



ENGLISH

HINDI

OWNER'S MANUAL
**MICROWAVE
OVEN**

Please read this manual carefully before operating your set and retain it for future reference.

MC3286BRUM
MC3286BPUM



MFL70580301
Rev.00_19022018

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Contents / विषय-वस्तु

How the Microwave Function Works /

माइक्रोवेव प्रणाली किस तरह कार्य करती है

Microwaves are a form of energy similar to radio, television waves, and ordinary daylight. Normally, microwaves spread outwards as they travel through the atmosphere and disappear without effect.

This oven, however, has a magnetron that is designed to make use of the energy in microwaves. Electricity, supplied to the magnetron tube, is used to create microwave energy.

रेडियो, टेलीविजन तरंगों और दिन के सामान्य प्रकाश की तरह ही माइक्रोवेव भी ऊर्जा का ही एक रूप है। आमतौर पर माइक्रोवेव की ये ऊर्जा तरंगे बाहर की तरफ ही प्रसारित होती हैं क्योंकि वे वातावरण में चालित होती हैं और अंततः प्रभावहीन हो कर गायब हो जाती हैं। किन्तु फिर भी, इस ओवन में अतिरिक्त रूप से एक मैग्नेट्रॉन होता है जो कि माइक्रोवेव्स में समाहित ऊर्जा को उपयोग में लाने का कार्य करता है। मैग्नेट्रॉन ट्यूब में प्रवाहित विद्युत, माइक्रोवेव ऊर्जा का निर्माण करती है।

These microwaves enter the cooking area through openings inside the oven. A tray is located inside the oven. Microwaves cannot pass through metal walls of the oven, but they can penetrate such materials as glass, porcelain and paper, the materials out of which microwave-safe cooking dishes are constructed.

ये माइक्रोवेव्स ओवन के माध्यम से कुकिंग एरिया में अन्दर की तरफ प्रयोग में लाये जाते हैं। ओवन के भीतर एक ट्रे होती है जो मुख्य उपयोग में आती है। माइक्रोवेव्स ओवन के चारों ओर की धातु से बनी दीवारों को पार नहीं कर पाती हैं परन्तु वे अपने आसपास की वस्तुएं जैसे ग्लास, पोरसलैन और कागज सहित सुरक्षा को ध्यान में रख कर बनाये गए अन्य धातु के बरतनों में प्रवाहित हो जाती हैं।

Microwaves do not heat cookware, though cooking vessels will eventually get hot from the heat generated by the food.

मूलरूप से माइक्रोवेव्स खाने के बर्तनों को गर्म नहीं करता बल्कि ये बर्तन गर्म हुए भोजन की गरमाहट से आखिरकार गर्म हो ही जाते हैं।

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A very safe appliance / अति-सुरक्षित उपकरण

Your Microwave oven, is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves. Microwave energy is converted completely to heat when it enters food, leaving no "left over" energy to harm you when you eat your food.

माइक्रोवेव्स आपके सभी घरेलू उपकरणों में से सबसे अधिक सुरक्षित होता है। जब द्वार खुला होता है तब ओवन अपने आप ही माइक्रोवेव्स भोजन बंद कर देता है। जब ये माइक्रोवेव खाने के सामान में प्रवाहित होती हैं तो वे पूरी तरह से ऊष्मता में परिवर्तित हो जाती हैं और इस भोजन को जब आप ग्रहण करते हैं तो "बाकी बची" ऊर्जा से आपके स्वास्थ्य पर कोई भी हानिकारक प्रभाव नहीं पड़ता।

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IMPORTANT SAFETY INSTRUCTIONS/READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

महत्वपूर्ण सुरक्षा निर्देश/ध्यान से पढ़ें और भविष्य के संदर्भ के लिए रखें

Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

कृपया आगे के सन्दर्भों पर नजर डालें। ओवन का इस्तेमाल करते समय आग लगने या विद्युत का झटका लगने, व्यक्तिगत तौर पर दुर्घटना और क्षति से बचने के लिए उपयोग में लाने के पूर्व सभी निर्देश पढ़ें और उनका पालन करें। यह दिशा-निर्देश सभी संभावित दशाओं का वर्णन नहीं करती जो ओवन पर कार्य करते समय हो सकती हैं। किसी भी ऐसी समस्या के दौरान जब आप स्थिति को समझने में असमर्थ हों, आप सदैव अपने सर्विस एजेंट या निर्माता से संपर्क करें।

! WARNING / चेतावनी

This is the safety alert symbol. This symbol alerts you to potential hazards that can kill or hurt you and others. All safety messages will follow the safety alert symbol and either the word "WARNING" or "CAUTION". These word means:

यह सुरक्षा-सचेतक चिन्ह है। यह चिन्ह आपको संभावित सभी खतरों के प्रति सचेत करता है जो कि आपकी या दूसरों की जान ले सकते हैं या उनका घायल कर सकते हैं। सभी सुरक्षा संदेश सुरक्षा सचेतक चिन्हों या "वार्निंग" या "कॉशन" के बाद लिखे हुए हैं। इन शब्दों का अर्थ है:

! WARNING / चेतावनी

This symbol will alert you to hazards or unsafe practices which could cause serious bodily harm or death.

यह चिन्ह आपको खतरों या असुरक्षित तरीके से कार्य करते समय होने वाली शारीरिक दुर्घटनाओं या मृत्यु आदि की आशंकाओं से सचेत करता है।

! CAUTION / सावधानी

This symbol will alert you to hazards or unsafe practices which could cause bodily injury or property damage.

यह चिन्ह आपको खतरों या असुरक्षित तरीके से कार्य करते समय होने वाली शारीरिक दुर्घटनाओं या संपत्ति संबंधी अन्य किसी क्षति की आशंकाओं से सचेत करता है।

! WARNING / चेतावनी

- 1 Do not attempt to tamper with, or make any adjustments or repairs to the door, door seals, control panel, safety interlock switches or any other part of the oven which would involve the removal of any cover protecting against exposure to microwave energy. Do not operate the oven if the door seals and adjacent parts of the microwave oven are faulty. Repairs should only be undertaken by a qualified service technician.

ओवन के द्वार, द्वार की सील, कंट्रोल पैनल, सेफ्टी इंटरलॉक स्विचेस या उसका कोई अन्य हिस्सा जो कि माइक्रोवेव ऊर्जा को बाहर निकलने से रोककर सुरक्षित करता हो, से छेड़छाड़ न करें न ही किसी प्रकार का जोड़तोड़ या सुधार करें। द्वार या उससे जुड़े किसी हिस्से में कोई खराबी आने की दशा में ओवन का उपयोग न करें। इसकी मरम्मत का काम सिर्फ सर्विस टेक्नीशियन के माध्यम से ही करवाएं।

- Unlike other appliances, the microwave oven is a high-voltage and a high electrical-current piece of equipment. Improper use or repair could result in harmful exposure to excessive microwave energy or in electric shock.

उपकरणों की तुलना में माइक्रोवेव ओवन एक उच्च क्षमता का उच्च विद्युत तरंग वाला उपकरण है। इसका गलत तरीके से इस्तेमाल या मरम्मत करने से अत्यधिक मात्रा की माइक्रोवेव ऊर्जा का हानिकारक प्रभाव या विद्युत के झटके का खतरा हो सकता है।

- 2 Do not use the oven for the purpose of dehumidification. (ex. Operating the microwave oven with wet newspapers, clothes, toys, electric devices, pet or child etc.)

डि-ह्यूमिडिफिकेशन के लिए इसका इस्तेमाल न करें। (उदा. गीले अखबार, खिलौनों, विद्युत उपकरणों, पालतू पशु या बच्चों के साथ ओवन को न चलायें)

- It can be the cause of serious damage to safety such as a fire, a burn or a sudden death due to an electric shock.

यह आग, जलना या विद्युत के झटके से होने वाली अकस्मात् मृत्यु जैसी गंभीर सुरक्षा-क्षति का कारण भी बन सकता है।

! WARNING / चेतावनी

- 3 The appliance is not intended for use by young children or elderly persons. Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

इस उपकरण को छोटे बच्चों या वृद्ध लोगों के प्रयोग करने के उद्देश्य से नहीं बनाया गया है। बड़े बच्चों को ही इसे चलाने दें वह भी सिर्फ पर्याप्त जानकारी और दिशा-निर्देश देने के बाद ही ताकि वे इसे गलत तरीके से इस्तेमाल करने के खतरों के प्रति सतर्क होकर इसे सुरक्षापूर्वक उपयोग में ला सकें।

Important Safety Instructions / महत्वपूर्ण सुरक्षा निर्देश

- Improper use may cause damage such as a fire, electric shock or burn.
अनुचित उपयोग से क्षति हो सकती है, जैसेकि आग लगना, बिजली का झटका लगना या जलना।
- 4 Accessible parts may become hot during use. Young children should be kept away.
इसके इस्तेमाल के दौरान स्पर्श में आने लायक इसके सभी हिस्से गर्म हो सकते हैं। छोटे बच्चों को दूर रखना आवश्यक है।
- They may get a burn.
इससे जलने को खतरा है।

WARNING / चेतावनी

- 5 Liquids or other foods must not be heated in sealed containers since they are liable to explode. Remove the plastic wrapping from food before cooking or defrosting. Note though that in some cases food should be covered with plastic film, for heating or cooking.
बंद बर्तनों में तरल या अन्य भोजन इसके अन्दर गर्म न किए जाएं क्योंकि उनमें विस्फोट हो सकता है। खाना बनाते समय या डी-फ्रॉस्ट करते समय बर्तन का मुह बंद करने वाली प्लास्टिक की शिल्ली आदि अवश्य निकाल लें। कुछ मामलों में गरम करने या बनाने के लिए खाने को प्लास्टिक की शिल्ली से बंद करके इसमें रखा जाना चाहिए।
- They could burst.
उसमें विस्फोट हो सकता है।

WARNING / चेतावनी

- 6 Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door(bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.
ओवन यदि क्षतिग्रस्त है तो इसको न चलाएं। यह विशेष रूप से महत्वपूर्ण है कि ओवन के द्वार ठीक से बंद हों और इनमें से कोई (1) द्वार (मुड़ें), (2) कब्जे और चिटकनी (टूटी या ढीली), (3) द्वार सील और सीलिंग तल क्षतिग्रस्त न हो।
- It could result in harmful exposure to excessive microwave energy.
अधिक समय तक भोजन अन्दर रहने पर उसमें आग भी लग सकती है और ओवन को भी नुकसान पहुंच सकता है।
- 7 Be certain to use proper accessories on each operation mode, refer to the guide on page 14.
ओवन के किसी भी तरह के उपयोग के दौरान पृष्ठ 14 के निर्देश के अनुसार उचित उपकरणों का इस्तेमाल करें।
- Improper use could result in damage to your oven and accessories, or could make spark and a fire.
इसके गलत तरीके से इस्तेमाल से ओवन और आपके उपकरणों का नुकसान या विद्युत स्पर्क या आग लगने का खतरा हो सकता है।
- 8 The children should not allow to play with accessories or hang down from the door handle.
बच्चों को इसकी एक्सेसरीज से खेलने या इसके दरवाजे पर लटकने से मना किया जाना चाहिए।
- They may get hurt.
उन्हें चोट लगने का खतरा है।
- 9 It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
किसी भी व्यक्ति को जो कि ओवन का तकनीक विशेषज्ञ न हो, ओवन में किसी भी प्रकार की मरम्मत या किसी भी तरह का जोड़तोड़ करने से मनाही होनी चाहिए ताकि माइक्रोवेव ऊर्जा से बचाने के लिए लगे हुए कवर अपनी जगह से न हिलें।
- 10 When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
जब ओवन का कॉम्बिनेशन मोड में इस्तेमाल हो रहा हो तो बच्चे सिर्फ बड़ों के निर्देशन में ही इसका इस्तेमाल करें क्योंकि इस समय अत्यधिक ताप उत्पन्न होता है जो उनके लिए घातक सिद्ध हो सकता है।

CAUTION / सावधानी

- 1 You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. It is important not to tamper with the safety interlocks.
इसके दरवाजों पर लगे सेपटी इंटरलॉक्स के कारण आप इसके द्वार खोल कर इसको नहीं चला सकते। ये बहुत जरूरी है कि सेपटी इंटरलॉक्स के साथ किसी तरह की छेड़छाड़ न की जाए।
- It could result in harmful exposure to excessive microwave energy. (Safety interlocks automatically switch off any cooking activity when the door is opened).
इसमें पैदा होने वाली अत्यधिक माइक्रोवेव ऊर्जा के कारण ये खतरे की वजह भी बन सकते हैं। (जब ओवन के द्वार खुले होते हैं तो सेपटी इंटरलॉक्स अपने आप निष्क्रिय हो कर खाना बनाने या गरम करने का कार्य बंद कर देते हैं।)
- 2 Do not place any object (such as kitchen towels, napkins, etc.) between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.
ओवन के द्वार और प्रवेश द्वार के सामने कोई सामान (जैसे किचन टॉवल या नैपकिन इत्यादि) न रखें न ही किसी तरह के खाने या सफाई करने वाले सामान के अवशेष यहां रहने दें।
- It could result in harmful exposure to excessive microwave energy.
ऐसा करना अत्यधिक ऊर्जा के प्रवाह से खतरा पैदा कर सकता है।

Important Safety Instructions / महत्वपूर्ण सुरक्षा निर्देश

- 3 Please ensure cooking times are correctly set, small amounts of food require shorter cooking or heating time. कुकिंग टाइम को निश्चित समय के लिए सही सेट करें। कम मात्रा वाले भोजन को पकाने के लिए कम समय लगता है।
 - Over cooking may result in the food catching on fire and subsequent damage to your oven. आवश्यकता से अधिक समय तक कुकिंग से आग लग सकती है और आपके ओवन को क्षति पहुंच सकती है।
 - 4 When heating liquids, e.g. soups, sauces and beverages in your microwave oven,
 - * Avoid using straight sided containers with narrow necks.
 - * Do not overheat.
 - * Stir the liquid before placing the container in the oven and again halfway through the heating time.
 - * After heating, let it stand in the oven for a short time; stir or shake it again carefully and check the temperature of it before consuming to avoid burns (especially, contents of feeding bottles and baby food jars).
- सूप, सॉसेज और पेय पदार्थों को जब माइक्रोवेव ओवन में गर्म करने के लिए रखें,**
- * छोटी गर्दन वाले सीधे खड़े पात्र इसमें रखने से बचें।
 - * आवश्यकता से अधिक समय तक हीटिंग न करें।
 - * तरल पदार्थ के भगोने को इसमें रखने से पहले हिलाएँ और हीटिंग के दौरान आधे समय के बाद फिर से बाहर निकाल कर हिला लें, फिर अन्दर रखें।
 - * हीटिंग के बाद कुछ समय आप उसे अन्दर ही रहने दें फिर इस भोजन को ग्रहण करने से पहले इसे सावधानीपूर्वक हिला लें, या चमचे से चला लें ताकि आप इसकी उष्णता का अनुमान कर इसे खा/पी सकें और आपका मुंह जलने से बच सकें (विशेष तौर पर बच्चे को खाना खिलाने वाला पात्र या दूध पिलाने वाली बोतल)।
- Be careful when handling the container. Microwave heating of beverages can result in delayed eruptive boiling without evidence of bubbling. This could result in hot liquids suddenly boiling over. भगोने को इससे निकालते समय पकड़ने में सावधानी रखें। माइक्रोवेव में जलीय पदार्थों को गर्म होने पर कई बार वे देर से और बिना बुलबुले दिए अचानक उबल जाते हैं। इससे जलने का खतरा पैदा हो सकता है।
 - 5 An exhaust outlet is located on the top, bottom or side of the oven. Don't block the outlet. इसकी ऊपरी सतह पर, बगल में या नीचे एक एग्जॉस्ट द्वार होता है। इस द्वार को सदा खुला रखें।
 - It could result in damage to your oven and poor cooking results. इससे आपके ओवन को क्षति पहुंच सकती है और खाना भी ठीक से नहीं पकेगा।
 - 6 Do not operate the oven when empty. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started. ओवन खाली होने की दशा में चालू न करें। ये बेहतर होगा कि जब ओवन का इस्तेमाल न हो रहा हो तो एक ग्लास पानी भरकर इसमें रखें। इससे जब भी कभी गलती से ओवन चालू हो जाए तो ये पानी इसकी सारी गर्मी को अपने अन्दर अवशोषित कर लेगा और दुर्घटना का खतरा नहीं रहेगा।
 - Improper use could result in damage to your oven. गलत तरीके से ओवन का इस्तेमाल करने से ओवन को नुकसान पहुंच सकता है।
 - 7 Do not cook food wrapped in paper towels, unless your cook book contains instructions for the food you are cooking. And do not use newspaper in place of paper towels for cooking. पेपर टॉवल से लिपटा कर खाना न बनाएं न गरम करें जब तक कि आपकी भोजन निर्माण की पुस्तक में कुछ इस तरह का विशेष निर्देश न दिया गया हो। और इस दशा में भी पेपर टॉवल की जगह घरेलू अखबार इस्तेमाल न करें।
 - Improper use can cause an explosion or a fire. गलत तरीके से ओवन का इस्तेमाल करने से आग लग सकती है।
 - 8 Do not use wooden containers and ceramic containers that have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Check that the utensils are suitable for use in microwave ovens before use. सिरैमिक और लकड़ी के बने भगोने जिनमें अंदरूनी सतह धातु की बनी हो, इसमें न रखें। ये पहले देख लें कि आपके बर्तन इसमें इस्तेमाल हो सकते हैं या नहीं।
 - They may heat-up and char. Metal objects in particular may arc in the oven, which can cause serious damage. वे गरम हो सकते हैं और जल भी सकते हैं। खासतौर पर धातु के पदार्थों में चिंगारियां आ सकती हैं जिससे गंभीर क्षति हो सकती है।
 - 9 Do not use recycled paper products. रीसायकल पेपर के बने हुए उत्पाद प्रयोग में न लाएं।
 - They may contain impurities which may cause sparks and/or fires when used in cooking. उनमें अशुद्ध तत्व हो सकते हैं जो कि खाना बनाते समय चिंगारियों या आग लगने की वजह बन सकते हैं।
 - 10 Do not rinse the tray and rack by placing it in water just after cooking. This may cause breakage or damage. खाना बनाने के तुरंत बाद ओवन की ट्रे को धोने के लिए पानी में न डालें क्योंकि इससे प्लेट के टूटने या क्षतिग्रस्त होने का खतरा हो सकता है।
 - Improper use could result in damage to your oven. गलत तरीके से ओवन का इस्तेमाल करने से ओवन को नुकसान पहुंच सकता है।
 - 11 Be certain to place the oven so the front of the door is 8 cm or more behind the edge of the surface on which it is placed, to avoid accidental tipping of the appliance. सुनिश्चित करें कि आप ओवन को हमेशा इस तरह रखेंगे कि इसका सामने का द्वार सतह के किनारों से आठ सेंटीमीटर या अधिक पीछे रहे।
 - Improper use could result in bodily injury and oven damage. गलत तरीके से इस्तेमाल करने से शारीरिक दुर्घटना और ओवन की टूट-फूट का भी खतरा हो सकता है।
 - 12 Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetables. पकाने से पहले आलू या सेब या इस तरह के अन्य छाल दार फल या सब्जियों में छेद कर लें।
 - They could burst. वे अन्दर विस्फोट कर सकते हैं।

Important Safety Instructions / महत्वपूर्ण सुरक्षा निर्देश

- 13 Do not cook eggs in their shell. Eggs in their shell and whole hardboiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.**
अंडे को छिलके के साथ इसके भीतर न पकाएं। छिलके सहित अंडा और उबला हुआ पूरा अंडा माइक्रोवेव में गर्म नहीं किया जाना चाहिए, तब भी नहीं जबकि माइक्रोवेव ही हीटिंग समाप्त हो गई हो।
- **Pressure will build up inside the egg which will burst.**
अंडे के अन्दर दबाव बनेगा और फिर बढ़ते-बढ़ते वो फट जाएगा।
- 14 Do not attempt deep fat frying in your oven.**
ओवन के अन्दर अधिक तेल में खाद्य पदार्थ तलने की कोशिश कभी न करें।
- **This could result in a sudden boil over of the hot liquid.**
ऐसा करने से अन्दर गर्म हुआ तरल पदार्थ उबल कर बाहर फ़ैल सकता है।
- 15 If smoke is observed, switch off or disconnect the oven from the power supply and keep the oven door closed in order to stifle any flames.**
अगर धुआ महसूस हो तो स्विच ऑफ करें या पॉवर सप्लाई बंद कर दें और ओवन के दरवाजे कुछ देर बंद ही रहने दें ताकि लपटें अन्दर ही शांत हो सकें।
- **It can cause serious damage such as a fire or electric shock.**
यह आग लगने या विद्युत के झटके जैसे गंभीर नुकसान पहुंचा सकता है।
- 16 When food is heated or cooked in disposable containers made of plastic, paper or other combustible materials, keep an eye on the oven and check it frequently.**
जब डिस्पोजेबल बर्तनों में, जो कि प्लास्टिक, कागज या दुसरे ज्वलनशील पदार्थों से बने हों, खाना गरम किया जाए या पकाया जाए, तब ओवन पर नजर रखिये और इसकी फ्रीक्वेंसी की जांच करते रहें।
- **Your food may be poured due to the possibility of container deterioration, which also can cause a fire.**
आपका खाना भी गिर कर फ़ैल सकता है इसके भगोने के टूट जाने से और इससे भी आग लग सकती है।
- 17 The temperature of accessible surfaces may be high when the appliance is operating. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes during grill mode, convection mode and auto cook operations, before cleaning make sure they are not hot.**
पास की सतह का ताप बहुत अधिक हो सकता है जब बर्तन अन्दर हो। ग्रिल मोड, कन्वेक्शन मोड या कुकिंग के समय इस्तेमाल हो रहे ओवन का द्वार या बाहरी सतह, पिछली दीवार ओवन कैविटी या इसके उपकरण को न छुएं। इसके बाद अन्दर के बर्तनों को बाहर लाते समय ध्यान रखें कि वे गर्म न हों।
- **As they will become hot, there is the danger of a burn unless wearing thick culinary gloves.**
क्योंकि वे गर्म होने के बाद जलने का खतरा पैदा कर सकते हैं और इसके लिए किचन के मोटे दस्ताने पहनना चाहिए।
- 18 The oven should be cleaned regularly and any food deposits should be removed.**
ओवन को नियमित रूप से साफ करना चाहिए और उनके अन्दर किसी भी तरह के भोजन के अंश न छूटें, इसका ध्यान रखना चाहिए।
- **Failure to maintain the oven in a clean condition could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.**
ओवन की सफाई का ध्यान न रखने से इसकी सतह खराब हो सकती है। इससे इस पर रखे जाने वाले बर्तन भी खराब हो सकते हैं और यह खतरनाक भी हो सकता है।
- 19 If there are heating elements, the appliance becomes hot during use. Care should be taken to avoid touching the heating elements inside the oven.**
अगर ओवन में हीटिंग पदार्थ हों तो गरम करते समय उपकरण भी गर्म हो जाता है। ओवन के अन्दर रखे इस तरह के हीटिंग पदार्थों को छूने से बचना चाहिए।
- **There is danger of a burn.**
इसमें जलने का खतरा हो सकता है।
- 20 Follow exact directions given by each manufacturer for their popcorn product. Do not leave the oven unattended while the corn is being popped. If corn fails to pop after the suggested times, discontinue cooking. Never use a brown paper bag for popping corn. Never attempt to pop leftover kernels.**
पॉपकॉर्न के प्रोडक्ट्स के दिए गए सटीक निर्देशों का पालन करना चाहिए। जब इसके अन्दर पॉपकॉर्न बनाए जा रहे हों तो इसकी अनदेखी न करें। अगर तय समय के भीतर भी कॉर्नस न फूल सकें तो हीटिंग बंद कर इन्हें बाहर निकाल लेना चाहिए। ओवन में कॉर्नस को फुलाने के लिए कभी भी भूरा कागज का बैग इस्तेमाल में ना लाएं। ओवन में बचे हुए कॉर्नस के टुकड़ों को दुबारा उसमें गर्म न करें।
- **Overcooking could result in the corn catching a fire.**
अधिक पकाने से कॉर्नस में आग लग सकती है।
- 21 Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass.**
इससे सतह पर खरोंच लग सकती है व कॉच भी टूट सकता है।
- **They can scratch the surface, which may result in the glass shattering.**
इससे सतह पर खरोंच लग सकती है, व कॉच भी टूट सकता है।
- 22 This oven should not be used for commercial catering purposes.**
यह ओवन व्यावसायिक कैंटरिंग के प्रयोग में नहीं लाया जाना चाहिए।
- **Improper use could result in damage to your oven.**
इसके गलत इस्तेमाल से इसमें खराबी आ सकती है।
- 23 The connection may be achieved by having the plug accessible or by incorporating a switch in the fixed wiring in accordance with the wiring rules.**
वायरिंग के नियमों का पालन करते हुए फिक्स्ड वायरिंग में प्लग या स्विच से जोड़ कर इसका कनेक्शन लगाना चाहिए।
- **Using improper plug or switch can cause an electric shock or a fire.**
गलत प्लग या स्विच लगाने से विद्युत का झटका या आग लग सकती है।

Important Safety Instructions / महत्वपूर्ण सुरक्षा निर्देश

- 24** Microwave oven must not be placed inside a cabinet. The microwave oven shall be used freestanding.
माइक्रोवेव ओवन को केबिनेट के अन्दर बिल्कुल नहीं रखा जाना चाहिए। माइक्रोवेव ओवन को अलग रख कर इस्तेमाल में लाया जाना चाहिए।
- 25** The appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.
यह उपकरण 8 वर्ष और उससे ऊपर के बच्चे तथा वे सभी लोग जो कम शारीरिक, संवेदन या मानसिक क्षमता के हों, या जिनका अनुभव या ज्ञान कम हो, इस्तेमाल कर सकते हैं यदि ऐसे सभी लोगों को उपकरण के सुरक्षित तरीके से उपयोग के सम्बन्ध में निरीक्षण या निर्देश दिया जाये और होने वाले खतरों को समझाया जाये। उपकरण की सफाई और रख-रखाव बच्चों के द्वारा नहीं की जा सकती जब तक कि वे 8 वर्ष या उससे अधिक के न हो जाएं और देखभाल न की जाये।
- 26** Children should be supervised to ensure that they do not play with the appliance.
ओवन के समीप बच्चों के साथ हमेशा कोई बड़ा व्यक्ति हो जो उन्हें इसके साथ खेलने या छेड़छाड़ करने से मना करे।
- 27** Oven Lamp power rating is 35W.
ओवन लैम्प की पावर रेटिंग 35W है।
- 28** If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified person in order to avoid a hazard.
अगर पावर कोर्ड खराब है तो वो एक निर्माता द्वारा या सर्विस एजेंट या इसी तरह के किसी कुशल व्यक्ति द्वारा ही बदली जानी चाहिए।
- 29** The appliance is not intended to be operate by means of an external timer or separate remote-control system.
उपकरण को किसी भी बाहरी टाइमर व अलग रिमोट कन्ट्रोल सिस्टम से आपरेट करने के लिए नहीं बनाया गया है।
- 30** Ajinomoto (Mono-sodium glutamate) is only a flavor enhancer and shall not be added to food for infants below 12 month of age.
अजीनोमोटो (मोनो सोडियम ग्लुटामेट) केवल स्वाद बढ़ाता है। 12 माह से कम उम्र के बच्चों के खाने में इसका इस्तेमाल न करे।

- + Use exclusive 230V socket with earth.
या तो अर्थिंग का प्रयोग करें या फिर अर्थिंग के साथ 230 वोल्ट सॉकेट का इस्तेमाल करें।
- + Do not bend power cord forcefully or break.
पावर कार्ड को ताकत के साथ न झुकाएं वरना वह टूट सकती है।
- + Do not pull out power cord.
पावर कार्ड को हटाएं नहीं।
- + Do not use several power plug in one socket at the same time.
एक ही सॉकेट में एक ही समय कई पावर कार्ड्स का इस्तेमाल न करें।
- + Do not plug in or pull out power cord with wet hand.
गीले हाथों से पावर कार्ड को न तो लगाएं न ही हटाएं।
- + Do not spray water inside and outside of microwave oven.
माइक्रोवेव ओवन के भीतर और बाहर पानी के छींटे न मारें।
- + Plug out power cord during cleaning or maintenance of set.
मरम्मत और सफाई के समय पावर कार्ड निकालना न भूलें।
- + Do not heat up the food more than necessary.
खाने को ज़रूरत से ज्यादा गरम न करें।
- + Do not use microwave oven other than cooking or sterilization such as cloth drying etc.
खाना बनाने या गरम करने के सिवा ओवन का कोई और इस्तेमाल न करें जैसे कपड़े सुखाना, आदि।
- + Do not insert pin or steel wire etc. into inside/out side of case.
इसके भीतर/बाहर कहीं भी कोई पिन या लोहे का तार आदि न घुसाएं।
- + Please be careful during taking the food since high temp. water or soup may overflow to cause burn.
खाने को बाहर निकालते समय कृपया सावधानी बरतें क्योंकि गरम पानी अथवा सूप आदि तरल पदार्थ उबल कर या छलक कर आपको जला सकते हैं।
- + Do not plug in power cord when socket hole is loose or plug is damaged.
जब प्लग खराब हो या पावर सॉकेट ढीला हो तो इसे ठीक करने से पहले इसमें पावर कार्ड न लगाएं।
- + Do not use oven while some foreign material is attached on the door.
जब भी ओवन के दरवाजे पर कोई चीज़ अड़ी या रखी हो, ओवन को चालू न करें।
- + Do not place the water container on the set.
इस पर पानी का भगौना कभी न रखें।
- + Do not place heavy things on the set & do not cover the set with cloth while using.
इस्तेमाल करते समय ओवन के ऊपर कभी भी भारी वस्तुएं न रखें न ही इसे कपड़े से ढकें।
- + Do not install the set in the damp space or water spluttering area.
गीले या पानी के बहाव वाले क्षेत्र में ओवन को कभी न रखें।
- + Do not let children hang onto oven door.
बच्चों को ओवन के दरवाजों पर लटकने से रोकें।
- + Do not heat the unpeeled fruit or bottle with lid.
ढक्कन वाली बोतल और बिना छिला फल कभी इसके अन्दर रख कर गर्म न करें।
- + Do not hold food or accessories as soon as cooking is over.
गर्म हो जाने या खाना बन जाने के तुरंत बाद ओवन से खाना या बर्तन बाहर न निकालें।
- + Plug out oven if it is not used for long duration.
अगर ओवन को अधिक देर तक इस्तेमाल में न लाना हो तो खाली समय में इसकी पावर कार्ड रिच से निकाल कर रखें।
- + Install microwave oven in the well ventilated, flat place.
माइक्रोवेव ओवन को अच्छी हवादार और समतल जगह पर रखें।
There is danger of blast if covered bottle, sealed food, egg, and chestnut etc. are cooked inside oven.
ओवन के भीतर ढक्कन लगी बोतल, अंडा, सीलड खाद्य पदार्थ या चेस्टनट रख कर उसे चलाने से विस्फोट हो सकता है।

Before Use / इस्तेमाल के पहले

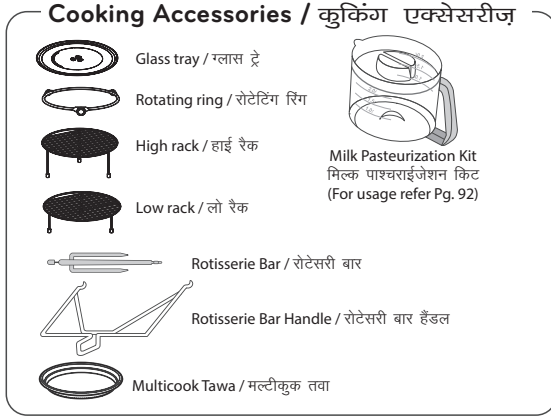
Unpacking & Installing / खोलना और लगाना

By following the basic steps on these two pages you will be able to quickly check that your oven is operating correctly. Please pay particular attention to the guidelines on where to install your oven. When unpacking your oven make sure you remove all accessories and packing materials. Check to make sure that your oven has not been damaged during shipping.

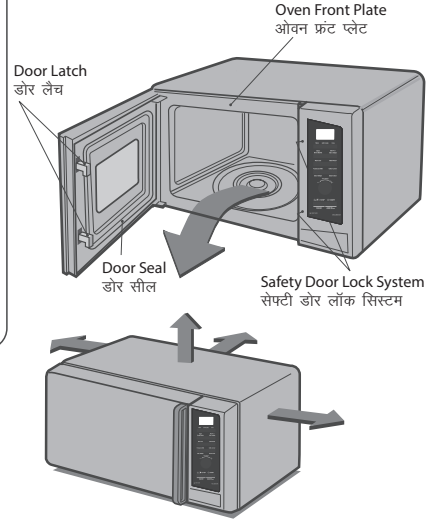
इन दो पृष्ठों पर दिए गए बुनियादी तरीकों का कदम दर कदम इस्तेमाल करके बहुत शीघ्र आपको पता चल जाएगा कि आपका ओवन कितना अच्छा चल रहा है। कृपया "ओवन को कहाँ रखें" इसके निर्देशों पर विशेष ध्यान दें। लगाने से पहले इसकी पैकिंग खोलते समय इस बात का ध्यान रखें कि आप इसके पैकिंग वाले सारे बंधन और इसकी एक्सेसरीज़ को पूरी तरह से खोल लें। इसे भी ठीक से देख लें कि लाने ले जाने में आपके ओवन में कहीं कोई टूट-फूट तो नहीं हुई।

1. Unpack your oven and place it on a flat level surface.

अपने ओवन की अन-पैकिंग के बाद इसे समतल सतह पर रखें।



Disclaimer: This is only graphical representation of actual product.
यह मात्र उत्पाद की रेखांकित आकृति है।



2. Place the oven on the level location of your choice with more than 85 cm height but make sure there is at least 20 cm of space on the top and 10 cm at the rear for proper ventilation. The front of the oven should be at least 8 cm from the edge of the surface to prevent tipping.

An exhaust outlet is located on bottom or side of the oven. Blocking the outlet can damage the oven.

अपनी पसंद की समतल जगह पर ओवन को रखें जहाँ ऊँचाई कम से कम 85 सेंटीमीटर होनी चाहिए और साथ ही इसके ऊपर 20 सेंटीमीटर से अधिक का स्थान हो और पीछे 10 सेंटीमीटर से अधिक स्थान हो ताकि ढंग से हवा आ सके। इसके सामने कम से कम 8 सेंटीमीटर से अधिक का स्थान होना चाहिए ताकि इसमें सामने से धक्का न लग सके। इसके तले पर या बगल में एक एग्जॉस्ट द्वार होता है इसका रास्ता रोकने से ओवन खराब हो सकता है।

NOTE / ध्यान रहे

- THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES.
- व्यावसायिक कैटरिंग के उद्देश्य से इन कार्यों हेतु इस ओवन का इस्तेमाल न करें।

3. Plug your oven into a standard household socket. Make sure your oven is the only appliance connected to the socket. **If your oven does not operate properly, unplug it from the electrical socket and then plug it back in.**

अपने ओवन को एक अच्छे सॉकेट के साथ प्लग करें और इस बात को सुनिश्चित करें कि इस सॉकेट में और कोई विद्युत उपकरण का तार न जोड़ा गया हो। यदि आपका ओवन ढंग से काम न कर रहा हो तो इसे सॉकेट से निकालकर दुबारा लगाएं।

4. Open your oven door by pulling the door handle. Place the rotating ring inside the oven and place the glass tray on top.

ओवन के डोर हैंडल को पकड़कर ही इसका द्वार खोलें और रोटेटिंग रिंग अन्दर बीच में लगाएं और इसके ऊपर कांच की ट्रे रखें।

5. Fill a **microwave safe container** with 300 mL of water.
Place on the glass tray and close the oven door.
If you have any doubts about what type of container to use, please refer to Page 14.

माइक्रोवेव सेफ कंटेनर को 300 मिली लीटर पानी से भरें

ओवन के भीतर कांच की प्लेट पर उसे रखें और दरवाजा बंद कर दें।

अगर आपको इस बात पर कोई शंका हो कि आपको किस तरह का कंटेनर रखना है तो पृष्ठ 14 के निर्देशों को देखकर समझ लें।



6. Press the STOP/CLEAR button, and press the START/aDD 30 secs button one time to set 30 seconds of cooking time.

STOP/CLEAR बटन को दबाएं और START/Add 30 secs को फिर एक बार दबाएं और 30 सेकंड का समय सेट करें।

7. The DISPLAY will count down from 30 seconds.

When it reaches 0 it will sound BEEPS. Open the oven door and test the temperature of the water.

If your oven is operating the water should be warm.

Be careful when removing the container it may be hot.

डिस्पले 30 सेकंड तक गिनेगा और 0 पर पहुँचकर बीप की आवाज़ करेगा तब आप इसका द्वार खोल दें और पानी का तापमान चैक करें।

अगर आपका ओवन ठीक से काम कर रहा है तो आपको पानी गर्म मिलेगा।

बर्तन को बाहर निकालते समय ध्यान रखें यह गर्म हो सकता है।

YOUR OVEN IS NOW INSTALLED / अब आपका ओवन इस्टॉल हो चुका है।



8. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption in order to avoid burns.

इसमें रखने से पहले बच्चे के दूध की बोतलें और खाने का जार के अन्दर के सामान को हिला अवश्य लें और इसे खिलाने से पहले इसका तापमान अवश्य देख लें ताकि बच्चे का मुँह न जले।

9. Microwave oven allows you to save energy by display off when not cooking in oven. After 5 mins of door open or close display, lamp will turn off automatically. When you press any key-lamp/display will turn ON again.








जब आप खाना नहीं पका रहे हों तब डिस्पले ऑफ होने पर माइक्रोवेव ओवन ऊर्जा बचाता है। दरवाजा खुलने या डिस्पले बंद होने के पाँच मिनट बाद लैम्प स्वतः बंद हो जायेगा। जब आप कोई बटन दबायेंगे तो लैम्प / डिस्पले फिर से चालू हो जायेगा।

10. If oven gets overheated the display will be turned off for safety purpose, give it some time to cool and then operate.

ओवन अधिक गरम होने पर डिस्पले सुरक्षा की वजह से बंद हो जाएगा, इसे कुछ देर ठंडा करके फिर काम करें।

Before Use / इस्तेमाल के पहले

Method To Use Accessories As Per Mode / मोड के अनुसार एक्सेसरीज प्रयोग करने की विधि

	Microwave	Grill	Convection	Grill combi	Conv combi
 Milk Pasteurization Kit *	✓	✗	✗	✗	✗
 High rack	✗	✓	✓	✓	✓
 Low rack	✗	✓	✓	✓	✓
 Glass tray	✓	✓	✓	✓	✓
 Multi Cook Tawa	✗	✓	✓	✓	✓
 Rotisserie Bar	✗	✓	✓	✓	✓
 Multi cook Tawa & rack	✗	✓	✓	✓	✓

Caution : Do not operate Multicook tawa + Rack empty and Rotisserie bar (without food) in combi mode.

Use accessories in accordance with cooking guides !

सावधानी : मल्टीकुक तवा + रैक और रोटेसरी बार को (बिना खाने की सामग्री के) कॉम्बी मोड में इस्तेमाल न करें।

साथ वाले सभी उपकरणों को कुकिंग गाइड के अनुसार ही ऑपरेट करें।

* To be used in 'Pasteurize Milk' function only. Do not use in manual cook.

* केवल 'Pasteurize Milk' फंक्शन में इस्तेमाल करें। मैनुअल कुकिंग में इस्तेमाल न करें।

Caution : Do not wash the multi cook tawa with rough or sharp material.

मल्टी कुक तवा को खुरदरे या नुकीले पदार्थ से न धोएं।

✓ Acceptable
✗ Not Acceptable

✓ स्वीकार्य
✗ अस्वीकार्य

Note:

* In case of Auto Cook / Manual Cook results may vary according to ingredients, ambient temp., Customer Know-how & major electric supply condition.

ऑटो कुक / मैनुअल कुक के परिणाम सामग्री, व्यापक तापमान, ग्राहक की सूझ-बूझ और प्रमुख बिजली की आपूर्ति के अनुसार भिन्न हो सकते हैं।

* Please prefer Auto Cook menu as recommended to get better results.

बेहतर परिणाम प्राप्त करने के लिए सिफारिश के अनुसार ऑटो कुक मेन्यू को प्राथमिकता दें।

Microwave-Safe Utensils / माइक्रोवेव सुरक्षित बर्तन

Never use metal or metal trimmed utensils in using microwave function / धातु या धातु के छींट लगे हुए बर्तन इसमें इस्तेमाल न करें

Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning. Most heat resistant non metallic cooking utensils are safe for use in your oven. However, some may contain materials that render them unsuitable as microwave cookware. If you have any doubts about a particular utensil, there's a simple way to find out if it can be used in the microwave.

Place the utensil in question next to a glass bowl filled with water in using microwave function. Microwave at power HIGH for 1 minute. If the water heats up but the utensil remains cool to the touch, the utensil is microwave-safe.

However, if the water does not change temperature but the utensil becomes warm, microwaves are being absorbed by the utensil and it is not safe for use in using microwave function. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in the microwave. Just read through the following checklist.

माइक्रोवेव्स धातु के भीतर नहीं जा पातीं। वे उसके भीतर रखे किसी भी धातु की वस्तु से टकरा कर चिंगारियाँ पैदा कर सकती हैं और यह स्थिति बिजली कड़कने जैसी एक चेतावनी का दृश्य उपस्थित कर सकती है। ज्यादातर उष्णता-सहन अधात्विक बर्तन ही ओवन में इस्तेमाल होता है। लेकिन कुछ माइक्रोवेव कुकवेयर जैसे बर्तनों में कुछ ऐसे तत्व हो सकते हैं जो ओवन में इस्तेमाल के लिए उचित न हों। अगर कभी आपको किसी एक बर्तन के विषय में किसी प्रकार का संदेह हो तो एक सीधा सादा तरीका है इस बात को चेक करने का कि इस बर्तन को आप ओवन में प्रयोग कर सकते हैं या नहीं।

ओवन के भीतर संदेहास्पद बर्तन को पानी से भरे एक कांच के कटोरे के बगल में रखकर ओवन चलाएँ। माइक्रोवेव को हाई पावर पर रखकर एक मिनट तक चलने दें। यदि पानी गर्म हो जाए और छूने पर बर्तन ठंडा लगे तो समझ लें कि यह बर्तन ओवन के सुरक्षित है। लेकिन यदि उल्टा हो यानि पानी ठंडा रहे और बर्तन गम्र हो जाए तो यह बर्तन ओवन के लायक नहीं है। हो सकता है ऐसी कई चीजें आपकी रसोई में हो जो कि खाना बनाने के काम में ओवन के भीतर रखे जाने को बिन्दुल तैयार ही हों, ऐसी हालत में सुरक्षा को दृष्टि में रखकर इस चेकलिस्ट को पढ़ें :

Dinner plates / डिनर प्लेट

Many kinds of dinnerware are microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test.

कई तरह के खाना खाने के बर्तन माइक्रोवेव-सुरक्षित होते हैं। अगर किसी बर्तन को लेकर आपके मन में कोई संदेह हो तो, या तो निर्माता की गाइड चेक कर लें या उपरोक्त माइक्रोवेव टेस्ट करके जांच लें।

Glassware / कांच के बर्तन

Glassware that is heat-resistant is microwave-safe. This would include all brands of oven tempered glass cookware. However, do not use delicate glassware, such as tumblers or wine glasses, as these might shatter as the food warms.

जो भी काँच के बर्तन गर्मी सहने वाले होते हैं, माइक्रोवेव में सुरक्षित होते हैं। इसमें सीपी तरह के ओवन के योग्य कांच के खाना बनाने वाले बर्तन हो सकते हैं। फिर भी कांच के नाजुक बर्तन जैसे टम्बलर, या वाइन ग्लासेस अधिक गर्मी को न सह पाने के कारण टूट भी सकते हैं।

Plastic storage containers / स्टोेर करने के लिए प्लास्टिक के भगोने

These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.

इनको खाना भरके रखने के काम में लाया जा सकता है क्योंकि ये शीघ्रता से दुबारा भी गर्म किये जा सकते हैं। फिर भी इनमें वो खाना नहीं रखा जा सकता जिनको कि ओवन में पर्याप्त समय तक रखना जरूरी हो क्योंकि गर्म खाना आखिर में प्लास्टिक के भगोनों को पिघला या टेढ़ा-मेढ़ा कर सकता है।

Paper / कागज

Paper plates and containers are convenient and safe to use in using microwave function, provided that the cooking time is short and foods to be cooked are low in fat and moisture. Paper towels are also very useful for wrapping foods and for lining baking trays in which greasy foods such as bacon are cooked. In general, avoid coloured paper products as the colour may run. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave.

कागज की बनी प्लेटें और भगोने माइक्रोवेव ओवन के लिए आसान और सुरक्षित होते हैं लेकिन इसके लिए बस यही शर्त है कि कुकिंग का समय कम हो और खाना कम वसा और कम नमी वाला हो। खाने को लपेटने और पैक करने और बेकन जैसे चिकने भोजन को रखने वाली बैकिंग ट्रे को जमाने के लिए पेपर टॉवेल्स बहुत उपयोगी होती हैं। सामान्य तौर पर रंगीन कागज की बनी वस्तुएं न रखें क्योंकि रंग निकल सकता है। कई रिसाइकिल हुए रंगीन कागज के बने पात्रों में अशुद्धता हो सकती है जो ओवन के भीतर चिंगारियाँ या आग पैदा सकते हैं।

Plastic cook bags / प्लास्टिक के कुकिंग बैग

Provided they are made specially for cooking, cooking bags are microwave-safe. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in using microwave function, as they will melt and rupture.

कुकिंग बैग्स माइक्रोवेव के लिए सुरक्षित होती हैं बशर्ते ये बर्तन कुकिंग के उद्देश्यों से ही बनाए गए हों। फिर भी ये सुरक्षा तय करने के लिए इनमें हमेशा एक छेद कर ही देना चाहिए ताकि भाप बाहर निकल सके। साधारण प्लास्टिक बैग कुकिंग के लिए ओवन में इस्तेमाल नहीं किये जाने चाहिए क्योंकि वे फट भी सकते हैं और पिघल भी सकते हैं।

Plastic microwave cookware / प्लास्टिक के बने माइक्रोवेव-पात्र

A variety of shapes and sizes of microwave cookware are available. For the most part, you can probably use items you already have on hand rather than investing in new kitchen equipment.

विविध आकार प्रकार के माइक्रोवेव हेतु प्लास्टिक बर्तन उपलब्ध हैं। फिर भी अधिक प्रयास यही होना चाहिए कि आपके पास उपलब्ध बर्तनों को ही आप इस्तेमाल करें बजाये इसके कि आप नए बर्तनों में खर्चा करें।

Before Use / इस्तेमाल के पहले

Pottery, stoneware and ceramic / मिट्टी, पत्थर और सिरेमिक के बर्तन

Containers made of these materials are usually fine for use in using microwave function, but they should be tested to be sure.

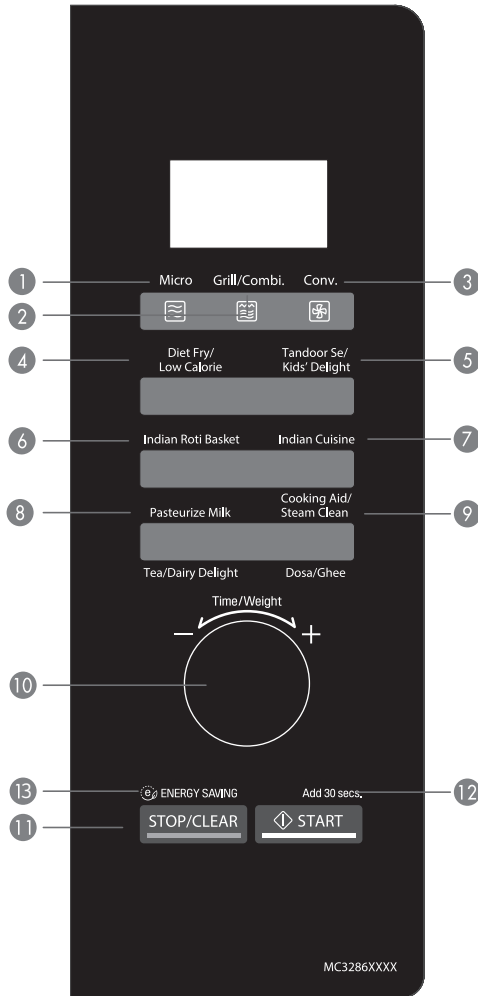
इस तरह के बर्तन आम तौर पर माइक्रोवेव में इस्तेमाल के लिए अच्छे होते हैं। फिर भी सुनिश्चित करने के लिए इनका परीक्षण कर लेना चाहिए।



CAUTION / सावधानी

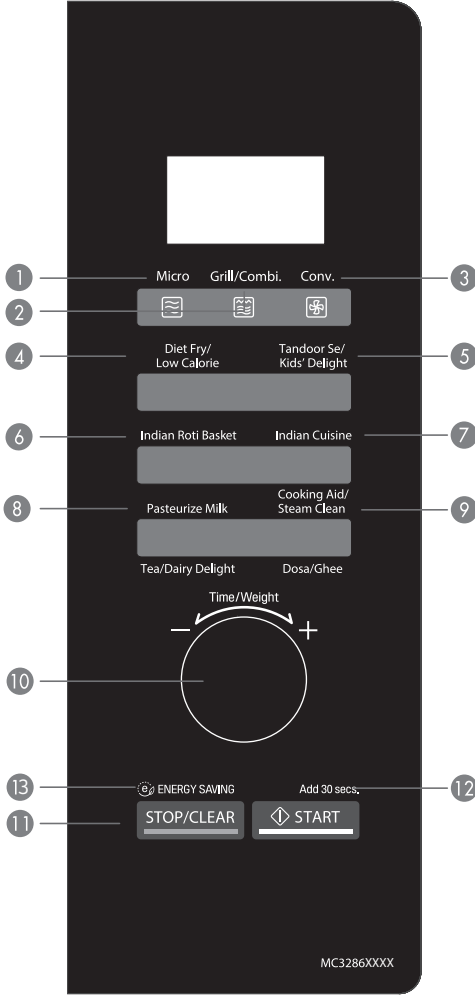
- Some items with high lead or iron content are not suitable as cooking utensils.
- Utensils should be checked to ensure that they are suitable for use in the microwave.
- सीसा या धातु मिले पात्र ओवन में खाना बनाने के लिए उपयुक्त नहीं हैं।
- ओवन में इस्तेमाल करने से पहले "सदैव" बर्तनों का उचित परीक्षण कर लें।

Control Panel



Part	
1 Micro	Use to select the power level for microwave cooking
2 Grill/Combi.	Use to select Grill or Combination cooking
3 Conv.	Use to select Convection cooking
4 Diet Fry/Low Calorie	Check the recipe manual
5 Tandoor Se/Kids' Delight	Check the recipe manual
6 Indian Roti Basket	Check the recipe manual
7 Indian Cuisine	Check the recipe manual
8 Pasteurize Milk/Tea/Dairy Delight	Check the recipe manual
9 Cooking Aid/Steam Clean/Dosa/Ghee	Check the recipe manual
10 Dial	<ul style="list-style-type: none"> Use to select particular auto cook menu after pressing auto cook key. Set cooking time, weight and temperature. While cooking with auto and manual function, you can increase or decrease the cooking time at any point by turning the Dial.
11 STOP/CLEAR	Used to stop oven and clear all entries
12 START/Add 30 secs.	To quickly set the cooking time directly. The Add 30 sec feature allow you to set 30 seconds intervals of HIGH power cooking with a single touch
13 ENERGY SAVING	This feature allows to save energy.

कन्ट्रोल पैनल



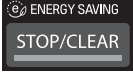
पार्ट	
1	माइक्रो माइक्रोवेव कुकिंग के पावर लेवल को स्लेक्ट करने के लिए
2	ग्रिल ग्रिल या कॉम्बीनेशन कुकिंग को स्लेक्ट करने के लिए
3	कन्वैक्शन कन्वैक्शन कुकिंग को स्लेक्ट करने के लिए
4	डाइट फ्राई/लो कैलोरी व्यंजन-विधि की निर्देशिका देखें
5	तन्दूर से/किड्स डिलाइट व्यंजन-विधि की मैनुअल देखें
6	इंडियन रोटी बासकेट व्यंजन-विधि की मैनुअल देखें
7	इंडियन क्युज़ीन व्यंजन-विधि की मैनुअल देखें
8	पाश्चुराईज मिल्क/टी/डेरी डिलाइट व्यंजन-विधि की मैनुअल देखें
9	कुकिंग एड/स्टीम क्लीन/डोसा/घी व्यंजन-विधि की मैनुअल देखें
10	डायल <ul style="list-style-type: none"> • खाना बनाने के चुने गए वर्ग का निर्धारण करें। • खाना बनाने वाले व्यंजन, तापमान और पावर लेवल को सेट करें। • ऑटो और मैनुअल मोड पर खाना बनाते समय आप खाना पकाने के समय को डायल चला करके कम-ज्यादा कर सकते हैं।
11	स्टॉप/क्लीयर ओवन को राकने और सभी एन्टीरीज को हटाने के लिए
12	स्टार्ट/एड 30 सेकेंड्स <ul style="list-style-type: none"> • कुकिंग को शुरू करने के लिए दबाए जाने वाले अपने बटन को आप एक ही बार दबाएं। • विवक स्टार्ट वाले फीचर को इस्तेमाल करके आप फटाफट तीस सेकेंड्स की हाई पावर कुकिंग कर सकते हैं।
13	एनर्जी सेविंग यह फीचर ऊर्जा बचत के लिए है।

Child Lock / चाइल्ड लॉक

In the following example, show you how to set the child lock. निम्नलिखित उदाहरण में आप देखेंगे कि चाइल्ड लॉक कैसे लगाएं।

1. Press and hold **STOP/CLEAR**

STOP/CLEAR को दबाएं।



2. Press and hold **STOP/CLEAR** until "L" appears on the display and **BEEP** sounds.

STOP/CLEAR बटन को तब तक दबाकर रखें जब तक डिस्प्ले पैन्ल पर "L" न आ जाये और बीप न सुनाई दे



3. To cancel **CHILD LOCK** press and hold **STOP/CLEAR** until "L" disappears.

CHILD LOCK हटाने के लिए "L" लुप्त होने तक **STOP/CLEAR** दबाकर रखें



NOTE / नोट

Your oven has a safety feature that prevents accidental running of the oven. Once the child lock is set, you will be unable to use any functions and no cooking can take place.

आपके ओवन में एक सुरक्षा व्यवस्था उपलब्ध कराई गई है जो कि ओवन को अकस्मात चालू हो जाने की दिशा में उसको रोकने का कार्य करती है। एक बार चाइल्ड लॉक लग गया तो आप कोई भी बटन दबाएं, कोई कुकिंग नहीं हो सकती।

Add 30secs / एड 30 सेकंड्स

In the following example, show you how to set 2 minutes of cooking on 900 W power.

दिए गए उदाहरण में आपको दिखाया जाएगा कि 2 मिनट्स का टाइम सेट करके किस तरह आप खाना बनाने के लिए 900 वाट पावर का इस्तेमाल कर सकते हैं।

1. Press and hold **STOP/CLEAR**

STOP/CLEAR को दबाएं।



2. Press **START/Add 30 secs** four times to select 2 minutes on 900 W power.

Your oven will start before you have finished the fourth press. चार बार **START/Add 30 secs** दबाकर 900 वाट पावर पर 2 मिनट का टाइम सेट करें।

आपके द्वारा चौथी बार बटन दबाने से पहले ही ओवन चलना शुरू हो जाएगा।



3. During **START/Add 30 secs** cooking, you can extend the cooking time up to 99 minutes 59 seconds by turning the **Dial**.

START/Add 30 secs की कुकिंग के समय यदि आप चाहें तो टाइम सेटिंग को बढ़ाकर अधिकतम 99 मिनट 59 सेकंड्स कर सकते हैं पर इसके लिए आपको डायल घुमाना पड़ेगा।



NOTE / नोट

The **START/Add 30 secs** feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the **START/Add 30 secs** button.

START/Add 30 secs कुकिंग की व्यवस्था द्वारा आप 30 सेकंड्स की हाई पावर कुकिंग कर सकते हैं जिसके लिए आपको **START/Add 30 secs** बटन दबाना होगा।

HOW TO USE

किस तरह इस्तेमाल करें

Micro Power cooking

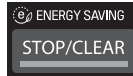
माइक्रो पावर कुकिंग

In the following example, show you how to cook some food on 720 W power for 5 minutes.

निम्नलिखित उदाहरण में आपको दिखाया जाएगा कि 720 वाट पावर का प्रयोग करके आप किस तरह 5 मिनट में कोई भोजन तैयार कर सकते हैं।

1. Press and hold **STOP/CLEAR**

STOP/CLEAR को दबाएं।



2. Press Micro until display shows "720"

Micro दबाएं जब तक कि '720' का चिन्ह दिखाई न देने लगे।



3. Turn Dial until display shows "5:00"

डायल को घुमाइये जब तक कि '5:00' का चिन्ह दिखाई न देने लगे।



4. Press **START/Add 30 secs**

START/Add 30 secs को दबाएं।



NOTE / नोट

• Your oven has 5 microwave power setting. High power is automatically selected and different power level are selected by pressing micro button.

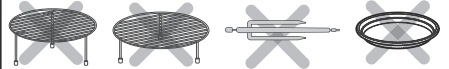
• Food to be cooked should be placed in a microwave-safe utensils.

• Please do not use the following accessories in **MICRO MODE**.

• आपके ओवन में 5 माइक्रोवेव पावर सेटिंग्स हैं। हाई पावर अपने आप ही जाता है माइक्रो बटन को बार बार दबा कर दूसरी पावर लेवल सेट होती है।

• जिस भोजन को कुक करना हो उसे माइक्रोवेव सोफ बर्तनों में ही रखकर ओवन का इस्तेमाल करें।

• निम्न लिखित एक्सेसरीज का उपयोग **माइक्रो मोड** में क्यूना न करें।



High rack
हाई रैक

Low rack
लो रैक

Rotisserie Bar
रोटिसरी बार

Multi cook Tawa
मल्टी कुक तवा

How To Use / किस तरह इस्तेमाल करें

Micro Power Level / माइक्रो पावर लेवल

This oven is with 5 power levels to give you maximum flexibility and control over cooking.

The table below shows some examples of food and their recommended cooking power levels for use with this oven.

यह ओवन 5 पावर लेवल वाला है ताकि आपको भोजन निर्माण हेतु अधिकतम विविधता और नियंत्रण उपलब्ध होते हैं।

नीचे की सारणी में कुछ व्यंजन और इस ओवन में उनके निर्माण हेतु निर्धारित पावर लेवल प्रदर्शित किये गए हैं:

POWER LEVEL	OUTPUT	USE	ACCESSORY
HIGH	900 W	<ul style="list-style-type: none"> Boil water Brown minced beef Cook poultry pieces, fish, vegetables Cook tender cuts meat 	Microwave Safe Plate/ Microwave Safe Bowl/ Microwave Safe Glass Bowl
MEDIUM HIGH	720 W	<ul style="list-style-type: none"> All reheating Roast meat and poultry Cook mushrooms and shellfish Cook foods containing cheese and eggs 	
MEDIUM	540 W	<ul style="list-style-type: none"> Bake cakes and scones Prepare eggs Cook custard Prepare rice, soup 	
MEDIUM LOW	360 W	<ul style="list-style-type: none"> All thawing Melt butter and chocolate Cook less tender cuts of meat 	
LOW	180 W	<ul style="list-style-type: none"> Soften butter & cheese Soften ice cream Raise yeast-based dough 	

पावर लेवल	आउटपुट	इस्तेमाल	एक्सेसरीज
उच्च	900 वाट	<ul style="list-style-type: none"> पानी उबालना ब्राउन वीफ का कीमा मुर्गे, मछली और सब्जियों के टुकड़ों को पकाना कटा हुआ कोमल मांस 	माइक्रोवेव सुरक्षित प्लेट/ माइक्रोवेव सुरक्षित बर्तन/ माइक्रोवेव सुरक्षित कांच का बर्तन
मध्यम उच्च	720 वाट	<ul style="list-style-type: none"> पूर्णतया दुबारा गर्म करना भुना हुआ मांस और मुर्गे मशरूम और शेलफिश पकाना पनीर और अंडे-युक्त भोजनों का निर्माण 	
मध्यम	540 वाट	<ul style="list-style-type: none"> बेक हुए केक और स्कोन्स अंडों को तैयार करना कस्टर्ड बनाना चावल और सूप बनाना 	
कम मध्यम	360 वाट	<ul style="list-style-type: none"> पूर्ण थाविंग मक्खन और चॉकलेट कुछ कम कोमल मांस को पकाना 	
एकदम कम	180 वाट	<ul style="list-style-type: none"> मक्खन और चीज़ को नरम करना आइसक्रीम को नरम करना आटे में खमीर उठाना 	

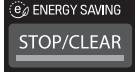
Grill Cooking/ ग्रिल कुकिंग

In the following example, show you how to use the Grill to cook some food for 12 minutes.

निम्नलिखित उदाहरण में आपको दिखाया जाएगा कि आप ग्रिल का इस्तेमाल करके कुछ किस्म का भोजन निर्माण 12 मिनट में कैसे कर सकते हैं।


1. Press and hold **STOP/CLEAR**

STOP/CLEAR को दबाएं।



2. Press **Grill/Combi.** one time

The following indication is displayed: 

Grill/Combi. एक बार दबाएं। निम्नलिखित सन्देश प्रदर्शित होगा। 



3. Turn Dial until display shows "12:00"

डायल को घुमाइये जब तक कि "12:00" का चिन्ह दिखाई न देने लगे।



4. Press **START/Add 30 secs**

START/Add 30 secs को दबाएं।



CAUTION / सावधानी

Always use oven gloves when removing the food and accessories after cooking as the oven & accessories will be very hot.

हमेशा दरस्ताने पहन कर ओवन में रखा खाना और सह-उपकरण हटाइये क्योंकि ये दोनों ही बहुत गर्म हो सकते हैं।

NOTE / नोट

- This feature will allow you to brown and crispy food quickly.
- For the best result use the following accessory.
- इस व्यवस्था के द्वारा आप भूरा और कुरकुरा भोजन तुरंत तैयार कर सकेंगे।
- सुविधाओं का सर्वोत्तम लाभ लेने हेतु कृपया निम्न एक्सेसरी का उपयोग करें।



High rack
हाई रैक

Grill Combi Cooking

ग्रिल-कॉम्बी कुकिंग

In the following example, show you how to program your oven with micro power 360 W and grill for a cooking time of 25 minutes.

नीचे दिए गए उदाहरण में आपको दिखाया जायेगा कि आप अपने ओवन को किस तरह से प्रोग्राम करें ताकि 360 माइक्रो पावर वाट और ग्रिल का इस्तेमाल करके 25 मिनट में भोजन निर्माण करें।


1. Press and hold **STOP/CLEAR**

STOP/CLEAR को दबाएं।



2. Press **Grill/Combi.** three time

The following indication is displayed: 

Grill/Combi. तीन बार दबाएं। निम्नलिखित सन्देश प्रदर्शित होगा। 



3. Press **Micro** until display shows "360"

Micro का बार बार दबाएं जब तक कि "360" का चिन्ह दिखाई न देने लगे।



4. Turn Dial until display shows "25:00"

डायल को घुमाइये जब तक कि "25:00" का चिन्ह दिखाई न देने लगे।



5. Press **START/Add 30 secs**

START/Add 30 secs को दबाएं।



NOTE / नोट

- Your oven has combination cooking feature which allow you to cook food with **Heater** and **Microwave**. This generally means it takes less time to cook your food.
- You can set three kinds of micro power level (180 W, 270 W, and 360 W) in grill combi mode.
- This feature will allow you to brown and crispy food quickly.
- For the best result use the following accessories.
- आपके ओवन कॉम्बिनेशन कुकिंग की सुविधा उपलब्ध है जिससे कि आप **हीटर** और **माइक्रोवेव** के माध्यम से भोजन तैयार कर सकें। इसका आमतौर पर यह अर्थ होता है कि आप कम समय में अपना भोजन पका सकते हैं।
- आप ग्रिल कॉम्बी मोड में तीन (180 वाट, 270 वाट और 360 वाट)।
- इस व्यवस्था के द्वारा आप भूरा और कुरकुरा भोजन तुरंत तैयार कर सकेंगे।
- सुविधाओं का सर्वोत्तम लाभ लेने हेतु कृपया निम्न एक्सेसरी का उपयोग करें।



High rack
हाई रैक

How To Use / किस तरह इस्तेमाल करें

Convection Preheat

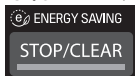
कन्वेक्शन प्रीहीट

In the following example, show you how to use preheat the oven to a temperature of 200 °C.

निम्नलिखित उदाहरण में आपको दिखाया जाएगा कि किस तरह से 200 °C तापमान पर अपने ओवन को प्रीहीट करें।

1. Press and hold **STOP/CLEAR**

STOP/CLEAR को दबाएँ।



2. Press **Conv.**

Conv. को दबाएँ।

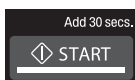


3. Turn Dial until display shows **"200 °C"**

Press **START/Add 30 secs** for temperature confirmation.

डायल को **200 °C** आने तक घुमाएँ।

START/Add 30 secs दबाएँ और तापमान को सुनिश्चित कीजिए।



4. Press **START/Add 30 secs** again.

Preheating will be started with displaying **"Pr-H"**.

START/Add 30 secs दबाएँ

प्रीहीट शुरू हो जाएगा और आपको डिस्प्ले पर **"Pr-H"** दिखेगा।



NOTE / नोट

- The convection oven has a temperature range of 40 °C and 100–230 °C.
- The oven has a ferment function at the oven temperature of 40 °C. You may wait until the oven is cool because you cannot use a ferment function if the oven temperature is over 40 °C.
- Your oven will take a few minutes to reach the selected temperature.
- Once it has reached correct temperature, your oven will BEEP to let you know that it has reached the correct temperature.
- Then place your food in your oven and to start cooking.
- कन्वेक्शन ओवन में तापमान का क्षेत्र 40 °C से 100–230 °C लेकर तक होता है।
- ओवन में 40 °C पर फर्मेंटेशन की सुविधा भी होती है। आपको ओवन को ठंडा होने का इंतजार करना चाहिए क्योंकि यदि ओवन का तापमान 40 °C से अधिक है तो आप फर्मेंटेशन की इस सुविधा का लाभ नहीं ले सकते।
- आपका ओवन चुने गए तापमान पर आने में कुछ मिनट का समय लेगा।
- सही तापमान पर आकर आपको इसकी जानकारी के लिए बीप की आवाज सुनाई देगी।
- तब आप भोजन ओवन के अन्दर रखकर अपनी कुकिंग शुरू कर सकते हैं।

Convection Cooking

कन्वेक्शन कुकिंग

The multicook tawa & low rack must be used during convection cooking.

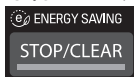
In the following examples, show you how to cook some food at a temperature of 230 °C for 50 minutes.

कन्वेक्शन कुकिंग के दौरान मल्टीकुक तवा और लो रैक का उपयोग करना चाहिए।

निम्नलिखित उदाहरण में आपको दिखाया जाएगा कि 50 मिनट में 230 °C तापमान पर भोजन कैसे तैयार करें।

1. Press and hold **STOP/CLEAR**

STOP/CLEAR को दबाएँ।



2. Press **Conv.**

Conv. को दबाएँ।



3. Turn Dial until display shows **"230 °C"**

Press **START/Add 30 secs** for temperature confirmation.

डायल को **230 °C** आने की प्रतीक्षा करें।

START/Add 30 secs दबाएँ और तापमान को सुनिश्चित कीजिए।



4. Turn Dial until display shows **"50:00"**

डायल को घुमाइये जब तक कि आपको "50:00" दिखाई न देने लगे।



5. Press **START/Add 30 secs**

START/Add 30 secs को दबाएँ।



CAUTION / सावधानी

Always use oven gloves when removing the food and accessories after cooking as the oven & accessories will be very hot.

हमेशा दस्ताने पहन कर ओवन में रखा खाना और सह-उपकरण हटाइये क्योंकि ये दोनों ही बहुत गर्म हो सकते हैं।

NOTE / नोट

- If you do not set a temperature your oven will automatically select 180 °C, the cooking temperature can be changed by **Dial**.
- For the best result please use the following accessories.
- अगर आप तापमान नहीं चुनेंगे आपका ओवन अपने आप ही 180 °C पर चला जाएगा। **डायल** के माध्यम से कुकिंग का तापमान परिवर्तित किया जा सकता है।
- सुविधाओं का सर्वोत्तम लाभ लेने हेतु कृपया निम्न एक्सेसरी का उपयोग करें।



Convection Combi Cooking

कन्वेक्शन कॉम्बी कुकिंग


In the following examples, show you how to program your oven with micro power 270 W and at a convection temperature 200 °C for a cooking time of 25 minutes.

निम्नलिखित उदाहरण में आपको दिखाया जाएगा कि किस तरह आप अपने ओवन को 270 वाट क्षमता पर 25 मिनट के समय में कन्वेक्शन तापमान 200 °C पर कैसे प्रोग्राम कर सकते हैं।


1. Press and hold **STOP/CLEAR**
STOP/CLEAR को दबाएं।




2. Press **Grill/Combi.** two time.


The following indications are displayed: 

Grill/Combi. दो बार दबाएं।

निम्नलिखित संदेश प्रदर्शित होगा। 



3. Press **Conv.** The following indications are displayed:  **Conv.** को दबाएं।

आपको निम्नलिखित चिन्ह दिखाई देगा 



4. Turn Dial until display shows "200 °C"

डायल को घुमाएं जब तक कि डिस्प्ले में "200 °C" न आ जाए।



5. Press **Micro** until display shows "270".

Micro को दबाएं जबतक कि डिस्प्ले में "270" न आ जाए।



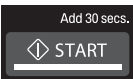
6. Turn Dial until display shows "25:00"

डायल को घुमाएं जब तक कि डिस्प्ले में "25:00" न आ जाए।



7. Press **START/Add 30 secs**

START/Add 30 secs को दबाएं।



CAUTION / सावधानी

Always use oven gloves when removing the food and accessories after cooking as the oven & accessories will be very hot. हमेशा दर्ताने पहन कर ओवन में रखा खाना और सह-उपकरण हटाइये क्योंकि ये दोनों ही बहुत गर्म हो सकते हैं।

NOTE / नोट

- You can set three kinds of micro power level (180 W, 270 W and 360 W).
- आप तीन तरह के माइक्रो पावर लेवल सेट कर सकते हैं (180 वाट, 270 वाट और 360 वाट)

More or Less Cooking

ज्यादा या कम कुकिंग

In the following examples, show you how to change the preset COOK programs for a longer or shorter cooking time. निम्नलिखित उदाहरण में आपको दिखाया जाएगा कि छोटी और बड़ी कुकिंग के लिए प्रीसेट 'कुक' प्रोग्राम को किस तरह सेट बदलें।

1. Press and hold **STOP/CLEAR**
STOP/CLEAR को दबाएं।



2. Set the required preset **COOK** program.

Select weight of food.

आवश्यकतानुसार प्रीसेट 'कुक' प्रोग्राम को सेट कर दीजिए। खाने का वजन तय कीजिए।



3. Press **START/Add 30 secs.**

Turn Dial

The cooking time will increase or decrease.

START/Add 30 secs को दबाएं।

डायल को घुमाएं

कुकिंग का टाइम कम या ज्यादा हो जायेगा।



NOTE / नोट

- If you find that your food is over or undercooked when using the preset COOK program, you can increase or decrease cooking time by turning the DIAL.
- You can lengthen or shorten the cooking time at any point by turning the DIAL. Do not increase or decrease the time during defrost mode. It may affect the performance of defrost mode.
- अगर प्रीसेट 'कुक' का इस्तेमाल करके आपका खाना अधिक या कम पकेगा तो आप डायल घुमाकर समय कम या अधिक कर सकते हैं।
- किसी भी समय डायल के द्वारा आप कुकिंग की समय सीमा को कम या अधिक कर सकते हैं। डिफ्रॉस्ट मोड इस्तेमाल करने के दौरान समय कम या अधिक ना करें। इससे डिफ्रॉस्ट मोड की परफॉर्मन्स पर असर पड़ सकता है।

How To Use / किस तरह इस्तेमाल करें

Energy Saving

ऊर्जा की बचत

The microwave oven allows you to save energy by display off when not cooking in oven.

जब आप खाना नहीं पका रहे हों तब डिसप्ले ऑफ होने पर माइक्रोवेव ओवन ऊर्जा बचाता है।

1. When Door Open Condition (Lamp on & Display on):

डोर खुली अवस्था (लैम्प और डिसप्ले खुली है)

Press and hold **STOP/CLEAR**

STOP/CLEAR को दबाएं।



Lamp Off & Display Off. (Both together)

लैम्प और डिसप्ले बन्द हो जाएंगे (दोनों एक साथ)

Press any button on Keypad, display shows that

button related display & Lamp is turned on.

कोई भी बटन दबाएं, उस बटन से संबंधित डिसप्ले

दिखाई देगा और लैम्प चालू हो जाएगा।

2. When Door Close condition (Lamp off & Display on):

डोर बन्द अवस्था (लैम्प बन्द और डिसप्ले खुला है)

Press **STOP/CLEAR** one time

STOP/CLEAR को एक बार दबाएं।



Lamp Off & Display Off. (Both together)

लैम्प और डिसप्ले बन्द हो जाएंगे (दोनों एक साथ)

Press any button on Keypad, display shows that

button related display & Lamp is turned off.

कोई भी बटन दबाएं, उस बटन से संबंधित डिसप्ले

दिखाई देगा और लैम्प बन्द हो जाएगा।

3. When Door is open (Lamp & Display on)

डोर खुला होने पर (लैम्प और डिसप्ले चालू रहते हैं)

Door is open for 5 minutes, lamp & display are auto cut off.

डोर खुलने के पाँच मिनट बाद लैम्प स्वतः बन्द हो जायेगा।

a) When any button is pressed, lamp and display are turned on.

जब आप कोई भी बटन दबायेंगे तो लैम्प/डिसप्ले फिर से चालू

हो जायेगा।

b) If door is closed, after 5 minutes display is turned off.

अगर डोर बन्द है तो 5 मिनट के बाद डिसप्ले बन्द हो जायेगा।

Various Cook Functions / विभिन्न कुक कार्यप्रणालियाँ

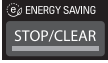
Please follow the given steps to operate cook functions (Diet Fry/Low Calorie, Tandoor Se/Kids' Delight, Indian Roti Basket, Indian Cuisine, Pasteurize Milk/Tea/Dairy Delight, Cooking Aid/Steam Clean/Dosa/Ghee) in your Microwave.

Cook Functions	Diet Fry/ Low Calorie	Tandoor Se/Kids' Delight	Indian Roti Basket	Indian Cuisine	Pasteurize Milk/Tea /Dairy Delight	Cooking Aid/Steam Clean/ Dosa/Ghee
STEP-1	Press STOP/CLEAR	Press STOP/CLEAR	Press STOP/CLEAR	Press STOP/CLEAR	Press STOP/CLEAR	Press STOP/CLEAR
STEP-2	Press Diet Fry/& twice for Low Calorie	Press Tandoor Se/& twice for Kids' Delight	Press Indian Roti Basket	Press Indian Cuisine	Press Pasteurize Milk/& twice for Tea/Dairy Delight	Press Cooking Aid/Steam Clean/ Dosa/Ghee
STEP-3	Turn Dial to select the Menu (dF1-dF25 SA1-SA13 HP1-HP20 So1-So20 Co1-Co21)	Turn Dial to select the Menu (tS1-tS14 CF1-CF27 bA-bA13)	Turn Dial to select the Menu (br1-br25)	Turn Dial to select the Menu (IC1-IC40 SC1-SC20 rd1-rd20 CC1-CC15)	Turn Dial to select the Menu (PS1) dd1-dd11) PA1-PA2 CU1-CU2)	Turn Dial to select the Menu (UC1-UC15) (SL1) (do1-do8) (Gh1)
STEP-4	Press START/ Add 30secs	Press START/ Add 30secs	Press START/ Add 30secs	Press START/ Add 30secs	Press START/ Add 30secs	Press START/ Add 30secs
STEP-5	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight
STEP-6	Press START/ Add 30secs	Press START/ Add 30secs	Press START/ Add 30secs	Press START/ Add 30secs	Press START/ Add 30secs	Press START/ Add 30secs

Diet Fry/Low Calorie

In the following example, show you how to cook 0.4 kg of Chicken 65.

1. Press STOP/CLEAR.



2. Press Diet Fry/Low Calorie.



3. Turn DIAL until display show "dF8".



4. Press START/Add 30secs for category confirmation.



5. *Turn DIAL until display show "0.4 kg"



6. Press START/Add 30secs.



For Low Calorie

7. If you want to select Low Calorie, Press the button twice, the display will show "SA1"
8. Turn the dial to select SA1 to Co21.
9. Again follow step 4 to 6.

! NOTE

- Diet Fry/Low Calorie menus are programmed.
- Diet Fry/Low Calorie allows you to cook most of your favorite food by selecting the food type and the weight of the food.

* Note: If the recipe has single weight e.g. "dF6" Samosa-8pcs, do not follow step 4, 5. Directly go to step 6.

Menu	dF1	Chicken Nuggets			Weight Limit	0.1-0.3 Kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*						
Instructions					Method:	
For		0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a MWS glass bowl put boneless chicken, pepper corns, clones, olive oil, chopped garlic. Mix well & cover. Select Category & weight. press start. When beeps, remove the bowl from microwave oven. allow to cool & grind everything in a mixer. Take out in the bowl add salt, crumbled bread slices. Mix well. Make small round shaped nuggets from the mixture. Keep on tawa. Place the tawa on high rack. Press start. When beeps, turn the nuggets Press start. Serve them hot with tomato Ketchup & shredded salad. <p>Note: If the mixture of nuggets is too dry, then sprinkle few drops of water to it.</p>	
Boneless Chicken		100 g	150 g	200 g		
Bread slice		1 no.	2 nos.	2 nos.		
Pepper corns		4-5	5-6	6-7		
Cloves		2-3	3-4	4-5		
Garlic paste		½ tsp	1 tsp	1½ tsp		
Olive oil		1 tsp	1½ tsp	2 tsp		
Salt		As per taste				
Chopped garlic		2 cloves	3 cloves	4 cloves		

Menu	dF2	Aloo Chips	Weight Limit	0.2 Kg
Utensil: Microwave glass tray				
Instructions			Method:	
For		0.2 Kg	<ol style="list-style-type: none"> In a bowl mix very thinly sliced potatoes, salt, chaat masala. Put few drop of oil on the glass tray of the microwave oven & smear it properly throughout. Spread the potato slices throughout the glass tray. select category & press start. Allow the glass tray to cool down. Remove the chips & serve. 	
Potato (very thinly sliced)		200 g		
Oil		A few drops		
Salt, Chaat masala (optional)		As per taste		

Menu	dF3	Bread Pakora	Weight Limit	4 Pc
Utensil: Multicook tawa & High Rack*				
Instructions			Method:	
For		Batter	<ol style="list-style-type: none"> In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well. In another bowl put besan & all spices & gradually add water & make a smooth batter for bread pakoras without any lumps. Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice & cover with the other. Prepare all other slices using same procedure. Grease the tawa with 2-3 drops oil. Keep the tawa on high rack. Select category the press start. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start. When beeps, turn the bread pakoras. Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup. 	
Besan		1 cup (130 gms)		
Water		200 ml		
Salt, haldi, garam masala, red chilli powder,		As per taste		
For filling				
Boiled potatoes		2 nos. (medium)		
Chopped green chillies		2 nos.		
Chopped Coriander		1 tbsp		
Chopped ginger		1 tsp		
Salt, garam masala, red chilli powder		As per taste		
Bread slices		4 nos.		
Oil		2 tsp		

Menu	dF4	Paneer Pakora	Weight Limit	0.4 Kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
Paneer (Cut into 1.5" cubes)		400 gm	<ol style="list-style-type: none"> In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil. Keep the tawa on high rack. keep inside microwave. Select category & press start. When beeps, place all paneer pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start. When beeps, turn the pakoras & pour 2tsp oil on all pakoras & again press start. Serve hot with Chutney or Sauce. 	
For Batter				
Besan		1 cup (130 g)		
Water		200 ml		
Salt, red chilli powder, haldi, garam masala		As per taste		
Oil		2 tsp		

* Refer page 101, fig 2

Menu	dF5	Gujja	Weight Limit	10 Pc
Utensil: Multicook tawa & Low rack* & High rack*				
Instructions			Method:	
For dough			<ol style="list-style-type: none"> In a bowl put all the ingredients of stuffing & mix well. In another bowl put maida, 1 tbsp ghee, gradually add water & knead a soft dough for gujjas. Put 1tsp ghee in dough & knead again & keep the dough covered for 15-20 minutes. Divide the dough in small balls of equal size & roll out each ball into a thin circle. *Place the rolled out circle in a *gujja mould & fill the centre with stuffing (as required). Close the gujja mould carefully & press firmly at edges to seal them properly, remove the excess part of the dough bulging out of the mould. Remove the gujja from the mould. Prepare all the gujjas in the similar way. Brush the gujjas with 2tsp oil. Grease the tawa with ¼ tsp oil. Keep on low rack, keep in the microwave. Select category & press start. When beeps, place the gujjas on tawa & keep on low rack. Press start. when beeps, keep the tawa on high rack, sprinkle 1 tsp ghee/oil on all the gujjas & Press start. *Note: Grease the surface with 1-2 drops of oil before rolling the circle for gujjas. *Not provided with the start up kit. 	
Maida		100 g		
Desi ghee		1 tbsp & 1 tsp		
Water		To knead the dough		
For stuffing				
Grated Khoya		50 g		
Dessicated coconut		50 g		
Powdered Sugar		50 g		
Elaichi powder		1 tsp		
Kishmish, Chopped, Almonds, Cashew nuts		As required		

Menu	dF6	Samosa	Weight Limit	8 Pc
Utensil: Multicook tawa & Low rack* & High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> Preparation for stuffing - In a MWS glass bowl add oil, jeera, microwave 100% of 3 minutes. Add boiled & mashed potatoes, green chilli & ginger paste, salt, amchoor, red chilli powder, green peas & coriander leaves. Mix well & microwave 100% for 3 minutes. Allow cool. For dough - Combine all the ingredients together in a bowl & knead into a firm dough using enough water. Keep aside covered for 15 minutes Knead again using oil until smooth. Prepare medium size 8 chapatis out of the dough Divide each chapati into 2 halves, make a cone from each half. Stuff each cone with the portion of stuffing, seal the edges carefully using little water. Keep aside. Brush the samosas with 2tsp oil. Grease the tawa with ¼ tsp oil. Keep on low rack & keep the it inside the microwave. Select category & press start. When beeps, keep the samosas on the tawa. Keep tawa on low rack & press start. When beeps, keep the tawa on high rack. Pour 1tsp oil on all the samosas & turn over. Press start. Serve with chutney. 	
Wheat flour (Refined)		1 cup		
Melted ghee		½ tbsp		
Oil		for kneading		
Salt		½ tsp		
For stuffing				
Boiled potatoes		2 cup		
Boiled peas		½ cup		
Ginger-green chilli paste		1 tsp		
Amchoor		1½ tsp		
Red chilli powder		1 tsp		
Finely chopped Coriander leaves		2 tbsp		
Jeera		1 tsp		
Oil		2¼ tsp		

Menu	dF7	Masala Vada	Weight Limit	5 Pc
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
Soaked chana dal		1 cup	<ol style="list-style-type: none"> Soak the chanas for 3-4 hours. Keep 1 tbsp of soaked chanas aside. In a blender grind soaked chanas, green chillies, cumin seeds, ginger & salt into a coarse paste. (Don't make it into smooth paste). Mix chopped onions, chopped garlic, chopped coriander leaves, soaked chana dal, red chilli powder with the coarse paste. Grease the tawa with 1 tsp of oil. Keep the tawa on low rack. Keep both inside the microwave oven. Select category & press start. When beeps, pour 1 tbsp of paste & spread a little. Same way prepare all the 5 vadas. Press start. When beeps, pour 1 tsp oil on vadas & keep the tawa on high rack. Press start. Serve with sambhar or coconut chutney. 	
Chopped onions, chopped green chillies		½ cup		
Grated ginger		1 tsp		
Cumin seeds		1 tbsp		
Chopped garlic		1 tbsp		
Chopped coriander leaves		3 tbsp		
Salt		As per taste		
Red chillies		As per taste		
Oil		2 tsp		

* Refer page 101, fig 1

* Refer page 101, fig 2

Menu	dF8	Chicken 65	Weight Limit	0.2 ~ 0.4 kg	
Utensil: Multicook tawa & High rack* & Microwave safe (MWS) glass bowl					
Instructions			Method:		
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> Add all the ingredients of marinade in a bowl & mix well. Add boneless chicken pieces & mix and cover. Keep in refrigerator for atleast 30 minutes. Take marinated chicken pieces & place on tawa. Keep tawa & high rack inside the microwave. Select category & weight and press start. When beeps, remove high rack & tawa from microwave. Keep aside. In a MWS glass bowl take oil, mustard seeds, curry leaves, split green chillies & press start. When beeps, add roasted chicken pieces & tomato ketchup to the MWS glass bowl. Mix well & press start. Squeeze lime juice on top & serve immediately. 	
Chicken boneless (cut in 1½" pieces)	200 g	300 g	400 g		
Oil	1 tbsp	1½ tbsp	2 tbsp		
Curry leaves	As required				
Split green chilli	3 nos.	4 nos.	5 nos.		
Mustard seeds	1 tsp	1½ tsp	2 tsp		
Tomato ketchup	3 tbsp	4 tbsp	5 tbsp		
Lime juice (optional)	1 tsp	2 tsp	3 tsp		
For Marinade					
Hung curd	1 tbsp	1½ tbsp	2 tbsp		
Maida	1 tbsp	1½ tbsp	2 tbsp		
Cornflour	1 tsp	1½ tsp	2 tsp		
Egg (beaten)	½ no.	1 no.	1 no.		
Red food colour	A pinch				
Ginger-garlic paste	As required				
Salt, turmeric powder	As per taste				
Red chilli powder	1 tsp	1½ tsp	1½ tsp		

Menu	dF9	Stuffed Aloo Patties	Weight Limit	6 Pc
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For Patties			<ol style="list-style-type: none"> Pre-Preparation for Stuffing : In a MWS glass bowl take oil & cumin seeds & microwave 100% for 3 minutes. Add boiled green pea, ginger & green chilli paste, chopped coriander leaves & all spices. Mix well & microwave 100% for 2 minutes. Squeeze fresh lemon juice & mix well. In a bowl take boiled & mashed potatoes, chopped green chilli, cornflour, salt & mix very well and make a dough for patties. Divide the dough into 6 equal parts & make round balls. Stuff each potato ball with the stuffing in the centre & seal. Give the shape of round patties. Place all the patties on tawa & place tawa on high rack. Put both tawa & high rack inside the microwave. Select category & press start. When beeps, turn over the patties & again press start. Serve stuffed aloo patties hot with mint chutney or tomato ketchup. 	
Boiled & mashed potatoes	2 cups			
Cornflour	1 tbsp			
Finely chopped green chilli	2 nos.			
Salt	As per taste			
Oil	1 tsp			
For Stuffing				
Oil	2 tsp			
Boiled green pea	½ cup			
Ginger & green chilli paste	2 tsp			
Chopped coriander leaves	2 tbsp			
Cumin seeds	1 tsp			
Salt, red chilli powder, garam masala	As per taste			
Lemon juice (optional)	2 tbsp			

Menu	dF10	Mushroom Rolls	Weight Limit	16 Pc
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For Stuffing			<ol style="list-style-type: none"> Pre-Preparation for Stuffing : In a MWS glass bowl take butter, chopped cumin, green chilli & mushrooms. Mix & microwave 100% for 6 minutes. Add boiled peas, chopped coriander, garlic paste, fresh cream, lemon, salt & black pepper powder. Mix very well & microwave 100% for 3 minutes. Cover & keep aside. Trim the sides of the bread slices with a knife. Flatten the bread slices with a rolling pin. Fill one portion of stuffing in the centre of flattened bread slice & roll tightly, covering the mixture. Keep aside for 5-7 minutes. Grease the tawa with ½ tsp oil & keep the low rack & tawa inside the microwave. Select category & press start. When beeps, cut the bread rolls from centre (into 2). Put them carefully on the tawa. Press start. Serve them hot with the chutney of your choice. 	
Mushroom (finely chopped)	1½ cup			
Onions (chopped)	4 tbsp			
Green chilli (chopped)	2 nos.			
Butter (melted)	2 tbsp			
Fresh cream	4 tbsp			
Maida	1 tbsp			
Boiled peas	½ cup			
Lemon juice	1 tsp			
Coriander leaves (chopped)	3 tbsp			
Garlic paste	½ tsp			
Salt, black pepper powder	As per taste			
For Rolls				
Bread slices (white)	8 nos.			
Butter / oil	For basting			
Oil (for greasing)	½ tsp			

* Refer page 101, fig 1

* Refer page 101, fig 2

Menu	dF11	Sabudana vada		Weight Limit	0.1 ~ 0.3 kg
Utensil: Multicook tawa & High rack*					
Instructions				Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a bowl take all the ingredients & mix well. Make mixture for sabudana vada. Divide the dough in equal parts & make round & flat vadas. Take the multicook tawa & keep the vadas on tawa. Keep tawa on high rack & keep inside the microwave. Select category & weight and press start. When beeps, turn the vadas & press start. When beeps, again turn the vadas & press start. Serve them hot with the chutney of your choice. 	
Boiled potato	1 no.	2 nos.	3 nos.		
Sabudana (soaked for at least 1 hour)	½ cup	¾ cup	1 cup		
Roasted & crushed peanuts	1 tbsp	2 tbsp	3 tbsp		
Chopped green chilli	1 no.	2 nos.	3 nos.		
Finely chopped ginger	¼ tsp	½ tsp	1 tsp		
Fresh curry leaves	As required				
Coriander leaves (chopped)	½ tbsp	1 tbsp	1½ tbsp		
Salt	As per taste				

Menu	dF12	Fish Amritsari		Weight Limit	0.3 kg		
Utensil: Multicook tawa & High rack*							
Instructions				Method:			
For	0.3 kg			<ol style="list-style-type: none"> Sprinkle salt & lemon juice on fish pieces. Rub well & keep aside for 5 minutes & wash well. Remove excess moisture using an absorbent kitchen towel. In a bowl, mix together besan, hung curd, ginger garlic paste, ajwain, all the spices, beaten egg & lemon juice. Mix well & make a thick batter for marinade. Rub this marinade well on the fish pieces & keep covered in refrigerator for atleast half an hour. In a flat dish / plate take bread crumbs & coat the fish pieces one-by-one & keep on tawa. Keep tawa & high rack inside the microwave. Select category & press start. When beeps, turnover fish pieces & sprinkle 1 tbsp oil on all pieces & press start. Sprinkle chaat masala on fish pieces & serve them hot with lemon wedges & lachha onions. 			
Boneless fish (cut into 2" pieces)	250 g						
Lemon juice	1 tsp						
Salt	¼ tsp						
For Batter							
Egg (beaten)	1 no.						
Besan	2 tbsp						
Hung curd	2 tbsp						
Ajwain	1 tsp						
Ginger-garlic paste	½ tsp						
Lemon juice	1 no.						
Salt, red chilli powder, garam masala, chaat masala, turmeric powder	As per taste						
Bread crumbs (for coating)	1 cup						
Oil (for basting)	1 tbsp						

Diet Fry/Low Calorie

Salad

Menu	SA1	Beetroot Salad		Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish					
Instructions				Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<ol style="list-style-type: none"> In MWS bowl add ½ cup water. Keep the sliced beetroot on MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select category & weight and press start. In a bowl take the steamed beetroot add saunf, coriander powder, salt, lemon juice. Toss well. Chill & serve. 	
Beetroot (sliced)	100 g	200 g	300 g		
Saunf	½ tsp	1 tsp	1 tsp		
Coriander powder, pepper powder, salt, lemon juice	As per taste				
	As per taste				

Menu	SA2	Cous Cous Salad		Weight Limit	0.1 ~ 0.3 kg		
Utensil: Microwave Safe (MWS) bowl							
Instructions				Method:			
For	0.1 Kg	0.2 Kg	0.3 Kg	<ol style="list-style-type: none"> In a MWS bowl take daliya (Cous cous), add water & salt & few drops of oil. Select category & weight and press start. When beeps, remove & allow the daliya to cool for sometime so that the grains separate. Now add the vegetables & press start. Mix all the ingredients of dressing in a bowl. When cooking ends, add the cous cous to the dressing bowl. Toss all the ingredients together. Spread the lettuce leaves on a plate. And transfer the cous cous salad to the plate. Chill & serve. 			
Daliya	100 g	200 g	300 g				
Water	300 ml	600 ml	900 ml				
Salt	As per taste						
Oil	Few drops						
Vegetables (Cucumber cubes, chopped tomatoes, broccoli florets, sliced mushrooms)	2 cups	2½ cups	3 cups				
Lettuce leaves	2-3 leaves						
For dressing							
Pudina leaves (finely chopped)	¼ cup	½ cup	1 cup				
Lemon juice, pepper powder	As per taste						

* Refer page 101, fig 2

Menu	SA3	Pasta Salad	Weight Limit	0.2 Kg
Utensil: Microwave Safe (MWS) bowl				
Instructions			Method:	
For		0.2 Kg	<ol style="list-style-type: none"> In a MWS bowl add pasta, water & few drops of oil. Select category & press start. Wash the boiled paste under cold water to separate them. In a bowl take boiled pasta, add vegetable, salt, pepper powder, vinegar, curd, olive oil. Toss them together. Chill & serve. 	
Penne pasta		200 g		
Water		400 ml		
Vegetable (Grated carrot, capsicum, sliced olives, chopped spring onion)		1½ cup		
Salt, pepper powder		As per taste		
Olive oil		2 tsp		
Vinegar		1 tsp		
Oregano (optional)		As per taste		
Curd		2 tbsp		

Menu	SA4	Rice Salad	Weight Limit	0.2 Kg
Utensil: Microwave Safe (MWS) bowl				
Instructions			Method:	
For		0.2 Kg	<ol style="list-style-type: none"> In a MWS bowl add rice & water. Select category & press start. When beeps, remove & in another MWS bowl add peas, Cauliflower florets & ½ cup water. Cover. Press start. In cooled rice add apple, green peas, cauliflower florets, salt & pepper. Now add lemon juice & toss well & transfer to serving dish lined with lettuce leaves. Garnish with shredded cabbage & coriander leaves. 	
Basmati Rice		200 g		
Water		400 ml		
Apples (diced)		1 no.		
Green peas		½ cup		
Cauliflower florets		1 cup		
Lemon Juice, salt, pepper		As per taste		
Lettuce leaves		2-3 leaves		
Shredded Cabbage leaves Coriander leaves		For garnishing		

Menu	SA5	Chicken in Tomato Towers	Weight Limit	0.3 Kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High Rack*				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> Take tomatoes wash & clean them. Cut from top & scoop out the pulp & seeds from tomatoes for the filling. In a MWS glass bowl put chicken keema chopped onion, salt & pepper. Mix well. Select category & press start. When beeps, Remove the bowl from microwave oven. Discard excess water (if present) & adjust the seasoning. Now fill the hollowed tomatoes with chicken mixture. Put the filled tomatoes on multicook tawa in standing position. Place tawa on high rack Press start. 	
Tomatoes		300 g (3 nos.)		
Chicken Keema		100 g		
Onion (finely chopped)		1 no.		
Salt & pepper		As per taste		

Menu	SA6	Tiranga Salad	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) flat glass dish				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> In a MWS flat glass dish arrange grated carrot first in form of a band, then grated raddish & then broccoli florets, sprinkle water. cover with cling film select category & press start. Add salt & lemon juice. Mix each layer separately. Take olive & cut into thin slices. Now make a flower at the centre of the raddish layer with olive slices chill & serve. 	
Grated carrot		100 g		
Grated raddish		100 g		
Broccoli florets		100 g		
Olive		1-2		
Salt, lemon juice		As per taste		

Menu	SA7	Hari Seekh Salad	Weight Limit	0.3 kg
Utensil: Rotisserie [†]				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> Mix all the ingredients of marinade in a bowl. Take one vegetable at a time and spread the marinade on each vegetable or leaf on both the sides thoroughly. Mix well leave aside for 1 hour mixing at least twice in between. Oil & wipe the skewers of the rotisserie. Skewer the vegetables-thread them starting with broccoli, then fold a cabbage leaf & insert, fold a spinach leaf one & then fold again (like a pan) & insert, then insert a whole spring onion & then again another folded cabbage leaf & spinach leaf in the same skewer, Repeat the same for all the skewers. Install the rotisserie in the oven. (Refer Pg. 116) Select category & press start. Serve hot. 	
Vegetable (Spinach leaves, broccoli, bulbs of spring onion, cabbage leave)		300 g		
For Marinade				
Hung curd		3 tbsp		
Onion paste		2 tbsp		
Garam Masala, Amchoor, Salt		As per taste		
Oil		For basting		

* Refer page 101, fig 2

† Refer page 102

Menu	SA8	Crunchy Chicken Salad	Weight Limit	0.5 kg
Utensil: Multicook Tawa & High rack*				
Instructions			Method:	
For		0.5 Kg	<ol style="list-style-type: none"> In a bowl mix lemon juice, salt & poppy seeds. Now take each piece of boneless chicken & thoroughly coat with poppy seeds. In another bowl mix boiled peas sweet corns, chopped tomatoes, add some salt, red chilli powder, lemon juice, olive oil. Adjust the seasoning as per your taste. Mix well. Now keep the marinated boneless chicken pieces on tawa. Keep the tawa on high rack. Select category & press start. When beeps, turn over the side & press start. Line a serving dish with lettuce leaves. Transfer the chicken pieces & vegetable to serving dish. Toss them over. Garnish with slices of boiled eggs & serve. 	
Boneless Chicken		300 g		
Vegetables (Boiled peas sweet corns, chopped tomato)		200 g		
Lettuce leaves		For garnishing		
Boiled Eggs		2 nos.		
Lemon juice		2 tbsp		
Salt		As per taste		
Poppy seeds		4 tsp		
Olive oil		1 tbsp		

Menu	SA9	Babycorn and Bean salad	Weight Limit	0.1 ~ 0.3 Kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<ol style="list-style-type: none"> In a MWS bowl add babycom & beans together. Add some water cover. Select category & weight & press start. Add salt, lemon juice, pepper powder. Mix well & serve.
Babycorn	50 g	100 g	150 g	
Bean	50 g	100 g	150 g	
Salt, lemon juice, pepper powder (Optional)		As per taste		

Menu	SA10	Carrot and peas Salad	Weight Limit	0.1 ~ 0.3 Kg
Utensil: Microwave safe (MWS) Bowl				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<ol style="list-style-type: none"> In a MWS bowl add carrot & peas together. Add some water cover. Select Category & weight & press start Add salt, lemon juice, pepper powder. Mix well & Serve.
Carrot	50 g	100 g	150 g	
Peas	50 g	100 g	150 g	
Salt, lemon juice, pepper powder (Optional)		As per taste		

Menu	SA11	Papaya Lachcha Salad	Weight Limit	0.1 ~ 0.3 Kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<ol style="list-style-type: none"> In a MWS bowl add papaya slices, sugar, some water, cardamom essence. Select category and weight & press start.
Papaya (thinly sliced)	100 g	200 g	300 g	
Water		As required		
Sugar	10 g	20 g	30 g	
Cardamom essence	1 no.	Few drops	3 nos.	

Menu	SA12	Whole Wheat & Mint Salad	Weight Limit	0.1 ~ 0.3 Kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<ol style="list-style-type: none"> In a microwave safe bowl put soaked whole wheat & salty water. Select category & weight. Press start. When beeps, remove & drain the whole wheat & allow to cool. In MWS bowl add sprouted chana and water (double the amount of chana), cover. Press start. When beeps, remove & allow to cool. In a mixer, put clean mint leaves, ginger, green chillies, lemon juice & make a smooth paste. In a bowl put whole wheat, sprouted chana, mint paste, salt, pepper & lemon-juice. Mix well. Serve chilled.
Whole wheat (Soaked in hot water for 2 hours)	100 g	200 g	300 g	
Mint leaves	1 cup	1½ cups	2 cups	
Sprouted Chana	100 g	200 g	300 g	
Green Chilli	1 no.	2 nos.	3 nos.	
Ginger		As per taste		
Salt & pepper		As per taste		
Lemon Juice	1 tsp	1½ tsp	2 tsp	
Water (with salt)	200 ml	400 ml	600 ml	

Menu	SA13	Bread Salad	Weight Limit	0.1 ~ 0.3 Kg
Utensil: High rack				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<ol style="list-style-type: none"> Take bread slices (0.1kg/0.2kg/0.3kg) & keep on high rack. Select Category & weight. Press start. When beeps, turn bread slices. Again press start. Remove from microwave allow to cool. Cut the slices into croutons. Put all the ingredients of salad dressing in a bowl cover the bowl & shake well to make the dressing for salad. In a bowl put cut tomatoes, cucumber, french beans, basil leaves & bread croutons. Pour dressing over the ingredients. Mix well & serve immediately (before the bread croutons gets soggy)
Whole wheat bread slices	2 nos.	3 nos.	4 nos.	
Tomatoes (seedless & cut in pieces)	¼ cup	½ cup	1 cup	
Cucumber (Cut in pieces)	¼ cup	½ cup	1 cup	
Steamed french beans	¼ cup	½ cup	1 cup	
Fresh basil leaves		A few sprigs		
For Salad Dressing				
Olive Oil	1 tbsp	1½ tbsp	2 tbsp	
Vinegar	½ tsp	1 tsp	1½ tsp	
Salt, pepper & Sugar		As per taste		

* Refer page 101, fig 2

Menu	HP1	Lemon Chicken					Weight Limit	0.1 ~ 0.5 Kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> Mix boneless chicken, soya sauce, salt & pepper, garlic paste & lemon juice in a bowl. Refrigerate for ½ hour. In a MWS bowl add oil, marinated chicken pieces, sugar, corn flour mixed with water. Cover. Select category & weight & press start. When beeps, mix well. Cover & press start. Allow to stand for 3 minutes. 		
Boneless Chicken	100 g	200 g	300 g	400 g	500 g			
Soya sauce	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp			
Corn flour	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp			
Water	½ cup	½ cup	½ cup	1 cup	1 cup			
Salt, pepper & sugar	As per taste							
Garlic paste	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Lemon juice	2 tsp	3 tsp	4 tsp	4 tsp	5 tsp			
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp			

Menu	HP2	Kala Chana					Weight Limit	0.1 ~ 0.5 Kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> Soak chana overnight, in MWS bowl, put soaked chanas and cover. Select category and weight and press start. When beeps, remove & drain the water. In a MWS bowl add oil, chopped onion, salt, chaat masala, red chilli powder and hara dhania and press start. Mix well. When beeps, add chanas to the MWS bowl along with little water and press start. Mix well. Serve hot. 		
Soaked Kala Chana	100 g	200 g	300 g	400 g	500 g			
Water	200 ml	400 ml	600 ml	800 ml	1000 ml			
Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp			
Onion chopped	½ cup	1 cup	1½ cup	2 cups	2½ cups			
Salt, Chaat masala, Red chilli powder, hara dhania	As per taste							

Menu	HP3	Karela Subzi					Weight Limit	0.3 Kg
Utensil: Microwave safe (MWS) glass bowl & High rack & Multicook tawa*								
Instructions						Method:		
Chopped Karela	0.3 kg					<ol style="list-style-type: none"> In a Microwave safe glass bowl take Oil add Rai, Jeera, Hing, Haldi & Chopped Onion. Select category & weight and press start. When beeps, add Chopped Karela, some water, salt, sugar, masala, dhania-jeera powder & cover. Press start. When beeps, remove the bowl from microwave oven, transfer subzi to a multicook tawa, stir well. Place on High Rack Press start. Note: Before cooking, scrap & rub the karela with salt & keep aside for 2-3 hours. 		
Oil	2 tbsp							
Chopped Onion	1 cup							
Water	1 cup							
Rai, Jeera, Hing & Haldi	For tempering							
Salt, Sugar, Garam Masala, Dhania, Jeera Powder	As per your taste							
Grated Coconut & Hara Dhania	For garnishing							

Menu	HP4	Machi Kali Mirch					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
Pomfret (fish category)	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> Take Pomfret Slices as per weight (0.1 kg/ 0.2 kg/ 0.3 kg/ 0.4 kg/ 0.5 kg) and marinate with salt, lemon juice, and kali mirch powder (as per taste) for one hour. In Microwave Safe bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select category & weight and press start. When beeps, open door and add marinated fish, salt to taste and some water. Cover & press start. Give standing time for 5 minutes. 		
Salt, Lemon Juice & Kali Mirch Powder	To marinate as per your taste							
Oil, Chopped Onion, Chopped Tomatoes, Chopped Garlic	As required							

Menu	HP5	Nutrinuggets					Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 Kg	0.2 Kg	0.3 Kg			<ol style="list-style-type: none"> In a MWS bowl add oil, jeera, onion. Select category and weight and press start. Mix well. When beeps, add tomato puree, nutrinuggets, potato, salt, red chilli powder, haldi, dhania powder and add ½ the amount of water mentioned per weight (For eg. For 100g, add 1 cup of water). Cover and press start. Mix well. When beeps, add the remaining amount of water and press start. Mix well. Allow to stand for 3 minutes. Garnish with coriander leaves & serve hot with roti. 		
Soaked and boiled nutrinuggets	50 g	100 g	150 g					
Potato	50 g	100 g	150 g					
Oil	1 tbsp	1½ tbsp	2 tbsp					
Jeera	As per taste							
Chopped onion	1/2 cup	1 cup	1½ cup					
Tomato puree	2 tbsp	3 tbsp	4 tbsp					
Salt, garam masala, red chilli powder, haldi, dhania powder	As per taste							
Water	1½ cup	2 cup	2½ cup					
Chopped coriander leaves	For garnishing							

* Refer page 101, fig 2

Menu	HP6	Soyabean Curry	Weight Limit	0.2 Kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg			<ol style="list-style-type: none"> In a MWS bowl add oil, chopped onions. Select category and press start. Mix well. When beeps, in the same bowl add tomato puree and haldi and press start. Mix well. When beeps, add chopped green chillies, red chilli powder, garam masala, coriander powder, salt, soyabean and water Press start. Garnish with coriander leaves and serve hot.
Soyabean (soaked overnight)	200 g			
Oil	1½ tbsp			
Chopped onions	1 cup			
Tomato puree	½ cup			
Chopped green chillies	1 tbsp			
Red chilli powder, garam masala, coriander powder, salt	As per taste			
Water	200 ml			
Coriander leaves	For garnishing			

Menu	HP7	Curd Brinjal	Weight Limit	0.1-0.5Kg		
Utensil: Microwave safe (MWS) bowl						
Instructions			Method:			
For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add oil & brinjal. Cover. Select category & weight and press start. When beeps, remove & in another MWS bowl add oil, mustard & cumin seeds, curry leaves & chopped ginger. Press start. When beeps, add brinjal, curd & salt. Mix well & press start.
Brinjal (cut into pieces)	100 g	200 g	300 g	400 g	500 g	
Curd	100 g	200 g	300 g	400 g	500 g	
Oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4 tbsp	
Curry leaves	A few sprigs					
Mustard & cumin seeds	1 tsp	2 tsp	3 tsp	4 tsp	4 tsp	
Salt	As per taste					
Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp	4 tsp	

Menu	HP8	Fish Bharta	Weight Limit	0.3 Kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.3 kg			<ol style="list-style-type: none"> In a MWS bowl add ½ cup water. Place the fish pieces on the MWS flat glass dish. Cover. Keep the dish in MWS bowl. Select category and press start. When beeps, remove & mash the fish. In a MWS bowl, add oil, chopped onions, mashed fish, red chilli powder, garam masala, haldi, salt. Cover and press start.
Fish (Fillet)	300 g			
Mustard oil	1 tbsp			
Mustard seeds	1 tsp			
Chopped onion	1 cup			
Red chilli powder, haldi, garam masala, salt	As per taste			

Menu	HP9	Soya Idli	Weight Limit	4 ~ 8 Pc
Utensil: Microwave safe (MWS) Idli stand & Microwave safe (MWS) bowl				
Instructions			Method:	
Rice	100 g			<ol style="list-style-type: none"> Wash & soak rice, urad daal & soyabeans granules for 4 hours. Grind, mix & ferment for 8 to 10 hours. Grind the mixture to paste consistency. (You can use the same batter for making 4, 5, 6, 7, 8 idlies) Grease idli in MWS bowl with little oil. Put idli batter in it. Add ½ cup water in MWS bowl. Keep the idli stand in MWS bowl & cover. Select category & number and press start.
Urad	4 tbsp			
Soyabean granules	4 tbsp			
Water	As required			
Salt	As per taste			

Menu	HP10	Bathua Raita	Weight Limit	0.1 ~ 0.4 kg	
Utensil: Microwave safe (MWS) bowl					
Instructions			Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select category & weight and press start. When beeps, remove. In a bowl add water, beaten curd, bathua leaves & mix well. Add salt & roasted cumin seed powder. Mix well & refrigerate it for some time & serve.
Chopped bathua	25 g	50 g	75 g	100 g	
Water	50 ml	75 ml	100 ml	125 ml	
Beaten curd	3 tbsp	4 tbsp	5 tbsp	6 tbsp	
Salt, roasted cumin seed powder	As per taste				

Menu	HP11	Spinach Dal					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl put soaked dal (lentils), water, salt, turmeric powder. Select category & weight and press start. When beeps, in another MWS bowl put oil, chopped onions, cumin seeds, chopped ginger & green chillies, chopped spinach. Mix well and press start. When beeps, mix well & add boiled lentils, add some water (if required). Mix again & press start. Garnish with coriander leaves & serve hot. 		
Dehusked soaked lentils (at least for 2 hours)	100 g	200 g	300 g	400 g	500 g			
Onions chopped	½ cup	1 cup	1 cup	1½ cup	2 cups			
Spinach chopped	1 cup	1½ cup	2 cup	2 cup	2½ cups			
Oil	1 tbsp	2 tbsp	2 tbsp	2½ tbsp	2½ tbsp			
Cumin seeds	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp			
Ginger & green chillies (chopped)	1 tbsp	2 tbsp	3 tbsp	3 tbsp	3½ tbsp			
Water	300 ml	500 ml	700 ml	800 ml	900 ml			
Turmeric, salt	As per taste							
Lemon juice	1 tsp	2 tsp	3 tsp	3½ tsp	4 tsp			
Coriander leaves	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp			

Menu	HP12	Healthy Kichdi			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<ol style="list-style-type: none"> In a MWS bowl take soaked dal, rice & ghee. Also add grated carrot, soaked & drained soya granules & peas. Mix well. Select category & weight and press start. When beeps, mix, add water & salt. Mix again & press start. When beeps, stir & mash well. Add pepper powder & ½ cup water. Mix & cover and press start. Serve hot with fresh curds. 		
Rice (soaked)	75 g	150 g	225 g			
Moong dal, washed (soaked)	25 g	50 g	75 g			
Desi ghee	½ tbsp	1 tbsp	1½ tbsp			
Carrot (grated finely)	1 no.	2 nos.	2 nos.			
Soya granules (soaked)	2 tbsp	3 tbsp	4 tbsp			
Salt & pepper	As per taste					
Water	300 ml	500 ml	750 ml			

Menu	HP13	Leaf Rolls			Weight Limit	0.2-0.4Kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat Glass dish						
Instructions					Method:	
For	0.2 Kg	0.3 Kg	0.4 Kg	<ol style="list-style-type: none"> In a bowl mix boiled vegetables, chopped onions, salt, chaat masala & lemon juice. In MWS bowl, add ½ cup water, Keep the leaves in MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select category & weight and press start. When beeps, remove the leaves from the bowl. Spread the filling on leaves & roll them. Make all the rolls in same way. 		
Palak leaves	100 g	150 g	150 g			
Cabbage leaves	100 g	150 g	150 g			
For filling						
Boiled Veg (Potato, Capsicum, Carrot, French beans, sprouts)	1 cup	1½ cup	1½ cup			
Chopped onion	½ no.	1 no.	1 no.			
	As per your taste					

Menu	HP14	Fish Cutlet		Weight Limit	0.4 kg
Utensil: Microwave safe (MWS) glass bowl & High rack & Multicook tawa*					
Instructions				Method:	
For	0.4 kg		<ol style="list-style-type: none"> In a MWS glass bowl take fish fillet add 1 cup water. Select category & press start. Mash the fish. Remove the bowl from microwave oven & add all the other ingredients except oil and mix well with boiled and mashed fish. Make cutlets and roll them in bread crumbs. Put them on tawa, put some oil around the cutlets. Keep this on high rack Press start. When beeps, turn them over. Press start. Remove and serve with lemon wedges & mint chutney. 		
Fish fillet	350 g				
Boiled potato	2 Nos.				
Bread crumbs	1 cup				
Oil	2 tbsp				
Chilli powder, turmeric, ginger garlic paste, salt	As per taste				
Garam masala powder	1 tsp				
Coriander leaves	A few sprigs				

Menu	HP15	Fish Masala		Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.2 kg		<ol style="list-style-type: none"> In MWS bowl take oil and chopped onion. Select category and press start. When beeps, remove and add pomphret pieces and tomato. Press start. When beeps, add all the other ingredients and 1 cup water and mix well. Press start. When beeps, remove and garnish with coriander leaves. 		
Pomphret pieces	200 g				
Onions	2 Nos.				
Tomato	1 No.				
Oil	2 tbsp				
Chilli powder, turmeric, ginger garlic paste, salt, saunf powder	As per taste				
Garam masala powder	1 tsp				
Dhaniya and jeera powder	2 tsp				
Coriander leaves	2 tbsp				

* Refer page 101, fig 2

Menu	HP16	Fish Pulusu	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> In a MWS glass bowl add oil, ginger garlic paste, methi seeds, fish pieces, lemon juice & cover. Select category & weight & press start. When beeps, mix well & add chopped onions & fish masala. Cover & press start. When beeps, mix well & add tamarind pulp and press start. Allow to stand for 3 minutes. 	
Koramatta fish pieces		300 g		
Oil		1½ tbsp		
Ginger garlic paste		2 tbsp		
Methi seeds		1 tsp		
Chopped onion		1 no.		
Fish masala		1 tbsp		
Tamarind pulp		50 g		
Red chilli powder, dhaniya powder, haldi & salt		As per taste		
Lemon juice		As per taste		

Menu	HP17	Coconut Prawn	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> Marinate the prawn with rai paste, mustard oil, turmeric powder, green chilli paste, sugar & salt for 1 hour. Take the coconut kernel & scoop out the creamy pulp with a spoon. Divide the coconut lengthwise into 2 halves. Put the marinated prawns inside the kernel & cover with the other half kernel. Keep this in a MWS glass bowl. Select category & weight & press start.
Prawns	100 g	200 g	300 g	
Mustard oil	½ tbsp	1 tbsp	1½ tbsp	
Rai paste	½ tbsp	1 tsp	1½ tbsp	
Green chilli paste	1 tsp	2 tsp	3 tsp	
Turmeric powder, sugar & salt	As per taste			
Pulpy green coconut (remove the coconut water)	1 no.	1 no.	1 no.	

Menu	HP18	Crab Curry	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> In a MWS glass bowl add oil, onion, ginger garlic paste. Select category and press start. When beeps, remove, mix well add crab pieces and 1 cup water and press start. When beeps, add coconut milk, salt, garam masala, dhania jeera powder, chilli powder, turmeric and press start. Mix well & serve hot with rice. 	
Crab pieces		250 g		
Ginger garlic paste		2 tbsp		
Water		1 cup		
Salt, dhania-jeera powder, garam masala, chilli powder, turmeric		As per taste		
Oil		2 tbsp		
Chopped onion		½ no.		
Coconut milk		2 tbsp		

Menu	HP19	Shrimps in Garlic Butter	Weight Limit	0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
Shrimps (Small)		400 g	<ol style="list-style-type: none"> Remove heads and shells of shrimps & clean and drain thoroughly. In a MWS bowl place shrimps, garlic paste, mustard paste, butter, parsley, lemon juice, pepper corns (Crush) & salt mix well Select Category & press start. When beeps. Remove and serve hot. 	
Butter		4 tbsp		
Parsley (chopped)		A few sprigs		
Garlic paste		3 tbsp		
Mustard paste		1 tbsp		
Lemon juice		1 tbsp		
Pepper corns (Roughly crushed)		8-10 nos.		
Salt		To taste		

Menu	HP20	Mase Kalavan	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> Wash, clean & pat dry fish with kitchen towel. In a bowl mix together ginger-garlic paste, tamarind paste, salt, red chilli powder, coriander powder, turmeric powder. Mix & rub this marinade on fish pieces & keep aside for atleast 15 minutes. In a MWS bowl take oil, hing, chopped garlic, coriander & green chilli & mix. Select category & weight and press start. When beeps, add the marinated fish to the MWS bowl. Mix well, sprinkle water on top & cover and press start. When beeps, mix & add coconut milk to the fish. Mix well again and press start. Serve more kalavan hot with steamed rice.
Fish pieces	200 g	300 g	400 g	
Oil	½ tbsp	1 tbsp	1 tbsp	
Ginger-garlic paste	1 tsp	2 tsp	3 tsp	
Tamarind paste	1 tbsp	1½ tbsp	2 tbsp	
Salt, red chilli powder, turmeric powder, coriander powder	As per taste			
Hing	A pinch			
Green chilli (chopped)	1 no.	1 no.	2 nos.	
Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp	
Garlic (chopped)	1 tsp	1½ tsp	2 tsp	
Coconut milk	½ cup	1 cup	1½ cup	

Menu	So1	Chicken Shorba	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> 1. In a MWS bowl add chicken pieces, chopped garlic and water. Select category and press start. 2. When beeps, remove & strain stock. In another MWS glass bowl add oil, cumin seeds and maida and press start. 3. When beeps, add the chicken stock, salt, pepper and press start. Garnish with fresh cream and serve hot. 	
Boneless chicken		300 g		
Oil		½ tbsp		
Chopped garlic		2 tsp		
Salt & pepper powder		As per taste		
Maida		3 tbsp		
Water		600 ml (3 cups)		
Fresh cream		For garnishing		

Menu	So2	Tamatar Shorba	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> 1. In a MWS glass bowl add tomatoes cut into quarters with water, select category and press start. 2. When beeps, grind and strain the whole stock. 3. In another MWS glass bowl add oil, ginger garlic paste, jeera, bay leaf and press start. Mix well. 4. When beeps, add the strained stock, season with salt, garam masala and press start. Add sugar if very sour. Garnish with coriander leaves and serve hot. 	
Chopped tomato		300 g		
Oil		1 tbsp		
Ginger garlic paste		2 tbsp		
Jeera, bay leaf, salt, garam masala, sugar		As per taste		
Water		600 ml (3 cups)		
Coriander leaves		For garnishing		

Menu	So3	Sweet Corn Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> 1. Grind sweet corn with water and put in MWS Glass Bowl. Select category & press start. 2. When beeps, remove, in another MWS glass bowl put oil, green chilli & press start. 3. When beeps, add corn mixture in it. Mix cornflour with ¼ cup water and mix with it. Add salt, sugar, kali mirch and press start. 	
Sweet Corn		200 g		
Water		600 ml (3 cups)		
Oil		1 tsp		
Cornflour		2 tbsp & ½ cup water		
Salt, Sugar and Kali Mirch and Green Chilli		As per your taste		

Menu	So4	Mushroom Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> 1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion & mushrooms with water. Select category & press start. 2. When beeps, remove the bowl. Allow to cool & separate the mushrooms & grind the remaining stock & strain it. 3. In a MWS glass bowl, add oil, chopped mushrooms, salt & pepper and then add the stock & press start. Garnish with grated cheese & serve. 	
Mushroom		120 g		
Potato		1 No.		
Cabbage		50 g		
Onion		1 small		
Water		600 ml (3 cups)		
Salt, Black Pepper		As per your taste		
Oil		1 tsp		
Grated cheese		As per requirement		

Menu	So5	Rasam	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> 1. In a MWS glass bowl add chopped tomato & water. Select category & press start. 2. When beeps, remove & cool. Grind & strain it. 3. In a MWS glass bowl add oil, coriander seeds, cumin seeds, cinnamon, hing, chopped garlic, green chillies, salt & jaggery & strained tomato pulp. Press start. 4. When beeps, strain it again & add more water (if required), tamarind pulp. Press start. 5. Garnish with coriander & curry leaves & serve. 	
Tomato		300 g		
Tamarind pulp		50 g		
Salt & Jaggery		As per taste		
Green chillies		2 nos.		
Coriander & curry leaves		For garnishing		
Chopped garlic		2-3 flakes		
Coriander seeds, cumin seeds, cinnamon, hing		As per taste		
Water		600 ml (3 cups)		
Oil		1 tbsp		

Menu	So6	Hot & Sour Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl add water, chili sauce, soya sauce, vinegar, sugar, salt, pepper powder and ajinomoto. Select category & press start. When beeps, stir well & add all the chopped vegetables, except paneer. Press start. When beeps, stir well & add corn flour, tomato sauce, paneer pieces & press start. 	
Water		600 ml (3 cups)		
Chilli sauce		1 tbsp		
Soya sauce		2 tbsp		
Vinegar		As per taste		
Chopped vegetables (capsicum, spring onions, carrots, cabbage)		100 g		
Tomato sauce		2 tbsp		
Cornflour		2 tbsp & ½ cup water		
Salt, pepper, sugar		As per taste		
Ajinomoto		1 pinch		
Paneer		50 g		

Menu	So7	Tomato Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along water. Keep in Microwave. Select category & weight and press start. When beeps, grind and strain it. In another bowl add oil/butter and stock and then put the bowl in Microwave and press start. When beep, add sugar, salt, black pepper as per your taste and cornflour paste which is made up by mixing the half cup of cold water. Stir well & press start. Garnish with bread croutons, coriander (green dhania) and fresh cream and serve hot. 	
Chopped Tomato		100 g		
Chopped Carrot		25 g		
Chopped Onion		1 small		
Chopped Ginger, Garlic		1 tsp		
Salt, Sugar, Pepper		As per your taste		
Cornflour & Oil / Butter		2 tbsp / 1 tsp		
Water		600 ml (3 cups)		

Menu	So8	Mulligtawny Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In MWS glass bowl add butter, carrot, onion & apples. Mix well. Select category & weight and press start. When, beep, mix well, add cooked rice, lentils & water and press start. When, beep, mix well, allow to cool. Blend & strain. In the same MWS glass bowl add the strained stock, salt, pepper, curry powder & lemon juice. Press start. 	
Cooked rice		50 g		
Dehusked lentil		30 g		
Apples (pealed & sliced)		½ no.		
Carrot		50 g		
Onion		50 g		
Veg stock/water		600 ml (3 cups)		
Salt & pepper		To taste		
Butter		1 tsp		
Curry powder		1 tsp		
Lemon juice		1 tsp		

Menu	So9	Tom Yum Kung	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl put head & shells of prawns, green/red chillies (cut into 2), salt, roughly crushed lemon grass, lime leaves & stock. Mix well. Select category & press start. When beeps, strain the stock. Add cleaned prawns, fish sauce, pepper, thai red curry paste. Stir well & press start. Add lemon juice & adjust the seasoning. Serve piping hot. 	
Small sized prawns		10-12 nos.		
Mushrooms (sliced)		5-6 nos.		
Lemon grass stem		4 inch stalk		
Lime leaves		5-6 nos.		
Coriander fresh chopped		A few sprigs		
Fish sauce		2 tbsp		
Thai red curry paste		2 tbsp		
Lemon juice		1 tbsp		
Veg stock/chicken stock		600 ml (3 cups)		
Green/red chillies		3 nos.		
Salt & pepper		To taste		

Menu	So10	Sichuan Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> Put chicken pieces, cabbage, carrot, capsicum, mushrooms, spring onion bulbs, peppercorns and chicken stock in a MWS glass bowl. Select category and press start. When beeps, take the bowl out & add red chilli paste, vinegar, salt & sugar, cornflour dissolved in ¼ cup cold water & paneer pieces. Stir well & press start. Garnish with greens of spring onions. Adjust seasonings & serve hot. 	
Boneless chicken pieces		100 g		
Carrot (grated)		1 no.		
Capsicum (chopped)		½ no.		
Cabbage (shredded)		½ no.		
Mushrooms (sliced)		4-5 nos.		
Paneer (pieces)		50 g		
Spring onions (bulb & greens)		1-2 nos.		
Peppercorns (freshly crushed)		4-5 nos.		
Chicken stock		600 ml (3 cups)		
Cornflour		3 tbsp & ¼ cup		
Salt & sugar		To taste		
Vinegar		2 tbsp		
Red chilli paste		1 tbsp		

Menu	So11	Palak Makai Shorba	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl add chopped palak & little water. Select category & press start. When beeps, grind the palak, In another MWS glass bowl add butter, jeera, chopped onions. Press start. When beeps, remove & add palak & water, milk, corn niblets & Maggie tastemaker. Press start. 	
Palak (chopped)		200 g		
Water		600 ml (3 cups)		
Maggie tastemaker		1 cube		
Corn Niblets		½ cup		
Chopped onion		½ cup		
Jeera		1 tsp		
Butter		1 tbsp		
Milk		¼ cup		

Menu	So12	Rajma Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> Grind the boiled rajma. Add water & strain it. In a MWS glass bowl add oil, garlic, onion, tomato. Mix well. Select category & press start. When beeps, mix well & add salt, pepper, red chilli powder & rajma stock. Mix well & press start. Add lemon juice & garnish with coriander leaves & serve hot. 	
Water		600 ml		
Rajma (boiled)		1 cup (170 g)		
Oil		½ tbsp		
Garlic cloves (chopped)		2 nos.		
Onion (chopped)		½ cup		
Tomato (chopped)		½ cup		
Coriander (chopped)		¼ cup		
Salt, pepper, red chilli powder		As per taste		
Lemon juice		1 tbsp		

Menu	So13	Shahi Shorba	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl take butter & chopped onion. Mix well. Select category & press start. When beeps, stir well. Add whole wheat flour, mint paste, coarsely chopped walnuts & mix well. Press start. When beeps, mix and add water. Mix well so that no lumps are formed. Add seasoning. Press start. Serve hot. 	
Onions (finely chopped)		2 nos.		
Walnuts (coarsely chopped)		¼ cup		
Mint paste		1 tbsp		
Whole wheat flour		2 tbsp		
Butter		2 tbsp		
Salt, black pepper powder, garam masala		As per taste		

Menu	So14	Bombay Curry Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl add soaked masoor dal, tomato & water. Select category & press start. When beeps, remove & allow the dal to cool. Grind it in a mixer & strain. In another MWS glass bowl, add oil, crushed garlic, chopped onion. Press start. When beeps, mix & add strained dal stock, salt, chilli powder, curry powder & add 150 ml of water. Mix well & press start. Garnish with coriander leaves & serve hot. 	
Water		500 ml (2½ cups)		
Soaked masoor dal (dehusked)		200 g		
Chopped tomato		2 nos.		
Chopped onions		1 no.		
Crushed garlic		3-4 cloves		
Oil		1 tbsp		
Curry powder		As per taste		
Salt, red chilli powder		As per taste		
Coriander leaves		For garnishing		

Menu	So15	Badam Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> Grind soaked & blanched badam & basil leaves to a fine paste, adding ½ cup water. Take out in a MWS glass bowl. Add 3 cups water & stir well. Add cinnamon, elaichi & cloves. Select category & press start. When beeps, stir & strain the soup & sieve. Take the strained soup in a MWS glass bowl. Add salt & peppers & cornflour (mixed with ½ cup water) & press start. Serve hot. 	
Badam (soaked & blanched)		50 g		
Fresh basil leaves (Tulsi)		8-10 nos.		
Water		3 cups (600 ml)		
Cinnamon		1" stick		
Elaichi (green)		2-3 nos.		
Cloves		2-3 nos.		
Sugar		½ tsp		
Cornflour		½ tbsp		
Salt & pepper powder		As per taste		

Menu	So16	Limbu Dhania Shorba	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl add oil, cabbage, carrot, celery, spring onions, ginger, garlic, bayleaves, cloves, peppercorns. Mix well. Select category & press start. When beeps, mix well & add water & press start. When beeps, add besan paste, lemon juice, coriander leaves, salt. Mix well & press start. Garnish with coriander leaves & serve hot. 	
Water		600 ml		
Oil		½ tbsp		
Shredded cabbage		1 cup		
Chopped carrot		½ cup		
Celery		½ cup		
Spring onions		½ cup		
Ginger (grated)		1 tsp		
Chopped garlic		3 nos.		
Bayleaf		2 nos.		
Cloves		2 nos.		
Pepper corns		3 nos.		
Besan		2 tbsp (dissolved in ¼ cup water)		
Lemon juice		2 tbsp		
Coriander leaves (chopped)		½ cup		
Salt		As per taste		

Menu	So17	Mutton Shorba	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl add oil, onion, garlic mutton & chilli flakes, salt. Mix well & cover. Select category & press start. When beeps, mix well & add water, tomato, cinnamon, cardamom, cumin seeds, salt, saffron & dry mint leaves. Mix well & press start. When beeps, remove the bowl & allow to cool. Grind it & add curd. Press start. 	
Boneless mutton		300 g		
Water		600 ml (3 cup)		
Oil		1 tbsp		
Chopped onion		1 nos.		
Chopped garlic		3 cloves		
Chilli flakes salt		As per taste		
Chopped & skinned tomato		2 nos.		
Cinnamon		½ " Stick		
Cardamom		1 nos.		
Cumin seeds		1 tsp		
Saffron		A few		
Dry mint leaves		½ cup		
Beaten curd		½ cup		

Soup

Diet Fry/Low Calorie

Menu	So18	Dal Shorba	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl add oil, green chillies, ginger paste, garlic paste. Mix well. Select category & press start. When beeps, mix well & add onion & add all spices. Press start. When beeps, mix well & add dal & water. Press start. Strain the stock. Add 100 ml hot water & spices as per taste & serve 	
Soaked urad dal (dehusked)		½ cup		
Olive oil		1 tsp		
Chopped green chillies		2 no.		
Ginger paste		1 tsp		
Garlic paste		1 tsp		
Chopped onion		1 no.		
Salt turmeric powder, onion powder, sugar		As per taste		
Lemon juice		As per taste		
Water		600 ml (3 cup)		

Menu	So19	Chicken Soup	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In Microwave safe glass bowl put water & add chicken pieces. Select category & press start. When beeps, remove. In another microwave safe glass bowl add oil, ginger-garlic paste, chicken stock, salt, pepper, cornflour paste, green chillies & 1 cup water. Press start. 	
Boneless Chicken		300 g		
Ginger Paste		1 tsp		
Salt & Pepper Powder		As per your taste		
Cornflour Paste		2 tbsp + 1/2 cup of water		
Oil		1 tsp		
Water		600 ml (3 cups)		

Menu	So20	Wonton Soup	Weight Limit	0.6 kg
Utensil: Microwave safe glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In MWS glass bowl add oil and vegetables, ginger-garlic paste. Select category & press start. When beeps, add salt, pepper, water & palak (in pieces). Mix well & put in microwave & press start. When beeps, mix well & press start. Add wonton & serve. How to make Wonton : Maida -1 cup, Salt - 1 pinch, Oil - 1 tsp Method : Mix all the ingredients in the bowl and make dough with too warm water. After that cover the bowl and leave the mixture for 10-15 minutes. For Stuffing : Cabbage, carrot, capsicum which is cut in long pieces Method : Mix all the ingredients for stuffing. Make a small puree of wonton and put the small quantity of stuffing in between them and then cover the puree and press it. 	
Chopped cabbage, carrot, capsicum, french beans		200 g (Total)		
Ginger paste		2 tsp		
Garlic paste		2 tsp		
Spinach in pieces		10 leaves		
Oil		1 tsp		
Salt, pepper powder		As per taste		
Water		600 ml (3 cup)		
Ready wonton		6-7 pieces		

Continental

Diet Fry/Low Calorie

Menu	Co1	Pasta	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack*				
Instructions			Method:	
Penne Pasta	0.1 Kg	0.2 Kg	0.3 Kg	<ol style="list-style-type: none"> In MWS glass bowl take pasta with water & oil drops. Select category & weight press start. When beeps, remove the bowl from microwave oven, drain water from pasta. In MWS flat glass dish add butter, onion, garlic & Palak, mix well. Press start. Press start. When beeps, add cream, nutmeg powder, oregano, salt & pepper and boiled pasta, mix well & sprinkle grated cheese on the top & keep the vessel on high rack. Press start.
Butter	1 tbsp	2 tbsp	3 tbsp	
Onion Chopped	2 tbsp	3 tbsp	4 tbsp	
Garlic Chopped	1 tsp	2 tsp	3 tsp	
Chopped Palak leaves	50 g	75 g	100 g	
Water	400 ml	800 ml	1200 ml	
Cream	½ cup	1 cup	1½ cup	
Grated Cheese	4 tbsp	5 tbsp	6 tbsp	
Nutmeg Powder		1 pinch		
Oregano	¼ tsp	½ tsp	¾ tsp	
Salt & Pepper		As per your taste		

* Refer page 101, fig 5

Menu	Co2	Veg Au Gratin					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) flat glass dish & High rack*								
Instructions						Method:		
For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS flat glass dish take butter, milk, vegetables & maida. Mix well. Select category & weight and press start. When beeps, mix well & add salt & pepper. Mix well. Spread grated cheese on it & keep the MWS flat glass dish on high rack. Press start. 		
Mix Vegetables - Carrot, Cauliflower, French Beans (cut into small pieces), Sweet Corns, Green peas etc.	100 g	200 g	300 g	400 g	500 g			
Maida	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp			
Butter	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp			
Milk	½ cup	1 cup	1 cup	1½ cup	1½ cup			
Grated Cheese	2 tbsp	4 tbsp	6 tbsp	8 tbsp	10 tbsp			
Salt, & Pepper	As per your taste							

Menu	Co3	Baked Mushrooms					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) flat glass dish & High rack*								
Instructions						Method:		
For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In MWS flat glass dish put all the ingredients except cheese, mix well. Select category & weight, press start. When beeps, spread grated cheese on the top of the mixture. Place the MWS flat glass dish on high rack. Press Start. 		
Mushrooms	100 g	200 g	300 g	400 g	500 g			
White Sauce	50 ml	100 ml	150 ml	200 ml	250 ml			
Cheese (grated), Salt, Kali Mirch	As per requirement							
Butter	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			

Menu	Co4	Potato dumpling					Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish								
Instructions						Method:		
For	0.3 kg					<ol style="list-style-type: none"> Mix all the ingredients together for making dough for dumplings. Make 9-10 balls out of the dough. In the MWS bowl, add ½ cup water. Place the dumplings on the MWS flat glass dish and cover. Select category and press start. When beeps, take out the dumplings. Allow them to cool. In a microwave safe flat glass dish add butter and put the dumplings in it and press start. 		
Maida	3-4 tbsp							
Boiled & grated potato	100 g							
Grated paneer	75 g							
Salt, pepper, nutmeg powder	As per taste							
Finely chopped spinach	1 cup							
Butter & finely chopped garlic	1 tbsp each							
Pizza sauce	4 tbsp							

Menu	Co5	Lasaneya					Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) flat glass dish & High Rack*								
Instructions						Method:		
Lasaneya Sheets (cooked)	150 gm					<ol style="list-style-type: none"> Except Lasaneya sheets and cheese mix all the ingredients in MWS flat glass dish. Select category & press start. When beeps, remove the MWS flat glass dish from microwave oven. In MWS flat glass dish arrange lasaneya sheet in the bottom. Then spread vegetable mixture on it again keep another lasaneya sheet on it and make layers of sheets and vegetable mixture. Press start. When beeps, spread grated cheese on the top & place the glass dish on high rack. Press start. Serve hot. 		
White Sauce	1 cup							
Pizza Sauce	½ cup							
Mix Vegetables (boiled) - Egg plant, Zucchini, Broccoli, Mushrooms, Sweet Corns etc.	2 cups							
Oil	2 tbsp							
Oregano, Salt & Black Pepper	As per your taste							
Grated Cheese	5 tbsp							

Menu	Co6	Macaroni					Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
Macaroni	0.1 Kg	0.2 Kg			0.3 Kg	<ol style="list-style-type: none"> In a MWS flat glass dish take butter, milk, vegetables & maida. Mix well. Select category & weight and press start. When beeps, mix well & add salt & pepper. Mix well. Spread grated cheese on it & keep the MWS flat glass dish on high rack. Press start. 		
Water	400 ml	800 ml			1200 ml			
Butter	1 tbsp	2 tbsp			3 tbsp			
Spring Onion Chopped	2 tbsp	3 tbsp			4 tbsp			
Garlic Chopped	1 tsp	2 tsp			3 tsp			
Mushrooms Chopped	3 Nos.	4 Nos.			5 Nos.			
Tomato Sauce	2 tbsp	3 tbsp			4 tbsp			
Chilli Sauce	1 tsp	2 tsp			3 tsp			
Salt, Sugar, Pepper & Oregano	As per your taste							

* Refer page 101, fig 5

Menu	Co7	Chilli Veg	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<ol style="list-style-type: none"> In a MWS bowl add oil, onions, green chillies, ginger garlic paste & capsicum. Mix well & cover. Select category & weight press start. When beeps, mix well & add paneer pieces, soya sauce, chilli sauce, cornflour (mixed with ½ cup water), water, salt, pepper & ajinomoto and press start. Mix well & serve.
Paneer pieces	100 g	200 g	300 g	
Chopped Capsicum & onion	½ cup	1 cup	1½ cup	
Chopped green chillies	1 no.	2 nos.	3 nos.	
Ginger garlic paste	½ tbsp	1 tbsp	1½ tbsp	
Oil	½ tsp	1 tsp	1½ tsp	
Soya sauce	1 tsp	1½ tsp	2 tsp	
Cornflour	1 tbsp	1½ tbsp	2 tbsp	
Green chilli sauce	1 tbsp	2 tbsp	3 tbsp	
Salt & Pepper	As per your taste			
Water	½ cup	1 cup	1 cup	
Ajinomoto	A pinch			

Menu	Co8	Thai Chicken	Weight Limit	0.5 kg.	
Utensil: Microwave safe (MWS) bowl					
Instructions			Method:		
Boneless chicken	500 gm			<ol style="list-style-type: none"> In a MWS bowl put oil, garlic, sugar, soya sauce, red curry paste, broccoli, chicken pieces, mix well. Select category and press start. When beeps, remove. Add red chilli paste crushed peanuts, sauce of milk, maida, butter, mix well press start. 	
Red curry paste	2 tbsp				
Sugar	1 tsp				
Soya sauce	2 tbsp				
Salt	To taste				
Chopped garlic	1 tsp				
Blanched Broccoli (florets)	1 cup				
Peanuts (Roasted & crushed)	¼ cup				
Oil	2 tbsp				
Red chilli paste	1 tsp				
For Sauce					
Butter	2 tbsp				
Maida	2 tbsp				
Milk	1 cup				
Salt & pepper	To taste				

Menu	Co9	Sweet & Sour Veg	Weight Limit	0.1 ~ 0.3 kg.
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<ol style="list-style-type: none"> In a microwave safe bowl add oil, chopped spring onions & garlic, red chilli paste. Select category & weight and press start. When beeps, mix well & cut vegetables, tomato ketchup, vinegar, salt, sugar, ajinomoto, soya sauce, pineapple juice, water & cornflour. Mix well, press start. Stand for 5 minutes.
Cut vegetables (Baby corns cut lengthwise, Broccoli florets, Mushroom pieces, Pineapple slices, Capsicum)	100 g	200 g	300 g	
Oil	½ tbsp	1 tbsp	1½ tbsp	
Chopped spring onion & garlic	¼ cup	½ cup	1 cup	
Red chilli paste	¼ tsp	¼ tsp	½ tsp	
Tomato Ketchup	¼ cup	¼ cup	½ cup	
Vinegar	As per taste			
Sugar	½ tsp	1 tsp	1 tsp	
Salt	As per taste			
Ajinomoto	¼ tsp	¼ tsp	½ tsp	
Soya sauce	1 tsp	1 tsp	1 tsp	
Pineapple juice	¼ cup	¼ cup	½ cup	
Water	1 cup	1 cup	1 cup	
Cornflour	2 tbsp mixed with ½ cup water			

Menu	Co10	Mediterranean Crostini [®]	Weight Limit	0.3 kg	
Utensil: Low rack					
Instructions			Method:		
French bread	6 slices			<ol style="list-style-type: none"> In a bowl, put all the ingredients of marinade & mix well. Keep it for 15-20 minutes. Butter the bread slices. Top each slice with 2-3 slices of marinated tomatoes. Put chopped olives & sprinkle grated cheese on top. Select the category & press start. (Pre-heat process.) When beeps, keep the bread slices on low rack. Keep the rack in microwave & press start. 	
Black olives (sliced)	¼ cup				
Cheese (grated)	½ cup				
Butter	2 tbsp				
To be mixed together for the marinated tomatoes :					
Tomatoes (sliced)	2 nos.				
Basil leaves (freshly chopped)	1 tsp				
Garlic (chopped)	1 tsp				
Olive oil	2 tsp				
Salt & freshly crushed pepper corns	As per taste				

[®] Do not put anything in the oven during Pre-heat mode.

Menu	Co11	Risotto Rice	Weight Limit	0.1 ~ 0.4 kg.
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Arborio rice (soaked)	100 g	200 g	300 g	400 g
Water	200 ml	400 ml	600 ml	650 ml
Chopped carrots	¼ cup	½ cup	1 cup	1½ cup
Chopped garlic	1 tsp	1½ tsp	2 tsp	2½ tsp
Peas	¼ cup	½ cup	1 cup	1½ cup
Sliced mushroom	¼ cup	½ cup	1 cup	1½ cup
Chopped coriander leaves/parseley	As required			
Spinach (blended & pureed)	¼ cup	½ cup	1 cup	1 cup
Tomato puree	½ cup	½ cup	1 cup	1 cup
Fresh cream	3 tbsp	4 tbsp	5 tbsp	6 tbsp
Olive oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Grated cheese	As required			
Salt	As per taste			
<ol style="list-style-type: none"> In a MWS bowl add olive oil, garlic, mushrooms, peas, carrots & tomato puree. Mix well. Select category & weight and press start. When beeps, mix well & add rice. Mix well and press start. When beeps, mix well & add water & salt. Press start. Mix well & stand for 5 minutes. Add spinach, tomato puree, cream, grated cheese & chopped coriander/parseley & serve. 				

Menu	Co12	Spaghetti with tomato sauce	Weight Limit	0.1 ~ 0.3 kg.
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	
Spaghetti noodles	100 g	200 g	300 g	
Water	400 ml	800 ml	1200 ml	
Olive oil	1 tbsp	1½ tbsp	2 tbsp	
Chopped garlic	1 tbsp	1½ tbsp	2 tbsp	
Chopped tomatoes	1 cup	1½ cup	2 cup	
Chopped mushrooms	¼ cup	½ cup	1 cup	
Chopped onion	½ cup	1 cup	1½ cup	
Sliced olives (pitted)	5 nos.	6 nos.	7 nos.	
Fresh basil	As required			
Parmesan cheese	As required			
Salt, pepper, oregano & chilli flakes	As per taste			
<ol style="list-style-type: none"> In a MWS bowl add spaghetti noodles, water & few drops of oil. Select category & weight and press start. When beeps, remove & drain the water. Wash the noodles under running water to separate. In another MWS bowl add olive oil, garlic, olives, onions, mushrooms, chopped tomatoes, salt, peppers, oregano & chilli flakes. Press start. When beeps, mix well & add the spaghetti. Mix well & press start. Rip all the basil over it & spread grated parmesan cheese & serve. 				

Menu	Co13	Cottage Cheese Tortellini	Weight Limit	8 Pc
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	Dough			
Maida	1 cup			
Egg	1 no.			
Olive oil	1 tbsp			
Salt	As per taste			
Water (to knead the dough)	As required			
For Stuffing				
Blanched spinach	½ cup			
Paneer (roughly mashed)	100 g			
Olive oil	1 tbsp			
Garlic (minced)	1 tbsp			
Salt & pepper	As per taste			
For Sauce				
Blanched tomatoes (skin removed)	5 nos.			
Garlic pods	8-10 nos.			
Coriander leaves (fresh)	1 tbsp			
Olive oil	1 tbsp			
Chilli flakes	1 tsp			
Oregano	½ tsp			
Salt, pepper	As per taste			
<p>Pre-Preparation for Stuffing :</p> <ol style="list-style-type: none"> In a MWS glass bowl take olive oil & minced garlic, mix and microwave 100% for 2 minutes. Add mashed paneer & blanched & chopped spinach, salt & pepper. Mix well & microwave 100 % for 2 minutes. In another bowl take maida, salt, beaten egg & olive oil. Mix well & knead a firm dough adding enough water. Cover & keep aside for 10-15 minutes. Divide the dough into 5-6 equal sized balls & roll out each ball into a long & rectangular strip (approx. 2.5" broad) & cut into squares. Fill each square shape with spinach & cottage cheese stuffing (1 tsp). Wet the edges with little water & cover with another square & seal it by pressing tightly. There should be no air-bubble left within. Make all tortellinis following same procedure. Take 500 ml water in a MWS bowl & keep inside the microwave. Select category & press start. When beeps, put the tortellinis in the boiling water. Cover & press start. When beeps, remove & strain the tortellinis & place in a serving dish & keep aside covered. Blend together blanched tomatoes, garlic pods, coriander leaves with a blender. Take this puree in a MWS bowl, add olive oil, salt, pepper oregano & chilli flakes. Mix well & press start. When cooking ends, pour this sauce over the cooked tortellini & serve hot. 				

Menu	Co14	Broccoli in Butter Sauce			Weight Limit	0.1 ~ 0.3 kg	
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) glass dish							
Instructions					Method:		
For	0.1 Kg	0.2 Kg	0.3 Kg		<ol style="list-style-type: none"> In a MWS bowl take broccoli florets. Sprinkle some water & cover. Select category & weight and press start. When beeps, remove broccoli & keep aside. In a MWS flat glass dish take butter, chopper garlic, chopped onions. Mix well & press start. When beeps, stir & add milk, fresh cream, mustard powder, coriander, salt & pepper powder & broccoli. Mix & press start. 		
Broccoli	100 g	200 g	300 g				
Milk	½ cup	1 cup	1½ cup				
Fresh cream	¼ cup	½ cup	¾ cup				
Onion (chopped)	1 no.	2 nos.	3 nos.				
Garlic (chopped)	½ tsp	1 tsp	1 tsp				
Mustard powder	½ tsp	1 tsp	1 tsp				
Butter (melted)	1 tbsp	1½ tbsp	2 tbsp				
Salt & pepper powder	As per taste						
Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp				

Menu	Co15	Chilli Chicken				Weight Limit	0.1 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl							
Instructions					Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg		<ol style="list-style-type: none"> In a MWS bowl add oil, chopped ginger, garlic, boneless chicken, soya sauce, chilli sauce and cover. Select category & weight & press start. When beeps add, chopped onions, capsicum, chopped green chillies, vinegar, salt, sugar, pepper, cornflour mixed with water. Cover & press start. Stand for 5 minutes. Serve. 	
Boneless chicken	100 g	200 g	300 g	400 g			
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp			
Chopped ginger garlic	½ tbsp	1 tbsp	1½ tbsp	2 tbsp			
Chopped onions	½ No.	1 No.	1 No.	2 No.			
Chopped green chillies	½ tbsp	1 tbsp	2 tbsp	2½ tbsp			
Capsicum	½ no.	1 no.	2 nos.	2 nos.			
Soya sauce	½ tbsp	½ tbsp	1 tbsp	1½ tbsp			
Chilli sauce	½ tbsp	½ tbsp	1 tbsp	1½ tbsp			
Vinegar	½ tbsp	½ tbsp	1 tbsp	1½ tbsp			
Salt, sugar & pepper	As per taste						
Cornflour (mixed with ½ cup water)	1 tbsp	1 tbsp	1 tbsp	1½ tbsp			

Menu	Co16	Hakka Noodles			Weight Limit	0.1 ~ 0.3 kg	
Utensil: Microwave safe (MWS) bowl							
Instructions					Method:		
For	0.1 kg	0.2 kg	0.3 kg		<ol style="list-style-type: none"> In a MWS bowl add hakka noodles, water & few drops of oil. Select category & weight & press start. When beeps, remove drain water & wash & separate the noodles under running water. In another MWS bowl add oil, mix vegetables, ajinomoto, salt, red chilli powder, green chilli sauce. Mix well & press start. When beeps, add noodles to the bowl. Mix & press start. 		
Hakka noodles	100 g	200 g	300 g				
Water	400 ml	800 ml	1200 ml				
Oil	1 tbsp	1½ tbsp	2 tbsp				
Chopped veg - carrot, peas, french beans, capsicum	1 cup	1½ cup	2 cup				
Ajinomoto	A pinch						
Salt, red chilli powder, green chilli sauce	As per taste						

Menu	Co17	Veg in hot garlic sauce			Weight Limit	0.1 ~ 0.3 kg	
Utensil: Microwave safe (MWS) bowl							
Instructions					Method:		
For	0.1 kg	0.2 kg	0.3 kg		<ol style="list-style-type: none"> Cut the capsicum & cauliflower into medium sized pieces, baby corns & french beans into small sized pieces. In a MWS bowl add oil, chopped onion, ginger, green chillies. Select category & weight and press start. When beeps, mix & add vegetables, pepper, salt, sugar, cornflour mixed with water, ajinomoto. Press start. Stand for 5 minutes. Serve. 		
Mix veg - Cauliflower florets, capsicum, baby corns, beans	100 g	200 g	300 g				
Oil	1 tbsp	1½ tbsp	1½ tbsp				
Chopped garlic, ginger, green chillies	1 tbsp	2 tbsp	2 tbsp				
Corn flour	1 tbsp	1½ tbsp	2 tbsp				
Pepper, salt, sugar	As per taste						
Ajinomoto	A pinch						
Oregano (optional)	As per taste						
Water	2 cups	3 cups	3 cups				

Menu	Co18	Schezwan Chicken	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.5 kg	<ol style="list-style-type: none"> In a MWS bowl mix together oil, garlic paste, dry red chillies, chicken pieces, tomato ketchup, ajinomoto, vinegar, red chilli paste, sugar. Mix well. Select category & press start. When beeps, mix well and add spring onions, cornflour, salt. Mix well & press start. 	
Boneless chicken		500 g		
Dry red chillies		8 nos.		
Garlic paste		4 tsp		
Tomato ketchup		5 tbsp		
Vinegar		2 tsp		
Red chilli sauce		2 tbsp		
Ajinomoto (optional)		¼ tsp		
Sugar & salt		As per taste		
Spring onions (with greens)		1 cup		
Cornflour (mixed with ¼ cup water)		2 tsp		
Oil		3 tbsp		

Menu	Co19	Veg Manchurian	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl				
Instructions			Method:	
For Manchurian Balls			<ol style="list-style-type: none"> Mix all the ingredients of Manchurian balls in a bowl. Make balls of medium size from the mixture. In a MWS flat glass dish keep the manchurian balls. When beeps, remove & allow to cool. In a MWS bowl oil, ginger, green chilli, onion, soya sauce, tomato sauce, vinegar, pepper, salt, mix well & press start. When beeps mix well add cornflour mixed with 1½ cups water. Press start. Add Manchurian ball. Stand for 3 minutes & serve hot with steamed rice or fried rice. 	
Grated Cabbage		1 cup		
Grated carrots		¾ cup		
Grated cauliflower		½ cup		
Cornflour		3 tbsp		
Maida		1 tbsp		
Ajinomoto		¼ tsp		
Salt & pepper		As per taste		
For Manchurian Sauce				
Chopped ginger		1 tsp		
Chopped green chilli		1 no.		
Chopped Onion		½ no.		
Soya sauce		1 tbsp		
Tomato sauce		2 tbsp		
Vinegar		2 tsp		
Pepper, Salt, Cornflour		As per taste		
Oil		1 tbsp		

Menu	Co20	Steamed Egg with Tofu	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a bowl take sesame oil, soya sauce, black pepper powder, salt & egg. Beat well with blender. Mix tofu chunks into it & mix. Put this mixture in a MWS flat glass dish. Sprinkle chopped spring onions & chopped red chilli on top. Now put boiled egg yolk (cut in pieces) on top. Cover the flat dish with plastic film. Keep the MWS flat glass dish in the microwave. Select category & weight and press start. Give standing time of 5 minutes & serve hot.
Tofu (cut into chunks)	50 g	100 g	150 g	
Egg	1 no.	2 nos.	3 nos.	
Sesame oil	½ tsp	1 tsp	1 tsp	
Light soya sauce	½ tsp	1 tsp	1 tsp	
Red chilli (chopped)	1 no.	1 no.	1 no.	
Spring onion (chopped)	1 tbsp	2 tbsp	3 tbsp	
Boiled egg yolk (cut into pieces)	1 no.	2 nos.	2 nos.	
Salt & pepper		A pinch		

Menu	Co21	Almond & Vegetables Stir Fry	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a MWS glass bowl take canola oil, chopped ginger- garlic, sliced onions. Select category & weight and press start. In a small bowl, take sugar, cornflour. Add water, soya sauce, sesame oil & mix well. Make a smooth paste. When beeps, add broccoli, red capsicum, slivered almonds. Mix well & press start. When beeps, add the sauce & stir well. Press start. Serve stir fried vegetables hot.
Broccoli (cut into florets)	50 g	100 g	150 g	
Red capsicum (cut into big square pieces)	¼ cup	½ cup	¾ cup	
Garlic (chopped)	½ tsp	1 tsp	1 tsp	
Ginger (chopped)	½ tsp	1 tsp	1 tsp	
Onions (sliced)	1 no.	1½ no.	2 nos.	
Slivered almonds	2 tbsp	3 tbsp	4 tbsp	
Canola oil	1 tbsp	1½ tbsp	2 tbsp	
For Sauce				
Soya sauce	1 tsp	1½ tsp	2 tsp	
Water	3 tbsp	6 tbsp	9 tbsp	
Sesame oil	½ tsp	1 tsp	1½ tsp	
Sugar	1 tsp	2 tsp	3 tsp	
Cornflour	½ tsp	1 tsp	1½ tsp	
Salt & black pepper powder		As per taste		

Tandoor Se/Kids' Delight

In the following example, show you how to cook 0.4 kg of Tandoori Aloo.

1. Press STOP/CLEAR.



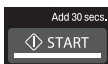
2. Press Tandoor Se/Kids' Delight.



3. Turn DIAL until display show "tS3".



4. Press START/Add 30secs for category confirmation.



5. *Turn DIAL until display show "0.4 kg"



6. Press START/Add 30secs.



For Kids' Delight

7. If you want to select Kids' Delight Press the button twice, the display will show "CF1"
8. Turn the dial to select CF1 to bA13.
9. Again follow step 4 to 6.

NOTE

- Tandoor Se/Kids' Delight menus are programmed.
- Tandoor Se/Kids' Delight allows you to cook most of your favorite food by selecting the food type and the weight of the food.

* Note: If the recipe has single weight e.g. "tS1" Murg Tandoori, do not follow step 4, 5. Directly go to step 6.

Menu	tS1	Murg Tandoori	Weight Limit	1 kg
Utensil: Rotisserie*				
Instructions			Method:	
Whole Chicken		1 Kg	<ol style="list-style-type: none"> Mix all the ingredient of marinade in a bowl Wash the Chicken properly & make cuts on the chicken all over. Marinate the Chicken properly coating all the places. keep marinated for 3-4 hours in refrigerator. Keep paper towel (Kitchen towel) on glass tray. Assemble the rotisserie & insert the Chicken & tie up with thread. Install the rotisserie in the microwave select category & press start. Serve with grilled onion slices, lemon wedges & onion chutney. Note : For Rotisserie installation refer Pg. 113. 	
For Marinade				
Hung Curd		1 Cup		
Garlic Paste		3 Tbsp		
Ginger Paste		1 Tbsp		
Salt		As per taste		
Tandoori Masala		3 Tsp		
Cumin Powder		As per taste		
Tandoori Color		A pinch		
Red Chilli Powder		As per taste		

Menu	tS2	Bharwan Tamatar	Weight Limit	0.3-0.5 kg
Utensil: Multicook Tawa & High rack*				
Instructions			Method:	
For	0.3 Kg	0.4 Kg	0.5 Kg	<ol style="list-style-type: none"> Precook the paneer stuffing- In a MWS bowl add oil, Onions & microwave 100 % for 3 minutes. Add paneer & all the spices & coriander leaves & microwave 100% for 2 minutes Stuff the hollowed tomatoes with paneer. Grease the tomatoes with few drops of oil. Keep the Tomatoes on tawa & tawa on high rack. Select Category & weight and press start Turn over the tomato & press start. Put oil. Turn over the side again & press start. Garnish with fresh coriander leaves & serve.
Tomato (Hollowed)	300 g	400 g	500 g	
For Stuffing				
Paneer (mashed)	200 g	250 g	300 g	
Salt, Red Chilli Powder, Garam Masala, Cumin Powder	As per taste			
Onion Chopped	¼ cup	¼ cup	½ cup	
Coriander leaves Chopped	A few sprigs			
Oil	¼ Tbsp	½ Tbsp	1 Tbsp	

Menu	tS3	Tandoori Aloo	Weight Limit	0.3~0.5 kg
Utensil: Multicook Tawa & High rack*				
Instructions			Method:	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> Mix all the ingredients of marinade in a bowl. Add the aloo pieces & keep for ½ hour. Keep the marinated aloo on tawa & tawa on high rack. Select category & weight & press start. When beeps, turn over the pieces & drizzle few drops of oil & press start again. Sprinkle chaat masala or lemon juice & serve.
Aloo (Cut into quarters)	300 g	400 g	500 g	
For marinade				
Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp	
Garlic Paste	1 Tbsp	1 ½ Tbsp	2 Tbsp	
Cumin Powder	As per taste			
Red Chilli powder	As per taste			
Salt	As per taste			
Tandoori Masala	1 Tsp	2 Tsp	3 Tsp	
Tandoori Color	A pinch			

Menu	tS4	Tandoori Gobhi	Weight Limit	0.3~0.5 kg
Utensil: Multicook Tawa & High rack*				
Instructions			Method:	
For	0.3 Kg	0.4 Kg	0.5 Kg	<ol style="list-style-type: none"> Mix together in a bowl all the ingredients of marinade. Add the cauliflower to the marinade & rub them properly with the marinade. Keep aside for 1 hours. Transfer the marinated cauliflower on tawa & keep on high rack. Select category & weight and press start. When beeps, drizzle few drops of oil on cauliflower & turn them over. Press start. Serve with onion rings, coriander leaves & tomato slices.
Cauliflower florets	300 g	400 g	500 g	
For Marinade				
Jeera powder	½ Tsp	1 Tsp	1 Tsp	
Red Chilli Powder, Salt, Dhaniya Powder, Garam Masala, Anardana	As per taste			
Tandoori Color/Haldi	A pinch			
Oil	1 Tbsp	1½ Tbsp	2 Tbsp	
Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp	

* Refer page 102

* Refer page 101, fig 2

Menu	tS5	Bharwan Bhindi			Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High rack*						
Instructions					Method:	
For	0.2 kg	0.3 kg	0.4 kg		1. Cut stalk of each bhindi & make lengthwise slit.	
Bhindi	200 g	300 g	400 g		2. Combine stuffing ingredients & mix well stuff each bhindi with this mixture.	
Oil	¼ tbsp	½ tbsp	1 tbsp		3. In MWS glass bowl add oil, jeera, onion, green chilli, ginger, tomato & hing. Select category & weight & press start.	
Jeera	¼ tsp	½ tsp	1 tsp		4. When beeps, remove the bowl from microwave oven & keep the stuffed bhindi on tawa, drizzle few drops of oil on bhindis. Keep tawa on high rack.	
Onion (chopped)	½ no.	1 no.	1 no.		5. Press start.	
Green Chillies	1 no.	2 no.	2 no.		6. When beeps, turn over bhindis & add the onion mixture & mix well.	
Ginger	¼"	¼"	¼"		7. Press start.	
Hing		A pinch				
Tomato	½ no.	1 no.	1 no.			
For Stuffing						
Coriander Powder	1 tsp	2 tsp	3 tsp			
Turmeric Powder	1 tsp	1½ tsp	2 tsp			
Saunf Powder	1 tsp	1½ tsp	2 tsp			
Amchoor	1 tsp	1½ tsp	2 tsp			
Red Chilli Powder, Salt		As per taste				

Menu	tS6	Bharwan Baigan			Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High rack*						
Instructions					Method:	
For	0.2 kg	0.3 kg	0.4 kg		1. Pre-prepare the stuffing - In a MWS glass bowl add oil, onions, tomatoes & all spices & microwave at 100% for 3 minutes. Keep aside, slit the baigans cross ways with stems intact.	
Baigan (Medium)	200 g	300 g	400 g		2. In a MWS glass bowl add slit baigans & sprinkle some water & cover. Select category & weight & press start.	
For Stuffing						
Tomato(graded)	1 no.	1½ no.	2 nos.		3. When beeps, Remove the bowl from microwave oven & Add the stuffing to the baigans.	
Onion (chopped))	¼ cup	½ cup	1 cup.		4. Keep the baigans on tawa drizzle some drops of oil & keep tawa on high rack.	
Salt, Coriander powder, haldi, amchoor, garam masala, red chilli powder		As per taste			5. Press start.	
Oil	1 tbsp	1½ tbsp	2 tbsp		6. When beeps, turn over again.	
					7. Press start.	

Menu	tS7	Tandoori Jhinga				Weight Limit	0.2 ~ 0.5 kg
Utensil: Multicook tawa & High rack*							
Instructions						Method:	
For	0.2 kg	0.3 kg	0.4 kg	0.5 kg	1. Devein & wash prawns. Marinate the prawns with 1st marinade for ½ hours.		
King Size Prawns	200 g	300 g	400 g	500 g	2. Mix all the ingredients of 2nd marinade in a bowl. Pick up the prawns, discarding the lemon juice & add to the 2nd marinade & keep in refrigerator for 2-3 hours or more.		
1st Marinade							
Lemon juice	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp	3. Transfer the marinated prawns on tawa & keep the tawa on high rack. Select category & weight and press start.		
Salt, Red chilli powder		As per taste			4. When beeps, drizzle few drops of oil & turn over the side. Press start. Serve in pudina chutney.		
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	Note: In case the prawns get watery drain excess water & then cook.		
2nd Marinade							
Thick cream	2 tbsp	3 tbsp	4 tbsp	4 tbsp			
Mozarella cheese (grated)	1 tsp	2 tsp	3 tsp	4 tsp			
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp			
Red Chilli Powder		As per taste					
Tandoori Masala	1 tsp	2 tsp	3 tsp	3½ tsp			
Cornflour	2 tsp	3 tsp	4 tsp	5 tsp			
Garam Masala		As per taste					
Ginger Paste	2 tsp	2½ tsp	3 tsp	3½ tsp			
Tandoori Colour/Haldi		A pinch (for colour)					
Hung Curd	1 tbsp	2 tbsp	3 tbsp	4 tbsp			

Menu	tS8	Chana Kababs			Weight Limit	0.2 ~ 0.4 kg
Utensil: Multicook tawa & High rack*						
Instructions					Method:	
For	0.2 kg	0.3 kg	0.4 kg		1. Grind boiled kabuli chana, cloves, pepper powder, cinnamon powders, garlic cloves, salt, ginger, soaked bread pieces, whole red chilli, to a paste.	
Boiled Kabuli Chana (Chhole)	200 g	300 g	400 g		2. Now shape the paste in the form of kababs & roll out each kababs in bread crumbs for complete coating.	
Cloves	1 no.	2 nos.	2 nos.		3. Now keep the kababs on tawa & keep the tawa on high rack. Select category & weight & press start.	
Pepper powder		As per taste			4. When beeps, turn over the side & press start.	
Cinnamon powder	¼ tsp	¼ tsp	½ tsp			
Garlic Cloves	2 nos.	3 nos.	3 nos.			
Salt		As per taste				
Ginger Chopped	1 tsp.	2 tsp.	3 tsp			
Bread pieces	1 no.	2 nos.	2 nos.			
Whole red chilly	1 no	2 nos.	3 nos.			
Bread crumbs		For coating				

* Refer page 101, fig 2

Menu	tS9	Paneer tikka	Weight Limit	0.3 kg
Utensil: Rotisserie*				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> Mix all the ingredients of the marinade in a bowl. Make holes in the paneer pieces with the rotisserie skewers. Now add the paneer pieces capsicum, onion, tomato & mix well keep in the refrigerator for 1 hour. Skewer all the vegetables in the rotisserie & assemble the rotisserie & install the rotisserie in the oven. Select category & press start. When beeps, pour some oil & press start. Note: For rotisserie installation refer Pg. 116.	
Paneer cubes (cut into 1½" cubes), Capsicum (cut into cubes), onion (cut into cube), tomato (cut into cubes, pulp removed)		300 g		
For marinade				
Hung curd		2 tbsp		
Ginger garlic paste		1 tbsp		
Salt, Garam masala, Red Chili powder		As per taste		
Tandoori masala		1 tsp		
Tandoori Color		A pinch		
Oil		For basting		

Menu	tS10	Matar Kababs	Weight Limit	0.2 ~ 0.4 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> Grind the boiled peas, green chillies & elaichi seeds together to a fine paste. Grind the makhanas & cashewnuts together to a rough powder. Mix peas & makhanas paste. Add salt, pepper, garam masala. Make small balls & flatten them to get small round kababs. Keep on tawa & keep the tawa on high rack. Select category & weight and press start. When beeps, turn over & press start When beeps, turn over & press start. Sprinkle chaat masala & serve.
Boiled peas	200 g	300 g	400 g	
Roasted makhanas	1 cup.	1½ cups.	2 cups.	
Chopped green chillies	2 nos.	3 nos.	4 nos.	
Salt, pepper, garam masala	As per taste			
Seeds of Chhoti Elaichi	4 nos.	5 nos.	6 nos.	
Roasted Cashewnuts	2 tbsp	3 tbsp	4 tbsp	

Menu	tS11	Tandoori Mushrooms	Weight Limit	0.2 ~ 0.5 kg	
Utensil: Multicook tawa & High rack*					
Instructions			Method:		
For	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> Mix all the ingredients of the marinade in a bowl. Prick all the mushroom buttons & add to the marinade. Keep the mushroom marinated for 1 hour. Transfer the mushrooms on tawa & keep the tawa on high rack. Select category & weight and press start. When beeps, turn over the mushroom & press start. When beeps, turn over again & press start. Note: If mushroom run watery while cooking, drain water & start cooking again.
Mushroom Buttons (stalk removed)	200 g	300 g	400 g	500 g	
For Marinade					
Hung Curd	1 tbsp	2 tbsp	3 tbsp	4 tbsp	
Ginger Garlic Paste	½ tbsp	1 tbsp	2 tbsp	2½ tbsp	
Salt, Coriander powder, cumin powder, amchoor	As per taste				
Cornflour	¼ tsp	½ tsp	1 tsp	1½ tsp	
Tandoori Color	A pinch				

Menu	tS12	Arbi Tandoori	Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High rack*				
Instructions			Method:	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> Pre- preparation –In a MWS glass bowl arbi slices with some water. Cover & micro at 100% for 5 mins. Mix all the ingredients of marinade in a bowl. Add the arbi slices & keep for ½ an hour. In a MWS glass bowl add oil, onion rings, shredded ginger & green chillies, garam masala, amchoor & salt. Mix well. Select Category & weight & press start When beeps, remove the bowl from microwave oven, Transfer the marinated arbi on tawa & keep the tawa on high rack. Press start. When beeps, drizzle few drops of oil. Add onion rings mixture & turn over the slices Press start.
Arbi (Cut into slices)	200 g	400 g	500 g	
Oil	2 tsp	3 tsp	4 tsp	
Onion rings	1 cup	1½ cup	2 cups	
Garam Masala, Amchoor, Salt	As per taste			
Green Chillies (Chopped)	2 nos.	3 nos.	4 nos.	
Ginger (shredded)	1 tsp	1½ tsp	2 tsp	
Coriander Seeds	½ tsp	1½ tsp	1 tsp	
For Marinade				
Hung curd	2 tbsp	3 tbsp	4 tbsp	
Tandoori Masala	½ tsp	1 tsp	1½ tsp	
Ginger Paste	½ tsp	½ tsp	1 tsp	
Pepper corns (crushed)	4 nos.	5 nos.	6 nos.	
Ajwain	½ tsp	½ tsp	1 tsp.	
Haldi	A pinch			
Salt	As per taste			
Oil	½ tbsp.	½ tbsp	1 tbsp	
Besan	½ tbsp	½ tbsp	1 tbsp	

* Refer page 101, fig 2

* Refer page 102

Menu	tS13	Malai Tikka	Weight Limit	0.3 kg
Utensil: Rotisserie*				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> Mix all the ingredients of the marinade in a bowl. Marinate Chicken & keep in refrigerator for 1 hour. Grease the rotisserie skewers with some oil. Put the chicken pieces on skewers. Assemble the rotisserie. Install the rotisserie in the microwave, spread the tissue paper on the glass tray. Select category & press start. When beeps, add 1 tsp oil & again press start. Sprinkle the chaat masala & serve. Note: For rotisserie installation refer Pg. 113.	
Boneless Chicken (1½" pieces)		300 g		
Oil		For basting		
For Marinade				
Thick cream		¼ cup		
Green cardamom powder		¼ tsp		
Pepper powder		As per taste		
Garlic paste		¼ tsp		
Ginger paste		1 tsp		
Melted butter		¼ tsp		
Garam masala, amchoor, jeera powder, salt		As per taste		
Green chillies		1 no.		

Menu	tS14	Corn Kababs	Weight Limit	0.2 ~ 0.4 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> Mash the boiled potatoes & corns. Mix well. Add onions, green chillies, coriander pudina, garam masala, melted butter, salt & pepper. Add bread crumbs & lemon juice. Make long kababs out of this mixture. Keep the kababs on tawa & tawa on high rack. Select category & weight & press start. When beeps, turn over & press start. When beeps, turn over & press start. Serve with chutney or sauce.
Boiled potatoes	2 medium	3 medium	4 medium	
Boiled sweet corns	¼ cup	½ cup	1 cup	
Onions (Chopped)	¼ cup	½ cup	1 cup	
Green chillies (Chopped)	1 no.	1 no.	2 no.	
Fresh coriander (finely chopped)	1 tbsp.	2 tbsp.	3 tbsp	
Pudina (finely chopped)	½ tbsp.	1 tbsp	1½ tbsp	
Melted butter	¼ tsp.	½ tsp	1 tsp	
Garam Masala, pepper powder, salt		As per taste		
Lemon juice	2 tsp	3 tsp	3 tsp	
Bread crumbs	1 tbsp	2 tbsp	3 tbsp	

Menu	CF1	Corn Chaat	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a MWS bowl add some water & sweet corns. Select category & weight and press start. Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well & serve.
Sweet corn	100 g	200 g	300 g	
Mix fruits (Pomegranate, cucumber, apple)	½ cup	1 cup	1½ cup	
Salt, red chilli powder, chaat masala, lemon juice		As per taste		

Menu	CF2	Vermicelli Khichdi	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix. Select category & weight and press start. When beeps, mix & add tomato. Press start. When beeps, mix & add vermicelli, water, salt, red chilli powder, haldi, garam masala. Press start. Stand for 3 minutes. Squeeze lemon, mix & serve.
Roasted vermicelli	100 g	200 g	300 g	
Oil	1 tbsp	1½ tbsp	2 tbsp	
Rai, urad dal, curry leaves		As per taste		
Chopped onion	½ cup	1 cup	1 cup	
Chopped tomato	1 No.	2 Nos.	3 Nos.	
Salt, red chilli powder, haldi, garam masala		As per taste		
Water	400 ml	800 ml	1200 ml	
Lemon juice	As per taste			

* Refer page 102,

* Refer page 101, fig 2

Menu	CF3	Omelette	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> 1. Beat the eggs well & add salt, pepper & coriander leaves. 2. Add oil, tomato & onion to MWS flat glass dish. Select category & weight and press start. 3. When beeps, add the egg mixture. Cover & press start. Allow to stand for 3 minutes.
Eggs	2 Nos.	3 Nos.	4 Nos.	
Oil	½ tbsp	1 tbsp	1 tbsp	
Chopped onion, tomato, coriander leaves	½ cup	1 cup	1 cup	
Salt, pepper	As per taste			

Menu	CF4	Pizza®	Weight Limit	0.3 kg
Utensil: Low rack & High rack				
Instructions			Method:	
Pizza base	1 medium pizza base			<ol style="list-style-type: none"> 1. Select category & press start to preheat. 2. Spread pizza topping on pizza base, spread chopped vegetables on it. Sprinkle grated cheese. 3. When beeps, place the pizza on low rack & press start. 4. When beeps, transfer the pizza on high rack & press start.
Topping	3 tbsp			
Mix Vegetables - Tomato, Capsicum, Onion	1 cup			
Grated Cheese	1/2 cup			
Oregano & Chilli flakes (Optional)	As per your taste			

Menu	CF5	Garlic Bread®	Weight Limit	0.3 kg
Utensil: Low rack				
Instructions			Method:	
Bread slices (French Bread)	4 pcs			<ol style="list-style-type: none"> 1. Mix butter, garlic paste, grated cheese, salt, kali mirchi powder and oregano together. Apply this mixture to both sides of bread slices. 2. Select category & press start. (Pre-heat process). 3. When beeps, keep the bread slices on low rack & press start. Note : Use French bread to make garlic bread.
Butter	5 tbsp			
Garlic paste	2 tbsp			
Grated cheese	4 tbsp			
Salt, kali mirchi powder, Oregano, chilli flakes	As per your taste			

Menu	CF6	Bread Pudding	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. Make small pieces of Bread slices. Beat the egg very well . Mix all the ingredient very well. 2. Pour this mixture into MWS flat glass dish. Select category and weight. Press start.
Bread slices	2 Nos.	3 Nos.	4 Nos.	
Milk (for dipping the bread)	½ cup	1 cup	1½ cup	
Egg	1 Nos.	2 Nos.	2 Nos.	
Vanilla Essence	½ tsp	¾ tsp	1 tsp	
Sugar	3 tbsp	4 tbsp	5 tbsp	
Dry fruits	As per your taste			

Menu	CF7	Cheesy Nachos	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.3 kg			<ol style="list-style-type: none"> 1. In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select category & press start.
Nachos	300 g			
Grated cheese	1 cup			
Pizza sauce	6 tbsp			
Chopped onion, tomato	2 cups			

Menu	CF8	Chocolate balls	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Milkmaid	1 cup			<ol style="list-style-type: none"> 1. In a MWS safe glass bowl add milkmaid, marie biscuit powder, milk powder, bournvita. Mix well. Select category & press start. 2. Allow to cool. Make balls out of the mixture. Roll out the balls in the grated coconut. 3. Keep in refrigerator for half an hour.
Marie biscuit powder	1 cup			
Milk powder	½ cup			
Bournvita	½ cup			
Grated coconut	½ cup			

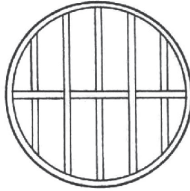
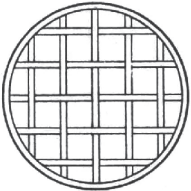
® Do not keep anything in the oven during pre-heat mode.

Menu	CF9	Strawberry Custard	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add milk, strawberry custard powder, sugar. Mix well. Select category & press start. When beeps, stir well. Press start. When beeps, stir well. Press start. Allow to set in refrigerator. 	
Milk		1 cup		
Strawberry custard powder		3 tbsp		
Sugar		50 g		
Strawberry pieces		As required		

Menu	CF10	Veg Burger	Weight Limit	0.1 ~ 0.3 kg
Utensil: Multicook tawa & High rack*				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a bowl mix all the ingredients for tikkis & prepare round & flat tikkis out of it. Slit the buns into two halves. Apply the butter inside the buns. Keep the tikkis on the tawa. Keep on high rack. Select category & weight and press start. When beeps, turn over the tikkis & press start. When beeps, remove the tikkis. Now apply tomato sauce on one half of the bun. Keep the cheese slice, tikki, onion slices and then tomato & cheese slices & cover with the second half of the bun. Now keep the burger on high rack & press start.
Burger buns	1 no.	2 nos.	3 nos.	
For Tikkis				
Potatoes (boiled)	100 g	200 g	300 g	
Boiled peas	¼ cup	½ cup	1 cup	
Chopped ginger	1 tsp	2 tsp	3 tsp	
Green chillies	1 no.	2 nos.	3 nos.	
Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp	
Salt, red chilli powder, garam masala, chaat masala	As per taste			
Cornflour				
For binding				
Tomato slices	1 no.	2 nos.	3 nos.	
Onion slices	2 no.	4 nos.	6 nos.	
Cheese slices	1 no.	2 nos.	3 nos.	
Butter	1 tsp	2 tsp	3 tsp	
Tomato sauce	1 tbsp	2 tbsp	3 tbsp	

Menu	CF11	Choco Bars	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish				
Instructions			Method:	
Chocolate chips		½ cup	<ol style="list-style-type: none"> In a microwave safe glass bowl put oats, half amount of butter (4 tbsp), honey and brown sugar. mix well. Select category and press start. Grease a microwave flat glass dish with butter and line the dish with butter paper. Again grease it with butter. When beeps, remove and pour the oats mixture into greased flat glass dish and press firmly with spoon. In MWS glass bowl add rest of the butter, chocolate chips. Mix & press start. When beeps, pour this mixture on oats & sprinkle chopped nuts. Cut into rectangle bars when set & serve chilled. 	
Oats (crushed)		1 cup		
Honey		3 tbsp		
Brown sugar		4 tbsp		
Butter (softened)		8 tbsp		
Chopped nuts (almonds, pistachio, walnut)		As required		

* Refer page 101, fig 2

Menu	CF12	Apple Pie®	Weight Limit	0.6 kg
Utensil: Metal cake tin & Low rack**				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> Put maida, salt, sugar in a food processor/mixer. Grind it well. Take it in a bowl. Add chilled cubes of butter. Rub with hand to make bread crumb texture or till soft & well granulated. Add ¼ cup ice water to make a soft dough when pinched. Roll out the dough into 2 equal parts. Make disc shapes. Cover with plastic wrap & keep refrigerated at least for 30 minutes, When chilled, roll out one disc into big shape & place in a greased cake tin, covering it from the edges. Again keep in refrigerator for 1 hour. Take all the ingredients of apple filling in a mixer. Grind it to make a puree without any water. Pour this mixture in the cake tin. Roll out the second chilled disc & cut out long strips of ½ inch width. Cover the pie dish with these strips, arranging crossways as shown in figure 1 & figure 2. Seal the edges & wet them with water. Cover the edges with foil paper to avoid over burning. Select the category & press start. (Pre-heat process). When beeps, place the cake tin on low rack & press start. When beeps, give a standing time of 5-10 minutes. Cool & serve in pieces. Note: If the butter becomes soft while making pie, keep the rolled dough in freezer. 	
Apple Filling				
Apples (peeled, cleaned & sliced thinly)		4 large sized		
White sugar		¼ cup		
Brown sugar		¼ cup		
Lemon juice		1 tsp		
Cinnamon powder		1 tsp		
Nutmeg powder		¼ tsp		
Salt		¼ tsp		
Softened butter		2 tbsp		
Cornflour		2 tbsp		
Short Crust Pastry				
Maida		2½ cup (300 g)		
Salt		½ tsp		
Sugar (granulated)		2 tbsp		
Unsalted butter (chilled & cut into 1 inch pieces)		1 cup (225 g)		
Ice water		¼ - ½ cup (60-120 ml)		
				
Fig -1		Fig -2		

Menu	CF13	Mushroom & Pepper Pizza®	Weight Limit	0.3 kg
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> Dissolve the yeast in lukewarm water, stir in sugar & keep for 10 minutes till frothy. Sieve the flour, add the yeast mixture, oil & salt. Prepare a dough using a little water if required. Knead till it does not stick to the pan/bowl. Cover the dough with a muslin cloth & keep it till it doubles the volume. Knead lightly & roll out thin chapati. Keep on greased tawa. Spread the sauce, sprinkle oregano & chilli flakes, add vegetables & spread grated cheese. Keep aside. Select category & press start. (Pre-heat process). When beeps, keep the tawa on low rack. Keep it inside the microwave oven. Press start. 	
Pizza base				
Dry active yeast		3 g		
Water		2 tbsp		
Sugar		¼ tsp		
Maida		60 g		
Salt		¼ tsp		
Oil		1 tsp		
Topping				
Pizza sauce		2 tbsp		
Vegetables (sliced mushroom, chopped yellow & red bell pepper)		1 cup		
Grated cheese		1 cup		
Oregano & chilli flakes		As per taste		

* Do not put anything in the oven during Pre-heat mode.

** Refer page 101, fig 4

* Refer page 101, fig 1

Menu	CF14	Cheese Bread Delight	Weight Limit	8 Pc
Utensil: High rack				
Instructions			Method:	
For		8 nos.	<ol style="list-style-type: none"> 1. Take bread slices & remove its edges using a sharp bread knife. In a bowl mix together all the ingredients of dressing. 2. Take 2 buttered bread slices. Place a cheese slice on top of a bread & sprinkle some chilli flakes & salt. Cover with the second piece of bread. Press gently to stick them together. Follow same procedure to make more sandwiches like this from rest of the ingredients. 3. Cut each sandwich into 4 quarters/triangles to get 8 quarters/triangles in all. 4. Take a wooden skewer & insert 1 sandwich triangle & followed by a cherry tomato. Repeat the same step in the same skewer. So that 1 skewer has 2 triangles & 2 cherry tomatoes. Make all sandwich in the same way. 5. Brush all skewered sandwiches with the prepared dressing from all sides. Place them on high rack. 6. Keep high rack inside the microwave. Select category and press start. 7. When beeps, turn over the sandwiches carefully & again press start. Serve them hot with tomato ketchup. 	
Brown bread slice (buttered)		4 nos.		
Cheese slice		4 nos.		
Butter (softened)		2 tbsp		
Chilli flakes		1 tbsp		
Salt (optional)		As per taste		
Cherry tomatoes		20 nos.		
For Dressing				
Olive oil		3 tbsp		
Vinegar		1 tbsp		
Light soya sauce		½ tsp		
Chopped parsley / coriander leaves		1 tbsp		
Salt, black pepper powder		As per taste		

Menu	CF15	Noodle Rosti	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High rack*				
Instructions			Method:	
For Rosti			<ol style="list-style-type: none"> 1. In a bowl take all the ingredients for rosti & mix well with hands. Divide the dough into 4 equal parts. 2. In a MWS glass bowl take oil, shredded vegetables, boiled bean sprouts, salt & pepper. Mix well. Select category & press start. 3. When beeps, remove the bowl & mix well & divide the topping into 4 equal parts & keep aside for late use. 4. Take the dough & shape each portion into round flat circles (approx. 2.5"). Keep on tawa, keep tawa on high rack & press start. 5. When beeps, turn over the rostis & again press start. 6. Place the rostis on a serving plate & top them with a portion of prepared topping & tomato ketchup. Serve immediately. 	
Boiled whole wheat noodles		¾ cup		
Grated paneer		¼ cup		
Grated mozarella cheese		¼ cup		
Oil		2 tsp		
Salt & pepper		As per taste		
Coriander (chopped)		2 tbsp		
For Topping				
Mixed shredded vegetables (carrot, cabbage, capsicum)		½ cup		
Boiled bean sprouts		¼ cup		
Oil		1 tbsp		
Salt & pepper		As per taste		
Tomato ketchup		4 tbsp		

Menu	CF16	Apple Custard	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. Mix all the ingredients in a MWS glass bowl. Select category & weight and press start. 2. When beeps, mix well & press start.
Apple	100 g	200 g	300 g	
Sugar	1 tbsp	2 tbsp	3 tbsp	

Menu	CF17	Home made Cereal	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. Soak rice for 1 hour. In a MWS glass bowl put all the ingredients. Keep it in microwave. Select category & weight and press start. 2. When beeps, remove and grind it in a mixer to a powder. You can store this mixture in a fridge. Take 2 tbsp of this powder, add water, salt, jeera powder and mix. Put this in microwave and press start. 3. When beeps, remove it.
Rice	50 g	100 g	150 g	
Moong daal	50 g	100 g	150 g	
Salt, jeera powder, almonds (optional)		As per taste		
Ghee	1 tsp	2 tsp	3 tsp	
Groundnuts	1 tbsp	2 tbsp	3 tbsp	
Poha	1 tbsp	2 tbsp	3 tbsp	
Daliya	1 tbsp	2 tbsp	3 tbsp	

Menu	CF18	Khichdi	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. Soak rice for 1 hour. In a MWS glass bowl put ghee, rice, daal and water. Keep it in microwave. Select category & weight & press start. 2. When beeps, remove and add salt, jeera powder and cover. Put this in microwave and press start. 3. When beeps, remove and add some water if required. Mix well and put this in microwave and press start.
Soaked rice	50 g	75 g	100 g	
Moong daal	25 g	50 g	75 g	
Salt, jeera powder (optional)		As per taste		
Ghee	1 tsp	2 tsp	3 tsp	
Water	200ml	400 ml	600 ml	

* Refer page 101, fig 2

Menu	CF19	Vegetable Mix	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	
Dehusked green gram dal (roasted & ground)	20 g	40 g	60 g	
Carrot (chopped)	20 g	40 g	60 g	
Potato (chopped)	40 g	80 g	120 g	
Spinach (chopped)	20 g	40 g	60 g	
Curd	40 g	80 g	120 g	
Jaggery	50 g	90 g	100 g	
			<ol style="list-style-type: none"> In a MWS glass bowl add vegetables, add some water. Select category and weight and press start. When beeps, add the ground dal. Press start. When beeps, remove and allow to cool. Grind all the ingredients adding curd and jaggery. Keep in MWS bowl & again press start. 	

Menu	CF20	Daliya Khichdi	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 Kg	0.2 kg	0.3 kg	
Soaked dalia	¼ cup	½ cup	¾ cup	
Soaked moong dal	¼ cup	½ cup	¾ cup	
Grated carrot	1 no.	2 nos.	3 nos.	
Grated potato	½ no.	1 no.	1 no.	
Spinach (chopped)	½ cup	1 cup	1½ cup	
Desi ghee	1 tbsp	1½ tbsp	2 tbsp	
Turmeric powder, salt	As per taste			
Water	300 ml	500 ml	750 ml	
			<ol style="list-style-type: none"> In a MWS bowl take soaked dalia, soaked moong dal, desi ghee, grated potato & grated carrot. Mix very well. Select category & weight and press start. When beeps, add water, chopped spinach, turmeric powder, salt. Mix well & cover. Press start. When beeps, mix well. Add ½ cup water (or more). Press start. Serve with fresh curds. 	

Menu	CF21	Poha	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	
Poha (washed)	100 g	200 g	300 g	
Oil	1 tbsp	1½ tbsp	2 tbsp	
Rai, jeera, hing, haldi, curry leaves	As per taste			
Chopped onion	1/2 cup	1 cup	1 cup	
Green chillies	1 No.	2 Nos.	3 Nos.	
Salt, red chilli powder, garam masala, sugar	As per taste			
Grated coconut & hara dhania	For garnishing			
			<ol style="list-style-type: none"> In a MWS glass bowl add oil, rai, jeera, curry leaves. Select category & weight and press start. When beeps, add onion, green chillies, hing, haldi. Mix & press start. When beeps, add washed poha, salt, red chilli powder, garam masala & sugar. Mix & press start. Squeeze lemon juice. Garnish with grated coconut & hara dhania & serve. 	

Menu	CF22	Upma	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	
Suji	100 g	200 g	300 g	
Oil	1 tbsp	2 tbsp	3 tbsp	
Water	200 ml	400 ml	600 ml	
Salt & sugar	As per taste			
Onion	1 No.	2 Nos.	2 Nos.	
Green chilli	2 No.	3 Nos.	3 Nos.	
Rai, jeera, hing, curry leavces, urad dal	As per taste			
Lemon juice	As per taste			
			<ol style="list-style-type: none"> In a MWS glass bowl add oil, rai, jeera, urad dal, green chilli, suji. Mix well. Select category & weight and press start. When beeps, add onions, stir well & press start. When beeps, add water, sugar, salt, lemon juice. Mix well & press start. Stand for 5 minutes. 	

Menu	CF23	Khandvi	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg			
Besan	100 g			
Water	1 cup			
Curd	1 cup			
Salt	As per taste			
Green chilli & ginger paste	As per taste			
Chopped coriander leaves	A few sprigs			
Rai seeds (spluttered)	½ tsp			
Grated coconut	As required			
			<ol style="list-style-type: none"> In a MWS bowl mix besan, water, curd, salt & green chilli & ginger paste together. Mix well. Cover. Select category & press start. When beeps, stir well & press start. When beeps, stir well & press start. Spread the batter on a greased smooth flat kitchen slab. Allow to cool, cut into lengthwise strips. Roll the strips, garnish with spluttered rai, coriander leaves & grated coconut & serve. 	

Menu	CF24	Spicy Baby Corn		Weight Limit	0.1 ~ 0.3 kg		
Utensil: Microwave safe (MWS) bowl							
Instructions				Method:			
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. Grind chopped coriander leaves, ginger, garlic cloves, green chillies, onion & cumin seeds together to prepare the paste. 2. In a MWS bowl add oil, baby corns, sugar, salt & paste. Mix well. Cover. Select category & weight & press start. 3. Allow to stand for 3 minutes. 			
Baby corn (cut lengthwise)	100 g	200 g	300 g				
Lemon juice	As per taste						
Sugar, salt	As per taste						
Oil	1 tsp	1½ tsp	2 tsp				
For paste							
Chopped coriander leaves	1 cup	1½ cup	2 cups				
Chopped ginger	½ tsp	1 tsp	1½ tsp				
Garlic cloves	1 no.	2 nos.	3 nos.				
Chopped green chillies	1 no.	2 nos.	3 nos.				
Chopped onion	½ cup	1 cup	1 cup				
Cumin seeds	As required						

Menu	CF25	Bread Upma		Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. In a MWS bowl add oil, mustard seeds, jeera, curry leaves & onion. Select category & weight and press start. 2. When beeps, mix well & add green chillies, tomatoes, salt, red chilli powder, haldi & lemon juice. Mix well & press start. 3. When beeps, mix well, add bread pieces & sprinkle some water. Mix well and press start. 	
Bread slices (cut into small pieces)	100 g	200 g	300 g		
Oil	½ tbsp	1 tbsp	1½ tbsp		
Mustard seeds	¼ tsp	½ tsp	1 tsp		
Jeera	¼ tsp	½ tsp	1 tsp		
Curry leaves	As required				
Onion (chopped)	¼ cup	½ cup	1 cup		
Chopped green chillies	2 nos.	3 nos.	4 nos.		
Chopped tomatoes	1 no.	2 nos.	3 nos.		
Salt, red chilli powder, haldi	As per taste				
Lemon juice	As required				

Menu	CF26	Uggani		Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.3 kg			<ol style="list-style-type: none"> 1. In a bowl take puffed rice (murmura) & soak in water for 1-2 minutes. Drain all the water by lightly squeezing murmura with hands. Add roasted besan & mix well with murmura. Keep aside for later use. 2. In a MWS bowl take oil, spluttered mustard seeds, chopped green chilli, tomato, onion & curry leaves. Mix well. Select category & press start. 3. When beeps, add all the spices & stir well and again press start. 4. When beeps, add soaked murmura. Mix very well & press start. Squeeze lemon juice & sprinkle fresh coriander and serve hot. 	
Puffed rice (murmura)	150 g				
Besan (roasted)	2 tbsp				
Oil	1½ tbsp				
Mustard seeds (spluttered)	1 tsp				
Green chilli (chopped)	2 nos.				
Curry leaves	8-10 nos.				
Coriander leaves (chopped)	2 tbsp				
Onion (chopped)	2 nos.				
Tomato (chopped)	2 nos.				
Lemon juice (optional)	1 tbsp				
Salt, turmeric powder, red chilli powder, garam masala	As per taste				

Menu	CF27	Murmura		Weight Limit	0.1 kg
Utensil: Microwave safe (MWS) glass bowl					
Instructions				Method:	
For	0.1 kg			<ol style="list-style-type: none"> 1. In a MWS glass bowl add oil, jeera, haldi. Select category & press start. 2. When beeps, add murmura. Mix & press start. 3. When beeps, add roasted peanuts, salt, chaat masala & serve. 	
Murmura	100 g				
Roasted peanuts	As required				
Oil	1 tbsp				
Jeera	1 tsp				
Salt, chaat masala	As per taste				
Haldi	¼ tsp				

Menu	bA1	Chocolate Cake®	Weight Limit	0.4Kg
Utensil: Metal Cake Tin & Low rack**				
Instructions			Method:	
For		0.4Kg	<ol style="list-style-type: none"> 1. Grease a metal cake tin. Dust light with flour. 2. Sift flour, baking powder & cocoa powder together. 3. Separate eggs yolk from whites. 4. Beat egg whites in clean & dry bowl till fluffy. 5. Add sugar gradually, beating till thick & retains shape. 6. Beat yolks & essence till thick & fluffy again. 7. Add oil gradually beating till thick again. 8. Fold in flour gently with wooden spoon, by sprinkling evenly in 2-3 batches. 9. Pour the cake batter in cake tin. 10. Meanwhile during batter making, select category & press start. (Pre-heat process). 11. When beeps, keep the cake tin on low rack. Press start 	
Refined Wheat flour		110g		
Powdered Sugar		120g		
Oil		¼ cup		
Cocoa powder		¼ cup		
Baking powder		1 tsp		
Vanilla essence		1 tsp		
Eggs		4 no.		

Menu	bA2	Lamington Cake®	Weight Limit	0.4Kg
Utensil: Low rack & Metal cake tin** & Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.4 kg	<ol style="list-style-type: none"> 1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs and essence and again beat well. Add maida to this. For spoon dropping consistency add milk. Pour the mixture in a greased cake tin. 2. Select category, press start. (Pre-heat process). When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep. 3. In MWS glass bowl add water and coco powder and put in the microwave. Press start. When it gives a beep remove and cool. Cut the cake in to squares and dip the pieces in the coco solution on all sides. Roll these in the desiccated coconut and serve. 	
Maida		100 g		
Powdered sugar		75 g		
Butter		75 g		
Eggs		1 No.		
Baking powder		1 tsp		
Vanilla essence		1 tsp		
Milk		75ml		
For Lamington solution - Coco powder		2 tbsp		
Powdered Sugar		1tbsp		
Water		1 cup		
Desiccated coconut		As required		

Menu	bA3	Doughnuts®	Weight Limit	0.2 Kg
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> 1. Dissolve yeast in milk & set aside for 5 minutes to prepare yeast mixture. 2. Add sugar & butter to milk & dissolve. Add to yeast mixture. 3. Now add maida, egg, vanilla essence & nutmeg powder & make a soft dough. Keep it covered for 1hour. Roll out the dough to ½ inch thickness. Cut it with a doughnut cutter. 4. Select category & press start. (Pre-heat process). When beeps arrange the doughnuts on tawa & keep tawa on low rack & press start. Note : If the dough is too dry add milk & if too soft then add maida. 	
Maida		200 g		
Yeast		½ tbsp		
Luke warm milk		100 ml		
Powdered sugar		50 g		
Nutmeg powder		A pinch		
Egg		½ (beaten)		
Vanilla essence		¼ tsp		
Butter		1 tbsp		

Menu	bA4	Nan Khatai®	Weight Limit	0.4 Kg
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For		0.4 kg	<ol style="list-style-type: none"> 1. Cream the butter & sugar together till it turns fluffy. 2. Add vanilla essence followed by maida & suji. 3. Make a dough out of this mixture. 4. Make medium sized balls & put cashewnut on the top of each piece. Arrange them on tawa & keep aside. 5. Select category & press start. (Pre-heat process). When beeps, keep the tawa on low rack & press start. 	
Maida		150 g		
Suji		50 g		
Powdered sugar		85 g		
Vanilla essence		1 tsp		
Butter		100 g		
Almonds & cashewnuts		A few		

Menu	bA5	Whole Wheat Cookies®	Weight Limit	0.3 Kg
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> 1. In a bowl cream brown sugar, butter, granulated sugar together and beat till fluffy. Add egg, vanilla essence, baking powder. Finally add flour and make a soft dough. 2. Roll out the dough and cut with a cookie cutter. 3. Select category, press start. (Pre-heat process). When beeps, put the cookies on tawa & tawa on low rack. Press start to bake. Remove when it gives a beep. 	
Whole wheat flour		200 g		
Brown sugar		100 g		
Granulated sugar		50 g		
Butter		100 g		
Egg		1 No.		
Vanilla essence		½ tsp		
Baking powder		½ tsp		

® Do not put anything in the oven during preheat mode.

* Refer page 101, fig 1

** Refer page 101, fig 4

Menu	bA6	Chena Poda®	Weight Limit	0.3Kg
Utensil: Low rack & Microwave safe (MWS) flat glass dish & High rack				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> 1. Mix chena, sugar & suji together adding little water. 2. Transfer this mixture to MWS flat glass dish. 3. Select category & press start. (Pre-heat process). 4. When beeps, place the MWS flat glass dish on low rack. Press start. 5. When beeps, keep the dish on high rack. Press start. 	
Chena		300 g		
Sugar		100 g		
Suji		20 g		

Menu	bA7	Vanilla Cake®	Weight Limit	0.4Kg
Utensil: Metal Cake Tin & Low Rack **				
Instructions			Method:	
For		0.4 kg	<ol style="list-style-type: none"> 1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs and essence and again beat well. Add maida to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin. 2. Select category & press start. (Pre-heat process). 3. When beeps, keep the cake tin on low rack & press start. 	
Maida		100 g		
Powdered Sugar		75 g		
Butter		75 g		
Eggs		1 no.		
Baking Powder		1 tsp		
Vanilla essence		1 tsp		

Menu	bA8	Buns®	Weight Limit	4 Pk
Utensil: Multicook tawa & Low Rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> 1. In a bowl / cup take sugar & warm water and dissolve it. Add dry yeast & stir to dissolve. Cover & keep aside for 5-6 minutes. 2. In another bowl take maida, salt & milk powder. Add beaten egg & mix well with hands to get a crumbly texture. Now add yeast water & knead a soft dough for buns. The dough may be a little sticky at this stage. Add oil & knead the dough again. 3. Take multicook tawa & grease it with little oil & then dust with little flour. Divide the dough into 4 equal parts & make round shape & keep on tawa at equal distance. 4. Cover the tawa with a lid & keep at warm & dark place for atleast 45 minutes to 1 hour. 5. Select category & press start. (Pre-heat process). 6. When beeps, keep tawa with dough balls on low rack & keep both inside the microwave & press start. 7. When beeps, turn over the buns & again press start. Immediately remove the buns from tray & use when cool. 	
Maida		1½ cup		
Salt		1 tsp		
Sugar		1 tbsp		
Dry yeast		1½ tsp		
Beaten egg		1 no.		
Milk powder		1 tbsp		
Warm water		100 ml		
Oil		1 tbsp		

Menu	bA9	Apple cup cakes®	Weight Limit	0.4 kg
Utensil: Metal muffin tray & Low rack				
Instructions			Method:	
For		0.4 kg	<ol style="list-style-type: none"> 1. In a dry & clean bowl take maida, baking powder, cinnamon powder, nutmeg powder, salt & mix with a fork & keep aside. 2. In another bowl take softened butter, powdered sugar, brown sugar & beat with a electric beater till light & fluffy. Add one egg at a time & beat. Add apple puree & again mix well. 3. Select category & press start. (Pre-heat process). 4. Softly mix all the dry mixture to the beaten butter & sugar mixture with a wooden spoon. Do not over mix. 5. Pour 2 tbsp batter (for each muffin) in the greased muffin tray. When beeps, keep the low rack & metal tray and press start. Give standing time of 5 minutes. 	
Maida		1 cup		
Apple (peeled & pureed)		½ cup		
Powdered sugar		½ cup		
Brown sugar		½ cup		
Butter (softened)		50 g		
Cinnamon powder, clove powder, nutmeg powder		A pinch (each)		
Eggs		2 nos.		
Chopped almonds		2 tbsp		
Baking powder		½ tsp		





Menu	bA10	Eggless Chocolate Cake®	Weight Limit	0.5 kg
Utensil: Metal cake tin & Low rack**				
Instructions			Method:	
For		0.5 kg	<ol style="list-style-type: none"> 1. Select category & press start for pre-heating. 2. Meanwhile, prepare the cake batter - sieve the maida, coco powder, baking powder, soda bi carb together. 3. Add milkmaid, water & melted butter. Beat the cake batter well. Pour the batter in cake tin lined with greased butter paper. 4. When beeps (pre-heat over), keep the cake tin on low rack & keep in microwave oven. Press start. Allow the cake to cool properly & then serve. 	
Maida		125 g		
Coco powder		2 tbsp		
Baking powder		1 tsp		
Soda bi carb		½ tsp		
Milkmaid		200 ml		
Water		100 ml		
Butter (melted)		60 ml		

® Do not put anything in the oven during Pre-heat mode.

* Refer page 101 fig 1

** Refer page 101, fig 4

Menu	bA11	Swiss Roll®	Weight Limit	0.2Kg
Utensil: Multicook tawa & Low Rack*				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> Sieve maida & soda. In a bowl add milkmaid & butter. Beat well. Add the maida mixture, vanilla essence & mix well. For spoon dropping consistency add milk or water. Place the butter paper at the bottom of the tray. Pour the batter. Select category & press start. (Pre-heat process). When beeps, put the tawa on low rack & keep inside microwave. Press start. Select category & press start. When beeps, keep tawa with dough balls on low rack & keep both inside the microwave & press start. When beeps, turn over the buns & again press start. Immediately remove the buns from tray & use when cool. 	
Maida		80 gm		
Condensed Milk (Milkmaid)		100 ml		
Butter		75 gm		
Soda bicarb		¼ tsp		
Vanilla essence		¼ tsp		
Mix fruit jam		2 tbsp		

Menu	bA12	Patties®	Weight Limit	3 Pc
Utensil: Multicook tawa & Low rack* & High rack*				
Instructions			Method:	
For		3 No.	<ol style="list-style-type: none"> Sieve the flour with salt. Divide the fat into three equal portions. Rub one portion into the flour to get a bread crumb texture, add salt & make a dough of rolling consistency with iced water. Divide the dough into 3 equal portions. On a lightly floured marble top roll out the dough (about ½ cm thickness) into oblong shape (Fig.1). Take the second portion of fat, cut into small pieces, place them on 2/3rd of the rolled dough. Leave the remaining 1/3rd portion without fat. Bring up the bottom third of the pastry dough & fold like an envelope with its flap open (Fig.2). Then bring up the folded portion over again so as to close the envelope (Fig.3). Turn the pastry at right angles; seal open ends of the pastry & rib it (Fig.4). This means to depress it with rolling pin at intervals. Cover & cool in the fridge for 5-10 minutes. Repeat the step 2 with third portion of the fat & chill it for 30 minutes. Roll out the dough 1/4" thick & put the stuffing. Fold it back. Prepare all the patties in same way. Select category & press start. (Pre-heat process). When beeps, arrange the patties on tawa. Keep tawa on low rack & press start. When beeps, brush with 2 tsp oil. Keep the tawa on high rack & press start. Note : If the butter gets soft while rolling the dough, keep the rolled dough in freezer. 	
Maida		200 g		
Salt		1/2 tsp		
Cold fat (Butter or margarine)		100 g		
Cold water		For making dough		
Dry mix vegetables for stuffing		As required		
   				
<p>Fig. 1</p> <p>Fig. 2</p> <p>Fig. 3</p> <p>Fig. 4</p>				

Menu	bA13	Jeera Biscuits®	Weight Limit	0.2 kg
Utensil: Low rack & Multi cook tawa*				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> Sieve maida, baking powder and soda. In a bowl add powdered sugar and butter and beat well. Add maida, jeera powder, ajwain and make a soft dough with little water. Roll a thick roti and cut cookies with the cutter. Prick with a fork. Arrange on tawa. Select category & press start. (Pre-heat process). When beeps, keep the tawa on low rack. Keep both inside the microwave & press start to bake. Remove when it gives a beep. Allow them to cool. 	
Maida		120 g		
Powdered suger		50 g		
Butter		50 g		
Jeera / Ajwain		As per taste		
Soda bi carb		1 pinch		
Baking powder		1.4 tsp		
Water		As required		

* Do not put anything in the oven during Pre-heat mode.

* Refer page 101, fig 1

* Refer page 101, fig 2

Indian Roti Basket

In the following example, show you how to cook 2 pcs of Naan.

1. Press **STOP/CLEAR**.



2. Press **Indian Roti Basket**.



3. The display will show "br1".

4. Press **START/Add 30secs.**



! NOTE

- Indian Roti Basket menus are programmed.
- Indian Roti Basket cook allows you to cook most of your favorite food by selecting the food type and the weight of the food.

Indian Roti Basket

Indian Roti Basket

Menu	br1	Naan	Weight Limit	2 Pc
Utensil: Multicook tawa & Low Rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & soda-bi-carb & add to the dough. Mix it well & knead a soft dough adding the milk & water (if required). After making the dough add melted butter & knead the dough again. Keep the dough covered in a warm place for about 1-2 hours to ferment properly. Keep the tawa on low rack & keep inside the microwave. select category & press start. Divide the dough into 10 equal portions/balls. (approx. of 40 gm each). Roll out each portion in an oblong shape. Brush with melted butter & sprinkle onion seeds on the top. When beeps, keep 2 rolled out naan on the tawa & press start. Serve hot with gravy curry for your choice. Note: Grease the surface with little oil to prevent the naan from sticking while rolling. 	
Refined flour (Maida)		225 gms		
Curd		4 tbsp		
Milk		100 ml		
Butter		1 tbsp		
Salt		1/8 tsp		
Castor Sugar		1 tsp		
Baking powder		½ tsp		
Butter (Melted)		1 tsp		
Soda-bi-carb		¼ tsp		
Onion seeds		1 tsp		

Menu	br2	Lachha Parantha	Weight Limit	2 Pc
Utensil: Multicook tawa & Low Rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk & then water & knead a soft dough. Keep tawa on low rack, keep inside the microwave. select category & press start. Divide the dough into 11-12 equal portion (approx of 45-46 gms). Roll out each portion to a diameter of 6" spread ½ tsp ghee/oil all over & dust some dry flour. Fold to half & again repeat the same procedure. So that you get a long strip (like a fan). Apply few drops of ghee on the strip. again roll the strip to form a ball. Roll out the ball to 5" diameter for laccha parantha. When beeps, keep 2 rolled out laccha parantha on tawa & press start. When beeps, turn the paranthas & again press start. Make all laccha paranthas following the same procedure. Apply some ghee on top (optional) & crush the parantha slightly to open up the layers. Serve hot with gravy/curry of your choice. Wrap in foil & store. 	
Whole wheat flour		2 cups		
Salt		½ tsp		
Ghee		2 Tbsp		
Milk		½ cup		
Water		½ cup		

Menu	br3	Appam	Weight Limit	1 Pc
Utensil: Multicook Tawa & High Rack*				
Instructions			Method:	
For		Batter	<ol style="list-style-type: none"> Grind together soaked rice, cooked rice & coconut shaving till get a fine thick paste. Do not add too much water. Instead use coconut water for grinding & diluting. Batter should have a consistency similar to dosa batter or slightly thickened. Add the yeast (diluted in 2 tbsp coconut water) & salt & sugar to taste. Allow the batter to ferment at room temperature for atleast 6-8 hours. Keep the tawa on high rack, keep inside the microwave. Select category & press start. When beeps, pour ½ cup batter (approx 100 ml) on tawa & spread evenly to a circle keep on the rack & press start. When beeps, turn the appam carefully without breaking. Press start. Serve hot with coconut chutney or veg stew. Note: While pouring the appam batter, try to make a thin size appam. It should not be very thick. 	
Rice (soaked for 5-6 hours)		1 cup		
Cooked rice (Boiled)		½ cup		
Fresh coconut shavings		2 cups		
Yeast		¼ tsp		
Coconut water		To dissolve yeast & for diluting the batter		
Salt & Sugar		As per taste		

Menu	br4	Masala Roti	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a bowl combine whole wheat flour, besan, chopped onion, chopped green chillies, coriander leaves & all the spices. Rub in ghee & curds. Mix well & knead soft dough adding the water. Knead the dough again after adding oil. Keep the dough covered for 5-10 minutes. Keep the tawa on low rack. Keep inside the microwave Select category & press start. Divide the dough into 7 equal portions (approx of 60gm each). Roll out each portion into a diameter of 5 inches. use little dry flour while rolling the roti to prevent it from sticking to surface. When beeps keep 2 rolled out roties on tawa & press start. When beeps, turn & again press start. Make all the roties following the same procedure. Serve hot with pickle or curd. Wrap in foil & store. 	
Whole wheat flour		1 cup		
Besan		¾ cup		
Finely copped onion		1 no. (medium)		
Finely chopped green chilli		2 no.		
Black pepper powder		1 tsp		
Red chilli powder		1 tsp		
Garam Masala		½ tsp		
Ghee		1 tbsp		
Salt		As per taste		
Fresh Curd		¼ cup		
Water (to knead dough)		¼ cup		
Oil		½ tsp		
Coriander leaves (Chopped)		2 tbsp		

* Refer page 101, fig 1
* Refer page 101, fig 2

Menu	br5	Missi Roti	Weight Limit	2 Pc
Utensil: Multicook tawa & Low Rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a bowl add all the ingredients of the dough & knead it by rubbing in the oil in the flour & slowly adding water to make a soft dough. Divide the dough into, 11 equal portions (each approx 50g) grease the surface on which roti will be rolled with little oil. Take the dough & roll out the roti to 5 diameter. Keep the tawa on low rack & put few drops of oil & spread. Select category & keep the tawa & low rack inside the microwave & press start. When beeps, keep the rolled out missi roties on the tawa & press start. When beeps, add ¼ tsp oil on the roties & turn over. Press start. Wrap in foil & store. 	
Wheat flour		1½ cups		
Besan		1½ cups		
Oil		4 Tbsp		
Kasuri methi, Red Chilli powder, Salt		As per taste		
Water (for dough kneading)		50 ml		
Curd		½ cup		

Menu	br6	Stuffed Naan	Weight Limit	2 Pc
Utensil: Multicook tawa & Low Rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a bowl add all the ingredients mentioned for filling & mix well & prepare the stuffing for naan. In another bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & soda-bi carb & add to the dough. Mix well & knead & soft dough adding the milk & water (if required). Add melted butter & again knead the dough. Keep the dough covered in a warm place of about 1-2 hours to ferment properly. Keep the tawa on low rack. Keep inside the microwave. Select category & press start. Divide the dough into 10-11 equal portions (approx 40 gm each) Roll out a portion & put 2 tsp stuffing & fold from all sides & again make a ball. Roll out again to an oblong shape. Brush the top with melted butter & sprinkle onion seeds. When beeps, keep 2 rolled out naans on tawa & press start. Make all other naans following the same procedure. Serve hot with the gravy/curry of your choice. Note: Grease the surface with little oil to prevent the naan from sticking to the surface while rolling. 	
Refined flour (maida)		225 g		
Curd		4 tbsp		
Milk		100 ml		
Butter		1 tbsp		
Salt		1/8 tsp		
Castor Sugar		1 tsp		
Baking powder		½ tsp		
Butter (melted)		1 tsp		
Soda-bi-carb		¼ tsp		
Onion seeds		1 tsp		
For filling				
Grated Paneer		150 g		
Chopped onions		1 no (medium)		
Chopped green chilli		2 nos.		
Coriander leaves (Chopped)		A few sprigs		
Red Chilli powder, salt, garam masala, anardana powder		As per taste		

Menu	br7	Khasta Paratha	Weight Limit	2 Pc
Utensil: Multicook tawa & Low Rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> Mix whole wheat flour, melted butter, salt in a bowl. Gradually add buttermilk to form a firm dough. Add more buttermilk (if required). After kneading lightly on a floured surface, form into a smooth ball. Allow the dough to rest for 20 minutes covered. Divide whole dough into 8 equal portion (45gms). On a lightly floured surface, roll out each portion into 5" diameter rounds. Keep the tawa on low rack & select category & keep the tawa inside the microwave & press start. When beeps, put 2 parathas on tawa & press start. When beeps, smear with ½ tsp oil & turn over & press start. Wrap in foil & store. 	
Whole wheat flour		1½ cup		
Melted butter		1/3 cup		
Salt		As per taste		
Buttermilk		½ cup		

Menu	br8	Pudina Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & High Rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> Wash & put dry & chop mint leaves finely. In a bowl combine wheat flour, mint leaves, salt, butter, chaat masala, gradually add water & knead a soft dough. Keep the dough covered for 5-7 minutes. Keep the tawa on high rack. Keep inside the microwave Select category & press start. Divide the dough into 5-6 equal sized portions. Roll out each dough into a diameter of 6". Spread ½ tsp oil/ghee all over & dust with some dry pudina powder, fold the rolled out chapati like a fan & again make a ball & again roll out the ball to a measure of 5" diameter. When beeps keep 2 rolled out paranthas on tawa & press start. When beeps apply ¼ tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the similar procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour		1 cup		
Mint leaves		½ cup		
Salt		As per taste		
Butter		2 tbsp		
Chaat Masala		2 tsp		
Oil/ghee		2 tsp		
Dry pudina powder		1 tbsp		
Water		As required to make the dough		

* Refer page 101, fig 1

* Refer page 101, fig 2

Menu	br9	Rajma Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & high rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a bowl combine wheat flour boiled & mashed rajma, soyabean flour, tomato puree, chopped green chilli, coriander leaves, freshly crushed mint leaves, Anardana, oil, red chilli powder, salt. Mix & gradually add water & knead a soft dough. Keep the tawa on high rack. Keep inside the microwave. Select category & press start. Divide the dough into 6-7 equal sized portions (approx of 45gms). Roll out each dough into 5" diameter circle. When beeps keep 2 rolled out paranthas on tawa & press start. When beeps, turn the paranthas. Press start. Make all the paranthas with the similar procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Boiled Rajma		1/3 cup		
Whole Wheat flour (atta)		1 cup		
Soyabean flour		2 Tbsp		
Chopped green chillies		3-4 nos.		
Fresh mint leaves		8-10 nos.		
Anardana (Crushed)		1 tsp		
Red Chilli Powder		1 tsp		
Tomato Puree		2 tbsp.		
Salt		As per taste		
Oil		2 tsp		
Coriander leaves (Chopped)		2 tbsp		
Water		To knead to dough		

Menu	br10	Paneer Parantha	Weight Limit	2 Pc
Utensil: Multicook Tawa & high rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a bowl take whole wheat flour, salt & 1 tsp desi ghee. Rub with hands. gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multicook tawa with ¼ tsp ghee & keep on high rack. Keep the high rack & tawa inside the microwave. Select category and press start. Take 35gm dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to 5" diameter. When beeps, keep 2 rolled out paranthas on preheated tawa & high rack & keep inside the microwave and press start. When beeps, apply ¼ tsp ghee on top of paranthas & turn and press start. Serve the paneer paranthas hot with fresh curd. 	
Whole wheat flour (atta)		2 cups		
Desi ghee		1 tbsp + 1 tsp		
Salt		A pinch		
Water (to knead dough)		1 cup (200 ml)		
For stuffing				
Grated paneer		2 cups		
Chopped green chilli (deseeded)		3 nos.		
Chopped coriander leaves		2 tbsp		
Salt, red chilli powder, garam masala		As per taste		
Anardana powder		1 tsp		

Menu	br11	Kulche	Weight Limit	2 Pc
Utensil: Multicook Tawa & Low Rack*				
Instructions			Method:	
For		Dough	<ol style="list-style-type: none"> In a cup/bowl take 50 ml lukewarm water & add sugar. Stir well. Add dry yeast & stir again to dissolve. Keep aside for at least 5-7 minutes. In a bowl take maida, salt & fresh cream. Mix well with hands. Add the yeast water & knead a firm dough. Pour ½ tsp oil & knead again. Divide the dough into 4 equal portions (approx. 60 gm each). Make balls & apply butter on top & sprinkle kalonji (onion seeds) & fresh coriander leaves on top. Press with fingers & dust with maida & roll out each ball into a diameter of 5". Keep the rolled dough on dusted multi cook tawa. Keep them covered in dark & warm place for at least 30 minutes. Select category & press start. When beeps, keep tawa with rolled doughs & press start. Apply butter on top of kulchas or roast them a little & serve them hot with chhole. 	
Maida		1 cup		
Salt		A pinch		
Fresh cream		2 tbsp		
Lukewarm water		50 ml		
Sugar		1 tbsp		
Dry yeast		1 tsp		
Oil		½ tsp		
Kalonji (onion seeds)		As required		
Coriander leaves		As required		

Menu	br12	Daal Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, combine wheat flour, daal, chopped green chilli, coriander leaves, anardana powder, oil, red chilli powder, salt. Mix and gradually add water and knead a dough. Keep tawa on high rack. Keep inside microwave. Select menu & press start. Divide dough into 6 to 7 equal size portions (approximate 35 to 40 gram). Rollout each dough into ovalar shape of length 15cm length. When beeps keep to rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Boiled Daal/Left over daal		1/3rd cup		
Whole wheat flour(aata)		1 cup		
Chopped green chillies		3 to 4 no.		
Anardana powder		1 tsp		
Red chilli powder		1 tsp		
Salt		As per taste		
Oil		2 tsp		
Coriander leaves		Copped		
Water		To knead dough		

* Refer page 101, fig 1

* Refer page 101, fig 2

Menu	br13	Aloo Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Desi ghee	1 tbsp + 1 tsp			
Salt	A pinch			
Water (to knead dough)	1 cup (200 ml)			
For Stuffing				
Boiled & mashed potato	2 cups			
Chopped green chilli (deseeded)	3 nos.			
Chopped coriander leaves	2 tsp			
Salt, Red chilli powder, Garam masala	As per taste			
Anardana powder	1 tsp			
Water	To knead dough			

Menu	br14	Palak Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> Take boiled spinach leaves & puree the spinach in a blender. In a bowl combine wheat flour, salt, hing, ajwain, spinach puree, red chilli powder & garam masala and knead a soft dough. Keep the dough covered for 5 to 7 minutes. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Palak (boiled)	250 g			
Green chilli chopped	2 nos.			
Ajwain	1/4 tsp			
Hing	A pinch			
Salt, Red chilli powder, Garam masala	As per taste			
Oil/Ghee	2 tsp			
Water	To knead dough			

Menu	br15	Gobhi Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Desi ghee	1 tbsp + 1 tsp			
Salt	A pinch			
Water (to knead dough)	1 cup (200 ml)			
For Stuffing				
Grated Gobhi	2 cups			
Chopped green chilli (deseeded)	3 nos.			
Chopped coriander leaves	2 tsp			
Salt, Red chilli powder, Garam masala	As per taste			
Anardana powder	1 tsp			
Water	To knead dough			

Menu	br16	Ajwain Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl combine wheat flour, salt, 1 tsp oil, water to knead a soft dough. Keep the tawa on high rack, keep inside microwave. Select menu & press start. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 5 inch. Spread 1/2 tsp oil/ghee all over & dust with some ajwain and salt, fold the rolled out chapati like a fan & again make a ball & roll out the ball to a length of 15cm(oval shape). When beeps keep 2 rolled out paranthas on tawa & press start. When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Ajwain	2 tsp			
Salt, Red chilli powder, Garam masala	As per taste			
Water	To knead dough			

* Refer page 101, fig 2

Menu	br17	Pyaz Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Desi ghee	1 tbsp + 1 tsp			
Salt	A pinch			
Water (to knead dough)	1 cup (200 ml)			
For Stuffing				
Grated Pyaz	2 cups			
Chopped green chilli (deseeded)	3 nos.			
Chopped coriander leaves	2 tsp			
Salt, Red chilli powder, Garam masala	As per taste			
Anardana powder	1 tsp			

Menu	br18	Chatpata Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl combine wheat flour, salt, amchoor, 1 tsp oil, water to knead a soft dough. Keep the tawa on high rack, keep inside microwave. Select menu & press start. Divide the dough 5 to 6 equal size portions. Roll out each dough into diameter of 5 inch. Spread 1/2 tsp oil/ghee all over & dust with some chaat masala fold the rolled out chapati like a fan & again make a ball & roll out the ball to a length of 15cm(oval shape). When beeps keep 2 rolled out paranthas on tawa & press start. When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Amchoor	1/2 tsp			
Chaat Masala	1 tsp			
Salt, Red chilli powder, Garam masala	As per taste			
Water	To knead dough			

Menu	br19	Aloo Gobhi Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly into 15cm oval length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn parantha. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Desi ghee	1 tbsp + 1 tsp			
Salt	A pinch			
Water (to knead dough)	1 cup (200 ml)			
For Stuffing				
Boiled & mashed potato	1 cup			
Boiled & grated gobhi	1 cup			
Chopped green chilli (deseeded)	3 nos.			
Chopped coriander leaves	2 tsp			
Salt, Red chilli powder, Garam masala	As per taste			
Anardana powder	1 tsp			

Menu	br20	Methi Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)	2 cups			
Desi ghee	1 tbsp + 1 tsp			
Salt	A pinch			
Water (to knead dough)	1 cup (200 ml)			
For Stuffing				
Chopped Methi	2 cups			
Chopped green chilli (deseeded)	3 nos.			
Salt, Red chilli powder, Garam masala	As per taste			
Water	To knead dough			

* Refer page 101, fig 2

Menu	br21	Cabbage Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)		2 cups		
Desi ghee		1 tbsp + 1 tsp		
Salt		A pinch		
Water (to knead dough)		1 cup (200 ml)		
For Stuffing				
Grated Cabbage		2 cups		
Chopped green chilli (deseeded)		3 nos.		
Chopped coriander leaves		2 tbsp		
Salt, Red chilli powder, Garam masala		As per taste		
Anardana powder		1 tsp		
Water		To knead dough		

Menu	br22	Corn Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)		2 cups		
Desi ghee		1 tbsp + 1 tsp		
Salt		A pinch		
Water (to knead dough)		1 cup (200 ml)		
For Stuffing				
Boiled & mashed corns		2 cups		
Chopped green chilli (deseeded)		3 nos.		
Chopped coriander leaves		2 tbsp		
Salt, Red chilli powder, Garam masala		As per taste		
Anardana powder		1 tsp		
Water		To knead dough		

Menu	br23	Carrot Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)		2 cups		
Desi ghee		1 tbsp + 1 tsp		
Salt		A pinch		
Water (to knead dough)		1 cup (200 ml)		
For Stuffing				
Grated Carrot		2 cups		
Chopped green chilli (deseeded)		3 nos.		
Chopped coriander leaves		2 tbsp		
Salt, Red chilli powder, Garam masala		As per taste		
Anardana powder		1 tsp		
Water		To knead dough		

Menu	br24	Pea Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)		2 cups		
Desi ghee		1 tbsp + 1 tsp		
Salt		A pinch		
Water (to knead dough)		1 cup (200 ml)		
For Stuffing				
Boiled & mashed pea		2 cups		
Chopped green chilli (deseeded)		3 nos.		
Chopped coriander leaves		2 tbsp		
Salt, Red chilli powder, Garam masala		As per taste		
Anardana powder		1 tsp		
Water		To knead dough		

* Refer page 101, fig 2

Menu	br25	Mushroom Parantha	Weight Limit	2 Pc
Utensil: Multi cook Tawa + High rack ²				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> In a bowl, take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands. Gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time. In another bowl take all the ingredients of stuffing & mix well. Grease the multi cook tawa with 1/4 tsp ghee & keep on high rack. Keep high rack & tawa inside the microwave. Select menu and press start. Take 35 g dough (approx.) & make round ball. Grease the surface with little ghee. Roll out the ball a little & put 1 tbsp stuffing & seal it carefully & roll it again slightly to oval shape to 15cm length. When beeps keep two rolled out paranthas on tawa & press start. When beeps turn paranthas. Press start. Make all the paranthas same procedure. Serve them hot with curd or pickle. Wrap in foil & store. 	
Whole wheat flour(aata)		2 cups		
Desi ghee		1 tbsp + 1 tsp		
Salt		A pinch		
Water (to knead dough)		1 cup (200 ml)		
For Stuffing				
Boiled & mashed Mushrooms		2 cups		
Chopped green chilli (deseeded)		3 nos.		
Chopped coriander leaves		2 tbsp		
Salt, Red chilli powder, Garam masala		As per taste		
Anardana powder		1 tsp		
Water		To knead dough		

² Refer page 101, fig 2

Indian Cuisine

In the following example, show you how to cook 0.4 kg of Kadhi.

1. Press STOP/CLEAR.



2. Press Indian Cuisine.



3. Turn DIAL until display show "IC6".



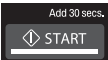
4. Press START/Add 30secs for category confirmation.



5. *Turn DIAL until display show "0.4 kg"



6. Press START/Add 30secs.



NOTE

- Indian Cuisine menus are programmed.
- Indian Cuisine cook allows you to cook most of your favorite food by selecting the food type and the weight of the food.

* Note: If the recipe has single weight e.g. "IC4" Sambhar 0.2 kg, do not follow step 4, 5. Directly go to step 6.

Menu	IC1	Mix Veg	Weight Limit	0.1 ~ 0.5 kg	
Utensil: Microwave safe (MWS) bowl					
Instructions			Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Mix Veg. (Carrot, Cauliflower, peas, beans, potato)	100 g (Total)	200 g (Total)	300 g (Total)	400 g (Total)	500 g (Total)
Oil	¼ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Onion (chopped)	½ cup	1 cup	1½ cup	2 cup	2 cup
Tomato (chopped)	¼ cup	1 cup	1½ cup	1½ cup	1½ cup
Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder	As per taste				
			<ol style="list-style-type: none"> In a MWS bowl add oil, onion, tomato & all spices. Mix well, select category & weight and press start. When beeps, remove & mix well. Add vegetable & some water. Cover & press start. When beeps, mix well. Cover & press start. Garnish with coriander leaves. 		

Menu	IC2	Kadhai Paneer	Weight Limit	0.1 ~ 0.5 kg	
Utensil: Microwave safe (MWS) bowl					
Instructions			Method:		
Paneer	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Capsicum & Onion (sliced)	½ cup	1 cup	1½ cup	2 cup	2½ cup
Onion Paste	3 tbsp	4 tbsp	5 tbsp	6 tbsp	6½ tbsp
Tomato Puree	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp
Ginger-Garlic Paste, Salt & Sugar	To taste				
Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala	To taste				
Butter	1½ tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp
Fresh Cream	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
			<ol style="list-style-type: none"> In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum & onion. Mix well, cover. Select category & weight and press start. When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, kasuri methi, salt, sugar and paneer cubes, mix well and press start. Stand for 5 minutes. Garnish with hara dhania and serve hot. 		

Menu	IC3	Dal Tadka	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	
Dal (soaked for 2 hours)	200 g	300 g	400 g	
Water	400 ml	600 ml	800 ml	
Oil	2 tbsp	2½ tbsp	3 tbsp	
Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch	To taste			
Salt, dhania powder	To taste			
			<ol style="list-style-type: none"> Take dal in Microwave Safe bowl, add Water, Haldi & Hing. Select category & weight and press start to cook. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves, salt, dhania jeera powder, hara dhania, kasuri methi (optional). Press start. When beeps, add dal, water (if required), mix well & again press start. 	

Menu	IC4	Sambhar	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
Arhar Dal (Soaked for 2 hrs)	200 g			
Oil	2 tbsp			
Onion chopped	1 medium			
Tomato chopped	1 medium			
Mixed Vegetables chopped - Drumsticks, ghiya, Brinjals, Red Pumpkin	1 cup			
Boiled Water	400 ml			
Imli pulp, Green Chilli, Sambhar Masala, Salt, Gud	As per your taste			
			<ol style="list-style-type: none"> Soak dal for 2 hours, In Microwave Safe Bowl take dal, haldi, onion, green chilli, tomato, mix vegetables and boiled water. Select category and press start. When beeps, in another Microwave Safe Bowl take oil, add rai, hing, curry leaves, dhania, red chilli. Press start. When beeps, mash dal very well and add to tadka. Add imli pulp sambhar masala, gud and some water (if required). Press start. Stand for 5 minutes. Garnish with coconut and hara dhania and serve with Idli. 	

Menu	IC5	Dum Aloo	Weight Limit	0.1 ~ 0.5 kg	
Utensil: Microwave safe (MWS) bowl					
Instructions			Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Boiled Aloo (small)	100 g	200 g	300 g	400 g	500 g
Oil	2 tbsp	3 tbsp	3 tbsp	3½ tbsp	3½ tbsp
Jeera, pepper seeds, cloves, hing	As required				
Onion paste	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp
Ginger & garlic paste	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
Tomato puree	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
Curd	½ cup	1 cup	1 cup	1½ cup	1½ cup
Turmeric powder, red chilli powder, deghi mirch, salt, garam masala, saunf powder	As per taste				
			<ol style="list-style-type: none"> In a MWS bowl add oil, jeera, pepper seeds, cloves, hing, onion paste, ginger garlic paste. Mix well. Select category & weight and press start. When beeps, mix well & add tomato puree & boiled potatoes. Mix well & cover. Press start. When beeps, mix well & add curd. Cover & press start. Allow to stand for 3 minutes. 		

Menu	IC6	Kadhi	Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, rai, jeera, chopped onion. Select category & weight and press start. When beeps, mix & add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (½ the amount mentioned per weight). Mix & press start. When beeps, mix & add remaining water & press start. Pour tempering & serve.
Besan	25 g	50 g	75 g	
Curd / matha	1/2 cup	1 cup	1½ cup	
Oil	1 tbsp	1½ tbsp	2 tbsp	
Rai, cumin seeds	As per taste			
Chopped onions	1 cup	1½ cup	1½ cup	
Salt, red chilli powder, haldi, coriander powder, amchur	As per taste			
Water	2 cups	3 cups	4 cups	

Menu	IC7	Baati®	Weight Limit	0.4 kg
Utensil: Multicook tawa & Low rack* & High rack*				
Instructions			Method:	
For	0.4 kg			<ol style="list-style-type: none"> In a bowl mix all the ingredients, but ghee only 3 tbsp. Knead the dough with little warm water to make it like poori dough. Cover and keep for half an hour. Make medium sized balls of the dough. Keep them on tawa & keep the tawa on low rack. Keep aside. Select category & press start. (Pre-heat process). When beeps, keep the tawa & low rack & press start. When beeps, keep the tawa on high rack. Press start. Dip the baati in melted ghee & serve with dal.
Wheat flour	200 g			
Suji	50 g			
Melted ghee	75 ml (5 tbsp)			
Jeera	¼ tsp			
Ajwain	¼ tsp			
Baking powder	¼ tsp			
Salt	As per taste			
Haldi	As required			

Menu	IC8	Dalma	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg			<ol style="list-style-type: none"> In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select category & press start. When beeps, in another MWS bowl add oil, bay leaves, jeera, dry chillies, salt, haldi, grated coconut & chopped onion. Mix well & press start. When beeps, mix well add the tadka ingredients to the dal. Mix well & press start.
Moong dal (soaked for 2 hours)	300 g			
Water	600 ml			
Chopped vegetables (drumsticks, potato, raw banana, pumpkin, brinjal, tomato)	2 cups			
For tadka				
Oil	2 tbsp			
Bay leaves, jeera, dry chillies, salt, haldi	As per taste			
Grated coconut	4 tbsp			
Chopped onion	1 no.			

Menu	IC9	Pithla	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.6 kg			<ol style="list-style-type: none"> In a MWS flat glass dish put besan. Select category & press start. When beeps, remove & in another MWS glass bowl put oil, chopped ginger, garlic, green chilli, chopped onion & tomato, turmeric powder, garam masala, red chilli powder. Mix well & press start. When beeps, mix besan with masala & add water & salt. Mix well. Keep MWS glass bowl in microwave & press start. Stir well. Garnish with fresh coriander & serve.
Besan	½ cup			
Oil	1½ tbsp			
Ginger, garlic, green chillies (chopped)	1 tsp each			
Onion, Tomato (chopped)	1 no. each			
Coriander chopped	A few sprigs			
Water	2 cups (400 ml)			
Salt, turmeric powder, garam masala, red chilli powder	As per taste			

Menu	IC10	Panchmel Ki Subzi	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, jeera, onion, ginger & green chilli paste. Mix well. Select category & weight and press start. When beeps, mix well & add the chopped vegetables & little water. Cover and press start. When beeps, mix well & add coriander powder, amchur, haldi & salt. Press start. Allow to stand for 5 minutes.
Chopped vegetables (Gavarfali, chawli, shimla mirch, kheera, gajar)	100 g	200 g	300 g	
Oil	½ tbsp	1 tbsp	2 tbsp	
Jeera	½ tsp	1 tsp	1 tsp	
Onion	½ cup	½ cup	1 cup	
Ginger & green chilli paste	1 tsp	1½ tsp	2 tsp	
Coriander powder, amchur, haldi & salt	As per taste			

® Do not put anything in the oven during Pre-heat mode.

* Refer page 101, fig 2

* Refer page 101, fig 1

Menu	IC11	Gujarati Tuvar Dal	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg	0.3 kg	<ol style="list-style-type: none"> In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select category & press start. When beeps, remove the dal. In another MWS bowl add oil, mustard seeds, jeera, finely chopped ginger, slit green chillies, curry leaves, chopped, onions, red chilli powder. Mix well & press start. When beeps, remove the bowl & add these ingredients to the dal. Add tomato, jaggery & mix well. Press start. Squeeze lemon juice & serve. 	
Tuvar dal / Arhar dal (soaked for 2 hours)	300 g	300 g		
Water	600 ml			
Oil	1 tbsp			
Mustard seeds	½ tsp			
Jeera	½ tsp			
Finely chopped ginger	1 tbsp			
Slit green chillies	3 nos.			
Curry leaves	A few			
Chopped tomato	2 nos.			
Chopped onion	1 no.			
Hing	A pinch			
Salt, turmeric powder, red chilli powder	As per taste			
Jaggery (Gud)	As per taste			

Menu	IC12	Butter Chicken	Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder, salt. Mix well. Select category & weight & press start. When beeps, mix well, add tomato puree, red chilli powder, kasuri methi, chicken pieces. Mix well & cover. Press start. When beeps, mix well, add kaju paste, cream & butter. Mix well & cover. Press start. Garnish with slit chillies.
Chicken (boneless)	300 g	400 g	500 g	
Ginger garlic paste	2 tbsp	2½ tbsp	3 tbsp	
Tomato puree	½ cup	1 cup	1 cup	
Chopped onions	1 no.	1 no.	2 nos.	
Garam masala, dhania powder, jeera powder, kasuri methi, red chilli powder, salt	As per taste			
Kaju paste	2 tbsp	2½ tbsp	3 tbsp	
Fresh cream	1 cup	1½ cup	1½ cup	
Butter	2 tbsp	3 tbsp	3½ tbsp	
Oil	2 tbsp	2½ tbsp	2½ tbsp	
Slit green chillies	3 nos.	4 nos.	5 nos.	

Menu	IC13	Beans Porial	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, mustard seeds, urad dal, green chillies & salt. Select category & weight and press start. When beeps, add beans, sprinkle little water. Cover & press start. Add grated coconut, cover & stand for 3 minutes.
French beans (cut evenly)	100 g	200 g	300 g	
Oil	1 tsp	1 tsp	2 tsp	
Mustard seeds	¼ tsp	½ tsp	½ tsp	
Urad dhal	¼ tsp	½ tsp	½ tsp	
Grated coconut	2 tbsp	3 tbsp	4 tbsp	
Green chillies	1 no.	2 nos.	3 nos.	
Salt	As per taste			

Menu	IC14	Goan Potato Curry	Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, mustard seeds & chopped onion. Select category & weight and press start. When beeps, add grated coconut, coconut milk, tomato puree, kaju powder, salt, red chilli powder & press start. When beeps, mix well & add boiled potato & mix vegetables & fresh cream. Press start. Give standing time of 3 minutes. Garnish with chopped coriander leaves & serve.
Boiled potato	300 g	400 g	500 g	
Boiled mix veg (capsicum, cauliflower, carrot, peas)	100 g	150 g	200 g	
Chopped onion	1 no.	2 nos.	3 nos.	
Oil	1½ tbsp	2 tbsp	2 tbsp	
Mustard seeds	1 tsp	1½ tsp	2 tsp	
Grated coconut	2 tbsp	2½ tbsp	3 tbsp	
Coconut milk	1 cup	1½ cup	1½ cup	
Tomato puree	½ cup	1 cup	1 cup	
Kaju powder	1 tbsp	2 tbsp	3 tbsp	
Salt, red chilli powder	As per taste			
Fresh cream	2 tbsp	3 tbsp	4 tbsp	
Coriander	A few sprigs			

Menu	IC15	Veg Handva®	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) flat glass dish & Low rack & High rack**				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> Clean, wash & soak the rice & dal together in enough water for at least 4 to 5 hours. Drain & keep aside. Blend in a mixer till smooth, add the curds & mix well. Cover & keep aside to ferment overnight. After fermentation, add salt, chilli powder, turmeric powder, soda bi carb, ginger & green chilli paste. Mix well. In a MWS bowl, add oil, mustard seeds & curry leaves & microwave for 2 minutes and keep aside. Add the boiled vegetables to the fermented batter, add the tadka prepared & lemon juice & hing. Mix well all the ingredients. Pour the batter in MWS flat glass dish. Keep aside. Select category & press start. (Pre-heat process). When beeps, keep the MWS flat glass dish on low rack & press start. When beeps, transfer the MWS flat glass dish to high rack & press start. 	
Rice		200 g (1 cup)		
Urud Dal (Dehusked)		2 tbsp		
Sour curd		½ cup		
Boiled vegetables (Potato, Carrots, Peas, Palak)		2 cups		
Oil		1 tsp		
Lemon juice		2 tsp		
Soda bi carb		A pinch		
Chilli powder, turmeric powder, salt		As per taste		
Ginger & chilli paste		1 tsp		
Mustard seeds		1 tsp		
Curry leaves		A few sprigs		
Hing		¼ tsp		

Menu	IC16	Kashmiri Kaju Paneer	Weight Limit	0.1 ~ 0.5 kg		
Utensil: Microwave safe (MWS) bowl						
Instructions			Method:			
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, onion slices, chopped ginger & garlic. Select category & weight and press start. When beeps, mix well, add khus khus paste, kaju paste, tomato puree, chilli powder, garam masala & salt and press start. When beeps, mix well, add paneer pieces and milk. Press start. Stand for 3 minutes.
Paneer pieces	100 g	200 g	300 g	400 g	500 g	
Kaju paste	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp	
Sliced onions	½ no.	1 nos.	1½ nos.	1½ nos.	2 nos.	
Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp	
Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp	
Chilli powder	As per taste					
Khus Khus paste	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp	
Tomato puree	½ cup	1 cup	1½ cup	2 cup	2 cup	
Milk	¼ cup	½ cup	1 cup	1½ cup	1½ cup	
Garam masala & salt	As per taste					

Menu	IC17	Kadhai Chicken	Weight Limit	0.1 ~ 0.5 kg		
Utensil: Microwave safe (MWS) bowl						
Instructions			Method:			
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In Microwave Safe Bowl add oil, methidana, onion slices, garlic, dhania powder, red chilli powder, chicken & salt. Cover. Select category & weight and press start. When beeps, mix well & add tomato puree, hara dhana, capsicum & ginger. Mix well & cover and press start. Stand for 3 minutes. Add cream. Mix well. Serve hot.
Boneless chicken	100 g	200 g	300 g	400 g	500 g	
Oil	1 tbsp	2 tbsp	3 tbsp	3 tbsp	3½ tbsp	
Methidana	¼ tsp	¼ tsp	1 tsp	1 tsp	1 tsp	
Onion slices	1 no.	2 nos.	3 nos.	3 nos.	3½ nos.	
Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp	
Dhania powder, red chilli powder salt	As per taste					
Tomato puree	¼ cup	½ cup	1 cup	1½ cup	1½ cup	
Hara dhania	A few sprigs					
Capsicum	1 no.	1½ nos.	2 nos.	2 nos.	2 nos.	
Ginger (finely sliced)	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	
Cream	For garnishing					

Menu	IC18	Baigan Ka Bhartha	Weight Limit	0.3 ~ 0.5 kg	
Utensil: Microwave safe (MWS) bowl					
Instructions			Method:		
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add peeled & chopped baigan. Sprinkle some water. Cover. Select category & weight and press start. When beeps, remove & mash the baigan well. In another MWS bowl add oil, chopped onion, green chillies, ginger, tomato, tomato puree, salt, dhania powder, garam masala, red chilli powder, haldi. Mix well. Cover & press start. When beeps, mix well. Add the mashed baigan & mix well. Press start. Allow to stand for 3 minutes. Garnish with coriander leaves. 	
Baingan (Chopped in big pieces)	300 g	400 g	500 g		
Oil	1 tbsp	1½ tbsp	2 tbsp		
Chopped onions	1 cup	1½ cup	2 cup		
Chopped green chillies	3 nos.	4 nos.	5 nos.		
Chopped ginger	1 tbsp	1½ tbsp	2 tbsp		
Chopped tomato	2 nos.	3 nos.	4 nos.		
Tomato puree	4 tbsp	5 tbsp	6 tbsp		
Salt, dhania powder, garam masala, red chilli powder, haldi	As per taste				
Chopped coriander leaves	A few sprigs				

® Do not put anything in the oven during Pre-heat mode.

** Refer page 101, fig 5

Menu	IC19	Kofta Curry		Weight Limit	0.1-0.3 kg
Utensil: Microwavesafe (MWS) flat glass dish & Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<ol style="list-style-type: none"> In a bowl mix grated lauki, besan, salt & haldi together. Mix well & prepare balls of medium size out of the mixture. Grease a MWS flat glass dish & keep the koftas on it select category & weight & press start. When beeps, remove in a MWS bowl add oil, jeera, onion, garlic & ginger & press start. When beeps, mix well, add tomato puree, coriander power, garam masala, red chilli powder, salt, water. Add koftas & press start. Stand for 5 minutes. Squeeze lemon juice & serve. 	
Grated Lauki	100 g	200 g	300 g		
Besan	1 tbsp	2 tbsp	3 tbsp		
Chopped Onion	½ cup	1 cup	1 cup		
Tomato puree	¼ cup	½ cup	1 cup		
Chopped garlic	1 tsp	1½ tsp	2 tsp		
Chopped Ginger	1 tsp	1½ tsp	2 tsp		
Coriander power, haldi, garam masala, red chilli powder, jeera, salt	As per taste				
Oil	½ tbsp	1 tbsp	1½ tbsp		
Water	½ cup	1 cup	1½ cup		
Lemon juice	As per taste				

Menu	IC20	Aloo Gobhi		Weight Limit	0.3-0.5 kg
Utensil: Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, jeera, chopped onion, green chillies, mix well. Select Category & weight & press start. When beeps, mix well and add potatoes (chopped in medium sizes), cauliflower florets, coriander powder, red chilli powder, haldi, salt, garam masala & mix well. Add some water Cover. Press start. When beeps, mix well & add coriander leaves and cover. Press start. Allow to stand for 15 mins with cover inside the microwave. Garnish with coriander leaves & serve. 	
Potatoes (chopped)	150 g	200 g	250 g		
Cauliflower florets	150 g	200 g	250 g		
Oil	1 tbsp	2 tbsp	3 tbsp		
Jeera	1 tbsp	1 tbsp	1 tbsp		
Chopped onion	½ cup	½ cup	1 cup		
Chopped green chillies	1 no	2 nos.	3 nos.		
Coriander powder, red chilli powder, haldi, salt, garam masala	As per taste				
Coriander leaves	A few sprigs				

Menu	IC21	Matar Paneer		Weight Limit	0.2-0.4 kg
Utensil: Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.2 Kg	0.3 Kg	0.4 Kg	<ol style="list-style-type: none"> In a MWS bowl add oil, chopped ginger, garlic, onion. Mix well select category & weight & press start. When beeps, mix well, add paneer cubes, peas, tomato puree, jeera, powder, salt, haldi, red chilli powder, garam masala. Mix well cover. Press Start. When beeps, mix well, add water, coriander leaves & cover. Press start. Stand for 5 minutes. 	
Matar	100 g	150 g	200 g		
Paneer Cubes	100 g	150 g	200 g		
Oil	1 tbsp	1½tbsp	2 tbsp		
Tomato puree	¼ cup	½ cup	1 cup		
Chopped Onion	1 tbsp	1½ tsp	2 tbsp		
Chopped Ginger	1 tsp	1½ tsp	2 tsp		
Chopped garlic	1 tsp	1½ tsp	2 tsp		
Jeera powder, salt, haldi, red chilli powder, garam masala	As per taste				
Coriander leaves	A few sprigs				
Water	¼ cup	½ cup	1 cup		

Menu	IC22	Gatte Ki Subzi		Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a bowl mix besan, red chilli powder, haldi, dhania powder, salt. Add water, little oil and make it like a chapati dough. After making the dough break the dough into different pieces and make the rolls out of those pieces. In a MWS bowl add the rolls & water (to cover the rolls completely). Cover. Select category & weight and press start. When beeps, remove. Take out the gattas, allow to cool. Cut them into slices. In a MWS bowl add oil, rai, jeera, curry leaves, tomato puree, red chilli powder, dhaniya powder, haldi, salt. Cover & press start. When beeps, add beaten curd, gattas & haldi. Mix well & press start. 	
For making gattas					
Besan	100 g	125 g	150 g		
Red chilli powder, haldi, dhania powder, salt	As per taste				
Water	As required				
For Subzi					
Oil	1 tbsp	1½ tbsp	2 tbsp		
Rai, jeera	2 tsp	2 tsp	3 tsp		
Curry leaves	A few				
Sour curd	1 cup	1 cup	1½ cup		
Red chilli powder, haldi, dhaniya powder, salt	As per taste				
Tomato puree	¼ cup	½ cup	1 cup		

Menu	IC23	Egg Curry			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions				Method:		
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> Put chopped onions, green chilli, garlic, ginger in a spice blender & make paste adding 1 tbsp water. In a MWS bowl take oil & add the paste. Mix well. Select category & weight and press start. When beeps, stir & add tomato puree, peas, water & all the spices. Mix well & press start. When beeps, stir & add boiled eggs (each cut into 2), add some water if required. Mix well & press start. Garnish with fresh coriander leaves & serve hot. 		
Boiled eggs	2 nos.	4 nos.	6 nos.			
Onions (chopped)	2 nos.	3 nos.	4 nos.			
Green chilli	1 no.	2 nos.	3 nos.			
Garlic (pods)	6-7 nos.	8-10 nos.	10-12 nos.			
Ginger (chopped)	1 tbsp	1½ tbsp	2 tbsp			
Tomato puree	3 tbsp	5 tbsp	6 tbsp			
Water	½ cup	1 cup	1½ cup			
Green peas (shelled)	¼ cup	½ cup	1 cup			
Salt, red chilli powder, garam masala, turmeric powder, dhania powder	As per taste					
Oil	2 tbsp	3 tbsp	3 tbsp			
Coriander leaves	A few sprigs					

Menu	IC24	Jhinga Matar Curry			Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl						
Instructions				Method:		
For	0.2 Kg	0.3 Kg	0.4 Kg	<ol style="list-style-type: none"> Grind all together onions, green chilli, ginger, coriander powder & turmeric powder without adding any water & make a paste. In a MWS bowl take oil & paste. Mix well. Select category & weight and press start. When beeps, mix & add shelled peas, prawns, all other spices & water. Mix well & cover and press start. When beeps, remove lid & stir well. Press start. Serve hot with steamed rice. 		
Prawns (deveined & cleaned)	50 g	100 g	150 g			
Peas (shelled)	½ cup	1 cup	1 cup			
Water	¼ cup	½ cup	1 cup			
Salt, red chilli power, garam masala	As per taste					
Oil	1 tbsp	1½ tbsp	2 tbsp			
For Paste						
Onions	1 no.	2 nos.	2½ nos.			
Green chilli	1 no.	2 nos.	2 nos.			
Coriander powder, turmeric powder	As per taste					
Ginger (chopped)	1 tsp	1½ tsp	2 tsp			

Menu	IC25	Dum Tangri			Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl & High rack						
Instructions				Method:		
For	0.6 kg			<ol style="list-style-type: none"> Take chicken legs, wash, clean & pat dry them with kitchen towel. Make cuts on legs with a sharp knife & keep aside. In a bowl take all the ingredients of marinade & mix to a thick paste. Apply the marinade on chicken legs all over & inside the cuts as well. Keep covered inside the refrigerator for at least half an hour. After marination is done, keep the marinated chicken legs on high rack. Place tissue paper on the glass tray to absorb all drippings. Keep high rack with chicken legs in the microwave. Select category & press start. When beeps, turn the chicken legs & press start. When beeps, remove chicken legs & high rack from microwave & keep aside. In a MWS glass bowl take all the ingredients given for gravy. Mix well & press start. Take chicken legs & roll in the gravy. Mix well & serve hot with butter naan or laccha parantha. 		
Chicken legs	5 nos.					
For Marinade						
Hung curd	4 tbsp					
Fresh cream	1 tbsp					
Ginger-garlic paste	1 tsp					
Oil	½ tbsp					
Tandoori chicken masala	1 tbsp					
Kasoori methi	As required					
Salt, red chilli powder, garam masala, black pepper powder	As per taste					
For Gravy						
Fresh tomato paste	5 tbsp					
Onion paste	5 tbsp					
Tomato puree	3 tbsp					
Ginger-garlic paste	1 tsp					
Oil	2 tbsp					
Fresh coriander leaves (chopped)	As required					
Salt, red chilli power, garam masala, dhaniya powder	As per taste					

Menu	IC26	Makki Korma	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	
Corns	100 g	200 g	300 g	
Peas	¼ cup	½ cup	½ cup	
Onion (chopped)	1 no.	2 nos.	2 nos.	
Tomato (chopped)	1 no.	2 nos.	2 nos.	
Green chilli (chopped)	1 no.	2 nos.	3 nos.	
Beaten curd	4 tbsp	6 tbsp	8 tbsp	
Water (for boiling)	½ cup	1 cup	1 cup	
Water (for cooking)	¼ cup	½ cup	1 cup	
Salt, red chilli powder, turmeric powder, garam masala	As per taste			
Oil	½ tbsp	1 tbsp	1½ tbsp	
<ol style="list-style-type: none"> In a MWS glass bowl put corns, peas, water (for boiling) & stir. Select category & weight and press start. When beeps, remove & strain the corns & peas in a strainer & keep aside. In the same glass bowl add put oil, chopped onion, tomato & green chilli. Mix well & press start. When beeps, add corns & peas, water (for cooking), add all spices, beaten curd & mix well. Press start. Give standing time of 5-10 minutes & serve hot. 				

Menu	IC27	Litti	Weight Limit	6 Pc
Utensil: Multicook tawa & Low rack*				
Instructions			Method:	
For	Dough			
Whole wheat flour	1 cup			
Curd	¼ cup			
Desi ghee	2 tbsp			
Ajwain	1 tsp			
Salt	As per taste			
Baking soda	A pinch			
Water (to knead the dough)	¼ cup			
For Stuffing				
Sattu	½ cup			
Chopped onion	½ cup			
Chopped coriander	½ cup			
Chopped green chilli	1 tbsp			
Chopped ginger	1 tsp			
Mustard oil	1 tbsp			
Red chilli pickle masala	1 tbsp			
Lemon juice	1 tsp			
Salt, red chilli powder, garam masala	As per taste			
<ol style="list-style-type: none"> In a bowl mix all the ingredients of dough except water & mix well with hands. Now add water & knead a soft dough. Cover & keep aside for 10-15 minutes. In another bowl take all the ingredients of stuffing & mix very well. If the stuffing is too dry, then add 1 or 2 cup water (just enough to mix all the ingredients) & mix well. The stuffing should not be wet. Divide the dough into 6 equal medium sized balls (approx. 45 gms each). Now fill the stuffing (1-2 tbsp) & make round shape balls. Keep multicook tawa on low rack & keep tawa and rack inside the microwave. Select category and press start. When beeps, keep the prepared balls on tawa & keep tawa on low rack & press start. When beeps, change over the side. Press start. Dip the hot Litti in melted ghee & serve hot with chokha. 				

Menu	IC28	Chokha	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl & Multicook tawa & High rack*				
Instructions			Method:	
For	0.3 kg			
Brinjal (peeled & chopped)	300 g			
Onion (chopped)	1 no.			
Tomato (de-seeded & cut into pieces)	3 nos.			
Green chilli (chopped)	2 nos.			
Coriander leaves (chopped)	2 tbsp			
Ginger (chopped)	1 tsp			
Mustard oil	½ tbsp			
Salt, red chilli powder	As per taste			
<ol style="list-style-type: none"> In a MWS glass bowl take peeled & chopped brinjal pieces. Sprinkle some water. Select category & press start. When beeps, remove MWS glass bowl from the microwave. Mash the cooked brinjal with the back of the spoon/ladle & keep aside. Take tomatoes pieces & keep on tawa. Keep tawa & high rack inside the microwave & press start. When cooking ends, add grilled tomatoes to the mashed brinjal. Add all the spices, mustard oil, chopped onions & green chilli, coriander leaves & mix very well & mash a little. Serve chokha with freshly made Litti. 				

Menu	IC29	Methi Aloo	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	
Methi leaves (chopped)	2 cups	3 cups	4 cups	
Big size potato (cut in pieces)	1 no.	2 nos.	3 nos.	
Tomato (chopped)	1 no.	2 nos.	3 nos.	
Oil	1 tbsp	1½ tbsp	2 tbsp	
Green chilli (chopped)	1 no.	2 nos.	2 nos.	
Salt, red chilli powder, haldi, garam masala	As per taste			
<ol style="list-style-type: none"> In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start. When beeps, mix & add cut potatoes. Sprinkle little water on top. Cover & press start. When beeps, remove cover. Add chopped methi leaves & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha. 				

* Refer page 101, fig 2

* Refer page 101, fig 1

Menu	IC30	Kaddu ki Subzi	Weight Limit	0.2 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Kaddu (cut into pieces)	200 g	300 g	400 g	500 g
Chopped tomato	1 no.	2 nos.	3 nos.	4 nos.
Chopped green chilli	1 no.	2 nos.	3 nos.	4 nos.
Finely chopped ginger	½ tsp	½ tsp	1 tsp	1 tsp
Chopped coriander leaves	1 tbsp	2 tbsp	3 tbsp	4 tbsp
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Salt, red chilli power, garam masala, amchoor, turmeric powder	As per taste			
<ol style="list-style-type: none"> In a MWS bowl take kaddu pieces, sprinkle some water & cover. Select category & weight and press start. When beeps, remove kaddu & keep aside. In another MWS bowl put oil, chopped ginger, green chilli, coriander leaves & chopped tomatoes. Mix well & press start. When beeps, remove & mix well. Add cooked kaddu & all the spices. Mash with the back of laddle / spoon. Press start. Serve hot. 				

Menu	IC31	Palak Keema	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	
Palak leaves (chopped)	1½ cup	2½ cups	3½ cups	
Chicken keema	½ cup	1 cup	1½ cup	
Chopped onion	1 no.	2 nos.	3 nos.	
Tomatoes	2 nos.	3 nos.	4 nos.	
Dry red chillies	2 nos.	3 nos.	4 nos.	
Ginger (chopped)	½ tsp	1 tsp	1 tsp	
Garlic (chopped)	½ tsp	1 tsp	1 tsp	
Salt	As per taste			
Oil	1 tbsp	1½ tbsp	2 tbsp	
Kalonji	¼ tsp	½ tsp	½ tsp	
Saunf	¼ tsp	½ tsp	½ tsp	
Jeera	¼ tsp	½ tsp	½ tsp	
Methi dana	¼ tsp	½ tsp	½ tsp	
<ol style="list-style-type: none"> In a spice blender take tomatoes (cut into pieces), chopped ginger, chopped garlic, dry red chilli, a pinch of salt & make a puree of it. Keep aside for later use. In a MWS bowl take oil, saunf, jeera, kalonji & methi dana, chopped onions. Mix well. Select category & weight and press start. When beeps, stir well & add chicken keema & tomato puree. Mix & cover and press start. When beeps, stir well. Add chopped palak leaves, salt & press start. Serve hot with butter naan or tandoori roti. 				

Menu	IC32	Paneer Pista Haryali	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	
Paneer (cut into cubes)	200 g	300 g	400 g	
Pista (skin removed)	2 tbsp	3 tbsp	4 tbsp	
Coriander leaves	¼ cup	½ cup	½ cup	
Milk	¼ cup	½ cup	½ cup	
Salt & pepper	As per taste			
Onion	2 nos.	3 nos.	4 nos.	
Green chilli (chopped)	2 nos.	3 nos.	4 nos.	
Oil	1 tbsp	2 tbsp	2½ tbsp	
Dhania powder	½ tbsp	1 tbsp	1 tbsp	
Garlic (chopped)	1 tsp	1½ tsp	1½ tsp	
Water	½ cup	1 cup	1 cup	
<ol style="list-style-type: none"> Peel & cut onions into 4 pieces. Put pista & chopped onion in a MWS bowl. Put water & cover. Select category & weight and press start. When beeps, remove from microwave & cool. Grind boiled onion pieces, pista along with water, salt, pepper, dhania powder, coriander leaves, green chilli, garlic to a fine green paste. Put the prepared paste in the same MWS bowl, put oil & milk, mix well & press start. When beeps, mix again, put paneer cubes & mix. Adjust seasoning. Press start. Garnish with fresh cream. Serve hot. 				

Menu	IC33	Bandhgobhi Matar	Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg	0.4 kg	0.5 kg	
Cabbage leaves (chopped)	300g	400g	500g	
Peas	1 cup	1 cup	½ cup	
Tomato (chopped)	2 nos.	3 nos.	3 nos.	
Oil	1½ tbsp	2 tbsp	2 tbsp	
Green chilli (chopped)	2 nos.	2 nos.	2 nos.	
Salt, red chilli powder, haldi, garam masala	As per taste			
<ol style="list-style-type: none"> In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start. When beeps, mix & add peas. Sprinkle little water on top. Cover & press start. When beeps, remove cover. Add chopped cabbages leaves & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha. 				

Menu	IC34	Mushroom Chilli			Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.3 kg	0.4 kg	0.5 kg			
Mushroom (chopped)	300g	400g	500g	1. In a MWS bowl take oil, ginger garlic paste, chopped green chilli & chopped onion. Mix well. Select category & weight and press start.		
Onion (chopped)	1 cup	1 cup	½ cup	2. When beeps, mix & add chopped tomato. Sprinkle little water on top. Cover & press start.		
Tomato (chopped)	2 nos.	3 nos.	3 nos.	3. When beeps, remove cover. Add chopped mushroom & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.		
Oil	1½ tbsp	2 tbsp	2 tbsp			
Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp			
Green chilli (chopped)	2 nos.	2 nos.	2 nos.			
Salt, red chilli powder, garam masala	As per taste					

Menu	IC35	Kalonji Aloo			Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.3 kg	0.4 kg	0.5 kg			
Boiled Potato (chopped)	300g	400g	500g	1. In a MWS bowl take oil, chopped green chilli & add kalonji & chopped tomato. Mix well. Select category & weight and press start.		
Kalonji	1 tbsp	1 tbsp	1½ tbsp	2. When beeps, mix & add potato. Sprinkle little water on top. Cover & press start.		
Tomato (chopped)	2 nos.	3 nos.	3 nos.	3. When beeps, remove cover. Add all the spices. Mix well & cover. Press start. Give standing time for 2 minutes. Serve hot with chappati or parantha.		
Oil	1½ tbsp	2 tbsp	2 tbsp			
Green chilli (chopped)	2 nos.	2 nos.	2 nos.			
Salt, red chilli powder, garam masala, haldi	As per taste					

Menu	IC36	Dahi Aloo			Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.3 kg	0.4 kg	0.5 kg			
Boiled Potato (chopped)	300g	400g	500g	1. In a MWS bowl take oil, chopped green chilli, jeera & chopped tomato. Mix well. Select category & weight and press start.		
Fresh Curd	1 Cup	1 Cup	1½ Cup	2. When beeps, mix & add potato, besan & water. Sprinkle little water on top. Cover & press start.		
Tomato (chopped)	2 nos.	3 nos.	3 nos.	3. When beeps, remove cover. Add curd & all the spices. Mix well & cover. Press start. Give standing time for 2 minutes. Serve hot with chappati or parantha.		
Besan	2 tbsp	2 tbsp	3 tbsp			
Water	1 Cup	1 Cup	1½ Cup			
Oil	1½ tbsp	2 tbsp	2 tbsp			
Green chilli (chopped)	2 nos.	2 nos.	2 nos.			
Salt, red chilli powder, garam masala, haldi, jeera	As per taste					

Menu	IC37	Aloo Shimlamirch			Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.3 kg	0.4 kg	0.5 kg			
Potato (chopped)	300g	400g	500g	1. In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start.		
Capsicum (chopped)	1 cup	1 cup	½ cup	2. When beeps, mix & add potato. Sprinkle little water on top. Cover & press start.		
Tomato (chopped)	2 nos.	3 nos.	3 nos.	3. When beeps, remove cover. Add chopped capsicum & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha.		
Oil	1½ tbsp	2 tbsp	2 tbsp			
Green chilli (chopped)	2 nos.	2 nos.	2 nos.			
Salt, red chilli powder, haldi, garam masala	As per taste					

Menu	IC38	Paneer Bhurji					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg			
Paneer (mashed)	100 g	200 g	300 g	400 g	500 g	1. In a MWS bowl add oil, onion & capsicum. Select category & weight and press start.		
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp	2. When beeps, mix well & add paneer, coriander leaves, coriander powder, jeera powder, red chilli powder & salt. Mix well & press start.		
Chopped capsicum	1 no.	2 nos.	3 nos.	4 nos.	4 nos.	3. Serve with toast or wrapped in roti.		
Chopped onion	½ cup	1 cup	1 cup	1½ cup	2 cup			
Coriander leaves	A few sprigs							
Coriander powder, jeera powder, red chilli powder, salt	As per taste							

Menu	IC39	Scrambled Eggs		Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) flat glass dish					
Instructions				Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> 1. Grease a MWS flat glass dish with butter or oil. 2. In another bowl lightly beat eggs, milk, salt & pepper together. 3. Now pour the egg mixture in greased MWS flat glass dish. Select category & weight and press start. 4. When beeps, mix well & again press start. Stand for 3 minutes. Mix well & garnish with chopped coriander leaves & serve. 	
Eggs	2 nos.	3 nos.	4 nos.		
Milk	2 tbsp	3 tbsp	4 tbsp		
Salt, pepper	As per taste				
Butter / oil	For greasing				
Coriander leaves (chopped)	For garnishing				

Menu	IC40	Mushroom Capsicum		Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> 1. In a MWS bowl take oil, ginger garlic paste, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start. 2. When beeps, mix & add mushrooms. Sprinkle little water on top. Cover & press start. 3. When beeps, remove cover. Add chopped capsicum & all the spices. Mix well & cover. Press start. Give standing time for 5 minutes. Serve hot with chappati or parantha. 	
Mushroom (chopped)	300g	400g	500g		
Capsicum (chopped)	1 cup	1 cup	½ cup		
Tomato (chopped)	2 nos.	3 nos.	3 nos.		
Oil	1½ tbsp	2 tbsp	2 tbsp		
Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp		
Green chilli (chopped)	2 nos.	2 nos.	2 nos.		
Salt, red chilli powder, garam masala	As per taste				

Sweet Corner

Indian Cuisine

Menu	SC1	Suji Halwa		Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl					
Instructions				Method:	
Suji	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. In MWS glass bowl take suji, add ghee mix it together, select menu and press start. 2. When beeps, mix well. Allow to cool. Add water (½ of mentioned amount) and sugar. Press start. 3. When beeps, mix well and add remaining water, cashewnuts, kishmish, kesar and elaichi powder. Press start. Stand for 5 minutes. Serve hot. 	
Ghee (melted)	2 tbsp	3 tbsp	4 tbsp		
Water	300 ml	600 ml	900 ml		
Sugar	100 g	200 g	300 g		
Cashewnuts, Kishmish, Kesar Elaichi Powder	As per your taste				

Menu	SC2	Besan Ladoo		Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) flat glass dish					
Instructions				Method:	
Besan	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. In Microwave safe flat glass dish take besan and ghee. Select category & weight and press start. 2. When beeps, stir it & press start. 3. When beeps, stir it & press start. 4. Allow to cool. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size. <p>Note : For binding the ladoo use ghee.</p>	
Ghee (melted)	3 tbsp	5 tbsp	7 tbsp		
Powder Sugar	50 g	100 g	150 g		
Elaichi Powder	1/2 tsp	1 tsp	1 tsp		

Menu	SC3	Kheer		Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl					
Instructions				Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. In Microwave Safe Glass Bowl add milk, milkmaid & mix well. Select category & weight & press start. 2. When beeps, add Badam Pista pieces, Kesar Elaichi Powder & Seviyaan. Mix well and press start. 3. When beeps, mix it well. Add more milk (if required) & press start. Stand for 5 minutes. Serve hot or chilled. <p>Note : The bowl should be filled at 1/4 level of the total volume.</p>	
Milk	100 ml	200 ml	300 ml		
Milkmaid	150 ml	200 ml	300 ml		
Seviyaan (roasted)	20 gm	40 gm	60 gm		
Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp		
Kesar & Elaichi Powder	As per taste				

Menu	SC4	Payasam		Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. In a MWS bowl take ghee, soaked rice, milk, sugar & water & cover it. 2. Select category & weight and press start. 3. When beeps, add more milk, dry fruits, kesar, elaichi powder. Mix well & press start. Stand for 5 minutes. Sprinkle kewada jal on it. Serve hot or chilled. 	
Broken Rice (soaked for 2 hour)	100 g	200 g	300 g		
Milk & Water	300 ml	500 ml	700 ml		
Sugar	75 g	150 g	200 g		
Kesar, elaichi powder dry fruits	As per taste				
Ghee	1 tbsp	1½ tbsp	2 tbsp		

Menu	SC5	Mysore Pak	Weight Limit	0.3 Kg
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Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. In a MWS flat glass dish add besan. Select Category & press start. 2. When beeps, mix well & add melted ghee, powdered sugar. Mix very well while adding. Press start. 3. When beeps, mix well & add milk. Press start. Allow to cool & cut into pieces & serve.
Besan		100 g	100 g	
Melted ghee		100 ml	100 ml	
Powdered Sugar		100 g	100 g	
Milk		¼ cup	¼ cup	

Menu	SC6	Nariyal Burfi	Weight Limit	0.1 ~ 0.3 kg
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Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. In a MWS bowl add ghee & fresh grated coconut. Mix well. 2. Select category & weight and press start. 3. When beeps, add milkmaid, milk powder, elaichi powder & press start. 4. When beeps, remove & spread the mixture onto a greased thali & allow to set for 1 hour. Cut into rectangles & store in a air tight container
Grated coconut	100 g	200 g	300 g	
Milkmaid	½ cup	1 cup	1½ cup	
Milk powder	3 tbsp	4 tbsp	5 tbsp	
Ghee	1 tsp	2 tsp	3 tsp	
Elaichi powder	1 tsp	2 tsp	3 tsp	

Menu	SC7	Sandesh	Weight Limit	0.2 ~ 0.4 kg
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Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> 1. In a MWS bowl add grated paneer, khoa, rose water & milkmaid. Mix well. 2. Select menu & weight and press start. 3. When beeps, stir well & press start. 4. Allow to cool. Hang in Muslin cloth for 20 minutes if it is too wet. Make balls out of the mixture & roll them in elaichi powder & chopped pista. Refrigerate till set.
Paneer (grated)	200 g	300 g	400 g	
Milkmaid	50 g	75 g	100 g	
Rose water	1 tbsp	1½ tbsp	2 tbsp	
Elaichi seeds	½ tsp	1 tsp	1½ tsp	
Chopped pista		A few		
Khoa (mashed)	100 gm	150 gm	200 gm	

Menu	SC8	Seviyan Zarda	Weight Limit	0.2 kg
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Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Roasted Seviyan		200 g		<ol style="list-style-type: none"> 1. In a MWS glass bowl add sugar & water. Select category & press start. 2. When beeps, add rose essence, cardamom powder, seviyan to the bowl. Press start. Give standing time of 3 minutes. Garnish with almonds & pista & serve.
Sugar		5 tbsp		
Water		3 cups		
Rose essence		A few drops		
Almonds		A few		
Chopped pista		A few		
Elaichi powder		½ tsp		
Ghee		1 ½ tbsp		

Menu	SC9	Burfi	Weight Limit	0.3 kg
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Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For		0.3 kg		<ol style="list-style-type: none"> 1. In a bowl mix milk powder, corn flour, milkmaid & cream. Beat well till smooth. 2. Pour the mixture in a MWS flat glass dish. Select category & press start. 3. When beeps, mix well (remove lumps if formed). Press start. 4. When beeps, mix well & press start. 5. Remove, allow to cool & refrigerate till set. After setting cut into pieces & sprinkle chopped almonds & pistas & serve.
Milk powder		100 g		
Milkmaid		100 ml		
Cream		100 ml		
Corn flour		4 tbsp		
Chopped almonds & pistas		As required		

Menu	SC10	Kalakand	Weight Limit	0.1 ~ 0.3 kg
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Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
Grated Paneer	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 1. In Microwave Safe Bowl take grated paneer, milkmaid, milk powder, cornflour, Elaichi powder. Mix well, select category & weight and press start. 2. When beeps, mix it again and press start. 3. When set cut into pieces. Garnish with dry fruits.
Milkmaid	50 ml	100 ml	200 ml	
Milk Powder	2 tbsp	3 tbsp	4 tbsp	
Cornflour	1/2 tsp	1 tsp	1 tsp	
Elaichi Powder	1/2 tsp	1 tsp	1 tsp	

Menu	SC11	Shahi Rabdi	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg		
Milk		1 cup	1. Dissolve strands of saffron in 2 tbsp lukewarm milk.	
Grated paneer		1 cup	2. In a MWS bowl, put all the ingredients of rabdi except chopped pistachios. Mix well.	
Condensed milk		½ cup	3. Keep the bowl in Microwave. Select category & press start.	
Deshi ghee		1 tbsp	4. Serve chilled garnished with chopped pistachios.	
Elaichi powder		¼ tsp		
Saffron		A few strands		
Rose essence		A few drops		
Chopped pistachios		1 tbsp		
Chopped almonds (skin removed)		2 tbsp		

Menu	SC12	Shahi Tukda	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) flat glass dish & High Rack**				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	
Bread Slices	1 slice	2 slices	3 slices	1. Arrange bread slices on high rack. Select category & weight & press start.
Milkmaid	50 ml	100 ml	150 ml	2. When beeps, turn slices press start.
Milk	50 ml	100 ml	125 ml	3. When beeps, mix milkmaid, milk, sugar, dry fruits and kesar elaichi powder in Microwave Safe Flat Glass Dish. Pour the mixture on slices and press start. Serve hot.
Sugar	1 tbsp	2 tbsp	3 tbsp	
Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp	
Kesar-Elaichi Powder		As per your taste		

Menu	SC13	Kaddu Kheer	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.5 kg		
Milk		300 ml	1. In a MWS glass bowl add milk & milkmaid, grated kaddu. Select category & press start.	
Grated kaddu		200 g	2. When beeps, mix well. Press start.	
Milkmaid		150 g	3. When beeps, mix well & add dry fruits. Press start. Serve it chilled or hot.	
Dry fruits (Kaju, kishmish, pista)		As required		

Menu	SC14	Rava Ladoo	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.5 kg		
Roasted rava/sooji		1 cup	1. In a MWS glass bowl take sugar & milk. Mix & select category and press start.	
Grated khoya		1½ cup	2. When beeps, add roasted rava/sooji, kishmish & chopped almonds. Sprinkle elaichi powder & mix very well. Press start.	
Sugar		½ cup	3. When beeps, mix well & add grated khoya. Mix well & again press start.	
Milk		½ cup	4. Make equal sized ladoos from the mixture, when it is still warm.	
Kishmish		2 tbsp		
Chopped almonds		2 tbsp		
Desi ghee		1 tbsp		
Elaichi powder (optional)		½ tsp		

Menu	SC15	Kaju Burfi	Weight Limit	0.4 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.4 kg		
Kaju		2 cups	1. Take kaju in a spice-grinder & make a fine powder and keep aside.	
Powdered sugar		1¼ cup	2. In a MWS glass bowl take powdered sugar & water. Stir very well. Select category & press start.	
Water		½ cup	3. When beeps, stir very well & dissolve all the sugar. Add kaju powder & stir till all the lumps are removed. Keep stirring till the paste becomes like a dough (ball formation stage).	
			4. Grease the kitchen-slab (marble top) a little with ghee. Take the dough & roll out to 1" thickness carefully. Cut the kaju burfi in desired square or diamond shape & decorate with vark and serve.	

Menu	SC16	Badam Halwa	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	
Badam (soaked in hot water for 1 hour)	½ cup	1 cup	1½ cup	1. Remove the skin from badam & grind them to a fine paste adding milk. Take out this paste in a MWS glass bowl.
Milk (for making paste)	½ cup	1 cup	1 cup	2. Add desi ghee to the paste & mix well. Select category & weight and press start.
Milk (for cooking)	½ cup	¾ cup	1 cup	3. When beeps, stir very well & again press start.
Sugar	3 tbsp	5 tbsp	7 tbsp	4. When beeps, stir very well. Add sugar & milk (for cooking). Again mix well & press start. Give standing time of 5-6 minutes & mix well. Garnish with slivered almonds & serve badam halwa hot.
Desi ghee	2 tbsp	3 tbsp	4 tbsp	
Slivered almonds (for garnishing)		A few		

** Refer page 101, fig 5

Menu	SC17	Suji Kheer	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.2 kg	1. In a MWS glass bowl add moong dal. Select category & press start.	
Moong dal (dehusked)		10 g	2. When beeps, remove & grind the dal in a grinder. Sieve the dal to get fine powder.	
Suji		20 g	3. In the same MWS glass bowl add dal & suji. Press start.	
Powdered jaggery		30 g	4. When beeps, add powdered jaggery, milk & mix well. Press start.	
Milk		140 ml	5. Add more warm milk to get kheer consistency.	

Menu	SC18	Fruit Dessert	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	1. Put the peeled apple & banana pieces, orange juice & sugar in a MWS glass bowl. Select category & weight & press start. 2. When beeps, remove & mash well. Cover & press start.
Apple, banana	100 g	200 g	300 g	
Orange juice	1 tbsp	2 tbsp	3 tbsp	
Sugar	1 tbsp	2 tbsp	3 tbsp	

Menu	SC19	Raggi Kheer	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.3 kg	1. Put Raggi powder and water in MWS glass bowl and keep in microwave. Select category and press start.	
Raggi powder		2 tbsp	2. when beeps, remove and add sugar, milk and ghee. Mix well. Put this in microwave and press start.	
Milk		1 cup		
Milk		As per taste		
Ghee		1 tsp		
Water		½ cup		

Menu	SC20	Fruit rava kesari	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Suji	0.1 kg	0.2 kg	0.3 kg	1. In Microwave safe glass bowl take Suji, add ghee, mix it together. Select category & weight and press start. 2. In a MWS bowl add oil, chopped onions & marinated chicken & cover. Select category & weight and press start. 3. When beeps, add water, sugar, cashewnuts, kishmish, kesar, Elaichi powder, & chopped fruits mix it well and press start. Stand for 5 minutes. Serve hot.
Ghee (melted)	2 tbsp	3 tbsp	4 tbsp	
Water	300 ml	600 ml	900 ml	
Sugar	100 g	200 g	300 g	
Chopped fruits	1 Cup	1 Cup	1 Cup	
Cashewnuts, Kishmish, Kesar	As per your taste			
Elaichi Powder				

Menu	rd1	Chicken Biryani	Weight Limit	0.1 ~ 0.5 kg		
Utensil: Microwave safe (MWS) bowl						
Instructions			Method:			
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	1. Marinade the chicken & keep it in refrigerator for 1 hour. 2. In a MWS bowl add oil, chopped onions & marinated chicken & cover. Select category & weight and press start. 3. When beeps, mix well, add rice, salt (if required), coriander leaves, water. Cover & press start. Stand for 5 minutes. Serve hot.
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g	
Boneless chicken	100 g	200 g	300 g	400 g	500 g	
For Marinade						
Hung curd	½ cup	1 cup	1½ cup	2 cup	2½ cup	
Tomato puree	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp	
Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp	
Salt, garam masala, coriander powder, red chilli powder, turmeric powder	As per taste					
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp	
Onion	½ cup	1 cup	1 cup	1½ cup	1½ cup	
Salt	If required					
Coriander leaves	A few springs					
Water	200 ml	400 ml	600 ml	650 ml	750 ml	

Menu	rd2	Gosht Dum Biryani					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, jeera, laung, tej patta onion, ginger garlic paste, mutton & cover. Select category & weight and press start. When beeps, mix well, add rice, water, salt, red chilli powder, garam masala & cover. Press start. Stand for 5 minutes. Serve hot. 		
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g			
Boneless mutton	100 g	200 g	300 g	400 g	500 g			
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Chopped onion	½ cup	1 cup	1 cup	1½ cup	1½ cup			
Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp			
Jeera, laung, tej patta, salt, red chilli powder, garam masala	As per taste							
Water	200 ml	400 ml	600 ml	650 ml	750 ml			

Menu	rd3	Malabar Biryani					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> Marinate the chicken & refrigerate it for 1 hour. In a MWS bowl add oil, onion, chopped coriander & mint leaves, biryani masala & salt. Mix, select category & weight & press start. When beeps, remove the bowl & in another MWS bowl add soaked rice, water, tomato, curd, mix & cover. Press start. When beeps, add the marinated chicken to the first bowl. Cover & press start. Stand for 5 minutes. Serve hot. 		
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g			
Boneless chicken	100 g	200 g	300 g	400 g	500 g			
For Marinade								
Salt, red chilli powder, turmeric powder	As per taste							
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Salt, biryani masala	As per taste							
Curd	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Sliced tomato	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.			
Sliced onion	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.			
Water	200 ml	400 ml	600 ml	650 ml	750 ml			

Menu	rd4	Pineapple Fried Rice					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, mix vegetables, ajinomoto, red chilli powder, soy sauce, chilli sauce. Mix & select category & weight & press start. When beeps, remove, in another MWS bowl add rice & water & press start. When beeps, add the boiled rice to the vegetables, add pineapple pieces. Mix & press start. Stand for 5 minutes. 		
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g			
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Mix veg - Peas, french beans, carrots, capsicum	½ cup	1 cup	1½ cup	2 cup	2½ cup			
Pineapple (chopped)	½ cup	1 cup	1 cup	1½ cup	2 cup			
Ajinomoto	A pinch							
Red chilli powder, chilli sauce, soya sauce	As per taste							
Water	200 ml	400 ml	600 ml	650 ml	750 ml			

Menu	rd5	Veg Pulao					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables. Select category & weight and press start. When beeps, mix well & add rice, water, salt, garam masala, red chilli powder. Press start. Mix well. Stand for 5 minutes. 		
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g			
Water	200 ml	400 ml	600 ml	650 ml	750 ml			
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Jeera, laung, tej patta, salt, garam masala, red chilli powder	As per taste							
Mix veg - Gobhi, matar, gajar, french beans etc.	½ cup	1 cup	1½ cup	2 cup	2½ cup			

Menu	rd6	Veg Tahiri					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables. Select category & weight and press start. When beeps, mix well & add rice, water, salt, garam masala, haldi, red chilli powder. Press start. Mix well. Stand for 5 minutes. Serve hot. 		
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g			
Water	200 ml	400 ml	600 ml	650 ml	750 ml			
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Jeera, laung, tej patta, salt, garam masala, haldi, red chilli powder	As per taste							
Mix veg - Gobhi, matar, gajar, tomato, potato etc.	½ cup	1 cup	1½ cup	2 cup	2½ cup			

Menu	rd7	Pepper Rice					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, dry red chilli, green chilli, chopped garlic, mustard seeds, black gram dal, Bengal gram dal, curry leaves. Select category & weight and press start. When beeps, add soaked rice, water, ghee, salt, black pepper powder. Mix well & press start. Stand for 5 minutes. Add grated coconut & serve hot. 		
Soaked Rice (2 hours)	100 g	200 g	300 g	400 g	500 g			
Water	200 ml	400 ml	600 ml	650 ml	750 ml			
Dry coconut	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp			
Green chilli (Chopped)	2 nos.	3 nos.	4 nos.	5 nos.	6 nos.			
Garlic (Chopped)	2 cloves	3 cloves	4 cloves	5 cloves	6 cloves			
Ghee	1 tbsp	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp			
Salt	As per taste							
Black pepper powder	As per taste							
Seasoning								
Mustard seeds	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp			
Black gram dal	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp			
Bengal gram dal	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp			
Curry leaves	A few leaves							
Dry Red Chilli	1 no.	2 nos.	3 nos.	4 nos.	5 nos.			
Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp			

Menu	rd8	Zafrani Pulao					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add ghee & rice. Mix well. select category & weight and press start. When beeps, mix well add nutmeg powder, cardamom powder, kishmish, kaju, sugar, saffron mixed with warm milk, water. Press start. Stand for 5 minutes. Garnish with kishmish & kaju and serve. 		
Basmati rice	100 g	200 g	300 g	400 g	500 g			
Melted ghee	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp			
Nutmeg powder, cardamom powder	As per taste							
Sugar	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Saffron (Kesar)	A pinch							
Warm milk	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp			
Water	150 ml	300 ml	350 ml	650 ml	750 ml			
Kishmish, Kaju	As per required							

Menu	rd9	Bengali Biryani					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a bowl take hung curd, ginger-garlic paste, oil, all the spices, mix well & make a paste for marinade. Apply this marinade on fish pieces evenly keep the marinated fish in refrigerator for atleast 1-1½ hours. In a MWS bowl take soaked rice, water, select category & weight & press start. When beeps remove rice from microwave. In another MWS bowl take sliced onions, desi ghee, black pepper corns, cloves, cinnamon stick, bay leaf, cardamom, mix well. Press start. When beeps add the cooked onions to rice, add marinated fish pieces, salt. Mix well, cover & press start. Allow to stand for 5-10 minutes. Serve hot with curd or gravy of your choice. 		
Basmati Rice (Cooked)	100 g	200 g	300 g	400 g	500 g			
Fish (Hilsa)	250 g	350 g	450 g	550 g	650 g			
Desi Ghee	1 tbsp	2 tbsp	2 tbsp	3 tbsp	3 tbsp			
Onion (sliced)	1 no.	2 nos.	2 nos.	3 nos.	3 nos.			
Ginger-garlic paste	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp			
Red chilli powder, salt, turmeric powder, cumin powder, garam masala	As per taste							
Black pepper corns, cloves, cinnamon, bayleaf, cardamom (green)	As per requirement							
Hung curd	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp	4 tbsp			
Oil	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp			
Water	200 ml	400 ml	600 ml	650 ml	750 ml			

Menu	rd10	Khumb Pulao					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS bowl add oil, chopped garlic & spring onions. Select category & weight and press start. When beeps, mix well & add mushrooms. Press start. When beeps, mix well & add rice, milk, water, salt & pepper. Press start. Stand for 3 minutes. 		
Basmati Rice (Soaked)	100 g	200 g	300 g	400 g	500 g			
Sliced mushrooms	50 g	100 g	150 g	200 g	250 g			
Water	100 ml	200 ml	300 ml	325 ml	375 ml			
Milk	100 ml	200 ml	300 ml	325 ml	375 ml			
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp			
Chopped spring onions	2 nos.	3 nos.	4 nos.	5 nos.	6 nos.			
Chopped garlic	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp			
Salt, pepper	As per taste							

Menu	rd11	Tiranga Pulao		Weight Limit	0.2 ~ 0.4Kg		
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) glass bowl							
Instructions				Method:			
For	0.2 Kg	0.3 Kg	0.4 Kg	<ol style="list-style-type: none"> In a spice grinder take mint leaves, coriander leaves, onion (cut into pieces), green chilli & salt. Grind them & make green chutney. Keep aside for late use. In a MWS bowl take soaked rice & water. Add ½ salt. Select category & weight and press start. When beeps, remove the MWS bowl & drain excess water from the rice. Divide the cooked rice into 3 equal parts. Cover them. In another MWS bowl add oil/ghee, grated beet root, sliced onion, laung, elaichi & salt. Mix well. Press start. When beeps, remove the MWS bowl and in a MWS glass bowl add oil/ghee & cashewnuts. Press start. Mix one portion of rice to the red mixture with a fork. Do not break the rice. Mix second portion with green chutney & third portion of rice with cashewnuts. Take square / rectangular dish & arrange the red coloured layer first, white layer in the centre & green layer in the end. Serve them hot. 			
Rice (soaked for 1 hour)	200 g	300 g	400 g				
Water	350 ml	500 ml	650 ml				
Salt	As per taste						
For Red Mixture							
Beat root (grated)	½ cup	1 cup	1 cup				
Onion (sliced)	½ nos.	1 no.	1 no.				
Oil / ghee	½ tbsp	1 tbsp	1 tbsp				
Salt	As per taste						
Laung, dalcchini, chhoti elaichi	As requisite						
For White Mixture							
Cashewnuts (broken into pieces)	1 tbsp	2 tbsp	3 tbsp				
Oil / ghee	½ tbsp	1 tbsp	1½ tbsp				
For Green Mixture							
Mint leaves	½ cup	1cup	1 cup				
Coriander leaves	½ cup	1cup	1 cup				
Onion	1 no.	2 nos.	3 nos.				
Green chilli	1 no.	2 nos.	3 nos.				
Garlic paste	½ tsp	1 tsp	1 tsp				
Salt	As per taste						

Menu	rd12	Egg Biryani		Weight Limit	0.1 ~ 0.3Kg
Utensil: Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<ol style="list-style-type: none"> In a MWS bowl take soaked rice, water. Select category & weight and press start. When beeps, take out the cooked rice & keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies & all the spices. Mix very well & press start. When beeps, add boiled eggs (cut into 2) & boiled rice to the sliced onions. Mix well without breaking the eggs. Press start. Serve egg biryani hot with plain curd or raita. 	
Boiled eggs	2 nos.	3 nos.	4 nos.		
Rice (soaked for 1 hour)	100 g	200 g	300 g		
Water	200 ml	350 ml	500 ml		
Onions (Big sized sliced)	1 no.	2 nos.	2 nos.		
Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp		
Ginger-garlic paste	½ tsp	1 tsp	1 tsp		
Salt, red chilli powder, garam masala, dhania powder, turmeric powder	As per taste				
Biryani masala	½ tsp	1 tsp	1 tsp		
Slit green chillies	1 no.	2 nos.	2 nos.		

Menu	rd13	Achari Chana Pulao		Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<ol style="list-style-type: none"> In a MWS bowl take soaked rice & water. Select category & weight and press start. When beeps, remove the rice & keep aside. In another MWS bowl take desi ghee, jeera, saunf, laung, chhoti elaichi, badi elaichi, ginger-garlic paste, sliced onions & slit green chillies. Mix very well & press start. When beeps, add onion-mixture to the cooked rice, also add mango pickle paste & all the spices. Mix very well & press start. Serve achari chana pulao hot with fresh curd. 	
Soaked rice	100 g	200 g	300 g		
Soaked & boiled kabuli chana	½ cup	1 cup	1½ cup		
Sliced onions	½ cup	1 cup	1½ cup		
Water	200 ml	350 ml	500 ml		
Ginger-garlic paste	½ tsp	1 tsp	1½ tsp		
Desi ghee	1 tbsp	1½ tbsp	2 tbsp		
Laung, chhoti elaichi, badi elaichi, saunf, jeera	As per requirement				
Salt, red chilli powder, garam masala, haldi	As per taste				
Mango pickle paste	1 tbsp	1½ tbsp	2 tbsp		
Slit green chilli	1 no.	2 nos.	2 nos.		

Menu	rd14	Methi Rice		Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<ol style="list-style-type: none"> In a MWS bowl take soaked rice & water. Select category & weight and press start. When beeps, remove the rice & keep aside. In another MWS bowl take oil / ghee, chopped methi leaves, sliced onions, ginger-garlic paste. Mix well & press start. When beeps, add methi leaves to cooked rice, add all the spices. Mix very well. Press start. Serve rice hot with curd or raita. 	
Methi leaves (chopped)	1 cup	1½ cup	2 cup		
Soaked rice	100 g	200 g	300 g		
Water	200 ml	350 ml	500 ml		
Onions (sliced)	1 no.	2 nos.	3 nos.		
Ginger-garlic paste	½ tsp	1 tsp	1½ tsp		
Salt, red chilli powder, garam masala	As per taste				
Oil / ghee	1½ tbsp	2 tbsp	2½ tbsp		

Menu	rd15	Coconut Rice			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg		<ol style="list-style-type: none"> In a MWS bowl take soaked rice coconut milk & water. Select category & weight and press start. When beeps, remove the rice & separate rice grains using a fork & keep aside. In another MWS bowl take oil, mustard seeds, chopped cashewnuts, curry leaves, chopped ginger, chopped green chilli. Mix well & press start. When beeps, add cooked rice to the tadka. Add beaten curd, grated coconut, salt & pepper. Mix very well & press start. Serve coconut rice hot with sambhar. 	
Rice (soaked for 1 hour)	100 g	200 g	300 g	1 cup		
Coconut (grated)	¼ cup	½ cup	¾ cup	0.3 Kg		
Coconut milk	100 ml	200 ml	300 ml			
Water	100 ml	150 ml	200 ml			
Oil	1 tbsp	2 tbsp	3 tbsp			
Chopped cashewnuts	1 tbsp	2 tbsp	3 tbsp			
Mustard seeds	½ tsp	1 tsp	1 tsp			
Curry leaves	10 nos.	15 nos.	20 nos.			
Chopped green chilli	2 nos.	3 nos.	3 nos.			
Salt & pepper	As per taste					
Finely chopped ginger	1 tsp	1½ tsp	2 tsp			
Beaten curd	1 tbsp	2 tbsp	3 tbsp			

Menu	rd16	Curd Rice					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) glass bowl								
Instructions						Method:		
For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS glass bowl add oil, mustard seeds, urad dal, chana dal. Select category & weight and press start. When beeps, mix well & add curry leaves, green chillies, grated ginger. Mix well & press start. When beeps, remove the bowl. Now in another MWS glass bowl, add rice & water. Press start. Stand for 5 minutes. Add cooked rice, curd, milk, chopped coriander leaves to the first MWS glass bowl. Mix well & serve. 		
Basmati Rice (Soaked)	100 g	200 g	300 g	400 g	500 g			
Water	200 ml	400 ml	600 ml	850 ml	750 ml			
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp			
Urad dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp			
Chana dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp			
Curry leaves	A few leaves							
Green chillies (chopped)	2 nos.	2 nos.	3 nos.	3 nos.	3 nos.			
Grated ginger	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp			
Curd	½ cup	½ cup	1 cup	1 cup	1½ cup			
Milk	½ cup	¼ cup	½ cup	½ cup	1 cup			
Coriander leaves (chopped)	A few sprigs							

Menu	rd17	Keema pulao			Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.3kg				<ol style="list-style-type: none"> In a MWS bowl add oil, ginger garlic paste & spring onions. Select category & weight and press start. When beeps, add keema & biryani masala, tomato, black cardamom. Press start. When beeps, mix well & add rice, water, salt & pepper. Press start. Stand for 3 minutes. 	
Basmati rice (soaked for 1 hour)	200 g					
Minced Keema	100 g					
Black cardamom	4 No.					
Salt, red chilli powder, turmeric powder	As per taste					
Oil	1 tbsp					
Salt, biryani masala	As per taste					
Ginger garlic paste	1 tbsp					
Sliced tomato	1 No.					
Sliced onion	1 No.					
Water	200 ml					

Menu	rd18	Tomato pulao			Weight Limit	0.1 ~ 0.3kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg		<ol style="list-style-type: none"> In a MWS bowl take soaked rice, water. Select category & weight and press start. When beeps, take out the cooked rice & keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies, chopped tomatoes & all the spices. Mix very well & press start. When beeps, add boiled rice to the sliced onions. Mix well. Press start. Serve tomato pulao hot with plain curd or raita. 	
Chopped tomato	2 nos.	3 nos.	4 nos.			
Rice (soaked for 1 hour)	100 g	200 g	300 g			
Water	200 ml	350 ml	500 ml			
Onions (Big sized sliced)	1 no.	2 nos.	2 nos.			
Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp			
Ginger-garlic paste	½ tsp	1 tsp	1 tsp			
Salt, red chilli powder, garam masala, dhania powder, turmeric powder	As per taste					
Biryani masala	½ tsp	1 tsp	1 tsp			
Slit green chillies	1 no.	2 nos.	2 nos.			

Menu	rd19	Paneer Fried Rice					Weight Limit	0.1 ~ 0.5Kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 Kg	0.2 Kg	0.3 Kg	0.4 Kg	0.5 Kg	<ol style="list-style-type: none"> In a MWS bowl take soaked rice, water. Select category & weight and press start. When beeps, take out the cooked rice & keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies, paneer cubes & all the spices. Mix very well & press start. When beeps, add boiled rice to the sliced onions. Mix well. Press start. Serve paneer fried rice hot with plain curd or raita. 		
Paneer (cubes)	½ cup	1 cup	1½ cup	1½ cup	2cup			
Rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g			
Water	200 ml	350 ml	500 ml	650 ml	800 ml			
Onions (Big sized sliced)	1 no.	2 nos.	2 nos.	3 nos.	3 nos.			
Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4 tbsp			
Ginger-garlic paste	½ tsp	1 tsp	1 tsp	2 tsp	2 tsp			
Salt, red chilli powder, garam masala, dhania powder, turmeric powder	As per taste							
Biryani masala	½ tsp	1 tsp	1 tsp	2 tsp	2 tsp			
Slit green chillies	1 no.	2 nos.	2 nos.	3 nos.	3 nos.			

Menu	rd20	Chilli Garlic Rice				Weight Limit	0.2 ~ 0.5Kg
Utensil: Microwave safe (MWS) glass bowl							
Instructions					Method:		
For	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none"> In a MWS glass bowl add soaked rice & water. Select category & weight and press start. When beeps, remove & in another MWS glass bowl add oil, jeera, chopped garlic, green chillies, coriander leaves, garlic paste. Mix well & press start. When beeps, add cooked rice, chilli sauce, salt. Mix well & press start. 		
Rice (soaked)	200 g	300 g	400 g	500 g			
Water	400 ml	600 ml	650 ml	750 ml			
Oil	2 tsp	2½ tsp	3 tsp	3½ tsp			
Ghee	2 tsp	2½ tsp	3 tsp	3½ tsp			
Jeera	1 tsp	1½ tsp	2 tsp	2½ tsp			
Chopped garlic	1 tsp	1½ tsp	2 tsp	2½ tsp			
Garlic paste	½ tbsp	1 tbsp	1½ tbsp	2 tbsp			
Chopped green chillies	3 nos.	4 nos.	5 nos.	6 nos.			
Chopped coriander leaves	½ cup	1 cup	1½ cup	2 cup			
Chilli sauce	2 tbsp	3 tbsp	4 tbsp	5 tbsp			
Salt	As per taste						

Chatpat Corner

Indian Cuisine

Menu	CC1	Apple Tomato Chutney	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Apple pieces	150 g		<ol style="list-style-type: none"> In a MWS glass bowl put apple, tomato, green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook. When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start. When beeps, add ground mixture and press start. Garnish with chopped coriander. 	
Tomato pieces	150 g			
Green chillies, Salt, Sugar	As per your taste			
Oil	2 tbsp			
For Tempering : Rai, Jeera, Hing etc.				

Menu	CC2	Lemon Pickle	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Lemon pieces	150 g		<ol style="list-style-type: none"> Cut lemon and remove seeds. In MWS glass bowl add lemon pieces, sugar, salt and chilli powder. Select category and press start. Store it in a bottle after it cools. 	
Sugar	150 g			
Chilli powder, Salt	As per your taste			
For Tempering : Rai, Jeera, Hing etc.				

Menu	CC3	Mix Veg. Pickle	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
For	0.3 kg		<ol style="list-style-type: none"> In a MWS glass bowl put vegetables cut in long strips. Cover and keep it in Microwave. Select category and press start to cook. When it gives a beep, remove. In another MWS glass bowl add oil and tempering and press start. When it gives a beep add masala, sugar, salt & lemon juice. Add vegetables to this when it cools. Mix well and store it in a fridge. 	
Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas)	300 g			
Lemon juice	2 tbsp			
Salt, Chilli powder, Sugar, Pickle Masala	As per your taste			
Oil	2 tbsp			
For tempering : Rai, Jeera, Hing etc.	As required			

Menu	CC4	Pizza Sauce	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Tomato		200 g	<ol style="list-style-type: none"> In a MWS glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select category & press start to cook. When beeps, remove, allow to cool and grind it in a mixer. Now add salt, sugar, ajwain, basil leaves. Keep it in Microwave and press start. When cooking ends, the sauce is ready. 	
Onion		1 No.		
Salt, Sugar, Ajwain, Oregano, Basil leaves		As per your taste		
Garlic pods		7-8 nos.		
Oil		2 tbsp		

Menu	CC5	Tomato Sauce	Weight Limit	0.5 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Tomato		500 g	<ol style="list-style-type: none"> In a MWS glass bowl put tomato pieces, cover and keep it in a Microwave. Select category & press start to cook. When beeps, remove, allow to cool and grind it in a mixer. Strain it. Add salt, sugar, garam masala. Mix well. Press start. 	
Onion		1 No.		
Chilli powder, Salt, Sugar		As per your taste		
Chopped ginger and garlic		2 tbsp		
Garam masala		1 tsp		

Menu	CC6	Masala Chutney	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Chana Daal, Urad Daal		100 g each	<ol style="list-style-type: none"> In a MWS bowl put daals and keep it in Microwave. Select category & press start to cook. When beeps, remove. Add the rest of the ingredients and keep it in microwave and press start. Remove, cool it and grind it in a mixer adding required amount of water. This chutney can be served with Idly, Parantha or Rice. 	
Grated dry coconut		100 g		
Sesame, Salt, Sugar, Turmeric, Dhaniya powder, Jeera powder, Curry leaves, Methi seeds		As per your taste		
Oil		1 tsp		

Menu	CC7	Lehsun ki Chutney	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
Chopped tomatoes		2 nos.	<ol style="list-style-type: none"> In a MWS bowl mix all the ingredients. Select category & press start. Remove when cooking ends. Allow to cool. Grind it & serve as an accompaniment. 	
Chopped garlic		20 g		
Chopped green chillies		2 nos.		
Chopped onion		½ cup		
Oil		2 tsp		
Jeera		1 tsp		
Haldi, red chilli powder, salt		As per taste		
Water		¼ cup		

Menu	CC8	Manchurian Sauce	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> In a MWS bowl add all the ingredients. Select category & press start. 	
Water		1½ cups (300 ml)		
Vinegar sauce		1 tbsp		
Soya sauce		1 tsp		
Tomato sauce		½ cup		
Ajinomoto		A pinch		
Comflour		2 tbsp + ½ cup water		

Menu	CC9	Aam Ki Chutney	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> In a MWS bowl mix all the ingredients. Cover. Select category & press start. 	
Aam (peeled & chopped)		300 g		
Kishmish (seedless & chopped)		25 g		
Chopped ginger & garlic		2 tsp		
Tamarind pulp		1 tbsp		
Salt & sugar		As per taste		

Menu	CC10	Coconut Chutney	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> Grind grated coconut, chopped green chillies, ginger, roasted split gram dhal, salt together in a blender. In a MWS glass bowl add oil, mustard seeds, broken dry red chillies, curry leaves. Select category & press start. Pour the tempering over the chutney & serve. 	
Fresh grated coconut		300 g		
Chopped green chillies		2 nos.		
Chopped ginger		½ tbsp		
Roasted split gram dal (optional)		1 tbsp		
Salt		As per taste		
For tempering				
Oil		1 tbsp		
Mustard seeds		½ tsp		
Broken dry red chillies		1 no.		
Curry leaves		A few		

Menu	CC11	Til Ki Chutney	Weight Limit	0.2 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> Grind together roasted til, tamarind paste, green chilli, coriander leaves, mint leaves, garlic pods, salt & water in spice grinder. Make a rough paste. In a MWS glass bowl take oil, cumin seeds, curry leaves & dried red chilli. Mix well. Select category & press start. When beeps, add the grounded paste to the tempering & mix well. 	
Roasted til		½ cup		
Tamarind paste		2 tbsp		
Green chilli		4-5 nos.		
Coriander leaves		2 tbsp		
Mint leaves		1 tbsp		
Water		½ cup		
Garlic pods		2-3 nos.		
Salt		As per taste		
For Tempering				
Oil		1 tbsp		
Cumin seeds		1 tsp		
Curry leaves		6-7 nos.		
Red chilli (dry)		2 nos.		

Menu	CC12	Chana Chaat	Weight Limit	0.1 ~ 0.4 kg	
Utensil: Microwave safe (MWS) bowl					
Instructions			Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> In a MWS bowl add soaked chana, water & cover. Select category & weight and press start. When beeps, remove & drain water from the chanas. In a MWS bowl add oil, jeera, hing & chopped onion and press start. Add boiled chanas, salt, red chilli powder, chaat masala, lemon juice, imli chutney, boiled potato. Mix well & serve.
Kala chana (soaked overnight)	100 g	200 g	300 g	400 g	
Water	250 ml	500 ml	750 ml	1000 ml	
Oil	1 tsp	2 tsp	3 tsp	4 tsp	
Jeera, hing	1 tsp	1½ tsp	2 tsp	2 tsp	
Chopped onion	½ cup	1 cup	1 cup	1½ cup	
Boiled potato	1 no.	2 nos.	3 nos.	3 nos.	
Salt, red chilli powder, chaat masala, lemon juice, imli chatni	As per taste				

Menu	CC13	Aloo Kand Chaat	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> In a MWS bowl add aloo, jimikand & add little water. Cover. Select category & weight & press start. When beeps, stirwell. Cover & press start. Add sugar, salt, red chilli powder, chaat masala. Allow to stand for 3 minutes.
Aloo (cut in medium pieces)	50 g	100 g	150 g	
Jimikand (cut in medium pieces)	50 g	100 g	150 g	
Sugar, salt, red chilli powder, chaat masala	As per taste			

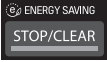
Menu	CC14	Amla chutney	Weight Limit	0.5 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Amla		500 g	<ol style="list-style-type: none"> In a MWS glass bowl put amla, water & press start. When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start. When beeps, add ground mixture and green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook. 	
Water for boiling		As per required		
Green chillies, Salt, Sugar		As per your taste		
Oil		2 tbsp		
For Tempering : Rai, Jeera, Hing etc.				

Menu	CC15	Baingan chutney	Weight Limit	0.5 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Baingan (Whole)		500 g	<ol style="list-style-type: none"> 1. In a MWS glass bowl keep baingan & press start. 2. When beeps, allow to cool and peel off the skin. In another MWS glass bowl add oil and tempering and press start. 3. When beeps, add mashed baingan and green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook. 	
Amchoor powder		As per required		
Green chillies, Salt, Sugar		As per your taste		
Oil		2 tbsp		
For Tempering : Rai, Jeera, Hing etc.				

Pasteurize Milk/Tea/Dairy Delight

In the following example, show you how to pasteurize 2.0 L of Milk at 25°C.

1. Press STOP/CLEAR.



2. Press Pasteurize Milk/Tea/Dairy Delight the display will show "PS1".



3. Turn Dial until display shows "2.0 L"



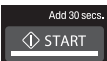
4. *Press START/Add 30secs for weight confirmation.



5. *Turn Dial until display show "25 °C".



6. Press START/Add 30secs
(Do not increase/decrease cook time during Pasteurize Milk)



For Tea/Dairy Delight

7. If you want to select Tea/Dairy Delight, Press the button twice, the display will show "dd1"
8. Turn the dial to select dd1 to CU2.
9. Press START/Add 30secs for category confirmation.
10. Turn dial to select weight.
11. Press START/Add 30secs

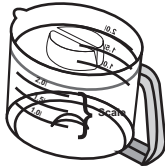
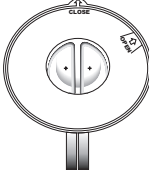
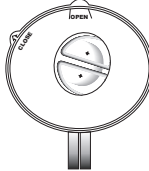
When cooking you can increase or decrease cooking time by turning Dial. (Dairy delight only)



NOTE

- Pasteurize Milk/Tea/Dairy Delight menus are programmed.
- Pasteurize Milk/Tea/Dairy Delight cook allows you to cook most of your favorite food by selecting the food type and the weight of the food.

*Note: If the recipe has single weight e.g "PA1", do not follow step 9, 10, directly go to step 11.

Menu	PS1	Pasteurize Milk	Weight Limit	1-2 L
Utensil: Milk Pasteurization Kit				
Instructions			Method:	
Milk (Cow, buffalo, Packet etc)	1.0 L	1.5 L	2.0L	
				
Fig.1	Fig.2	Fig.3		
			<ol style="list-style-type: none"> Pour milk to the scale shown in the Milk Pasteurization kit. (Fig.1) Cover with lid & close as per the directions on the kit. (Fig.2) Place the kit in microwave oven. Select the category, weight & temperature. (refrigerated - select 4°C, room temp – select 25°C) Press start. <ul style="list-style-type: none"> When pasteurization is over, use the milk for drinking, making tea or coffee etc. For opening the lid refer (Fig.3) 	
			Tips : <ol style="list-style-type: none"> Milk Pasteurization kit is only for milk. Do not use for other purpose. Use fresh loose or packet milk. Do not repeat pasteurization. For storage, let the milk stand to cool down after pasteurization, and then keep it in a refrigerator with covered. Do not move to another container. The pasteurized milk can be consumed up to 2-3 days. 	

Pasteurize Milk/Tea/Dairy Delight

Tea

Menu	dd1	Tea	Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl				
Instructions			Method:	
For	1cup	2cups	3cups	4cups
Water	120ml	240ml	360ml	480ml
Tea leaves	1tsp	2tsp	3tsp	4tsp
Milk	120ml	150ml	225ml	300ml
Sugar	As per taste			
			<ol style="list-style-type: none"> In a MWS glass bowl add water, tea leaves. Select category & weight. Press start. When beeps, add milk & sugar. Press start. Serve hot. 1 cup tea = 150ml approx 	

Menu	dd2	Coffee	Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl				
Instructions			Method:	
For	1cup	2cups	3cups	4cups
Water	60ml	120ml	180ml	240ml
Coffee	½ tsp (Each cup)			
Milk	120ml	150ml	225ml	300ml
Sugar	As per taste			
Ginger/cardamon (crushed)	As per taste(optional)			
			<ol style="list-style-type: none"> In a MWS glass bowl add water. Select category & weight & press start. Meanwhile in each cup add 1/2tsp coffee (with few water drops) & sugar. Beat well. When beeps, add milk to boiling water. Press start. Add milk to each cup & serve hot. 1 cup coffee = 150ml approx 	

Menu	dd3	Masala Tea	Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl				
Instructions			Method:	
For	1cup	2cups	3cups	4cups
Water	120ml	240ml	360ml	480ml
Tea leaves	1tsp	2tsp	3tsp	4tsp
Milk	120ml	150ml	225ml	300ml
Sugar	As per taste			
Chai masala	As per taste			
			<ol style="list-style-type: none"> In a MWS glass bowl add water, tea leaves & chai masala. Select category & weight. Press start. When beeps, add milk & sugar. Press start. When beeps, keep it again in microwave and press start for dragging tea. Serve hot. 1 cup tea = 150ml approx 	

Menu	dd4	Ginger Tea	Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl				
Instructions			Method:	
For	1cup	2cups	3cups	4cups
Water	120ml	240ml	360ml	480ml
Tea leaves	1tsp	2tsp	3tsp	4tsp
Milk	120ml	150ml	225ml	300ml
Sugar	As per taste			
Ginger	As per taste			
			<ol style="list-style-type: none"> In a MWS glass bowl add water, tea leaves & crushed ginger. Select category & weight. Press start. When beeps, add milk & sugar. Press start. When beeps, keep it again in microwave and press start for dragging tea. Serve hot. 1 cup tea = 150ml approx 	

Menu	dd5	Tulsi Tea				Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl							
Instructions					Method:		
For	1cup	2cups	3cups	4cups	1. In a MWS glass bowl add water, tea leaves & tulsi leaves. Select category & weight. Press start. 2. When beeps, add milk & sugar. Press start. 3. When beeps, keep it again in microwave and press start for dragging tea. 4. Serve hot. 1 cup tea = 150ml approx		
Water	120ml	240ml	360ml	480ml			
Tea leaves	1tsp	2tsp	3tsp	4tsp			
Milk	120ml	150ml	225ml	300ml			
Sugar	As per taste						
Tulsi leaves	As per taste						

Menu	dd6	Lemon Tea				Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl							
Instructions					Method:		
For	1cup	2cups	3cups	4cups	1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start. 2. When beeps, add lemon & sugar. Press start. Serve hot. 1 cup tea = 150ml approx		
Water	120ml	240ml	360ml	480ml			
Tea leaves	1tsp	2tsp	3tsp	4tsp			
Lemon	½ No.	1 No.	1 No.	1½ No.			
Sugar	As per taste						

Menu	dd7	Black Tea				Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl							
Instructions					Method:		
For	1cup	2cups	3cups	4cups	1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start. 2. When beeps, add sugar. Press start. Serve hot. 1 cup tea = 150ml approx		
Water	120ml	240ml	360ml	480ml			
Tea leaves	1tsp	2tsp	3tsp	4tsp			
Sugar	As per taste						

Menu	dd8	Green Tea				Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl							
Instructions					Method:		
For	1cup	2cups	3cups	4cups	1. In a MWS glass bowl add water, green tea leaves. Select category & weight. Press start. 2. When beeps, add sugar. Press start. And allow it to for 5 minutes Serve hot. 1 cup tea = 150ml approx		
Water	120ml	240ml	360ml	480ml			
Green Tea leaves	1tsp	2tsp	3tsp	4tsp			
Sugar	As per taste						

Menu	dd9	Spiced Cider Tea				Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl							
Instructions					Method:		
For	1cup	2cups	3cups	4cups	1. In a MWS glass bowl add water, cinnamon, cloves, peppercorn & tea leaves. Select category & weight. Press start. 2. When beeps, add sugar & cider. Press start. And allow it to for 5 minutes Serve hot. 1 cup tea = 150ml approx		
Water	120ml	240ml	360ml	480ml			
Tea leaves	1tsp	2tsp	3tsp	4tsp			
Cinnamon	1tsp	2tsp	3tsp	4tsp			
Cloves, peppercorns	1tsp	2tsp	3tsp	4tsp			
Cider	1tsp	2tsp	3tsp	4tsp			
Sugar	As per taste						

Menu	dd10	Peppermint Tea				Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl							
Instructions					Method:		
For	1cup	2cups	3cups	4cups	1. In a MWS glass bowl add water, green tea leaves. Select category & weight. Press start. 2. When beeps, add sugar & mint leaves. Press start. And allow it to for 5 minutes Serve hot. 1 cup tea = 150ml approx		
Water	120ml	240ml	360ml	480ml			
Green Tea leaves	1tsp	2tsp	3tsp	4tsp			
Mint leaves	1tsp	2tsp	3tsp	4tsp			
Sugar	As per taste						

Menu	dd11	Lemon Honey Tea				Weight Limit	1-4 cups
Utensil: Microwave safe glass bowl							
Instructions					Method:		
For	1cup	2cups	3cups	4cups	1. In a MWS glass bowl add water, green tea leaves. Select category & weight. Press start. 2. When beeps, add lemon. Press start. When beeps add honey to it. Serve hot. 1 cup tea = 150ml approx		
Water	120ml	240ml	360ml	480ml			
Green Tea leaves	1tsp	2tsp	3tsp	4tsp			
Lemon	½ no.	1 no.	1 no.	1 no.			
Honey	As per taste						

Menu	PA1	Paneer	Weight Limit	0.5 kg
Utensil: Microwave safe glass bowl				
Instructions			Method:	
Milk		500ml	<ol style="list-style-type: none"> 1. In a MWS glass bowl add milk and lemon juice/vinegar. Select menu & press start. 2. When it gives beeps, stir it & again press start. 3. When beeps, remove the bowl & strain in a muslin cloth & press it. 	
Lemon juice/Vinager		4 tbsp		

Menu	PA2	Masala Paneer	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.5 kg	<ol style="list-style-type: none"> 1. In MWS glass bowl add milk. Select category and press start. 2. When it gives a beep, remove and add curd, coriander and jeera powder. Press start. When beeps, remove and strain and press in a muslin cloth. 	
Milk		500 ml		
Curd		2 tbsp		
Coriander powder		1 tbsp		
Jeera powder		1 tsp		

Menu	CU1	Curd	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Milk		500 ml	<ol style="list-style-type: none"> 1. In a MWS glass bowl add milk and select menu & press start. 2. When beeps add starter culture of curd for inoculation & stir it. Again press start. 3. Now take out the bowl & keep it in a casserole & store in warm place for proceeding appropriate setting temperature & time for 5-6 hours 	
Starter curd		2 tbsp		

Menu	CU2	Flavoured Yoghurt®	Weight Limit	0.6 kg
Utensil: Microwave safe (MWS) glass bowl & Low rack [#]				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> 1. In a MWS glass bowl mix all the ingredients. Beat well till smooth. 2. Select menu & press start. (Pre-heat process) 3. When beeps, keep the MWS glass bowl on low rack & keep it in microwave. Press start. 4. When cooking ends, take out & allow to come to room temperature. Keep in freezer 1 hour. <p>Note: In case you use strawberry essence, add a pinch of pink food colour to add colour to the yoghurt. For pineapple yoghurt, add pineapple slices t the times serving.</p>	
Curd		200 ml		
Milkmaid		100 ml		
Fresh cream		200 ml		
Flavours (Vanilla, Strawberry, Pineapple essence)		500 ml		

[®] Do not put anything in the oven during Pre-heat mode.

[#] Refer page 101, fig 3

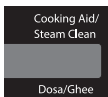
Cooking Aid/Steam Clean/Dosa/Ghee

In the following example, show you how to cook 0.4 kg of Defrost veg.

1. Press STOP/CLEAR.



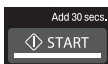
2. Press Cooking Aid/Steam Clean/Dosa/Ghee.



3. Turn DIAL until display show "UC2".



4. Press START/Add 30secs for category confirmation.



5. *Turn DIAL until display show "0.4 kg"



6. Press START/Add 30secs.



For Dosa/Ghee

7. If you want to select Dosa/Ghee, Press the button twice, the display will show "do1"
8. Turn the dial to select do1 to Gh1.
9. Again follow step 4 to 6.

NOTE

- Cooking Aid/Steam Clean/Dosa/Ghee menus are programmed.
- Cooking Aid/Steam Clean/Dosa/Ghee cook allows you to cook most of your favorite food by selecting the food type and the weight of the food.

* Note: If the recipe has single weight e.g. "UC1" Keep warm, do not follow step 4, 5. Directly go to step 6.

Menu	UC1	Keep warm	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg	1. Any cooked food with cover (Rice, Dal, Subzi, Halwa, Upma etc.) Select category & press start. 2. When beeps, mix well & press start. When beeps, mix well & press start.	

Menu	UC2	Defrost Veg	Weight Limit	0.2-0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.1-0.5 kg	Veg - (Paneer, Green Peas, Corn etc.) 1. Take in Microwave Safe Bowl, select category & weight and press start. 2. When beeps, turn the food. Press start.	

Menu	UC3	Defrost Non Veg	Weight Limit	0.5-1.0 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.5-1.0 kg	Non-Veg - (Chicken, Mutton etc.) 1. Take in Microwave Safe Bowl, select category & weight and press start. 2. When beeps, turn the food. Press start.	

Menu	UC4	Dehumidification	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg	Namkin, Biscuits, Bhujia, Papad and Wafers etc. 1. In MWS bowl add the food to be dehumidified. Select category and press start.	

Menu	UC5	Light Disinfect	Weight Limit	
Utensil: Microwave safe (MWS) glass utensil & Empty Cavity				
Instructions			Method:	
For		0.3 kg	1. Sterilize Microwave safe glass utensil - Keep the empty utensil & select category & press start. 2. Clean the cavity - Keep the cavity empty. Select category & press start. When time ends (beeps), clean the cavity with a damp cloth. Note : The oven has a special function Light Disinfect which allows to sterilize the MWS glass utensil thereby giving a hygiene & clean utensils/cavity.	

Menu	UC6	Body Massage Oil	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.2 kg	1. In a MWS glass bowl put all the ingredients. Select category and press start. 2. Remove when it gives a beep. Keep it for 2 hours. 3. Strain and store in a glass a jar.	
Garlic		10 pods		
Ajwain		½ tsp		
Cloves		2-3 nos.		
Almonds		3-4 nos.		
Mustard oil		1 cup		

Menu	UC7	Pizza base®	Weight Limit	0.2 kg
Utensil: Low rack & Multicook tawa*				
Instructions			Method:	
For		0.2 kg	1. In a bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. Roll out the dough to 6" to 7" & keep on dusted tawa. Prick with a fork. Keep for half to 1 hour in a dark place. 2. Select category & press start. (Pre-heat process). 3. When beeps, keep the tawa on low rack. Press start.	
Maida		200 g		
Yeast		1 tbsp		
Salt		1/2 tsp		
Sugar		1 tsp		
Water		As required		

Menu	UC8	Yeast dough	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.3 kg	1. In MWS glass bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. 2. Select category and press start. Rest for 3 minutes. Now remove.	
Maida		300 g		
Yeast		1 tbsp		
Salt		½ tsp		
Sugar		1 tsp		
Water		As required		

* Refer page 101, fig 1

® Do not put anything in the oven during Pre-heat mode.

Menu	UC9	Boil Potato	Weight Limit	0.3 kg
Utensil: Glass tray				
Instructions			Method:	
For		0.3 kg	1. Take potatoes and pierce with fork or knife from all side & keep in a microwave on a glass tray. And press start. 2. Boiled potatoes are ready for use.	
Potato		300 g		

Menu	UC10	Lemon Squeeze	Weight Limit	5 Pcs
Utensil: Glass tray				
Instructions			Method:	
Lemon		5 pcs	1. Take 5 no. of lemons & keep on glass tray of microwave oven. 2. Now select menu & press start. 3. When beeps, take out lemons & squeeze it to get more juice out of them.	

Menu	UC11	Garlic peel	Weight Limit	10 Cloves
Utensil: Glass tray				
Instructions			Method:	
Garlic Cloves		10 nos	1. Take 10 cloves of garlic & keep in MWS glass tray of microwave oven. 2. Select menu & press start. 3. When beeps, take out cloves will slide right out of their skin, hassle free.	

Menu	UC12	Tear free onions	Weight Limit	5 Pcs
Utensil: Glass tray				
Instructions			Method:	
Onions		5 nos	1. Take 5 onions & pierce it with knife & keep in MWS glass tray of microwave oven. 2. Select menu & press start. 3. When beeps, take out onions & peel it off & chop easily without getting tears in eyes.	

Menu	UC13	Crispy nuts	Weight Limit	0.1 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For		0.1 kg	1. In a microwave safe flat glass dish add drops of oil, nuts. Mix well. 2. Select category & weight & press start. 3. Serve plain or with chaat masala.	
Nuts		100 g		
Oil		As required		

Menu	UC14	Smooth Honey	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass utensils				
Instructions			Method:	
For		0.3 kg	1. Keep Crystallize honey in a microwave safe glass utensil or jar in microwave & press start. 2. Smooth and free flowing honey ready to use.	
Crystallized Honey		300 g		

Menu	UC15	Stale to Fresh Bread	Weight Limit	2 Pcs
Utensil: Microwave safe (MWS) Rotating glass tray				
Instructions			Method:	
For		2 Pcs	1. Keep hardened bread or refrigerated bread enveloped in dampd cotton cloth in a microwave glass tray. Press start. 2. Hardened bread turns soft & fresh.	
Stale or hard bread		2 Pcs		

Menu	SL1	Steam Clean	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		0.3 kg	1. Take water in MWS bowl, add vinegar or lemon juice. Select category & press start. 2. When beeps, wipe out with clean napkin. Press start. 3. Again wipe out. Take out the plug.	

Menu	do1	Masala dosa®	Weight Limit	1 Pc
Utensil: Microwave safe (MWS) glass bowl, Multicook tawa & High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> 1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste. 2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process) 3. Now in a MWS glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder & allow to microwave (100%) for 3 minutes & then add boiled mashed potatoes & again microwave for 3 minutes. Keep it aside. 4. Select menu & press start (Pre-heat process). 5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape. 6. After beep, put the tawa on high rack & press start. 7. When beeps, fill the stuffing & fold the dosa from both ends. 	
Parboiled rice/Ukda chawal		1 cup		
Split black lentils/Urada daal		1 cup		
Fenugreek/Methi seeds		1/4 tsp		
Salt		As per taste		
Water		As required		
For Stuffing				
Boiled & mashed potato		1 cup		
Oil		1 tbsp		
Jeera, Mustard seeds, hing, onion, Turmeric powder		1 tsp		
Salt		As per taste		

Menu	do2	Bombay Mysore Masala dosa®	Weight Limit	1 Pc
Utensil: Microwave safe (MWS) glass bowl, Multicook tawa & High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> 1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste. 2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process) 3. Now in a MWS glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder & allow to microwave (100%) for 3 minutes & then add chopped vegetables & again microwave for 3 minutes. Keep it aside. 4. Select menu & press start (Pre-heat process). 5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape. 6. After beep, put the tawa on high rack & press start. 7. When beeps, fill the stuffing & fold the dosa from both ends. 	
Parboiled rice/Ukda chawal		1 cup		
Split black lentils/Urada daal		1 cup		
Fenugreek/Methi seeds		1/4 tsp		
Salt		As per taste		
Water		As required		
For Stuffing				
Chopped vegetables (onion, tomato, capsicum, grated carrot & beetroot)		1 cup		
Oil		1 tbsp		
Jeera, Mustard seeds, hing, onion, Turmeric powder		1 tsp		
Salt		As per taste		

Menu	do3	Onion Rava dosa®	Weight Limit	1 Pc
Utensil: Microwave safe (MWS) glass bowl, Multicook tawa & High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> 1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste. 2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process) 3. Add onion, oil, jeera, mustard seeds, hing to MWS glass bowl & microwave 100% power for 3 minutes. Now add batter to it. Now mix it well. 4. Select menu & press start (Pre-heat process). 5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape. 6. After beep, put the tawa on high rack & press start. 7. When beeps, fill the stuffing & fold the dosa from both ends. 	
Parboiled rice/Ukda chawal		1 cup		
Split black lentils/Urada daal		1 cup		
Fenugreek/Methi seeds		1/4 tsp		
Salt		As per taste		
Water		As required		
Chopped onion		1 cup		
Oil		1 tbsp		
Jeera, Mustard seeds, hing, onion		1 tsp		
Salt		As per taste		

Menu	do4	Paneer chilli dosa®	Weight Limit	1 Pc
Utensil: Microwave safe (MWS) glass bowl, Multicook tawa & High rack*				
Instructions			Method:	
For Dough			<ol style="list-style-type: none"> 1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste. 2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process) 3. Now in a MWS glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder, green chilli & allow to microwave (100%) for 3 minutes & then add boiled mashed paneer & again microwave for 3 minutes. Keep it aside. 4. Select menu & press start (Pre-heat process). 5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape. 6. After beep, put the tawa on high rack & press start. 7. When beeps, fill the stuffing & fold the dosa from both ends. 	
Parboiled rice/Ukda chawal		1 cup		
Split black lentils/Urada daal		1 cup		
Fenugreek/Methi seeds		1/4 tsp		
Salt		As per taste		
Water		As required		
For Stuffing				
Paneer (mashed)		1 cup		
Oil		1 tbsp		
Jeera, Mustard seeds, hing, onion, Turmeric powder, green chilli		1 tsp		
Salt		As per taste		

* Do not put anything in the oven during Pre-heat mode.

* Refer page 101, fig 2

Menu	do5	Palak Paneer dosa®	Weight Limit	1 Pc
Utensil: Microwave safe (MWS) glass bowl, Multicook tawa & High rack*				
Instructions			Method:	
For Dough				
Parboiled rice/Ukda chawal		1 cup	<ol style="list-style-type: none"> 1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste. 2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process) 3. Now in a MWS glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder & allow to microwave (100%) for 3 minutes & then add boiled Spinach mashed paneer & again microwave for 3 minutes. Keep it aside. 4. Select menu & press start (Pre-heat process). 5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape. 6. After beep, put the tawa on high rack & press start. 7. When beeps, fill the stuffing & fold the dosa from both ends. 	
Split black lentils/Urada daal		1 cup		
Fenugreek/Methi seeds		1/4 tsp		
Salt		As per taste		
Water		As required		
For Stuffing				
Spinach boiled		½ cup		
Paneer (mashed)		½ cup		
Oil		1 tbsp		
Jeera, Mustard seeds, hing, onion, Turmeric powder		1 tsp		
Salt		As per taste		

Menu	do6	Corn dosa®	Weight Limit	1 Pc
Utensil: Microwave safe (MWS) glass bowl, Multicook tawa & High rack*				
Instructions			Method:	
For Dough				
Parboiled rice/Ukda chawal		1 cup	<ol style="list-style-type: none"> 1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste. 2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process) 3. Now in a MWS glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder & allow to microwave (100%) for 3 minutes & then add boiled & crushed corns & again microwave for 3 minutes. Keep it aside. 4. Select menu & press start (Pre-heat process). 5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape. 6. After beep, put the tawa on high rack & press start. 7. When beeps, fill the stuffing & fold the dosa from both ends. 	
Split black lentils/Urada daal		1 cup		
Fenugreek/Methi seeds		1/4 tsp		
Salt		As per taste		
Water		As required		
For Stuffing				
Boiled & Crushed corns		1 cup		
Oil		1 tbsp		
Jeera, Mustard seeds, hing, onion, Turmeric powder		1 tsp		
Salt		As per taste		

Menu	do7	Matar Paneer dosa®	Weight Limit	1 Pc
Utensil: Microwave safe (MWS) glass bowl, Multicook tawa & High rack*				
Instructions			Method:	
For Dough				
Parboiled rice/Ukda chawal		1 cup	<ol style="list-style-type: none"> 1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste. 2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process) 3. Now in a MWS glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder & allow to microwave (100%) for 3 minutes & then add boiled mashed peas & paneer & again microwave for 3 minutes. Keep it aside. 4. Select menu & press start (Pre-heat process). 5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape. 6. After beep, put the tawa on high rack & press start. 7. When beeps, fill the stuffing & fold the dosa from both ends. 	
Split black lentils/Urada daal		1 cup		
Fenugreek/Methi seeds		1/4 tsp		
Salt		As per taste		
Water		As required		
For Stuffing				
Boiled & mashed peas		½ cup		
Paneer (mashed)		½ cup		
Oil		1 tbsp		
Jeera, Mustard seeds, hing, onion, Turmeric powder		1 tsp		
Salt		As per taste		

Menu	do8	Mushroom chilli dosa®	Weight Limit	1 Pc
Utensil: Microwave safe (MWS) glass bowl, Multicook tawa & High rack*				
Instructions			Method:	
For Dough				
Parboiled rice/Ukda chawal		1 cup	<ol style="list-style-type: none"> 1. Soak parboiled rice & urad daal(with fenugreek seeds) for 5 hours separately. Now drain the water & grind rice to form smooth paste & in the same way grind soaked urad daal to form paste. 2. Now blend both together so that it mix well. Add some salt & water if necessary. Cover batter with a lid & keep in warm place for 9 hours(Fermentation process) 3. Now in a MWS glass bowl add jeera, oil, mustard seeds, onion, curry leaves, hing, turmeric powder & allow to microwave (100%) for 3 minutes & then add boiled mashed mushroom, capsicum & again microwave for 3 minutes. Keep it aside. 4. Select menu & press start (Pre-heat process). 5. Take a big spoonfull of dosa batter, pour it on tawa & spread the batter in a circular motion to get thin & round dosa shape. 6. After beep, put the tawa on high rack & press start. 7. When beeps, fill the stuffing & fold the dosa from both ends. 	
Split black lentils/Urada daal		1 cup		
Fenugreek/Methi seeds		1/4 tsp		
Salt		As per taste		
Water		As required		
For Stuffing				
Boiled & mashed mushroom		½ cup		
Capsicum (Chopped)		½ cup		
Oil		1 tbsp		
Jeera, Mustard seeds, hing, onion, Turmeric powder		1 tsp		
Salt, Lemon juice		As per taste		







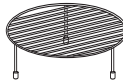



* Do not put anything in the oven during Pre-heat mode.

* Refer page 101, fig 2

Cooking Aid/Steam Clean/Dosa/Ghee

Ghee

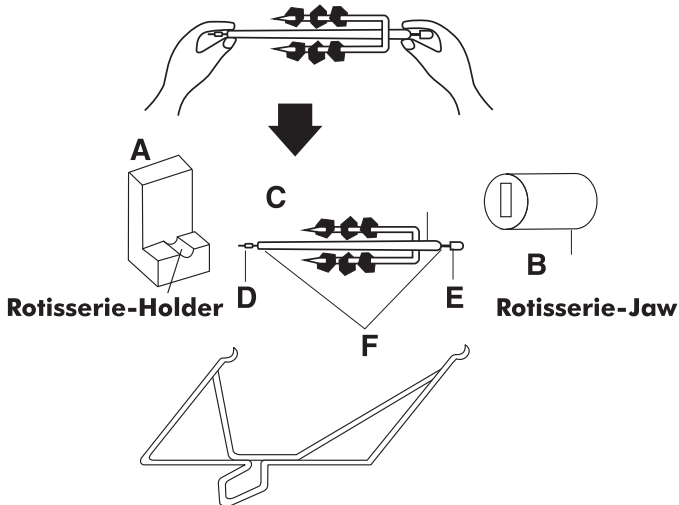
Menu	Gh1	Ghee	Weight Limit	500 g
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Malai/Cream (Collected over 10 days)		500g	<ol style="list-style-type: none"> 1. In a big vessel put all the malai & blend with a hand mixer till it solidifies into butter & separates from residual liquid. 2. Wash this white butter in cold water as couple of times, so as to remove any remaining smell of milk. 3. Now collect all the butter in a MWS glass bowl & keep in the microwave. Select menu & press start. 4. When beeps, stir it properly with the spoon (not plastic) & again press start. 5. After beeps, allow it to stand for 5 minutes & then strain it through stainless steel strainer into a glass jar & then store it. 	
Cold water		As required		

- 1)  + 
Low rack Multi cook tawa
- 2)  + 
High rack Multi cook tawa
- 3)  + 
Low rack Microwave safe glass bowl
(Not provided with LG Kit)
- 4)  + 
Low rack Metal cake tin
(Not provided with LG Kit)
- 5)  + 
High rack Microwave flat glass dish
(Not provided with LG Kit)

Rotisserie Installation

Never operate the oven at combination mode with rotisserie bar (without food). Do not use rotisserie bar in micro mode.

1. Position the food on the spit, ensuring that the rotisserie bar runs centrally through the food. And tie the food with thread to the bar if necessary.
2. Insert the end of the rotisserie bar (E) into the rotisserie jaw (B) on the right hand of the oven wall. Push it to the right, rotating the rotisserie bar slightly until the rotisserie-bar fits into the rotisserie jaw (B).
3. Support the other end of the rotisserie bar (D) on the hollow of the rotisserie holder (A).



List of Ingredients

Spices

English Name	Hindi Name
*Ajinomoto (Flavour enhancer)	Ajinomoto
Asafoetida	Hing
Basil	Tulsi
Bay Leaf	Tej Patta
Cardamom, black	Moti Elaichi
Cardamom, green	Choti Elaichi
Carom seeds	Ajwain
Cinnamon	Dalchini
Cloves	Laung
Coriander Seeds	Sabut Dhania
Cumin seeds	Jeera
Dry Mango Powder	Amchur
Dry red chilli	Sukhi Sabut Lal Mirch
Fennel	Saunf
Fenugreek leaves, dried	Kasuri Methi
Fenugreek seeds	Methidana
Mustard seeds	Sarson, Rai
Nutmeg	Jaiphal
Oregano	Oregano
Pepper	Kali Mirch
Pomegranate seeds, dried	Anardana
Poppy seeds	Khus Khus
Red Chilli	Lal Mirch
Salt	Namak
Turmeric	Haldi

Vegetables

English Name	Hindi Name
Mushroom	Kukurmutta
Olives	Jaitun
Onion	Pyaz
Parsley	Ajmoda
Potato	Aloo
Peas	Hari Matar
Radish	Mooli
Red Pumpkin	Lal Kaddu
Spinach	Palak
Spring Onion	Hari Pyaz
Tomato	Tamatar
Turnip	Shalgam
Chenopodium leaves	Bathua
Zucchini	Torai

Fruits

English Name	Hindi Name
Apple	Seb
Coconut	Nariyal
Grapes	Angoor
Mango	Aam
Pineapple	Anannas
Pomegranate	Anaar
Raw Banana	Kacha Kela

Vegetables

English Name	Hindi Name
Amaranth	Chavli
Baby corn	Baby corn
Bittergourd	Karela
Bottlegourd	Ghiya
Brinjal/Eggplant	Baigan
Broccoli	Hari Phool Gobhi
Cabbage	Pata Gobhi/Bandh Gobhi
Capsicum	Shimla Mirch
Cauliflower	Phool Gobhi
Carrot	Gajar
Celery	Ajmod
Cluster	Beans Gavar Ki Fali
Coriander leaves	Hara Dhania
Cucumber	Kheera
Curry leaves	Curry Patta
Drumsticks	Drumsticks
French beans	France beans
Garlic	Lehsun
Ginger	Adrak
Lady Finger	Bhindi
Lemon	Nimbu
Lemon Grass	Lemon Grass
Lime	Nimbu
Mint	Pudina

Cereals

English Name	Hindi Name
Flattened Rice	Poha
Oats	Jaai
Puffed Rice	Murmura
Refined wheat	Flour Maida
Rice	Chawal
Sago	Sabudana
Semolina	Suji
Whole wheat broken	Daliya
Wheat Flour (whole)	Gehun ka Atta

Pulses

English Name	Hindi Name
Bengal Gram Dal	Chana Dal
Bengal Gram flour	Besan
Black Gram Dal	Urad Dal
Green Gram Dal(Dehusked)	Moong Dal (Dhuli)
Kidney Beans	Rajma
Lentils,(Dehusked)	Masoor Dal (Dhuli)
Red Gram Dal	Arhar/Tuvar Dal
Soyabean	Soyabean

* Ajinomoto (Mono-sodium glutamate) is only a flavour enhancer and shall not be added to food for infants below 12 month of age.

List of Ingredients

Dry Fruits

English Name	Hindi Name
Almonds	Badam
Cashewnuts	Kaju
Pistachio	Pista
Raisins	Kishmish
Walnuts	Akhrot

Fats & Oils

English Name	Hindi Name
Butter	Makhan
Ghee	Ghee
Oil	Tel
Olive Oil	Jaitun Ka Tel
Mustard Oil	Sarson Ka Tel

Miscellaneous

English Name	Hindi Name
Bread crumbs	Bread crumbs
Cornflour	Cornflour
Coffee	Coffee
Cottage cheese	Paneer
Curd	Dahi
Eggs	Ande
Honey	Shahed
Jaggery	Gud
Khoa	Khoa
Milk	Doodh
Powdered Sugar	Bura
Sugar	Cheeni
Tamarind	Imli
Tea	Chai
Saffron	Kesar
Sprouts	Ankur
Vinegar	Sirka

To Clean Your Oven / आपके ओवन की सफाई

To Clean Your Oven / अपने ओवन को साफ करना

1. Keep the inside of the oven clean

Food splatters or spilled liquids stick to oven walls and between the seal and door surfaces. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame. It is important to keep this area clean to assure a tight seal. Remove greasy splatters with a soapy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The metal tray can be washed by hand or in the dishwasher.

1. ओवन के भीतरी हिस्से को साफ रखें

खाने के टुकड़े या तरल पदार्थों के छींटे दीवारों पर और सील तथा दरवाजों के बीच की सतह पर चिपक जाते हैं। एक गीले कपड़े से इसको तुरंत साफ करना आवश्यक है। ये खाने के छोटे टुकड़े और तरल पदार्थों की बूंदें माइक्रोवेव की ऊर्जा को अवशोषित कर लेते हैं और इस तरह खाना बनने का समय लंबा हो सकता है। दरवाजे और खाँचों के बीच गिरे हुए इन खाने के टुकड़ों को गीले कपड़े से साफ करें। टाईट सील के लिए यह सफाई रखनी बहुत जरूरी है। तैलीय छींटों को हटाने के लिए साबुन से भीगा हुआ कपड़ा इस्तेमाल करें और उसके बाद उसे धो कर सुखा लें। कठोर डिटरजेंट का इस्तेमाल न करें। धातु की ट्रे को हाथों से या डिशवाशर में धोई जा सकती है।

2. Keep the outside of the oven clean

Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings. To clean control panel, open the door to prevent the oven from accidentally starting, and wipe a damp cloth followed immediately by a dry cloth. Press Stop/Clear after cleaning.

2. ओवन का बाहरी हिस्सा साफ रखें

साबुन और साफ पानी से इसके बाहरी हिस्सों को साफ करें और मुलायम कपड़े या पेपर टॉवल से इसे पोंछ कर सुखाएं। ओवन के भीतर इसके काम करने वाले हिस्सों को टूट-फूट से बचाने के लिए पानी को हवा आने वाले रास्तों पर जमा न होने दें। कंट्रोल पैनल को साफ करने के लिए दरवाजा खुला ही रखें ताकि कहीं गलती से ओवन चालू न हो जाए। फिर इसे एक गीले कपड़े से साफ करके सूखे कपड़े से पोंछ दें। सफाई के बाद स्टॉप/क्लियर बटन दबाएं।

3. If steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.

3. अगर दरवाजों के बाहर या भीतर भाप इकट्ठी हो जाए तो एक मुलायम कपड़े से पैनल को पोंछ दें। बहुत नमी हो जाने पर ओवन के संचालन के कारण ऐसा हो सकता है यह कोई ओवन की खराबी नहीं है।

4. The door and door seal should be kept clean. Use only warm, soapy water, rinse then dry thoroughly. DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. Metal parts will be easier to maintain if wiped frequently with a damp cloth.

4. दरवाजे और उनकी सील साफ रखी जानी चाहिए। गर्म साबुन वाला पानी लेकर पूरी तरह से धोएं और फिर सुखाएं। स्टील और प्लास्टिक के नुकीले पैक्स और क्लीनिंग पाउडर्स का इस्तेमाल करें। गीले कपड़े से नियमित रूप से पोंछने से आप धातु के हिस्सों को ठीक रख सकते हैं।

5. Do not use steam cleaners.

5. स्टीम क्लीनर्स का प्रयोग न करें।

6. Unplug your oven from the electrical socket when you clean control panel with wet cloth or spray water on control glass to clean. If it is not unplugged, this product can be operated by touching the Quick Start button.

6. गीले कपड़े से कंट्रोल पैनल को साफ करते समय या कंट्रोल ग्लास को साफ करने के लिए स्प्रे करते समय अपने ओवन को बिजली के स्विच से अलग करें। अगर आप ऐसा नहीं करते हैं तो किच स्टार्ट बटन को छूने मात्र से यह स्टार्ट हो सकता है।

Questions & Answers / प्रश्न और उत्तर

Questions & Answers / प्रश्न और उत्तर

FAQ	Answer
What's wrong when the oven light will not glow?	There may be several reasons why the oven light will not glow. Either the light bulb has blown or the electric circuit has failed.
Does microwave energy pass through the viewing screen in the door?	NO. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.
Why does the BEEP tone sound when a button on the control panel is touched?	The BEEP tone sounds to assure that the setting is being properly entered.
Will the microwave function be damaged if it operates empty?	Yes. Never run it empty.
Why do eggs sometimes pop?	When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.
Why is standing time recommended after microwave cooking is over?	After microwave cooking is finished, food keeps on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.
Why doesn't my oven always cook as fast as cooling guide says?	Check your cooking guide again to make sure you've followed directions correctly, and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, chosen to help prevent overcooking, the most common problem in getting used to this oven. Variations in the size, shape, weight and dimensions of the food require longer cooking time. Use your own judgment along with the cooking guide suggestions to test food conditions, just as you would do with a conventional cooker.

Questions & Answers / प्रश्न और उत्तर

आमतौर पर पूछे जाने वाले सवाल	जवाब
तब क्या करें जब ओवन की बत्ती न जले?	ओवन की बत्ती के न जलने के कई कारण हो सकते हैं—जैसे कि या तो बल्ब खराब हो गया है या कनेक्शन में कोई गड़बड़ी आ गई है।
क्या दरवाजे के पारदर्शी स्क्रीन से माइक्रोवेव ऊर्जा बाहर आ सकती है?	नहीं। उनसे प्रकाश तो बाहर आ सकता है माइक्रोवेव ऊर्जा नहीं।
जब भी कंट्रोल पैनल का कोई बटन छुआ जाता है तो बीप की ध्वनि क्यों आती है?	बीप की ध्वनि से आपको यह पता चलता है कि सेटिंग सही चल रही है।
अगर गलती से ओवन को खाली ही चला दिया जाए तो क्या इसमें गड़बड़ी आ सकती है?	हाँ, इसलिए इसे कभी भी खाली नहीं चलाइये।
कभी कभी अंडे क्यों तड़क कर फट जाते हैं?	जब भी अंडे को भूना, तला या पकाया (पोंच) जाता है तब अन्दर भाप बनने से इसका योक फट सकता है। इससे बचने के लिए इसको बनाने से पहले इसके योक में एक छेद कर देना चाहिए। माइक्रोवेव के भीतर कभी भी अंडों को शेल के साथ न रखें।
माइक्रोवेव कुकिंग हो जाने के बाद कुछ रुकने को क्यों कहा जाता है?	माइक्रोवेव कुकिंग के खत्म हो जाने के बाद भी खाना अन्दर ही अन्दर पकता रहता है तो थोड़ा रुक जाने पर वह पकने का कार्य तब तक समाप्त हो जाता है। इस समापन में लगने वाला समय अन्दर रखे खाने की गहनता पर निर्भर करता है।
कुकिंग गाइड में जैसा लिखा होता है उतनी तेजी से ओवन में खाना क्यों नहीं पकता?	ध्यान से दुबारा अपनी कुकिंग गाइड को पढ़ें कि कहीं उसके कदम दर कदम निर्देशों के पालन में आपसे कोई भूल तो नहीं हुई? और इस तरह देखें कि और क्या कारण हो सकते हैं जिससे आपको अधिक समय लग गया। इसमें लिखे गए समय की सीमा का उद्देश्य आपको खाने को अधिक पक जाने से बचना है। खाने के रूप रंग और आकार में विविधता से इसके निर्माण में भी उसी अनुसार समय कम या अधिक लगता है। आप अपनी समझ के मुताबिक पकने वाले समय का सही अनुमान करें जैसा कि आप अपने पारंपरिक प्रेशर कुकर के साथ करती हैं।

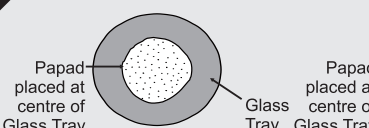
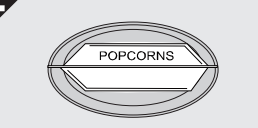
Two Recipes / दो व्यंजन

Two Recipes for starters

नवसिखुओं के लिए दो व्यंजन

NOTE : The time variation during cooking of recipe depends upon the ingredients, method adopted & type of food category

ध्यान दें: इस भोजन में लगने वाला समय इसके तत्वों, इसके बनाने की प्रणाली और यह किस वर्ग का भोजन है - इन पर निर्भर करेगा।

<div data-bbox="68 818 705 981"> <h3>1</h3>  <p>Papad placed at centre of Glass Tray</p> </div> <div data-bbox="68 989 705 1469"> <h4>1. ROASTED PAPAD</h4> <p>Procedure :</p> <p>Papad:</p> <ol style="list-style-type: none"> Place the raw papad at the centre of Glass Tray, as shown in the picture above. Select Micro-100% Power Level and Cook time. Press START/Add 30 Secs After Papad cooking give standing time of 30-45 seconds. <p>To Cook Multiple Papads :</p> <p>*Place Multiple papads over one another, as shown in the picture above.</p> <p>Crispy Papad :</p> <ol style="list-style-type: none"> Press START/Add 30 Secs once without papad. Sprinkle little water or oil over the papad. After beep, place the papad at the centre and press START/Add 30 Secs. <p>*Note : The cooking time may vary –</p> <ol style="list-style-type: none"> As per the composition of the papad material. As per the Quantity of papad used. </div>	<div data-bbox="705 818 1041 981"> <h3>2</h3>  <p>POPCORNS</p> </div> <div data-bbox="705 989 1041 1469"> <h4>2. POP CORN :</h4> <p>Place the pop corn bag to the glass tray properly as instructed on packing. Use START/Add 30 Secs to set 3-4 minutes. Remove the bag after popping sound has stopped. Take care that bag corners do not touch sides while rotating.</p> <p>Note : Attend popping process carefully. Do not overheat as cause flash fire.</p> <h4>2. पॉप कॉर्न :</h4> <p>पैकिंग पर दिये गए निर्देशानुसार पॉप कॉर्न का बैग कांच की ट्रे पर ठीक से रखें। 3-4 मिनट सैट करने के लिए START/Add 30 Secs का प्रयोग करें। मुनने की आवाज समाप्त होने के बाद बैग को हटा लें। ध्यान रखें कि बैग के कोने घुमाते समय साइड से न छुएँ।</p> <p>नोट : मुनने की प्रक्रिया को ध्यानपूर्वक देखें। आवश्यकता से अधिक गर्म न करें क्योंकि इससे आग लग सकती है।</p> </div>
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