

Living Cookbook Rescue User Guide

Version 1.19

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Purchase at:

<http://www.livingcookbookrescue.com>

Program Support:

JonsUsefulApps@gmail.com

Tip Jar:

<https://www.paypal.me/LCRescue>

Introduction

I began using Living Cookbook 2005 in that same year. I was very active in the user forums (I was Chef Jon for those who remember), and dutifully upgraded to later versions, ending with Living Cookbook 2015. I loved using the software as a second-career baker and even though I've migrated my recipes to MasterCook as a fail-safe, I still use Living Cookbook to prepare shopping lists. There are some things Living Cookbook does better than any other software.

But Radium Technologies, the company that produced Living Cookbook, has gone out of business.

My program thankfully continues to run on my PC. But I'm aware that there are users whose Living Cookbook no longer runs. Many of these are license key issues. These users needed to reinstall the software because of a hard drive failure, or moving the software to a new computer. However, Radium Technologies stopped responding to support tickets to reset license keys on their license servers to enable those reinstallations. The result: these users are locked out of their recipes. They're trapped in Living Cookbook's database.

Here is where Living Cookbook Rescue can help. My program will read a Living Cookbook backup file and export your recipes to a variety of useful formats. In Living Cookbook, you made those backups by selecting File > Backup and those files have a file extension of .lcb, for example "LC2015 Backup 2019-06-28.lcb".

If you don't have a backup, but you still have the Living Cookbook data files installed on your system, there may be some hope. Send a support email, and I may be able to help you find your recipes.

I was a first-career software developer. I wrote Living Cookbook Rescue to help those with family-cherished recipes trapped in the software.

What Living Cookbook Rescue Can and Can't Do

I developed and tested Living Cookbook Rescue against Living Cookbook's 2015, 2013, 2011, 2008 and 2005 databases¹. I tested the MasterCook .mz2 export format by importing test recipes into MasterCook 14, 15, 20, and 22.

Living Cookbook Rescue will export the following items from Living Cookbook's database:

- Cookbook names
- Cookbook chapter names
- Recipe items:
 - Comments
 - Ingredients
 - Procedures

¹ In the years I've been supporting Living Cookbook Rescue, I've only had one user with a 2003 database. If you have such a rare beast, send me a support email. I can convert your 2003 .lcb to 2015 format that you can use as input to the program.

- Procedure images †
- Yield
- Cooking times
- Oven temperature (°F) †
- Degree of difficulty †
- Recipe types
- Tips
- Reviews
- Author notes
- Images (note: LC2005 and LC2008 have only one recipe image)
- Attachments †‡
- User data †‡

† LC2005 does not have this item

‡ LC2008 does not have this item

To reduce the size of the export file(s), there are options on the main window to omit the following, but in most cases, you can just export everything and leave it up to your new recipe software to decide what it can accept on import.

- Recipe images
- Ingredients
- Procedures
- Procedure images
- Tips
- Reviews
- Author notes
- Attachments

Living Cookbook Rescue does not export the following items. This is either because of their size or that they were very specific to Living Cookbook's use of them in its program. For this reason, they are largely ignored by the import facilities of other recipe software I've tried.

Never exported:

- Source image
- Videos
- Nutrition

Additional Notes:

Some items don't make sense for certain export formats. These are:

- Attachments are not exported to MasterCook files (it doesn't support them).
- Attachments are not exported to Word documents (how would you format them?)
- Recipe images, Procedure images, and Attachments are not exported to Text files (these are, of course, non-text items and can't be written to a text file).

Installation

Software Requirements

We sell Living Cookbook Rescue in the Microsoft Store. The Store is only available to users of Windows 10 and 11. If you are running an older version of Windows, send a support email. We'll discuss your options.

Select Start > Microsoft Store, and search for Living Cookbook Rescue. Also, here is a direct link to our Store listing:

<https://www.microsoft.com/en-us/p/living-cookbook-rescue/9n5d57ghnx7m>

Installing Living Cookbook Rescue

The Microsoft Store takes care of purchasing and installing the program.

Rarely, some users have problems installing the program from the Microsoft Store. Those are Store issues, not program issues. Installation issues usually mean there is something wrong with your Windows installation that is keeping the Store from doing its job.

For many users, updating their Store app to the latest version fixes their issues. For others, installing the latest Windows patches through Windows Update works for them.

Here are some links that may help:

<https://support.microsoft.com/en-us/help/13765/microsoft-store-cant-find-or-install-app>

<https://support.microsoft.com/en-us/help/4027498/microsoft-store-fix-problems-with-apps>

<https://support.microsoft.com/en-us/contactus/>

The first time you run the program, it will create a Living Cookbook Rescue folder in your Documents folder, e.g., "C:\Users\{user}\Documents\Living Cookbook Rescue".

Uninstalling Living Cookbook Rescue

To uninstall the program, use the native Windows setting "Add or Remove Programs". Uninstalling only deletes the program files. It does not delete the Living Cookbook Rescue folder in your Documents folder.

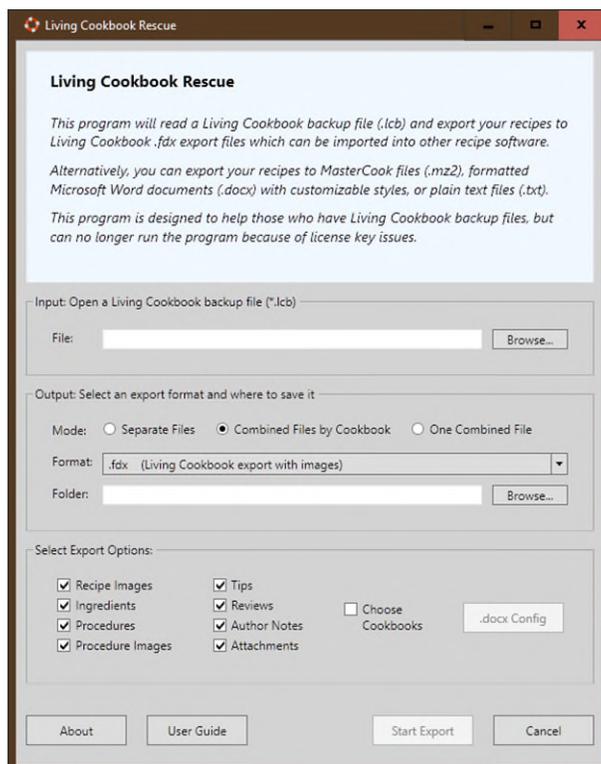
Upgrading Living Cookbook Rescue

The Windows Store takes care of upgrading you to later versions of Living Cookbook Rescue. Launch the Store, and click the "Library" icon at the lower left. From there, click on the "Get updates" button.

Basic Use

The program is fairly straightforward, there are only a few things you need to do:

1. Select your Living Cookbook Backup file (*.lcb)
2. Decide the export format:
 - Living Cookbook's native export format with images (.fdx) — this is the default
 - MasterCook's compressed export with images format (.mz2)
 - Microsoft Word (Open XML) document (.docx)
 - Text file (.txt)
3. Decide how you want the export written:
 - Separate files for each recipe (you specify the folder to receive the files)
 - Combined files by cookbook, i.e., all the recipes from a cookbook are combined together into a file named after the cookbook (you specify the folder to receive the files). — this is the default
 - One combined file (you specify the output file)
4. Use the "Browse..." buttons to select files or folders using the standard Windows file dialogs.
5. Uncheck which data items you want to exclude from the export. The default is to export everything that makes sense for the export format you've chosen.
6. To keep things simple, you can ignore "Choose Cookbooks" and ".docx Config". There are sections explaining each of these advanced options later in this guide.
7. Click the "Start Export" button. This button will activate only after you've specified both input and output.



My recommendation: if you're importing into MasterCook, always export to the .mz2 format. For other recipe programs, try importing the .fdx format first and see if you like the results.

The actual export launches in a new window. Messages tell you what the export is doing and displays any warnings and errors. Clicking the “Cancel” button immediately stops the export, but this will not clean up any export files already written to that point.

You may save the contents of the export log to a file by clicking the “Save Log” button.



Usage Notes

1. **Word Document Table of Contents:** Word documents with multiple recipes include a table of contents at the beginning. Word will prompt you to update document fields (which includes the table of contents) when you first open the document. Click “yes” to do so.
2. **Word Paper Size:** Word documents default to Letter page size. This is easily changed in Word’s Page Setup after you open a document.
3. **Duplicate Recipes:** When writing separate recipe files, if there are recipes that have the same name, Living Cookbook Rescue will append a sequence number. For example, if you have 3 different “Apple Pie” recipes, the export files will be named “Apple Pie.fdx”, “Apple Pie-1.fdx”, “Apple Pie-2.fdx” when exporting them, for example, as .fdx files. The actual recipe names inside the files aren’t touched. Living Cookbook allowed the same recipe name in different cookbook chapters, so don’t be surprised if this happens.
4. **MasterCook Import Limit:** MasterCook won’t import more than 12,000 recipes from an .mz2 file. Therefore, Living Cookbook Rescue will split .mz2 files into a maximum of 10,000 recipes each to safely fall under this limit. Spilt files have a sequence number appended to their file names. For example, if you are exporting a cookbook named “Pinterest Favorites” that has

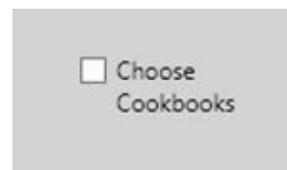
15,000 recipes, Living Cookbook Rescue will export the first 10,000 recipes into “Pinterest Favorites.mz2” and the remaining 5,000 recipes into “Pinterest Favorites-1.mz2”.

5. **Large Images in Your LC Data (and Out of Memory Errors):** Living Cookbook was very permissive as to the number and sizes of recipe images you could store in its database. Most LC users aren't aware of how much space their images were actually taking up. Large numbers of large images can cause problems for Living Cookbook Rescue, causing “Out of Memory” errors as it tries to process them. A telltale sign is an .lcb file that is very large for the number of recipes stored within. Most .lcb files we've seen in support are at most a few hundred megabytes. But we've seen unusually large .lcb files in excess of 1 GB and almost all of that was comprised of images that were much too large for practical use in recipe software.

But, that's just half the battle. Even if you can successfully export all your images, note that other recipe software varies widely as to how big an export file they can handle. If you have difficulties, splitting the export into separate files may be your only practical choice. Try the combined export mode first. If importing it fails, split it up by cookbook. If that fails, split it up by individual recipes or consider omitting the recipe images from the export. If you find yourself struggling with out of memory errors or the size of your export files, send us a support email for help. We can take a look at your .lcb file to see what's going on.

Choosing Which Cookbooks to Export

In the “Select Export Options” section of the main window is a check box, “Choose Cookbooks.” If you leave this unchecked (the default), Living Cookbook Rescue will export all cookbooks found in your .lcb file. This is what most users want since they’re going to use the exports to migrate all their recipes to a new program.



In short: If you want to export all cookbooks, you don’t have to do anything special. Exporting all cookbooks is the default.

Some users, however, have many cookbooks (some have dozens!) in their .lcb file and don’t want to export everything. “Choose Cookbooks” gives you a way to choose which cookbooks are exported.

Check the “Choose Cookbooks” check box, then when you click on “Start Export,” Living Cookbook Rescue will open your .lcb file as it usually does, but will pause and present you with a list of your cookbooks. At first, all cookbooks are selected. Check and/or uncheck the specific cookbooks you want to export. Click “Exit” when you’re done, and the export will continue.

Note: The Cookbook Picker doesn’t appear immediately after you check “Choose Cookbooks.” It appears AFTER you click “Start Export” which causes Living Cookbook Rescue to unpack, verify, and open your .lcb file. It has to do these things first before it can fetch and display the list of cookbooks. If you have a very large .lcb file, this can take up to a minute or so to do, so be patient.



This table describes what the buttons do:

Button	Function
All	Selects all the cookbooks in the list by checking them.
None	Unselects all the cookbooks in the list by unchecking them. This can be used as a starting point if you want to pick only a few cookbooks.
Exit	Exits the dialog box and resumes the export. Only the selected cookbooks will be included in the export. You must select at least one cookbook to enable this button.

MasterCook Export Notes

Living Cookbook and MasterCook are two of the most popular “legacy” recipe programs. Practically every recipe program introduced after them knows how to read at least one or both of their formats. This is why I felt it was important to add the MasterCook .mz2 format to Living Cookbook Rescue. Between these two formats, you should be able to import your recipes into practically any new software you choose. However, MasterCook, being the older of the two, has some limitations and doesn’t offer as rich a selection of recipe fields as Living Cookbook does. This section describes how Living Cookbook Rescue handles these items.

My recommendation: if you’re importing into MasterCook, always export to the .mz2 format. For other recipe programs, try importing the .fdx format first and see if you like the results.

Living Cookbook Items	Where and How Stored in MasterCook
Oven Temperature	Inserted as the first entry in the recipe Directions. See Figure 1.
Recipe types	Inserted as Categories. See Figure 2.
Recipe’s chapter names	Inserted as Categories. Living Cookbook allows chapters within chapters to any desired depth level. Every chapter level becomes a category for that recipe in MasterCook. See Figure 2.
User Data	Appended to the Notes section. See Figure 2.
Ratings	MasterCook isn’t well-suited for long review narrative text allowed by Living Cookbook. So, each Living Cookbook rating is added to the MasterCook Ratings section, but individual ratings are shortened to a combination of the reviewer’s name and date, e.g., “John Smith 07/21/2019” and its numeric rating (1 to 5). See Figure 2.
Recipe Servings	MasterCook chops off any decimal leaving a whole number of servings, e.g., “3.75” gets chopped to “3”. Although that decimal value is lost, decimal servings is admittedly rather strange and should rarely happen in practice.
Ingredient Quantities	Living Cookbook allows arbitrary text strings for an ingredient quantity (e.g., quantity “2 or 3” for the unit/ingredient “teaspoons salt”), but the quantity is one of the few places that MasterCook insists on a single, numeric-only value. Living Cookbook Rescue will check that each ingredient quantity is in a numeric format that MasterCook can recognize. For each potential problem one, Living Cookbook Rescue writes a warning message to the export log and saves the entire original text of the ingredient to the MasterCook Notes section for later review. See Figure 3.
Recipe Yield	MasterCook stores yields as a numeric quantity and a text unit. For example, quantity = “2” and unit=“dozen cookies”. Living Cookbook Rescue will attempt to split Living Cookbook’s yield (stored as a single text string) into these two parts. If it can’t find a number at the beginning of the string that MasterCook will recognize as a quantity, Living Cookbook Rescue will store the entire string in the unit field. However, MasterCook’s unit field is limited to 25 characters. If Living Cookbook’s yield string is too long, it writes a warning message to the export log and saves the entire original text of the recipe yield to the MasterCook Notes section for later review. See Figure 4.
Recipe Tips	Appended to the recipe Directions
Author Notes	Appended to the recipe Directions

1. Oven Temperature: 350°F
2. Cream together margarine and sugar.
3. Put the egg into a 1 cup measuring cup, add milk to fill.
4. Mix half the egg and milk mixture into the margarine and sugar mixture.
5. Mix all of the dry ingredients together in a separate bowl. Alternating between the into the creamed batter. You may need to switch to a dough hook because this is

Figure 1. Oven Temperature inserted as the first Direction.

Notes: This recipe freezes well. Wrap tightly in several layers of plastic wrap.

User Data 1 (text): User Data 1
User Data 2 (text): User Data 2
User Data 3 (text): User Data 3
User Data 4 (text): User Data 4
User Data 5 (text): User Data 5
User Data 6 (numeric): 10
User Data 7 (numeric): 20
User Data 8 (numeric): 30
User Data 9 (numeric): 40
User Data 10 (numeric): 50
User Data 11 (link): Link 1
User Data 12 (link): Link 2
User Data 13 (link): Link 3
User Data 14 (link): Link 4
User Data 15 (link): Link 5

Categories: Christmas Cookies, Cookies, Fridge Dough, Fruit

Ratings: Bill Jones 6/26/2019: 5
Sue Smith 2/28/2019: 2

Figure 2. User Data appended to Notes section. Cookbook chapters and recipe types become Categories. Ratings shortened to fit.

WARNING: Recipe "Atlantic Beach Pie" has a non-numeric ingredient quantity.
Original Ingredient: 1/3 to 1/2 cup Unsalted butter, softened

Atlantic Beach Pie
Bill Smith

Crust
1 1/2 sleeves Saltine crackers
cup Unsalted butter, softened
3 Tbs Sugar

Filling
1 can (14 oz) Sweetened condensed milk
4 Egg yolks
1/2 cup Lemon or lime juice or a mix of the two
Fresh whipped cream and coarse sea salt for garnish

Yield: Makes one pie

Notes: This is a newer version of a pie that is commonly served at seafood restaurants on the North Carolina coast. Chef Bill Smith has been serving it at Crook's Corner and at special events for about a year. He calls it the easiest recipe in the world.

Original ingredient: 1/3 to 1/2 cup Unsalted butter, softened

1. Preheat oven to 350 degrees.
2. Crush the crackers finely, but not to dust. You can use a food processor.

Figure 3. A Recipe Ingredient Quantity isn't a sole, single numeric value. MasterCook will ignore the value, but Living Cookbook Rescue writes a warning message to the export log and saves the complete original ingredient in the Notes section.

WARNING: Recipe "Classic Yellow Cake" has a yield with too many characters. Yield is truncated to fit.
Original Yield: Two 8x3-inch rounds or a 12x3-inch round or square

Classic Yellow Cake
Weinstock, Sylvia

2 1/4 cups Sifted cake flour
2 tsp Baking powder
1/2 tsp Salt
8 oz Unsalted butter, at room temperature
2 cups Sugar
4 Large egg yolks
2 tsp Vanilla
1 cup Sour cream
4 Large egg whites

Yield: Two 8x3-inch rounds or a

Notes: Original Yield: Two 8x3-inch rounds or a 12x3-inch round or square

Categories: Cakes

Figure 4. Recipe with too long a Yield. MasterCook truncates this to the first 25 characters, but Living Cookbook Rescue writes a warning message to the export log and saves the original yield to the Notes section so no data is lost.

Microsoft Word Styles for Recipes

Living Cookbook Rescue uses custom styles to format its Word export documents. I created the default set of styles to produce useful, attractive output similar to what I had personally used in Living Cookbook. For most folks, the documents produced by these styles will be fine as is.

But you can change these styles to your liking. This is especially useful when you create combined Word documents that contain multiple recipes with a table of contents. Any style changes you make in that document will ripple throughout every recipe.

Using and editing Microsoft Word styles are outside the scope of this document. There are many resources on the web to teach you how to do this. Every exported data item has its own style. Each style name describes what it was applied to. Below is an alphabetic table of the styles. If you've used Living Cookbook for any amount of time, they should all be familiar to you.

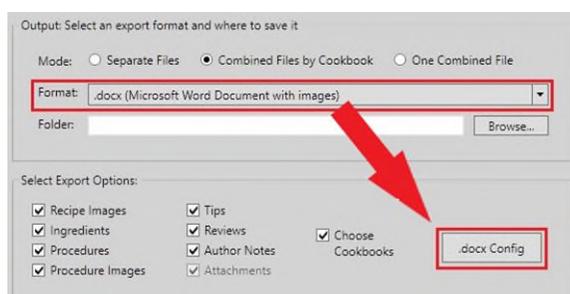
RecipeAuthNote	Body of an author note (i.e., not a header)
RecipeAuthNoteHeader	Header of an author note
RecipeAuthNotesTitle	Title of the section for author notes.
RecipeAuthor	Author of an author note
RecipeComments	Recipe comments
RecipeCookbookChapters	Recipe cookbook and chapter list
RecipeCookTime	Recipe cook time
RecipeCopyright	Recipe source copyright
RecipeImage	Additional recipe images (i.e., not RecipeMainImage)
RecipeImageCaption	Caption of each additional recipe image
RecipeImagesTitle	Title of the section for additional recipe images
RecipeInactiveTime	Recipe inactive preparation time
RecipeIngredient	Recipe ingredient (i.e., not a header)
RecipeIngredientHeader	Header of a recipe ingredient
RecipeMainImage	Recipe main image (appears at the top of the recipe)
RecipeName	Recipe name
RecipeOvenTemp	Recipe oven temp in degrees F.
RecipePrepTime	Recipe active preparation time.
RecipeProcedure	Recipe procedure (i.e., not a header)
RecipeProcedureHeader	Recipe procedure header
RecipeProcedureImage	Recipe procedure image
RecipeProceduresTitle	Title of the section for recipe procedures.
RecipeReview	Body of a recipe review
RecipeReviewsTitle	Title of section for recipe reviews
RecipeServings	Recipe servings
RecipeSource	Recipe source
RecipeTip	Body of a recipe tip (i.e., not a header)
RecipeTipHeader	Header of a recipe tip
RecipeTipsTitle	Title of the section for recipe tips
RecipeTotalTime	Recipe total preparation time
RecipeTypes	Recipe types
RecipeUserDataLink	User Data items 11 to 15, which were links
RecipeUserDataNumeric	User Data items 6 to 10, which were numeric values
RecipeUserDataText	User Data items 1 to 5, which were text strings
RecipeUserDataTitle	Title of section for user data
RecipeWebPage	Recipe source web page
RecipeYield	Recipe yield

Microsoft Word Recipe Section Ordering

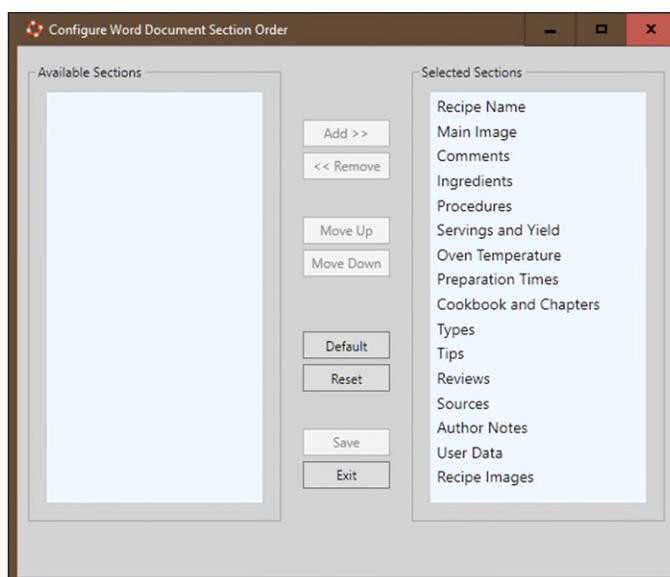
The previous section described how you can change the appearance of Microsoft Word documents by editing the built-in styles which govern all the formatting. While editing the styles change the appearance of the text, what if you want to change the order of how the recipe sections appear? What if you want to omit some of the recipe sections entirely? Read on!

Note: the procedure described in this section is completely optional. If you're happy with the default Word document layout, you can skip this section. Living Cookbook Rescue will continue to use the same default layout it has used for all past versions. For most users, the default layout will be just fine.

On the main screen, when you select .docx from the "Format:" drop-down, a button ".docx Config" is enabled. When you click it, you get a dialog box that allows you to edit which recipe sections to include and their order.



The first time you click the ".docx Config" button, this is what the selection dialog looks like. Because it's the first time, the recipe sections and order are preset to the default layout used in previous versions of Living Cookbook Rescue. Using the dialog box, you can remove recipe sections, or change their order. In general, you select a recipe section item from one of the lists, then click on buttons to act on it.



This dialog box operates like in many other Windows applications that allow you to build an ordered list from a fixed "palette" of possible selections. The table below describes what the buttons do.

Button	Function
Add >>	Moves a selected item from the Available Sections list to the bottom of the Selected Sections list. This has the net effect of adding a recipe section to your layout, i.e., the section will now appear in your Word documents.
<< Remove	Moves a selected item from the Selected Sections list to the bottom of the Available Sections list. This has the net effect of removing a recipe section from your layout, i.e., the section will not appear in your Word documents.
Move Up	Moves a selected item in the Selected Sections list up one row.
Move Down	Moves a selected item in the Selected Sections list down one row.
Default	Adds all possible recipe sections to the Selected Sections list in the default order Living Cookbook Rescue has used for previous releases. This can be used as a starting point to making changes, or if you simply want to go back to the program's default section layout.
Reset	Adds all possible recipe sections to the Available Sections list in the default order Living Cookbook Rescue has used for previous releases. This can be used as starting point to making changes.
Save	Saves your configuration to the file "docxconfig.txt" inside "C:\Users\{user}\Documents\Living Cookbook Rescue". This button is only active when you have made changes to the layout.
Exit	Exits the dialog box. If you have unsaved changes, you are asked if you want to save them first.

Note: the dialog box will not let you save or exit if the Selected Sections list is empty. You must either add at least one recipe section to the list, or exit, aborting your last unsaved changes.

Any time you run a .docx Word document export, Living Cookbook Rescue will use the configuration you've created to drive the inclusion and order of recipe sections in Word documents. Because the configuration is saved in the "docxconfig.txt" file, it persists between Living Cookbook Rescue sessions.

Word Recipe Section Ordering FAQ:

Q: Why are the Add >>, << Remove, Move Up, and Move Down buttons disabled?

A: You have to select an item from one of the lists first. Add >> requires you to first select an item from the "Available Sections" list. The other buttons require you to first select an item from the "Selected Sections" list.

Q: I messed up. How to I start over?

A: Use the Default or Reset buttons to get to a starting point for subsequent editing. Or, the nuclear option is to close Living Cookbook Rescue, then delete or rename the docxconfig.txt file (it's inside "C:\Users\{user}\Documents\Living Cookbook Rescue"). If Living Cookbook Rescue doesn't find this file, it will use the default layout it has in previous versions of the program. If you then go into the configuration dialog, it will look like the one on the previous page (i.e., preset to the default layout).

Q: How do the Export Options checkboxes on the main window work with this?

A: The eight checkboxes on the main window override your layout configuration. They are handy for temporarily omitting a recipe section from your Word documents without having to make changes to your layout settings.

Q: Can I hand-edit the docxconfig.txt file?

A: For the tinkerers (and you know who you are!): I don't recommend hand-editing the docxconfig.txt file. Let the dialog box maintain it to ensure its correctness. Living Cookbook Rescue will still parse its contents on use, but it will **silently** ignore anything it doesn't recognize in the file as a valid recipe section token. So, if there are errors, you may not get the Word document results you were expecting. But if you insist: here is a list of the recipe section tokens used inside the file:

Token	Recipe Section
name	Recipe Name
img	Main Image
comm	Comments
ingr	Ingredients
proc	Procedures
serv	Servings and Yield
temp	Oven Temperature
time	Preparation Times
chap	Cookbook & Chapters
type	Types
tips	Tips
revs	Reviews
srCS	Sources
note	Author Notes
udat	User Data
rimg	Recipe Images

The tokens are entered free-form into the file—you can put one on each line (as Living Cookbook Rescue does) or you can put as many as you want on the same line if they are separated by a space and/or a comma.

The order of the tokens is the order that the recipe sections appear in Word documents.

The tokens can be in upper, lower, or mixed case.

You don't have to use all the tokens if you don't want to; omitted tokens omit those recipe sections.

Frequently Asked Questions

Q: I don't run Windows 10 or 11. Can you still help me?

A: Please send a support email and we can discuss your options.

Q: Why do I get the error "Can't find a valid LC2015, LC2013, LC2011, LC2008 or LC2005 database in your backup file." when I try to run Living Cookbook Rescue on my .lcb file?

A: This may happen if your .lcb file was created under Windows XP or you used user options in Living Cookbook to move the locations of your Living Cookbook data files. These situations alter the internal structure of the .lcb file. Living Cookbook Rescue 1.8 and later should correctly handle these variations. If you should ever get this error message, send a support email. We'd be happy to take a look at your .lcb file to see what's going on.

Q: Why do I get the error "Out of Memory"?

A: You have too many large images in your recipes and memory has become fragmented. See page 7.

Q: What should I do if I'm migrating my recipes into MasterCook?

A: First, always select the .mz2 format. That is MasterCook's native format, and Living Cookbook Rescue does some nice things especially for MasterCook. See the section, "MasterCook Export Notes." Second, if you want the same cookbooks in MasterCook that you had in Living Cookbook (and most folks do), use the mode: "Combined Files by Cookbook", which will create an export file for each of your Living Cookbook cookbooks. Then, you can import each of those files into separate cookbooks in MasterCook. Note that MasterCook doesn't support cookbook chapters like Living Cookbook did. The chapter names become categories in MasterCook as explained in the "MasterCook Export Notes" section.

Q: What about migrating to programs other than MasterCook?

A: For other recipe programs, try the .fdx format first. If you like your results, great. If not, then try the .mz2 format. If your new program supports organizing your recipes into cookbooks, consider using the mode "Combined Files by Cookbook", which will create an export file for each of your Living Cookbook cookbooks. Then, you can import each of those files into separate cookbooks. If your new software doesn't support cookbooks, use the mode "One Combined File" which will put ALL your recipes into one export file. Then you can import them into your new software all at once in one go. You could always use the mode "Separate Files" but you'd have to import them one-at-a-time which is impractical for most users having hundreds or thousands (or even tens of thousands!) of recipes.

Q: Clicking "Choose Cookbooks" doesn't do anything.

A: Once you check "Choose Cookbooks", the Cookbook Picker will appear AFTER you click "Start Export". "Start Export" is what causes Living Cookbook Rescue to unpack, verify and open your .lcb file. It has to do these things first before it can fetch and display the list of cookbooks. If you have a very large .lcb file, this can take up to a minute or so to do, so be patient.

Q: Is there ANYTHING you can do to get my Living Cookbook working again?

A: Sadly, no. Over at least the past two years, a number of smart people belonging to cooking forums I subscribe to have tried to defeat the license mechanism used by Living Cookbook. They've poked inside the Windows registry, looked for hidden files, etc. All efforts have failed. This is not surprising;

after all, the license mechanism was designed to defeat such attempts. The license mechanism depended upon servers maintained by Radium Technologies. Those servers validated your license key and associated your key with a generated ID unique to your PC based upon its components. When Radium went out of business, the license servers were permanently taken offline. No license servers, no key validation. If you change components on your PC which changes the ID, also no validation. Without the license servers, you Living Cookbook will never run again.

Q: So, my Living Cookbook is dead. What recipe program can you recommend?

A: Users ask me to make recommendations, and it's tough, really. Folks have their specific needs and preferences. Some want an awesome recipe box shareable across devices, others want accurate nutrition calculations, others want robust shopping and meal planning, others want a program that scales to tens of thousands of recipes. Many of the modern recipe programs are low-cost or have trial versions. I encourage folks to download a bunch of programs and kick the tires to see if they like the user interface and how well the program matches their most important feature priorities and use cases. Live with each program long enough to fully exercise your use cases. You're about to make another investment in another recipe program, so it's time well spent giving several programs a full audition. In any event, I recommend you make Microsoft Word exports of your recipes and keep them safe as an archival copy of your original recipes. Recipe software comes and goes, but we'll be able to read Word documents for a very, very long time.

Contact Me

If you are having difficulties with Living Cookbook Rescue, send an email to support at this address:

JonsUsefulApps@gmail.com

Send a support email for these common issues:

- You are not running Windows 10 or 11 or have access to another PC running them. We'll discuss your options.
- You don't have an .lcb file. If the Living Cookbook data files are still on your system, we might be able to help.
- An export fails in the middle of reading your Living Cookbook .lcb file. The program is mature enough now that it should seldom fail, so if it does, we really want to take a look at your .lcb file. Please send a support email, and we can give you a way to upload it to me.
- You have suggestions for the program.

A final note...If you find Living Cookbook Rescue useful, kindly consider dropping a few bucks into the tip jar to help with the development costs. The tip jar is here:

<https://www.paypal.me/LCRescue>

Revision Log

Version 1.19, Released December 9, 2022

- Updates to the User Guide that the program is compatible with Windows 11.

Version 1.18, Released June 26, 2022

- Fixed broken links in the About dialog box caused by a breaking change in .NET 6.

Version 1.17, Released June 1, 2022

- Upgraded Living Cookbook Rescue to the latest version of Microsoft's development libraries (.NET 6). Users may notice a performance boost of up to 15%.

Version 1.16, Released May 13, 2022

- Living Cookbook allowed nested cookbook chapters to any depth. Rarely, for unknown reasons, cookbook chapter chains can become corrupt, causing Living Cookbook Rescue to freeze when it tries to traverse one of these chains. Checks have been added to help diagnose these issues.

Version 1.15, Released March 10, 2021

- MasterCook won't import more than 12,000 recipes from an .mz2 file. Therefore, LCRescue will now split .mz2 files into a maximum of 10,000 recipes each to safely fall under this limit. Split files have a sequence number appended to their file names.

Version 1.14, Released January 1, 2021

- Added support for Living Cookbook 2005!
- Added cookbook name, list of cookbook chapters and recipe types to each recipe in Microsoft Word .docx files and text .txt files.
- The "Export Recipes" window now lists the selected export options in the window's caption.

Version 1.13, Not released to the public, used only for internal testing.

Version 1.12, Released September 15, 2020

- Two major new configuration options:
 - You can now select which cookbooks to include in an export. A new checkbox on the main window "Choose Cookbooks" triggers this option. The default leaves this box unchecked and exports all cookbooks found in the .lcb file.
 - You can now change the order of recipe sections in Microsoft Word documents. You can also exclude sections completely. A new button on the main window ".docx Config" is used to set this up. The default is to use the recipe section order of past releases.
- Changed the color of the information areas of windows and dialog boxes. The pure white of previous releases was harsh on the eyes; it's now a subtle blue.
- Fixed an issue where the program didn't terminate cleanly when closing the program using the system close box (the "X" in the upper right corner).

Version 1.11, Released August 17, 2020

- Rewrite of the Microsoft Word (.docx) exporter. The previous library we used for Word document generation changed its license terms, and it was no longer free. This release uses the

open-source Open XML SDK instead which has the very permissive MIT license terms.

Switching to this library:

- Improves Word document generation performance by about 20%.
- Makes generated Word documents fully compliant with Open XML standards.
- Fixes a nagging page break bug of an extra empty paragraph at the end of each recipe.
- Fixes inconsistent scaling of some recipe images.
- Changed the default paper size for Word documents from A4 to Letter. You can easily change the paper size of generated documents in Word's Page Setup menu.
- The elapsed time of an export is output at the very end of the Export Log.

Version 1.10, Released July 6, 2020

- A new button on the main window, "User Guide" allows the user to save a copy of the User Guide using the standard File Save dialog. The User Guide was distributed separately in previous releases.
- Output a more specific and helpful fatal error when an LC2005 database is found in an .lcb file.
- Fixed Issue 1029: guard against nulls in recipe create date (t_recipe.createdate column). LC should never create a recipe without a create date, but may have allowed imports to do so.
- Made some general performance enhancements for users with tens of thousands of recipes. One of them turns off internal logging. LCRescue is mature enough not to need detailed logging, and it was slowing down or freezing the program for some users.

Version 1.9, Released March 22, 2020

- Fixed a bug introduced in V1.8 where Living Cookbook Rescue would fail with the same error described below if the .lcb file did not contain an Attachments directory. The Attachments directory is optional inside an .lcb file.

Version 1.8, Released March 14, 2020

- Living Cookbook Rescue would sometimes fail with the error, "Can't find a valid LC2015, LC2013, LC2011 or LC2008 database in your backup file." This may happen if your .lcb file was created under Windows XP or you used user options in Living Cookbook to move the locations of your Living Cookbook data files. These situations alter the internal structure of the .lcb file and older versions of Living Cookbook Rescue didn't know how to interpret them. This version now handles all these differences. If you should ever get this error message after upgrading to this version, send a support email.

Version 1.7, Released February 10, 2020

- Added support for Living Cookbook 2008.
- Improved performance for processing larger numbers of recipes by reducing the amount of internal logging. Users with tens of thousands of recipes were overwhelming the logger and, as a result, exports slowed to a crawl while the logger struggled to catch up.
- Made export mode "Combined Files by Cookbook" the default because it's used most often.
- The Export Log now writes the version of the program in its first line of output.
- Fixed Issue 1018: Recipe types were not exported if the recipe was not in a cookbook chapter.
- Fixed Issue 1019: Added checks for null recipeids while reading recipes from the database. Living Cookbook should never create such a recipe, but sometimes recipes are corrupted in this way for unknown reasons. The program will ignore such recipes gracefully.

- This program now requires .NET Framework 4.6.2.
- Updated the DocX library (used to create Word documents) to version 1.6.0.
- Updated the NLog library (the logger) to version 4.6.8.

Version 1.6 Released August 5, 2019 (Microsoft Store Only)

- Release for the Microsoft Store. Same code as Version 1.5.

Version 1.5, Released July 23, 2019

- Added MasterCook .mz2 exports. Living Cookbook and MasterCook are two of the most popular “legacy” recipe programs. Practically every recipe program introduced after them knows how to read at least one or both of their formats. Between them, you should be able to import your recipes into practically any new software you choose.
- Updated the User Guide to include important notes on the limitations of the MasterCook .mz2 export and how Living Cookbook Rescue deals with them.
- Removed the Use Case section of the User Guide which described how to use the utility cb2cb to import recipes into MasterCook. Using Living Cookbook Rescue’s new native .mz2 export is now a much easier and better way to do this.

Version 1.4, Released July 12, 2019

- Undid the changes in 1.3 which removed the characters CR, LF and TAB from all text strings exported from the database. Feedback from Living Cookbook users indicated that these are valid formatting characters in Living Cookbook, used to format long blocks of text, e.g. paragraph breaks in long recipe comments and procedures. They should be preserved to maintain compatibility with the fdx files Living Cookbook writes itself.
- Made some under-the-hood improvements to code quality as suggested by code analyzer tools. None of these changes impact the user interface or program output.

Version 1.3, Released July 8, 2019

- Added support for Living Cookbook 2011.
- Updated the User Guide to include Living Cookbook 2011 support.
- Added a FAQ section to the User Guide.
- Non-printable binary characters are now stripped from any text string in the exports. These caused problems importing into other recipe programs (Issue #1002)
- Fixed spelling errors in the user interface and log messages.
- Corrected the User Guide which incorrectly listed Windows Vista as a currently-supported OS. Microsoft ended support for Vista on 1/11/2017.

Version 1.2, Released July 4, 2019

- Added support for Living Cookbook 2013.
- Updated the User Guide to include Living Cookbook 2013 support.
- Improved error messages when a supported database can't be found or opened.
- Improved scrolling performance in the Export Log window when an export runs.
- Fixed Issue #1001 - correctly handle database nulls in ingredient link types.

Version 1.1, Released July 2, 2019

- Added a third output mode: "Combined Files by Cookbook". This mode writes files for each cookbook in your Living Cookbook database. The file combines all the recipes that were in that cookbook. This mode will make it easier to import the recipes into other recipe software that also organizes recipes into cookbooks (e.g. MasterCook 15).
- Fixed an issue where ingredients that are recipes were not being exported properly. An example: a pumpkin pie recipe that has a pie dough recipe as one of its ingredients. Exporting pumpkin pie also exports pie dough along with it. This fix makes the .fdx exports more compatible to what Living Cookbook writes itself.

Version 1.0, Released June 30, 2019

- Initial release.