and do not force-stop Hearth. Choose Keep timer, leave rather than Stop timer. On the web, leave the tab open; a locked laptop may throttle background tabs.
- Voice does nothing — turn Voice on in More, then allow the microphone. Speak next, back, pause, resume, repeat, or done.
- Backup did nothing — change the file name first. Use Save to this device or Save to Drive or Files; pick the folder in the system sheet. In the web preview, use Open a save window to pick a folder if the page cannot show a picker.
- Restore wiped a recipe I wanted — restore is a replace, not a merge. Keep a second backup before you restore.
- Grams look wrong — units are display-only for dry pantry cups (flour, sugar, oats, and similar). Liquids stay in cups, spoons, or millilitres.
- Shopping list includes food I have — mark those items in stock on Fridge. More's skip-pantry setting is on by default.
- I duplicated a recipe by mistake — open it and Delete, or keep the copy and Edit the title.
- Dark mode text is hard to read in a field (Android) — More → Appearance. Fields use a high-contrast box: white or near-black fill with dark or cream type.

11. Email the developer

Ron Whittam builds Hearth at Quantum Reality Programming LLC.

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Please include the app version (More → About), whether you are on the web kitchen or the Android app, and what you were doing when it went wrong. A backup JSON is helpful for library bugs; never send anything you would not want stored in an inbox.

If the app earned dinner, the tip jar is [https://cash.app/\\$QRPTips](https://cash.app/$QRPTips).

Hearth Cookbook stays on this device. No account, no ads, no trackers.