

RECIPE MANUAL

MICROWAVE OVEN

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

MJ2886BWUM



MFL67281875
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Various Cook Functions

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

Cook Functions	Diet Fry/ Low Calorie	Charcoal	Indian Roti Basket	Ghee/Indian Cuisine	Pasteurize Milk/Tea/ Dairy Delight	Kids' Delight/ Cooking Aid/ Steam Clean
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 Charcoal	Press Indian Roti Basket	Press Ghee & twice for Indian Cuisine	Press Pasteurize Milk & twice for Tea/Dairy Delight	Press Kids' Delight & twice for Cooking Aid/Steam Clean
STEP-3	Turn Dial to select the Menu (dF1-dF25 HP1-HP25 So1-So18 Co1-Co24)	Turn Dial to select the Menu (CH1-CH25)	Turn Dial to select the Menu (br1-br25)	Turn Dial to select the Menu (Gh1 IC1-IC26 SC1-SC15 rd1-rd15 CC1-CC10)	Turn Dial to select the Menu (PS1 dd1-dd5) PA1 CU1-CU2)	Turn Dial to select the Menu (CF1-CF25 bA1-bA15 UC1-UC12) SL1)
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

271 Recipes List

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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 "HP1"
8. Turn the dial to select HP1 to Co24.
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.
"dF4" Samosa-8pc, do not follow step 4, 5. Directly go to step 6.

Category		Weight Limit	Utensil	Instructions			
dF1	Chicken Nuggets	0.1-0.3 Kg	Microwave safe (MWS) glass bowl & Multicook tawa* & High Rack	For	0.1 kg	0.2 kg	0.3 kg
				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

Method :

1. In a MWS glass bowl put boneless chicken, pepper corns, cloves, olive oil, chopped garlic. Mix well & cover. Select Category & weight. press start.
2. 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.
3. Make small round shaped nuggets from the mixture. Keep on tawa. Place the tawa on high rack.
4. Press start.
5. When beeps, turn the nuggets
6. Press start.
7. Serve them hot with tomato Ketchup & shredded salad.

Note: If the mixture of nuggets is too dry, then sprinkle few drops of water to it.

dF2	Aloo Chips	0.2 Kg	Microwave glass tray	For	0.2 Kg
				Potato (very thinly sliced)	200 g
				Oil	A few drops
				Salt, Chaat masala (optional)	As per taste

Method :

1. In a bowl mix very thinly sliced potatoes, salt, chaat masala.
2. Put few drop of oil on the glass tray of the microwave oven & smear it properly throughout.
3. Spread the potato slices throughout the glass tray. select category & press start. Allow the glass tray to cool down. Remove the chips & serve.

dF3	Gujia	10 Pc	Multicook tawa & Low rack*	For dough	
				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

Method :

1. In a bowl put all the ingredients of stuffing & mix well.
2. In another bowl put maida, 1 tbsp ghee, gradually add water & knead a soft dough for gujias. Put 1tsp ghee in dough & knead again & keep the dough covered for 15-20 minutes.
3. Divide the dough in small balls of equal size & roll out each ball into a thin circle. *Place the rolled out circle in a *gujia mould & fill the centre with stuffing (as required). Close the gujia mould carefully & press firmly at edges to seal them properly. remove the excess part of the dough bulging out of the mould. Remove the gujia from the mould. Prepare all the gujias in the similar way. Brush the gujias with 2tsp oil.
4. Grease the tawa with ¼ tsp oil. Keep on low rack. keep in the microwave. Select category & press start. (Pre-heat)
5. When beeps, place the gujias on tawa & keep on low rack. Press start.

***Note:** Grease the surface with 1-2 drops of oil before rolling the circle for gujias.

*Not provided with the start up kit.

*Refer page 90, fig 2

*Refer Page 90, fig 1

Diet Fry

Category		Weight Limit	Utensil	Instructions	
dF4	Samosa	8 Pc	Multicook tawa & Low rack*	For Dough	
				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

Method :

1. 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.
2. 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.
3. 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.
4. Grease the tawa with ¼ tsp oil. Keep on low rack & keep the it inside the microwave. Select category & press start.
5. When beeps, keep the samosas on the tawa & press start. Serve with chutney.

dF5	Bread Pakora	4 Pc	Multicook tawa* & High Rack	For	Batter
				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

Method :

1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.
2. In another bowl put besan & all spices & gradually add water & make a smooth batter for bread pakoras without any lumps.
3. 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.
4. Keep the tawa on high rack. Select category the press start.
5. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start.
6. When beeps, turn the bread pakoras. Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup.

dF6	Paneer Pakora	0.4 Kg	Multicook tawa* & High rack	Paneer (Cut into 1.5" cubes)	400 gm
				For Batter	
				Besan	1 cup (130 g)
				Water	200 ml
				Salt, red chilli powder, haldi, garam masala	As per taste
				Oil	2 tsp

Method :

1. 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.
2. Keep the tawa on high rack. keep inside microwave. Select category & press start.
3. When beeps, place all paneer pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.
4. When beeps, turn the pakoras & pour 2tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.

* Refer page 90, fig 1

* Refer page 90, fig 2

Category		Weight Limit	Utensil	Instructions	
dF7	Masala Vada	5 Pc	Multicook tawa & High rack*	Soaked chana dal	1 cup
				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

Method :

1. Soak the chanas for 3-4 hours. Keep 1 tbsp of soaked chanas aside.
2. In a blender grind soaked chanas, green chillies, cumin seeds, ginger & salt into a coarse paste. (Don't make it into smooth paste).
3. Mix chopped onions, chopped garlic, chopped coriander leaves, soaked chana dal, red chilli powder with the coarse paste.
4. Grease the tawa with 1 tsp of oil. Keep the tawa on low rack. Keep both inside the microwave oven. Select category & press start.
5. When beeps, pour 1 tbsp of paste & spread a little. Same way prepare all the 5 vadas. Press start.
6. When beeps, pour 1 tsp oil on vadas & keep the tawa on high rack. Press start. Serve with sambhar or coconut chutney.

dF8	Chicken 65	0.2 ~ 0.4 kg	Multicook tawa & High rack* & Microwave safe (MWS) glass bowl	For	0.2 kg	0.3 kg	0.4 kg
				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

Method :

1. 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.
2. Take marinated chicken pieces & place on tawa. Keep tawa & high rack inside the microwave.
3. Select category & weight and press start.
4. 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.
5. When beeps, add roasted chicken pieces & tomato ketchup to the MWS glass bowl. Mix well & press start. Squeeze lime juice on top & serve immediately.

dF9	Stuffed Aloo Patties	3 Pc	Multicook tawa & High rack*	For Patties	
				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

Method :

1. 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.
2. In a bowl take boiled & mashed potatoes, chopped green chilli, cornflour, salt & mix very well and make a dough for patties.
3. Divide the dough into 6 equal parts & make round balls.
4. Stuff each potato ball with the stuffing in the centre & seal. Give the shape of round patties.
5. Place all the patties on tawa & place tawa on high rack. Put both tawa & high rack inside the microwave. Select category & press start.
6. When beeps, turn over the patties & again press start. Serve stuffed aloo patties hot with mint chutney or tomato ketchup.

* Refer page 90, fig 2

Diet Fry

Category		Weight Limit	Utensil	Instructions	
dF10	Mushroom Rolls	8 Pc	Multicook tawa & Low rack*	For Stuffing	
				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

Method :

1. 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.
2. 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 flatten bread slice & roll tightly, covering the mixture. Keep aside for 5-7 minutes.
3. Grease the tawa with ½ tsp oil & keep the low rack & tawa inside the microwave. Select category & press start.
4. 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.

dF11	Sabudana vada	0.1 – 0.3 kg	Multicook tawa & High rack*	For	0.1 kg	0.2 kg	0.3 kg
				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		

Method :

1. In a bowl take all the ingredients & mix well. Make mixture for sabudana vada. Divide the dough in equal parts & make round & flat vadas.
2. Take the multicook tawa & keep the vadas on tawa. Keep tawa on high rack & keep inside the microwave. Select category & weight and press start.
3. When beeps, turn the vadas & press start.
4. When beeps, again turn the vadas & press start. Serve them hot with the chutney of your choice.

dF12	Fish Amritsari	0.3 kg	Multicook tawa & High rack*	For	0.3 kg
				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 tbsp
				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

Method :

1. Sprinkle salt & lemon juice on fish pieces. Rub well & keep aside for 5 minutes & wash well. Remove excess moisture with an absorbent kitchen towel.
2. 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.
3. Rub this marinade well on the fish pieces & keep covered in refrigerator for atleast half an hour.
4. 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.
5. When beeps, turnover fish pieces & sprinkle 1 tbsp oil on all pieces & press start.
6. Sprinkle chaat masala on fish pieces & serve them hot with lemon wedges & lachha onions.

* Refer page 90, fig 1

* Refer page 90, fig 2

Category	Weight Limit	Utensil	Instructions			
dF13	Batata Vada	Multicook tawa & Low rack*	For	0.1 kg	0.2 kg	0.3 kg
			Boiled potatoes	100 g	200 g	300 g
			Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp
			Chopped green chillies	2 nos.	2 nos.	3 nos.
			Chopped onion	1 no.	1½ no.	2 nos.
			Salt, red chilli powder, garam masala, chaat masala	As per taste		
			Roasted jeera	1 tsp	1½ tsp	2 tsp

Method :

1. Mix all the ingredients together. Make big vadas of the mixture.
2. Grease the multicook tawa with some oil. Arrange the vada on the tawa. Keep the tawa on low rack.
3. Select category & weight and press start.
4. When beeps, turn over the vadas & press start.

dF14	Pyaz Pakora	0.1 kg	Multicook tawa & Low rack*	For	0.1 kg
				Pyaz (Cut into rings)	100 g
				For Batter	
				Besan	1 cup (130 g)
				Water	200 mL
				Salt, Red chilli powder, haldi, garam masala	As per taste
				Oil	2 tsp

Method :

1. 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.
2. Keep the tawa on low rack. Keep inside microwave. Select menu & press start. (Preheat process)
3. When beeps, place all Pyaz rings evenly coated with the batter on the tawa. Keep tawa on low rack. Press start.
4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce. (Cut into 1.5" cubes)

dF15	Mirch Vada	0.2 kg	Multicook tawa & Low rack*	For	0.2 kg
				Mirchi (blanched)	200 g
				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
				For Batter	
				Besan	1 cup (130 g)
				Water	200 mL
				Salt, red chilli powder, haldi, garam masala	As per taste
				Oil	2 tsp

Method :

1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.
2. In another bowl put besan & all spices & gradually add water & make a smooth batter without any lumps.
3. Take Mirchi pieces & slit them from between add boiled mash potato in it and cover chillies with potato mixture and keep it in batter 10-15 min~ Grease the tawa with 2-3 drops oil.
4. Keep the tawa on low rack. Select menu the press start. (Preheat process)
5. When beeps, keep the Mirchi Vada coated with the batter evenly on all sides on tawa & press start.
6. When beeps, turn the Mirchi Vada Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup.

dF16	Aloo Bhaji	0.1 kg	Multicook tawa & Low rack*	For	0.1 kg
				Potato (cube)	100 g
				For batter	
				Besan	1 cup (130 g)
				Water	200 mL
				Salt, red chilli powder, haldi, garam masala	As per taste
				Oil	2 tsp

Method :

1. 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.
2. Keep the tawa on low rack. Keep inside microwave. Select menu & press start. (Preheat process)
3. When beeps, place all Potatoe pieces evenly coated with the batter on the tawa. Keep tawa on low rack. Press start.
4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.

* Refer page 90, fig 1

Diet Fry

Category		Weight Limit	Utensil	Instructions	
dF17	Soyabean Tikki	5 pc.	Multicook tawa & High rack*	For	5 pc.
				Boiled potato	1 no.
				Soyabean (soaked for at least 1 hour)	½ cup
				Roasted & crushed peanuts	1 tbsp
				Chopped green chilli	1 no.
				Finely chopped ginger	¼ tsp
				Fresh curry leaves	As required
				Coriander leaves (chopped)	½ tbsp
				Salt	As per taste

Method :

1. In a bowl take all the ingredients & mix well. Make mixture for Tikki. Divide the dough in equal parts & make round & flat Soyabean Tikki.
2. Take the multicook tawa & keep the Tikkis on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the Tikkis & press start.
4. When beeps, again turn the Tikkis & press start. Serve them hot with the chutney of your choice.

dF18	Oats Cutlet	5 pc.	Multicook tawa & High rack*	For	5 pc.
				Boiled potato	1 no.
				Oats (roasted)	½ cup
				Grated carrot	½ cup
				Chopped green chilli	1 no.
				Finely chopped ginger	¼ tsp
				Fresh curry leaves	As required
				Coriander leaves (chopped)	½ tbsp
				Salt	As per taste

Method :

1. In a bowl take all the ingredients & mix well. Make mixture for Oats Tikki. Divide the dough in equal parts & make round & flat Oats Tikki.
2. Take the multicook tawa & keep the Tikkis on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the Tikkis & press start.
4. When beeps, again turn the Tikkis & press start. Serve them hot with the chutney of your choice.

dF19	Methi Masala Vada	5 pc.	Multicook tawa & High rack*	For	5 pc.
				Boiled potato	1 no.
				Methi chopped	½ cup
				Chana dal soaked for 1 hr.	1 cup
				Chopped green chilli	1 no.
				Finely chopped ginger	¼ tsp
				Fresh curry leaves	As required
				Coriander leaves (chopped)	½ tbsp
				Salt	As per taste

Method :

1. In a bowl take all the ingredients & mix well. Make mixture for Methi Masala. Divide the dough in equal parts & make round & flat.
2. Take the multicook tawa & high rack & keep inside the microwave. Select menu & weight and press start. (Pre-heat process)
3. When beeps, place the vadas on the tawa & press start.
4. When beeps, again turn the vadas & press start. Serve them hot with the chutney of your choice.

dF20	Poha Patties	5 pc.	Multicook tawa & High rack*	For	5 pc.
				Boiled potato	1 no.
				Poha soaked	1 cup
				Yoghurt	2 tbsp
				Chopped green chilli	1 no.
				Finely chopped ginger	¼ tsp
				Fresh curry leaves	As required
				Coriander leaves (chopped)	½ tbsp
				Salt	As per taste

Method :

1. In a bowl take all the ingredients & mix well. Make mixture for Poha. Divide the dough in equal parts & make round & flat.
2. Take the multicook tawa & high rack & keep inside the microwave. Select menu & weight and press start. (Pre-heat process)
3. When beeps, keep the Poha Patties on tawa & press start.
4. When beeps, again turn the Poha Patties & press start. Serve them hot with the chutney of your choice.

* Refer page 90, fig 2

Category		Weight Limit	Utensil	Instructions	
dF21	French Toast	2 pc.	Multicook tawa & High rack*	For	2 pc
				Egg	4 nos.
				Salt, haldi, garam masala, red chilli powder	As per taste
				For filling	
				Boiled potatoes	2 nos. (medium)
				Chopped green chillies	2 nos
				Chopped coriander leaves	1 tbsp
				Chopped ginger	1 tsp
				Salt, garam masala, red chilli powder	As per taste
				Bread slices	4 nos.
				Oil	2 tsp

Method :

1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.
2. In another bowl mix Egg & all spices 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
3. Keep the tawa on high rack. Select menu the press start. (Preheat process)
4. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start.
5. When beeps, turn the bread Toast Sprinkle 2 tsp oil on all & press start.
6. Serve hot with tomato ketchup.

dF22	Buff Vada	5 pc.	Multicook tawa & High rack*	For	5 pc
				Boiled potato	2 no.
				Coconut (grated)	1 cup
				Roasted crushed peanuts	1 tbsp
				Chopped green chilli	1 no.
				Finely chopped ginger	¼ tsp
				Fresh curry leaves	As required
				Coriander leaves (chopped)	½ tsp
				Salt	As per taste

Method :

1. In a bowl take all the ingredients & mix well. Make mixture for vada Divide the dough in equal parts & make round & flat vada
2. Take the multicook tawa & keep the vada on tawa. Keep tawa on high rack & keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the vada & press start.
4. When beeps, again turn the vada & press start. Serve them hot with the chutney of your choice.

dF23	Palak Tikki	5 pc.	Multicook tawa & High rack*	For	5 pc
				Boiled potato	1 no.
				Palak (chopped)	½ cup
				Corn flour	½ cup
				Chopped green chilli	1 no.
				Finely chopped ginger	¼ tsp
				Fresh curry leaves	As required
				Coriander leaves (chopped)	½ tsp
				Salt	As per taste

Method :

1. In a bowl take all the ingredients & mix well. Make mixture for palak tikki. Divide the dough in equal parts & make round & flat.
2. Keep tawa on rack, select menu and weight and press start. (Pre-heat process)
3. When beeps, place the tikkies on tawa, brush with oil and press start.
4. When beeps, again turn the tikki & press start. Serve them hot with the chutney of your choice.

dF24	Corn Aloo Tikki	5 pc.	Multicook tawa & High rack*	For	5 pc
				Boiled potato	1 no.
				Corn (boiled & crushed)	1 cup
				Corn flour	½ cup
				Chopped green chilli	1 no.
				Finely chopped ginger	¼ tsp
				Fresh curry leaves	As required
				Coriander leaves (chopped)	½ tsp
				Salt	As per taste

Method :

1. In a bowl take all the ingredients & mix well. Make mixture for aloo tikki. Divide the dough in equal parts & make round & flat.
2. Take the multicook tawa & high rack & put tikkies on tawa and keep inside the microwave. Select menu & weight and press start.
3. When beeps, turn the Tikki & press start.
4. When beeps, again turn the Tikki & press start. Serve them hot with the chutney of your choice.

* Refer page 90, fig 2

Diet Fry

Category		Weight Limit	Utensil	Instructions	
dF25	Mix Veg Bhajia	0.2 kg	Multicook tawa & Low rack*	For	0.2 kg
				Potatoe (rings)	1 no.
				Cauliflower (florets)	25 g
				Onion (rings)	25 g
				For batter	
				Besan	1 cup (130 g)
				Water	200 mL
				Salt, red chilli powder, haldi, garam masala	As per taste
				Oil	2 tsp

Method :

1. 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.
2. Keep the tawa on high rack. keep inside microwave. Select menu & press start. (Preheat process)
3. When beeps, place all mix veg. pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.
4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start.
5. Serve hot with Chutney or Sauce.

Low Calorie

Health Plus

Category		Weight Limit	Utensil	Instructions					
HP1	Kala Chana	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				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				

Method :

1. Soak chana overnight, in MWS bowl, put soaked chanas and cover. Select category and weight and press start.
2. 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.
3. When beeps, add chanas to the MWS bowl along with little water and press start. Serve hot.

HP2	Karela Subzi	0.3 kg	Microwave safe (MWS) glass bowl & High rack* & Multicook tawa		
				Chopped Karela	0.3 kg
				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

Method :

1. In a Microwave safe glass bowl take Oil add Rai, Jeera, Hing, Haldi & Chopped Onion. Select category & weight and press start.
2. When beeps, add Chopped Karela, some water, salt, sugar, masala, dhania-jeera powder & cover. Press start.
3. When beeps, remove the bowl from microwave oven, transfer subzi to a multicook tawa, stir well. Place on High Rack
4. Press start.

Note: Before cooking, scrap & rub the karela with salt & keep aside for 2-3 hours.

HP3	Lemon Chicken	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl						
				For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				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

Method :

1. Mix boneless chicken, soya sauce, salt & pepper, garlic paste & lemon juice in a bowl. Refrigerate for ½ hour.
2. In a MWS bowl add oil, marinated chicken pieces, sugar, corn flour mixed with water. Cover. Select category & weight & press start.
3. When beeps, mix well. Cover & press start. Allow to stand for 3 minutes.

* Refer page 90, fig 1

* Refer page 90, fig 2

Category		Weight Limit	Utensil	Instructions					
HP4	Machi Kali Mirch	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	Pomfret (fish category)	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Salt, Lemon Juice & Kali Mirch Powder	To marinate as per your taste				
				Oil, Chopped Onion, Chopped Tomatoes, Chopped Garlic	As required				

Method :

1. 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.
2. In Microwave Safe bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select category & weight and press start.
3. When beeps, open door and add marinated fish, salt to taste and some water. Cover & press start.
4. Give standing time for 5 minutes.

HP5	Soya Idli	4 pc, 8 pc	Microwave safe (MWS) Idli stand* & Microwave safe (MWS) bowl	Rice	100 g				
				Urad	4 tbsp				
				Soyabean granules	4 tbsp				
				Water	As required				
				Salt	As per taste				

Method :

1. Wash & soak rice, urad daal & soyabeans granules for 4 hours.
2. 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)
3. 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.

HP6	Nutrinuggets	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				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		

Method :

1. In a MWS bowl add oil, jeera, onion. Select category and weight and press start. Mix well.
2. 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.
3. 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.

HP7	Curd Brinjal	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg
				Brinjal (cut into pieces)	100 g	200 g	300 g	400 g
				Curd	100 g	200 g	300 g	400 g
				Oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp
				Curry leaves	A few sprigs			
				Mustard & cumin seeds	1 tsp	2 tsp	3 tsp	4 tsp
				Salt	As per taste			
				Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp

Method :

1. In a MWS bowl add oil & brinjal. Cover. Select category & weight and press start.
2. When beeps, remove & in another MWS bowl add oil, mustard & cumin seeds, curry leaves & chopped ginger. Press start.
3. When beeps, add brinjal, curd & salt. Mix well & press start.

HP8	Bathua Raita	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
				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			

Method :

1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select category & weight and press start.
2. When beeps, remove.
3. In a bowl add water, beaten curd, bathua leaves & mix well. Add salt & roasted cumin seed powder.
4. Mix well & refrigerate it for some time & serve.

Category	Weight Limit	Utensil	Instructions	
HP9	Soyabean Curry	Microwave safe (MWS) bowl	For	0.2 kg
			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

Method :

1. In a MWS bowl add oil, chopped onions. Select category and press start. Mix well.
2. When beeps, in the same bowl add tomato puree and haldi and press start. Mix well.
3. When beeps, add chopped green chillies, red chilli powder, garam masala, coriander powder, salt, soyabean and water Press start.
4. Garnish with coriander leaves and serve hot.

HP10	Spinach Dal	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 kg	0.3 kg
				Dehusked soaked lentils (at least for 2 hours)	100 g	200 g	300 g
				Onions chopped	½ cup	1 cup	1 cup
				Spinach chopped	1 cup	1½ cup	2 cup
				Oil	1 tbsp	2 tbsp	2 tbsp
				Cumin seeds	1 tsp	1 tsp	1½ tsp
				Ginger & green chillies (chopped)	1 tbsp	2 tbsp	3 tbsp
				Water	300 ml	500 ml	700 ml
				Turmeric, salt	As per taste		
				Lemon juice	1 tsp	2 tsp	3 tsp
				Coriander leaves	2 tbsp	3 tbsp	4 tbsp

Method :

1. In a MWS bowl put soaked dal (lentils), water, salt, turmeric powder. Select category & weight and press start.
2. When beeps, in another MWS bowl put oil, chopped onions, cumin seeds, chopped ginger & green chillies, chopped spinach. Mix well and press start.
3. When beeps, mix well & add boiled lentils, add some water (if required). Mix again & press start.
4. Garnish with coriander leaves & serve hot.

HP11	Moong Dal	0.2 kg	Microwave safe (MWS) bowl	Moong Dal soaked in water (for 1 hour)	0.2 kg
				Water	400 ml
				Oil	2 tbsp
				Jeera	1 tsp
				Hari Mirch	2-3 nos.
				Curry Leaves	5-6 nos.
				Salt, Dhania-Jeera Powder, Haldi, Hing, Kasuri Methi, Lemon Juice, Hara Dhania	As per your taste

Method :

1. Take 200 gms dal in Microwave Safe bowl, add Water, Haldi & Hing.
2. Select category press start to cook.
3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves & press start.
4. When beeps, add dal, salt, dhania jeera powder, hara dhania, kasuri methi (optional), water (if required) & lemon juice and press start to cook.

HP12	Leaf Rolls	0.2-0.4Kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat Glass dish	For	0.2 Kg	0.3 Kg	0.4 Kg
				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		

Method :

1. In a bowl mix boiled vegetables, chopped onions, salt, chaat masala & lemon juice.
2. In MWS bowl, add ½ cup water, Keep the leaves in MWS flat glass dish. Keep the dish in MWS bowl. Cover.
3. Select category & weight and press start.
4. When beeps, remove the leaves from the bowl. Spread the filling on leaves & roll them. Make all the rolls in same way.

Category		Weight Limit	Utensil	Instructions					
HP13	Fish Bharta	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5kg
				Fish (Fillet)	100 g	200 g	300 g	400 g	500 g
				Mustard oil	1 tbsp	1 tbsp	1 tbsp	2 tbsp	2 tbsp
				Mustard seeds	1 tsp	1 tsp	1 tsp	2 tsp	2 tsp
				Chopped onion	1 cup	1 cup	1 cup	1 cup	1 cup
				Red chilli powder, haldi, garam masala, salt	As per taste				

Method :

1. 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.
2. 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.

HP14	Healthy Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				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

Method :

1. 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.
2. When beeps, mix, add water & salt. Mix again & press start.
3. When beeps, stir & mash well. Add pepper powder & ½ cup water. Mix & cover and press start.
4. Serve hot with fresh curds.

HP15	Oats Idli	4 pc, 8 pc	Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand* & Microwave safe (MWS) glass bowl	For Idli batter		
				Roasted & powdered oats	1 cup	
				Semolina	½ cup	
				Curd	½ cup	
				Water	¾ cup	
				Salt	As per taste	
				Soda bi carb	¼ tsp	
				Grated carrot	¼ cup	
				Chopped green chillies	2 nos.	
				Oil	For greasing	
				For Tempering		
				Mustard seeds	½ tsp	
				Curry leaves	A few	
				Dry red chillies	A few	
				Oil	½ tbsp	

Method :

1. Mix all the ingredients of batter in a bowl. Allow to stand for 10 minutes.
2. Grease MWS idli stand & pour the batter (depending on the number you want to cook).
3. Add ½ cup water to MWS bowl. Keep the idli stand inside the bowl. Cover.
4. Select the category & number and press start.
5. When beeps, remove the idli from the stand.
6. Take a MWS glass bowl, add oil, mustard seeds, curry leaves & dry red chillies. Press start. Mix with idli & serve. Add lemon juice (optional)

HP16	Daliya Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	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

Method :

1. 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.
2. When beeps, add water, chopped spinach, turmeric powder, salt. Mix well & cover. Press start.
3. When beeps, mix well. Add ½ cup water (or more). Press start. Serve with fresh curds.

Category		Weight Limit	Utensil	Instructions	
HP17	Fish Cutlet	0.4 kg	Microwave safe (MWS) glass bowl & High rack* & Multicook tawa	For	0.4 kg
				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

Method :

1. In a MWS glass bowl take fish fillet add 1 cup water. Select category & press start. Mash the fish.
2. 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
3. Press start.
4. When beeps, turn them over.
5. Press start.
6. Remove and serve with lemon wedges & mint chutney.

HP18	Fish Masala	0.2 kg	Microwave safe (MWS) bowl	For	0.2 kg
				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

Method :

1. In a MWS bowl take oil and chopped onion. Select category and press start.
2. When beeps, remove and add pomphret pieces and tomato. Press start.
3. When beeps, add all the other ingredients and 1 cup water and mix well. Press start. When beeps, remove and garnish with coriander leaves.

HP19	Fish Pulusu	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg
				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

Method :

1. In a MWS glass bowl add oil, ginger garlic paste, methi seeds, fish pieces, lemon juice & cover. Select category & weight & press start.
2. When beeps, mix well & add chopped onions & fish masala. Cover & press start.
3. When beeps, mix well & add tamarind pulp and press start. Allow to stand for 3 minutes.

HP20	Coconut Prawns	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Prawns	100 g	200 g	300 g
				Mustard oil	½ tbsp	1 tbsp	1½ tbsp
				Rai paste	½ tbsp	1 tbsp	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.

Method :

1. Marinate the prawn with rai paste, mustard oil, turmeric powder, green chilli paste, sugar & salt for 1 hour.
2. Take the coconut kernel & scoop out the creamy pulp with a spoon. Divide the coconut lengthwise into 2 halves.
3. 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.

Category		Weight Limit	Utensil	Instructions	
HP21	Crab Curry	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg
				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

Method :

1. In a MWS glass bowl add oil, onion, ginger garlic paste. Select category and press start.
2. When beeps, remove, mix well add crab pieces and 1 cup water and press start.
3. When beeps, add coconut milk, salt, garam masala, dhania jeera powder, chilli powder, turmeric powder and press start. Mix well & serve hot with rice.

HP22	Mase Kalavan	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg
				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

Method :

1. 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.
2. In a MWS bowl take oil, hing, chopped garlic, coriander & green chilli & mix. Select category & weight and press start.
3. When beeps, add the marinated fish to the MWS bowl. Mix well, sprinkle water on top & cover and press start.
4. When beeps, mix & add coconut milk to the fish. Mix well again and press start. Serve more kalavan hot with steamed rice.

HP23	Sabudana Khichdi	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Sabudana (soaked for 2 hours)	100 g	200 g	300 g	400 g	500 g
				Oil	½ tbsp	1½ tbsp	2 tbsp	2½ tbsp	2½ tbsp
				Rai, salt, lemon juice, chopped green chillies	As per taste				
				Potatoes (boiled & chopped)	1 No.	2 Nos.	3 Nos.	3 Nos.	3 Nos.
				Coriander leaves	A few springs				

Method :

1. In a MWS bowl add oil, rai, green chillies & coriander leaves. Mix. Select category & weight and press start.
2. When beeps, mix, add boiled potatoes, soaked sabudana. Mix & press start. Squeeze lemon juice & serve.

Category		Weight Limit	Utensil	Instructions			
HP24	Home Made Cereal	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				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

Method :

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.

HP25	Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				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

Method :

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.

Low Calorie

Soup

Category		Weight Limit	Utensil	Instructions	
So1	Sweet Corn Soup	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg
				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

Method :

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 ½ cup water and mix with it. Add salt, sugar, kali mirch and press start.

So2	Mushroom Soup	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg
				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

Method :

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.

Category		Weight Limit	Utensil	Instructions	
So3	Wonton Soup	0.6 kg	Microwave safe glass bowl	For	0.6 kg
				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

Method :

1. In MWS glass bowl add oil and vegetables, ginger-garlic paste. Select category & press start.
2. When beeps, add salt, pepper, water & palak (in pieces). Mix well & put in microwave & press start.
3. 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.

So4	Chicken Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				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

Method :

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.

So5	Tamatar Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				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

Method :

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.

So6	Rasam	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				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

Method :

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 stock. Press start.
4. When beeps, strain it again & add more water (if required), tamarind pulp. Press start.
5. Garnish with coriander & curry leaves & serve.

Category		Weight Limit	Utensil	Instructions	
So7	Mulligatawny Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Cooked rice	50 g
				Dehusked lentil	30 g
				Apples (peeled & 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				

Method :

1. In MWS glass bowl add butter, carrot, onion & apples. Mix well. Select category & weight and press start.
2. When beep, mix well, add cooked rice, lentils & water and press start.
3. 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.

So8	Hot & Sour Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				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				

Method :

1. In a MWS glass bowl add water, chili sauce, soya sauce, vinegar, sugar, salt, pepper powder and ajinomoto. Select category & press start.
2. When beeps, stir well & add all the chopped vegetables, except paneer. Press start.
3. When beeps, stir well & add corn flour, tomato sauce, paneer pieces & press start.

So9	Tomato Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				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)

Method :

1. 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.
2. When beeps, grind and strain it.
3. 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.
4. Garnish with bread croutons, coriander (green dhania) and fresh cream and serve hot.

So10	Palak Makai Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				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

Method :

1. In a MWS glass bowl add chopped palak & little water. Select category & press start.
2. When beeps, grind the palak,
3. In another MWS glass bowl add butter, jeera, chopped onions. Press start.
4. When beeps, remove & add palak & water, milk, corn niblets & Maggie tastemaker. Press start.

Category		Weight Limit	Utensil	Instructions	
So11	Chicken Soup	0.3 kg	Microwave Safe (MWS) Glass Bowl	For	0.3 kg
				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)

Method :

1. In Microwave safe glass bowl put water & add chicken pieces. Select category & press start.
2. When beeps, remove.
3. In another microwave safe glass bowl add oil, ginger-garlic paste, chicken stock, salt, pepper, cornflour paste, green chillies & 1 cup water. Press start.

So12	Tom Yum Kung	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				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

Method :

1. 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.
2. When beeps, strain the stock. Add cleaned prawns, fish sauce, pepper, thai red curry paste. Stir well & press start.
3. Add lemon juice & adjust the seasoning. Serve piping hot.

So13	Dal Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				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)

Method :

1. In a MWS glass bowl add oil, green chillies, ginger paste, garlic paste. Mix well.
2. Select category & press start.
3. When beeps, mix well & add onion & add all spices. Press start.
4. When beeps, mix well & add dal & water. Press start. Strain the stock.
5. Add 100 ml hot water & spices as per taste & serve

So14	Shahi Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				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

Method :

1. In a MWS glass bowl take butter & chopped onion. Mix well. Select category & press start.
2. When beeps, stir well. Add whole wheat flour, mint paste, coarsely chopped walnuts & mix well. Press start.
3. When beeps, mix and add water. Mix well so that no lumps are formed. Add seasoning. Press start. Serve hot.

Category		Weight Limit	Utensil	Instructions	
So15	Bombay Curry Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				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

Method :

1. In a MWS glass bowl add soaked masoor dal, tomato & water. Select category & press start.
2. When beeps, remove & allow the dal to cool. Grind it in a mixer & strain.
3. In another MWS glass bowl, add oil, crushed garlic, chopped onion. Press start.
4. 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.

So16	Badam Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				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

Method :

1. 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.
2. Select category & press start.
3. 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.

So17	Limbu Dhania Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				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

Method :

1. In a MWS glass bowl add oil, cabbage, carrot, celery, spring onions, ginger, garlic, bayleaves, cloves, peppercorns. Mix well. Select category & press start.
2. 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.

Category		Weight Limit	Utensil	Instructions	
So18	Mutton Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				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

Method :

1. In a MWS glass bowl add oil, onion, garlic mutton & chilli flakes, salt. Mix well & cover.
2. Select category & press start.
3. When beeps, mix well & add water, tomato, cinnamon, cardamom, cumin seeds, , salt, saffron & dry mint leaves. Mix well & press start.
4. When beeps, remove the bowl & allow to cool. Grind it & add curd. Press start.

Category		Weight Limit	Utensil	Instructions			
Co1	Pasta	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack*	Penne Pasta	0.1 Kg	0.2 Kg	0.3 Kg
				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		

Method :

1. In MWS glass bowl take pasta with water & oil drops. Select category & weight press start.
2. When beeps, remove the bowl from microwave oven, drain water from pasta. In MWS flat glass dish add butter, onion, garlic & Palak, mix well.
3. Press start.
4. 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.
5. Press start.

Co2	Veg Au Gratin	0.2 kg	Microwave safe (MWS) flat glass dish & High rack*	For	0.2 kg		
				Mix Vegetables - Carrot, Cauliflower, French Beans (cut into small pieces), Sweet Corns, Green peas etc.	200 g		
				Maida	2 tbsp		
				Butter	2 tbsp		
				Milk	1 cup		
				Grated Cheese	4 tbsp		
				Salt, & Pepper	As per your taste		

Method :

1. In a MWS flat glass dish take butter, milk, vegetables & maida. Mix well. Select category & weight and press start.
2. When beeps, mix well & add salt & pepper. Mix well.
3. Spread grated cheese on it & keep the MWS flat glass dish on high rack.
4. Press start.

Co3	Baked Mushrooms	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish & High Rack*	For	0.1 Kg	0.2 kg	0.3 kg
				Mushrooms	100 g	200 g	300 g
				White Sauce	50 ml	100 ml	150 ml
				Cheese (grated), Salt, Kali Mirch	As per requirement		
				Butter	1 tbsp	1½ tbsp	2 tbsp

Method :

1. In MWS flat glass dish put all the ingredients except cheese, mix well. Select category & weight, press start.
2. When beeps, spread grated cheese on the top of the mixture. Place the MWS flat glass dish on high rack.
3. Press Start.

Co4	Lasaneyya	0.3 kg	Microwave safe (MWS) flat glass dish & High Rack*	Lasaneyya Sheets (cooked)	150 gm		
				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		

Method :

1. Except Lasaneyya sheets and cheese mix all the ingredients in MWS flat glass dish. Select category & press start.
2. When beeps, remove the MWS flat glass dish from microwave oven. In MWS flat glass dish arrange lasaneyya sheet in the bottom. Then spread vegetable mixture on it again keep another lasaneyya sheet on it and make layers of sheets and vegetable mixture.
3. Press start.
4. When beeps, spread grated cheese on the top & place the glass dish on high rack.
5. Press start.
6. Serve hot.

Category		Weight Limit	Utensil	Instructions			
Co5	Macaroni	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	Macaroni	0.1 Kg	0.2 Kg	0.3 Kg
				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		

Method :

1. In a MWS flat glass dish take butter, milk, vegetables & maida. Mix well. Select category & weight and press start.
2. When beeps, mix well & add salt & pepper. Mix well.
3. Spread grated cheese on it & keep the MWS flat glass dish on high rack.
4. Press start.

Co6	Thai Chicken	0.5 kg.	Microwave safe (MWS) bowl	Boneless chicken	500 gm		
				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		

Method :

1. In a MWS bowl put oil, garlic, sugar, soya sauce, red curry paste, broccoli, chicken pieces, mix well. Select category and press start.
2. When beeps, remove. Add red chilli paste crushed peanuts, sauce of milk, maida, butter, mix well press start.

Co7	Mediterranean Crostini®	0.3 kg.	Low rack	French bread	6 slices		
				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		

Method :

1. In a bowl, put all the ingredients of marinade & mix well. Keep it for 15-20 minutes.
2. Butter the bread slices. Top each slice with 2-3 slices of marinated tomatoes. Put chopped olives & sprinkle grated cheese on top.
3. Select the category & press start. (Pre-heat process.)
4. When beeps, keep the bread slices on low rack. Keep the rack in microwave & press start.

Co8	Chilli Veg	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				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		

Method :

1. In a MWS bowl add oil, onions, green chillies, ginger garlic paste & capsicum. Mix well & cover.
2. Select category & weight press start.
3. When beeps, mix well & add paneer pieces, soya sauce, chilli sauce, cornflour (mixed with ½ cup water), water, salt, pepper & ajinomoto and press start.
4. Mix well & serve.

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

Category		Weight Limit	Utensil	Instructions	
Co9	Potato dumpling	0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	For	0.3 kg
				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

Method :

1. Mix all the ingredients together for making dough for dumplings. Make 9-10 balls out of the dough.
2. In the MWS bowl, add ½ cup water. Place the dumplings on the MWS flat glass dish and cover. Select category and press start.
3. When beeps, take out the dumplings.
4. Allow them to cool. In a microwave safe flat glass dish add butter and put the dumplings in it and press start.

Co10	Sweet & Sour Veg	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				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		

Method :

1. In a microwave safe bowl add oil, chopped spring onions & garlic, red chilli paste. Select category & weight and press start.
2. 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.

Co11	Risotto Rice	0.1 ~ 0.4 kg.	Microwave safe (MWS) bowl	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			

Method :

1. In a MWS bowl add olive oil, garlic, mushrooms, peas, carrots & tomato puree. Mix well. Select category & weight and press start.
2. When beeps, mix well & add rice. Mix well and press start.
3. When beeps, mix well & add water & salt. Press start.
4. Mix well & stand for 5 minutes.
5. Add spinach, tomato puree, cream, grated cheese & chopped coriander/parseley & serve.

Category		Weight Limit	Utensil	Instructions			
Co12	Spaghetti with tomato sauce	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl	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		

Method :

1. In a MWS bowl add spaghetti noodles, water & few drops of oil. Select category & weight and press start.
2. When beeps, remove & drain the water. Wash the noodles under running water to separate.
3. In another MWS bowl add olive oil, garlic, olives, onions, mushrooms, chopped tomatoes, salt, peppers, oregano & chilli flakes. Press start.
4. When beeps, mix well & add the spaghetti. Mix well & press start. Rip all the basil over it & spread grated parmesan cheese & serve.

Co13	Cottage Cheese Tortellini	8 Pc	Microwave safe (MWS) bowl	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		

Method :**Pre-Preparation for Stuffing :**

1. 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.
2. 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.
3. 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.
4. 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.
5. Take 500 ml water in a MWS bowl & keep inside the microwave. Select category & press start.
6. When beeps, put the tortellinis in the boiling water. Cover & press start.
7. When beeps, remove & strain the tortellinis & place in a serving dish & keep aside covered.
8. 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.
9. When cooking ends, pour this sauce over the cooked tortellini & serve hot.

Category		Weight Limit	Utensil	Instructions				
Co14	Mexican Corn Rice	0.1 ~ 0.4 kg.	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & Low rack	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
				Rice	100 g	200 g	300 g	400 g
				Cloves	2 nos.	3 nos.	4 nos.	5 nos.
				Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
				Water	200 ml	400 ml	600 ml	650 ml
				Butter	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
				Sweet corns	¼ cup	½ cup	1 cup	1½ cup
				Hot sauce*	¼ cup	½ cup	1 cup	1½ cup
				Cheese cubes	1 no.	2 nos.	3 nos.	4 nos.
				Salt (if required)	As per taste			
				Red chilli powder (if required)	As per taste			
				Tomato (chopped)	2 nos.	3 nos.	4 nos.	5 nos.

Method :

1. In a MWS glass bowl add rice, cloves, water. Select category & weight and press start.
 2. When beeps, remove the bowl & keep aside after mixing.
 3. In another MWS glass bowl add butter & sweet corns & press start.
 4. When beeps, add hot sauce, cooked rice, cheese cubes, salt & red chilli power (if required). Mix well. Now take a MWS flat glass dish & spread chopped tomatoes at the bottom, now layer with cooked rice & press it down properly. Cover with aluminium foil. Keep the MWS flat glass dish on low rack & press start.
- *Note : For Hot Sauce - In a MWS glass bowl take 8 blended & pureed tomatoes, 4 tbsp butter, 1 cup chopped onions, salt, red chilli powder, oregano, sugar, chilli sauce (as per taste), 1 tbsp garlic paste, 2 tbsp tomato sauce, a pinch ajwain. Mix well & microwave at 100% for 5 minutes.

Co15	Broccoli in Butter Sauce	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) glass dish	For	0.1 Kg	0.2 Kg	0.3 Kg
				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

Method :

1. In a MWS bowl take broccoli florets. Sprinkle some water & cover. Select category & weight and press start.
2. When beeps, remove broccoli & keep aside. In a MWS flat glass dish take butter, chopper garlic, chopped onions. Mix well & press start.
3. When beeps, stir & add milk, fresh cream, mustard powder, coriander, salt & pepper powder & broccoli. Mix & press start.

Co16	Shrimps In Garlic Butter	0.4 Kg	Microwave safe (MWS) bowl	Shrimps (Small)	400 g
				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

Method :

1. Remove heads and shells of shrimps & clean and drain thoroughly.
2. In a MWS bowl place shrimps, garlic paste, mustard paste, butter, parsley, lemon juice, pepper corns (Crush) & salt mix well Select Category & press start.
3. When beeps. Remove and serve hot.

Co17	Chilli Chicken	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
				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

Method :

1. In a MWS bowl add oil, chopped ginger, garlic, boneless chicken, soya sauce, chilli sauce and cover. Select category & weight & press start.
2. 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.

Category		Weight Limit	Utensil	Instructions			
Co18	Hakka Noodles	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				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		

Method :

1. In a MWS bowl add hakka noodles, water & few drops of oil. Select category & weight & press start.
2. When beeps, remove drain water & wash & separate the noodles under running water.
3. In another MWS bowl add oil, mix vegetables, ajinomoto, salt, red chilli powder, green chilli sauce. Mix well & press start.
4. When beeps, add noodles to the bowl. Mix & press start.

Co19	Veg in hot garlic sauce	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				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

Method :

1. Cut the capsicum & cauliflower into medium sized pieces, baby corns & french beans into small sized pieces.
2. In a MWS bowl add oil, chopped onion, ginger, green chillies. Select category & weight and press start.
3. When beeps, mix & add vegetables, pepper, salt, sugar, cornflour mixed with water, ajinomoto. Press start. Stand for 5 minutes. Serve.

Co20	Schezwan Chicken	0.5 kg	Microwave safe (MWS) bowl	For	0.5 kg		
				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		

Method :

1. 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.
2. When beeps, mix well and add spring onions, cornflour, salt. Mix well & press start.

Category	Weight Limit	Utensil	Instructions	
Co21	Veg Manchurian	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	For Manchurian Balls	
			Grated Cabbage	1 cup
			Grated carrots	3/4 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

Method :

1. Mix all the ingredients of Manchurian balls in a bowl. Make balls of medium size from the mixture.
2. In a MWS flat glass dish keep the manchurian balls.
3. When beeps, remove & allow to cool.
4. In a MWS bowl oil, ginger, green chilli, onion, soya sauce, tomato sauce, vinegar, pepper, salt, mix well & press start.
5. 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.

Co22	Chilli Soy Nuggets	0.4 kg	Multicook tawa & High rack* & Microwave safe (MWS) glass bowl	For	0.4 kg
				Soyabean nuggets (soaked in hot water for 1 hour & squeezed)	150 g
				Oil	2½ tbsp
				Capsicum (cut in long strips)	¼ cup
				Spring onions (cut into pieces)	¼ cup
				Blanched tomatoes	3 nos.
				Garlic pods	7-8 nos.
				Soya sauce	2 tsp
				Vinegar	1 tsp
				Cornflour (mixed with ½ water)	1½ tsp
				Chilli sauce	1 tbsp
				Salt, red chilli powder, black pepper powder	As per taste

Method :

1. Pre-Preparation of Sauce : Puree tomatoes & garlic pods in a blender. In a MWS glass bowl take 2 tbsp oil & all the vegetables. Mix well & microwave 100% for 2 minutes. Add tomato puree, soya sauce, chilli sauce, vinegar, cornflour (mixed with ½ cup water) & all the spices. Mix well & microwave 100% for 3 minutes. Sauce is ready.
2. Take soaked & squeezed soyabean nuggets in a bowl & pour ½ tbsp oil & mix well. Put all soya nuggets on tawa. Keep tawa & high rack inside the microwave. Select category & press start.
3. When beeps, turnover the soya nuggets & again press start.
4. When beeps, transfer roasted soya nuggets in the sauce & stir well. Press start. Serve them hot with steamed rice.

Co23	Steamed Egg with Tofu	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	For	0.1 kg	0.2 kg	0.3 kg
				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

Method :

1. In a bowl take sesame oil, soya sauce, black pepper powder, salt & egg. Beat well with blender. Mix tofu chunks into it & mix.
2. 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.
3. Keep the MWS flat glass dish in the microwave. Select category & weight and press start.
4. Give standing time of 5 minutes & serve hot.

Category		Weight Limit	Utensil	Instructions			
Co24	Almond & Vegetables Stir Fry	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				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		

Method :

1. In a MWS glass bowl take canola oil, chopped ginger- garlic, sliced onions. Select category & weight and press start.
2. In a small bowl, take sugar, cornflour. Add water, soya sauce, sesame oil & mix well. Make a smooth paste.
3. When beeps, add broccoli, red capsicum, slivered almonds. Mix well & press start.
4. When beeps, add the sauce & stir well. Press start. Serve stir fried vegetables hot.

Charcoal

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

1. Press STOP/CLEAR.



2. Press Charcoal.



3. Turn DIAL until display show "CH9".



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



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



6. Press START/Add 30secs.



! NOTE

- Charcoal menus are programmed.
- Charcoal 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. "CH2" Murg Tandoori, do not follow step 4, 5. Directly go to step 6.

Category		Weight Limit	Utensil	Instructions	
CH1	Paneer Tikka	0.3 kg	Multicook tawa & Low rack*	For	0.3 kg
				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 Chilli powder	As per taste
				Tandoori masala	1 tsp
				Tandoori Color	A pinch
				Oil	For basting

Method :

1. Mix all the ingredients of the marinade in a bowl.
2. Now add the paneer pieces capsicum, onion, tomato & mix well keep in the refrigerator for 1 hour.
3. Now keep tawa and rack inside Microwave. Select category & press start.
4. When beeps, keep paneer pieces on the tawa and pour some oil & press start.
5. After beep, turn over pieces, apply oil and again press start.

CH2	Murg Tandoori	1 kg	Rotisserie**	Whole Chicken	1 Kg
				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

Method :

1. Mix all the ingredient of marinade in a bowl
2. Wash the Chicken properly & make cuts on the chicken all over.
3. Marinade the Chicken properly coating all the places. keep marinated for 3-4 hours in refrigerator.
4. Keep paper towel (Kitchen towel) on glass tray.
5. Assemble the rotisserie & insert the Chicken & tie up with thread.
6. 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. 91.

CH3	Chana Kababs	0.2 ~ 0.5 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Boiled Kabuli Chana (Chhole)	200 g	300 g	400 g	500 g
				Cloves	1 no.	2 nos.	2 nos.	2 nos.
				Pepper powder	As per taste			
				Cinnamon powder	¼ tsp	¼ tsp	¼ tsp	¼ tsp
				Garlic Cloves	2 nos.	3 nos.	3 nos.	3 nos.
				Salt	As per taste			
				Ginger Chopped	1 tsp.	2 tsp.	3 tsp	3 tsp
				Bread pieces	1 no.	2 nos.	2 nos.	2 nos.
				Whole red chilly	1 no	2 nos.	3 nos.	3 nos.
				Bread crumbs	For coating			

Method :

1. Grind boiled kabuli chana, cloves, pepper powder, cinnamon powders, garlic cloves, salt, ginger, soaked bread pieces, whole red chilli, to a paste.
2. Now shape the paste in the form of kababs & roll out each kababs in bread crumbs for complete coating.
3. Keep tawa and high rack inside MW. Press start. (Pre-heat process)
4. When beeps, keep kababs on tawa & press start.
5. When beeps, turn over the side & press start.

* Refer page 90, fig 1

* Refer page 90, fig 2

**Refer page 91

Charcoal

Category		Weight Limit	Utensil	Instructions			
CH4	Bharwan Baigan	0.2 ~ 0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For Baigan (Medium)	0.2 kg 200 g	0.3 kg 300 g	0.4 kg 400 g
				For Stuffing			
				Tomato(graded)	1 no.	1½ no.	2 nos.
				Onion (chopped))	¼ cup	½ cup	1 cup.
				Salt, Coriander powder, haldi, amchoor, garam masala, red chilli powder	As per taste		
				Oil	1 tbsp	1½ tbsp	2 tbsp

Method :

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.
2. In a MWS glass bowl add slit baigans & sprinkle some water & cover. Select category & weight & press start.
3. When beeps, Remove the bowl from microwave oven & Add the stuffing to the baigans.
4. Keep the baigans on tawa drizzle some drops of oil & keep tawa on high rack.
5. Press start.
6. When beeps, turn over again.
7. Press start.

CH5	Fish Tandoori	0.5 kg	Multicook tawa & High rack*	For Pomfret	0.5 Kg 3 small sized		
				For Marinade			
				Degi Mirch	2½ tsp		
				Jeera	½ tsp		
				Ginger paste	1 tsp		
				Garlic paste	1 tsp		
				Tandoori Masala	½ tsp		
				Garam Masala	1½ tsp		
				Amchoor	1 tsp		
				Dhania Powder	1 tsp		
				Lemon juice	2 tbsp		
				Chaat Masala	¼ tsp		
				Salt	As per taste		

Method :

1. Rub the fish well with besan (3tbsp), 2 tbsp lemon juice to remove fishy odour. Keep aside for 15 minutes. Wash well & pat dry. Prick the fish all over with a fork or give shallow cuts with a knife.
2. Mix all ingredients given under marinade. Rub the marinade well all over the fish pieces & let it marinade for 2-3 hours.
3. Select the category & press start. (Pre-heat)
4. When beeps, Keep the marinated fish pieces on tawa & press start.
5. When beeps, turn over again & press start. Sprinkle chaat masala & serve with Pudina chutney & onion rings.

CH6	Shaami Kababs	0.3 kg	Microwave safe (MWS) glass bowl & High rack* & Multicook tawa	For Minced mutton	0.3 kg 300 g		
				Soaked bengal gram	50 g		
				Roasted cumin seeds	As per taste		
				Salt, Red chilli powder	As per taste		
				Chaat masala, Coriander powder			
				Chopped onion	2 nos.		
				Chopped coriander leaves	A few sprigs		

Method :

1. In a MWS glass bowl add minced mutton. Select menu and press start.
2. Grind the cooked mutton, bengal gram, cumin seeds, coriander powder, salt and chilli powder, chaat masala, chopped coriander and onion. Make long flat kababs of the paste.
3. Place the kababs on greased multicook tawa and high rack. Press start.
4. Turn over the kababs and again press start.

Note : For binding roll the kababs in maida.

Category		Weight Limit	Utensil	Instructions			
CH7	Corn Kababs	0.2 ~ 0.4 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg
				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 tbsp.	½ tbsp	1 tbsp
				Garam Masala, pepper powder, salt	As per taste		
				Lemon juice	2 tsp	3 tsp	3 tsp
Bread crumbs	1 tbsp	2 tbsp	3 tbsp				

Method :

1. Mash the boiled potatoes & corns. Mix well.
2. Add onions, green chillies, coriander pudina, garam masala, melted butter, salt & pepper. Add bread crumbs & lemon juice.
3. Make long kababs out of this mixture.
4. Keep the kababs on tawa & tawa on high rack. Select category & weight and press start. (Pre-heat)
5. When beeps, keep kababs on the tawa & press start.
6. When beeps, turn over & press start. Serve with chutney or sauce.

CH8	Bharwan Tamatar	0.3-0.5 kg	Multicook Tawa & High rack*	For	0.3 Kg	0.4 Kg	0.5 Kg
				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	¼ cup
				Coriander leaves Chopped	A few sprigs		
				Oil	¼ Tbsp	½ Tbsp	1 Tbsp

Method :

1. 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
2. Stuff the hollowed tomatoes with paneer.
3. Grease the tomatoes with few drops of oil.
4. Keep the Tomatoes on tawa & tawa on high rack. Select Category & weight and press start. (Pre-heat)
5. After beep, keep greased tomatoes on the tawa & press start. Put oil.
6. Turn over the side again & press start. Garnish with fresh coriander leaves & serve.

CH9	Tandoori Aloo	0.3 ~ 0.5 kg	Multicook Tawa & High rack*	For	0.3 kg	0.4 kg	0.5 kg
				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		

Method :

1. Mix all the ingredients of marinade in a bowl.
2. Add the aloo pieces & keep for ½ hour.
3. Keep the marinated aloo on tawa & tawa on high rack. Select category & weight & press start.
4. When beeps, turn over the pieces & drizzle few drops of oil & press start again. Sprinkle chaat masala or lemon juice & serve.

CH10	Chicken Saute	0.2 ~ 0.4 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg
				Supreme chicken peices	200 g	300 g	400 g
				For Marination			
				Ginger garlic paste	2 tbsp	3 tbsp	4 tbsp
				Olive oil	2 tbsp	3 tbsp	4 tbsp
				Black pepper	1 tsp	1½ tsp	2 tsp
				Thyme/Basil leaves	½ tbsp	1 tbsp	1½ tbsp
				Salt	As per taste		

Method :

1. Mix all the ingredients of marinade in a bowl. Marinade the chicken pieces & keep in refrigerator for one hour.
2. Adjust the wooden skewers inside the chicken pieces(1 skew in 1 piece).
3. Transfer the chicken pieces on tawa & keep the tawa on high rack. Select menu & weight and press start.
4. When beeps, turn over the pieces & press start.
5. When beeps, turn over again & press start.

* Refer page 90, fig 2

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Category		Weight Limit	Utensil	Instructions				
CH11	Tandoori Mushrooms	0.2 ~ 0.5 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				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			

Method :

1. Mix all the ingredients of the marinade in a bowl.
2. Prick all the mushroom buttons & add to the marinade.
3. Keep the mushroom marinated for 1 hour.
4. Keep the tawa on high rack. Select category & weight and press start. (Pre-heat process)
5. When beeps, keep the mushroom & press start.
6. When beeps, turn over again & press start.

Note: If mushroom run watery while cooking, drain water & start cooking again.

CH12	Mahi Tikka	0.3 ~ 0.5 kg	Multicook tawa & High rack*	For	0.3 kg	0.4 kg	0.5 kg
				Fish filets (Cut into 2" cubes)	300 g	400 g	500 g
				For marinade			
				Hung Curd	2 tbsp	3 tbsp	4 tbsp
				Thick cream	¼ cup	¼ cup	½ cup
				Ginger garlic paste	1 tsp	2 tsp	2½ tsp
				Ajwain	¼ tsp	½ tsp	¾ tsp
				Garam masala	As per taste		
				Salt pepper	As per taste		
				Lemon juice	1 tbsp	2 tbsp	2½ tbsp
				Red chilli powder, salt	As per taste		

Method :

1. Rub the fish well with 3 tbsp besan & 2 tbsp lemon juice to remove the fishy odour. Keep aside for 15 minutes. Wash well & pat dry. Pick fish all over with a forks.
2. Mix all the ingredients of marinade. Add the fish pieces & keep aside for 3-4 hours.
3. Keep tawa + high rack inside. select category & weight & press start. (Pre-heat process)
4. When beeps, keep marinated pieces on the tawa & press start.
5. When beep, turn over the pieces & press start. Sprinkle chaat masala & serve onion slices.

Note: In case there is excess water during cooking & drain it & restart.

CH13	Arbi Tandoori	0.3 ~ 0.5 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For	0.3 kg	0.4 kg	0.5 kg
				Arbi (Cut into slices)	300 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 tbsp	1 tbsp	1½ tbsp
				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

Method :

1. Pre-preparation –In a MWS glass bowl arbi slices with some water. Cover & micro at 100% for 5 mins.
2. Mix all the ingredients of marinade in a bowl. Add the arbi slices & keep for ½ an hour.
3. In a MWS glass bowl add oil, onion rings, shredded ginger & green chillies, garam masala, amchoor & salt. Mix well. Select Category & weight & press start
4. When beeps, remove the bowl from microwave oven, Transfer the marinated arbi on tawa & keep the tawa on high rack.
5. Press start.
6. When beeps, drizzle few drops of oil. Add onion rings mixture & turn over the slices
7. Press start.

Category		Weight Limit	Utensil	Instructions	
CH14	Veg Kababs	0.3 kg	Multicook tawa & High rack*	For	0.3 kg
				Boiled potatoes	200 g
				Grated paneer	100 g
				Chopped green chillies	2 nos.
				Chopped coriander	A few sprigs
				Roughly ground anardana seeds	1 tbsp
				Salt, red chilli powder	As per taste

Method :

1. Mix all the ingredients in a bowl. Mix well & shape them into rolls.
2. Select category & press start. (Pre-heat process)
3. When beeps, keep the kababs on greased tawa & press start.
4. When beeps, turn over the kababs & press start again.

CH15	Spicy Chicken Kababs	0.2 ~ 0.4 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg
				Boneless chicken (cut into 1½" pieces)	200 g	300 g	400 g
				For Marinade			
				Barbeque sauce	1 tbsp	1½ tbsp	2 tbsp
				Olive oil	½ tsp	1 tsp	1 tsp
				Garlic powder / Ginger paste	1 tsp	1½ tsp	2 tsp
				Red chilli flakes	1 tsp	1 tsp	1 tsp
				Black pepper (freshly crushed)	½ tsp	½ tsp	1 tsp
				Onion paste	1 tbsp	1½ tbsp	2 tbsp
				Oregano	½ tsp	1 tsp	1 tsp
				Thyme	½ tsp	½ tsp	1 tsp
				Cumin powder	1 tsp	1½ tsp	1½ tsp
				Salt	As per taste		

Method :

1. Clean & wash chicken pieces & cut into 1½" cubes. Prick them with fork.
2. In a bowl take chicken pieces & add all the ingredients of marinade & mix well. Keep covered for at least 30-45 minutes in refrigerator.
3. Place tawa on high rack. Keep in the microwave. Select category & weight and press start. (Pre-heat process)
4. When beeps, keep chicken pieces on tawa & press start.
5. When beeps, turn over & remove excess water & again press start.
5. Serve spicy chicken kababs hot with mint chutney or onion rings.

CH16	Kastoori Kababs	0.2 – 0.4 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg
				Boneless Chicken mince (Keema)	200 g	300 g	400 g
				For marinade			
				Ginger garlic paste	¼ tbsp	½ tbsp	1 tbsp
				Lemon juice	¼ tbsp	½ tbsp	1 tbsp
				Roasted besan	2 tbsp	3 tbsp	4 tbsp
				Bread crumbs	2 tbsp	3 tbsp	4 tbsp
				Pepper powder, Salt, Red chilli powder	As per taste		
				Ginger finely chopped	½ tsp	½ tsp	1 tsp
				Chopped Coriander leaves	2 tbsp	3 tbsp	4 tbsp
				Oil	1 tsp	2 tsp	3 tbsp
				Choti elaichi powder	½ tsp	½ tsp	1 tsp
				Jeera	1 tsp	1 tsp	1 tsp
				Kesar (Soaked in ½ cup in milk)	½ tsp	½ tsp	1 tsp

Method :

1. Wash the chicken mince in a strainer. Press well to squeeze out the water well.
2. Marinate the mince with all the ingredients mentioned under marinade.
3. Make flat Kababs of the mixture. Select category & press start. (Pre-heat process)
4. When beeps, keep the kababs on tawa & place tawa + high rack inside MWO and press start.
5. When beeps, turn over the kababs & press start. Sprinkle chaat masala & serve.

Charcoal

Category		Weight Limit	Utensil	Instructions	
CH17	Chilka Kababs	0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For	0.4 Kg
				Chana dal (soaked overnight)	200 g
				Snake gourd peels (roughly chopped)	½ cup
				Pumpkin peels (roughly chopped)	½ cup
				Whole black pepper	¼ tsp
				Dried red chilli	1 no.
				Laung	3-4 nos.
				Black cardamom	1 no.
				Cinnamon	1" piece
				Water	½ cup
				Oil	½ tsp
				Javitri	1 no.
				Fresh coriander leaves	2 tbsp
				Salt	As per taste

Method :

- In a MWS glass bowl take soaked chana dal, pumpkin peels, snake gourd peels & all the whole spices except salt & coriander leaves. Sprinkle ¼ cup water & cover. Select category & press start.
- When beeps, take out the bowl, remove javitri & black cardamom and allow to cool the mixture.
- Grind the cooked mixture to a coarse paste in a mixer, adding ¼ cup water & salt to taste. Take out in a bowl and add freshly chopped coriander leaves. Mix well with hands & make kababs of equal size & shape.
- Grease the tawa with ¼ tsp oil & put the kababs on it. Keep the tawa on high rack. Keep high rack & tawa with kababs inside the microwave and press start.
- When beeps, sprinkle ¼ tsp oil on all kababs and turnover the kababs and press start.
- Serve the kababs hot with the chutney of your choice.

CH18	Kaju Kababs	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For	0.1 kg	0.2 kg	0.3 kg
				Potato (cut into pieces)	½ no.	1 no.	1½ no.
				Onion (chopped)	½ no.	1 no.	1 no.
				Peas (shelled)	3 tbsp	4 tbsp	4 tbsp
				Cauliflower (florets)	½ cup	½ cup	¾ cup
				Ginger-garlic paste	½ tsp	1 tsp	1 tsp
				Kaju powder	2 tbsp	4 tbsp	5 tbsp
				Fresh bread crumbs (sides removed)	3 slices	4 slices	4 slices
				Green chilli (chopped)	1 no.	2 nos.	2 nos.
				Tomato ketchup	½ tsp	1 tsp	1 tsp
				Salt, red chilli powder, garam masala	As per taste		
				Coriander leaves (chopped)	1 tbsp	1½ tbsp	2 tbsp

Method :

- In a MWS glass bowl take cut potatoes, chopped onion, peas & cauliflower. Put ½ cup water & cover. Select category & weight and press start.
- When beeps, remove the bowl, strain the vegetables. Remove all the moisture & mash well when cool.
- To the mashed vegetables add all the spices, chopped green chilli, coriander leaves, kaju powder, ginger-garlic paste, tomato ketchup, fresh bread crumbs. Mix all the ingredients very well. Make equal sized kababs out of the mixture.
- Keep the kababs on tawa & tawa on high rack. Keep inside the microwave and press start.
- When beeps turn the kababs & press start. Serve them hot with mint chutney.

CH19	Mutton & Tomato Kababs	0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For	0.3 Kg
				Minced mutton	300 g
				Badi Elaichi	1 no.
				Dalchini	2" piece
				Laung	3-4 nos.
				Whole black pepper	8 to 10 nos.
				Dried red chilli	2 nos.
				Bread crumbs	¼ cup
				Green chilli (chopped)	2 nos.
				Coriander (chopped)	2 tbsp
				Lemon juice (optional)	1 tsp
				Salt, red chilli powder, garam masala	As per taste
				Tomatoes (cut into big pieces)	2 nos.

Method :

- In a MWS glass bowl take minced mutton, laung, badi elaichi, cinnamon, dried red chilli, whole black peppers. Mix well & cover. Select category and press start.
- When beeps, take out the bowl, remove cover & remove all the whole spices & discard the water. Allow the mutton to get cooled & grind the mutton coarsely.
- Take the ground mutton in a bowl, add all the spices, chopped green chilli, coriander leaves, bread crumbs & lemon juice (optional) & mix very well.
- Make equal sized round kababs from the mixture & keep on greased tawa. Keep the tawa on high rack. Keep inside the microwave & press start.
- When beeps, turnover the kababs & keep tomato pieces (seeds removed) and press start. Serve them hot with mint chutney.

* Refer page 90, fig 2

Category	Weight Limit	Utensil	Instructions			
CH20	Bharwan Bhindi	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg
			Bhindi	200 g	300 g	400 g
			Oil	¼ tbsp	½ tbsp	1 tbsp
			Jeera	¼ tsp	½ tsp	1 tsp
			Onion (chopped)	½ no.	1 no.	1no.
			Green Chillies	1 no.	2 no.	2 no.
			Ginger	¼"	¼"	½"
			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		

Method :

1. Cut stalk of each bhindi & make lengthwise slit.
2. Combine stuffing ingredients & mix well stuff each bhindi with this mixture.
3. In MWS glass bowl add oil, jeera, onion, green chilli, ginger, tomato & hing. Select category & weight & press start.
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.
5. Press start.
6. When beeps, turn over bhindis & add the onion mixture & mix well.
7. Press start.

CH21	Tandoori Jhinga	0.2 ~ 0.5 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				King Size Prawns	200 g	300 g	400 g	500 g
				1st Marinade				
				Lemon juice	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp
				Salt, Red chilli powder	As per taste			
				Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
				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

Method :

1. Devein & wash prawns. Marinate the prawns with 1st marinade for ½ hours.
 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.
 3. Select category & press start. Keep tawa + rack inside MWO.
 4. When beeps, transfer the marinated prawns on tawa & keep the tawa on high rack and press start.
 5. When beeps, drizzle few drops of oil & turn over the side. Press start. Serve in pudina chutney.
- Note:** In case the prawns get watery drain excess water & then cook.

CH22	Malai Tikka	0.3 kg	Rotisserie**	For	0.3 kg
				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	½ tsp
				Ginger paste	1 tsp
				Melted butter	¼ tbsp
				Garam masala, amchoor, jeera powder, salt	As per taste
				Green chillies	1 no.

Method :

1. Mix all the ingredients of the marinade in a bowl. Marinate Chicken & keep in refrigerator for 1 hour.
 2. 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.
 3. Select category & press start.
 4. When beeps, add 1tsp oil & again press start. Sprinkle the chaat masala & serve.
- Note:** For rotisserie installation refer Pg. 91.

* Refer page 90, fig 2

**Refer page 91

Charcoal

Category		Weight Limit	Utensil	Instructions	
CH23	Tikka Achaari	0.3 kg	Microwave safe (MWS) glass bowl & Rotisserie ^{FF}	For	0.3 kg
				Boneless mutton (Cut into 1½" pieces)	300 g
				For marinade	
				Hung curd	2 tbsp
				Raw papaya Paste (Green papaya, peeled, deseed & grind in a mixer	½ tsp
				Onion (Sliced)	¼ cup
				Salt, Red chilli powder, Amchoor powder	As per taste
				Saunf	2 tsp.
				Jeera	½ tsp.
				Mustard seeds	½ tsp
				Ginger garlic paste	½ tbsp
				Tandoori Color	A pinch
				Methidana	A pinch

Method :

1. Wash & pat dry the mutton pieces. Prick them with a fork.
2. Mix all the ingredients of marinade in a bowl. Add the mutton pieces & keep for 3-4 hours in refrigerator.
3. Remove from fridge & let them come to room temperature.
4. In a MWS glass bowl add the marinated pieces. Select category & press start.
5. When beeps, remove the bowl from microwave oven, spread the tissue paper on glass tray & insert the mutton pieces in rotisserie skewers. Assemble the rotisseries & install in the microwave.
6. Press start.
7. When beeps, pour 1 tsp oil on the mutton pieces.
8. Press start.

Note : For rotisserie installation refer Pg. 91.

CH24	Faldari Kababs	0.4 kg	Multicook tawa & High rack*	For	0.4 Kg
				Boiled & mashed raw bananas	2 nos.
				Boiled & mashed shakarkandi	2 nos.
				Peeled & grated apple	½ cup
				Fresh coriander (chopped)	2 tbsp
				Fresh mint leaves (chopped)	2 tbsp
				Green chillies (chopped)	2 nos.
				Ginger (chopped)	2 tsp
				Bread crumbs	½ cup
				Salt, red chilli powder, jeera powder	As per taste
				For stuffing	
				Chopped almonds	2 tbsp
				Chopped cashewnuts	2 tbsp
Chopped raisins	2 tbsp				

Method :

1. In a bowl take chopped almonds, cashewnuts & raisins for stuffing. Mix well & keep aside for later use.
2. In another bowl take boiled & mashed banana, shakarkandi, grated apple, chopped coriander & mint leaves, chopped ginger & green chillies & all the spices. Mix well. When the mixture cools down, add bread crumbs & mix well to make a dough for kababs.
3. Divide the dough into 10 equal portions. Make round balls. Flatten each ball & fill stuffing (as required) in the center & again re-shape into round kababs.
4. Keep tawa on high rack. Put both inside the microwave. Select category & press start. (Pre-heat process)
5. When beeps, put kababs on tawa & press start.
6. When beeps, again turnover the kababs & press start. Serve kababs hot with chutney of your choice.

CH25	Dahi Kababs	0.2 ~ 0.4 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg
				Boiled potatoes	100 g	200 g	250 g
				Boiled peas	50 g	75 g	100 g
				Chopped & boiled spinach	2 tbsp	3 tbsp	4 tbsp
				Hung curd	2 tbsp	3 tbsp	4 tbsp
				Grated ginger	1 tsp	1½ tsp	2 tsp
				Chopped green chillies	½ tbsp	1 tbsp	1½ tbsp
				Chopped almonds	½ tbsp	1 tbsp	1½ tbsp
				Chopped raisins	½ tbsp	1 tbsp	1½ tbsp
				Besan	1 tbsp	2 tbsp	3 tbsp
				Chopped coriander leaves	1 tbsp	2 tbsp	3 tbsp
				Salt, garam masala, red chilli powder	As per taste		
				Oil	1 tsp	1 tsp	1 tsp
				Cornflour	For coating		

Method :

1. In a bowl mix all the ingredients except oil & cornflour. Mix well while mashing the potatoes & peas. Make flat kababs & roll each kabab in cornflour.
2. Keep the tawa & high rack in MWO. Select category & weight and press start. (Pre-heat process)
3. When beeps, keep kababs on the tawa, pour the oil & press start.
4. When beeps, turn over again & press start. Serve with coriander chutney.

* Refer page 90, fig 2

**Refer page 91

Indian Roti Basket

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

1. Press **STOP/CLEAR**.

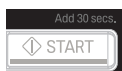


2. Press **Indian Roti Basket**.



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

Category		Weight Limit	Utensil	Instructions	
br1	Naan	2 Pc	Multicook Tawa & Low Rack*	For	Dough
				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

Method :

- 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.

br2	Lachha Parantha	2 Pc	Multicook Tawa & Low rack*	For	Dough
				Whole wheat flour	2 cups
				Salt	½ tsp
				Ghee	2 Tbsp
				Milk	½ cup
				Water	½ cup

Method :

- 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.

br3	Appam	1 Pc	Multicook Tawa & High Rack*	For	Batter
				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

Method :

- 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.

* Refer page 90, fig 2

* Refer page 90, fig 1

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br4	Masala Roti	2 Pc	Multicook Tawa & Low Rack*	For	Dough
				Whole wheat flour	1 cup
				Besan	3/4 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

Method :

- 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.

br5	Missi Roti	2 Pc	Multicook Tawa & Low rack*	For	Dough
				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

Method :

- 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.

br6	Stuffed Naan	2 Pc	Multicook Tawa & Low Rack*	For	Dough
				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

Method :

- 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 tbsp 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.

* Refer page 90, fig 1

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br7	Khasta Paratha	2 Pc	Multicook Tawa & Low Rack*	For	Dough
				Whole wheat flour	1½ cup
				Melted butter	1/3 cup
				Salt	As per taste
				Buttermilk	½ cup

Method :

1. Mix whole wheat flour, melted butter, salt in a bowl.
2. Gradually add buttermilk to form a firm dough. Add more buttermilk (if required).
3. After kneading lightly on a floured surface, form into a smooth ball.
4. Allow the dough to rest for 20 minutes covered. Divide whole dough into 8 equal portion (45gms).
5. On a lightly floured surface, roll out each portion into 5" diameter rounds.
6. Keep the tawa on low rack & select category & keep the tawa inside the microwave & press start.
7. When beeps, put 2 parathas on tawa & press start.
8. When beeps, smear with ½ tsp oil & turn over & press start. Wrap in foil & store.

br8	Pudina Parantha	2 Pc	Multicook Tawa & High Rack*	For	Dough
				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

Method :

1. Wash & put dry & chop mint leaves finely.
2. 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.
3. Keep the tawa on high rack. Keep inside the microwave Select category & press start.
4. 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.
5. When beeps keep 2 rolled out paranthas on tawa & press start.
6. When beeps apply ¼ tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the similar procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

br9	Rajma Parantha	2 Pc	Multicook Tawa & High rack*	For	Dough
				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

Method :

1. 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.
2. Keep the tawa on high rack. Keep inside the microwave. Select category & press start.
3. Divide the dough into 6-7 equal sized portions (approx of 45gms). Roll out each dough into 5" diameter circle.
4. When beeps keep 2 rolled out paranthas on tawa & press start.
5. When beeps, turn the paranthas. Press start. Make all the paranthas with the similar procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.

* Refer page 90, fig 2

* Refer page 90, fig 1

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br10	Paneer Parantha	2 Pc	Multicook Tawa & Low Rack*	For	Dough
				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

Method :

1. 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.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multicook tawa with ½ tsp ghee & keep on low rack. Keep the high rack & tawa inside the microwave. Select category and press start.
4. 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.
5. When beeps, keep 2 rolled out paranthas on preheated tawa & high rack & keep inside the microwave and press start.
6. When beeps, apply ¼ tsp ghee on top of paranthas & turn and press start. Serve the paneer paranthas hot with fresh curd.

br11	Kulche	2 Pc	Multicook Tawa & Low Rack*	For	Dough
				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

Method :

1. 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.
2. 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.
3. 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.
4. Select category & press start.
5. When beeps, keep tawa with rolled doughs & press start.
6. Apply butter on top of kulchas or roast them a little & serve them hot with chhole.

br12	Daal Parantha	2 Pc	Multicook Tawa & Low rack*	For Dough	
				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

Method :

1. 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.
2. Keep tawa on low rack. Keep inside microwave. Select menu & press start.
3. Divide dough into 6 to 7 equal size portions(approximate 35 to 40 gram). Rollout each dough into ovalar shape of length 15cm length.
4. When beeps keep to rolled out paranthas on tawa & press start.
5. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.

* Refer page 90, fig 1

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br13	Aloo Parantha	2 Pc	Multicook Tawa & Low rack*	For Dough	
				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 tbsp
				Salt, Red chilli powder, Garam masala	As per taste
				Anardana powder	1 tsp
				Water	To knead dough

Method :

- 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 low rack. Keep low 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.

br14	Palak Parantha	2 Pc	Multicook Tawa & Low rack*	For Dough	
				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

Method :

- 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 low rack. Keep low 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.

br15	Gobhi Parantha	2 Pc	Multicook Tawa & Low rack*		
				For Dough	
				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 tbsp
				Salt, Red chilli powder, Garam masala	As per taste
				Anardana powder	1 tsp
Water	To knead dough				

Method :

- 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 low rack. Keep low 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.

* Refer page 90, fig 1

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br16	Ajwain Parantha	2 Pc	Multicook Tawa & Low rack*	For Dough	
				Whole wheat flour(aata)	2 cups
				Ajwain	2 tsp
				Salt, Red chilli powder, Garam masala	As per taste
				Water	To knead dough

Method :

1. In a bowl combine wheat flour, salt, 1 tsp oil, water to knead a soft dough.
2. Keep the tawa on low rack, keep inside microwave. Select menu & press start.
3. 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).
4. When beeps keep 2 rolled out paranthas on tawa & press start.
5. When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.

br17	Pyaz Parantha	2 Pc	Multicook Tawa & Low rack*	For Dough	
				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 tbsp
				Salt, Red chilli powder, Garam masala	As per taste
				Anardana powder	1 tsp

Method :

1. 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.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. 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.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

br18	Chatpata Parantha	2 Pc	Multicook Tawa & Low rack*	For Dough	
				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

Method :

1. In a bowl combine wheat flour, salt, amchoor, 1 tsp oil, water to knead a soft dough.
2. Keep the tawa on low rack, keep inside microwave. Select menu & press start.
3. 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).
4. When beeps keep 2 rolled out paranthas on tawa & press start.
5. When beeps apply 1/4 tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the same procedure.
6. Serve them hot with curd or pickle. Wrap in foil & store.

* Refer page 90, fig 1

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br19	Aloo Gobhi Parantha	2 Pc	Multicook Tawa & Low rack*	For Dough	
				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 tbsp
				Salt, Red chilli powder, Garam masala	As per taste
				Anardana powder	1 tsp

Method :

1. 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.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. 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 ovalar length.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn parantha. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

br20	Methi Parantha	2 Pc	Multicook Tawa & Low rack*		
				For Dough	
				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				

Method :

1. 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.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. 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.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

br21	Cabbage Parantha	2 Pc	Multicook Tawa & Low rack*	For Dough	
				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

Method :

1. 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.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. 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.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

* Refer page 90, fig 1

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br22	Corn Parantha	2 Pc	Multicook Tawa & Low rack*	For Dough	
				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

Method :

1. 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.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. 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.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

br23	Carrot Parantha	2 Pc	Multicook Tawa & Low rack*	<table><tr><td colspan="2">For Dough</td></tr><tr><td>Whole wheat flour(aata)</td><td>2 cups</td></tr><tr><td>Desi ghee</td><td>1 tbsp + 1 tsp</td></tr><tr><td>Salt</td><td>A pinch</td></tr><tr><td>Water (to knead dough)</td><td>1 cup (200 ml)</td></tr><tr><td colspan="2">For Stuffing</td></tr><tr><td>Grated Carrot</td><td>2 cups</td></tr><tr><td>Chopped green chilli (deseeded)</td><td>3 nos.</td></tr><tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr><tr><td>Salt, Red chilli powder, Garam masala</td><td>As per taste</td></tr><tr><td>Anardana powder</td><td>1 tsp</td></tr><tr><td>Water</td><td>To knead dough</td></tr></table>	For Dough		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
For Dough																												
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																											

Method :

1. 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.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. 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.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

br24	Pea Parantha	2 Pc	Multicook Tawa & Low rack*		
				For Dough	
				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

Method :

1. 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.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. 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.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

* Refer page 90, fig 1

Indian Roti Basket

Category		Weight Limit	Utensil	Instructions	
br25	Mushroom Parantha	2 Pc	Multicook Tawa & Low rack*	For Dough	
				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

Method :

1. 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.
2. In another bowl take all the ingredients of stuffing & mix well.
3. Grease the multi cook tawa with 1/4 tsp ghee & keep on low rack. Keep low rack & tawa inside the microwave. Select menu and press start.
4. 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.
5. When beeps keep two rolled out paranthas on tawa & press start.
6. When beeps turn paranthas. Press start. Make all the paranthas same procedure.
7. Serve them hot with curd or pickle. Wrap in foil & store.

* Refer page 90, fig 1

Ghee / Indian Cuisine

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

1. Press STOP/CLEAR.



2. Press Ghee / Indian Cuisine twice.



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

- Ghee / Indian Cuisine menus are programmed.
- Ghee / 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.

Ghee

Category		Weight Limit	Utensil	Instructions	
Gh1	Ghee	500 g	Microwave safe (MWS) glass bowl	Malai/Cream (Collected over 10 days)	500g
				Cold water	As required

Method :

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.

Indian Cuisine

Category		Weight Limit	Utensil	Instructions					
IC1	Mix Veg	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	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				

Method :

1. In a MWS bowl add oil, onion, tomato & all spices. Mix well, select category & weight and press start.
2. When beeps, remove & mix well. Add vegetable & some water. Cover & press start.
3. When beeps, mix well. Cover & press start. Garnish with coriander leaves.

IC2	Kadhai Paneer	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	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

Method :

1. In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum & onion. Mix well, cover. Select category & weight and press start.
2. 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.

IC3	Dal Tadka	0.2 kg	Microwave safe (MWS) bowl	For	0.2 kg
				Dal (soaked for 2 hours)	200 g
				Water	400 ml
				Oil	2 tbsp
				Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch	To taste
				Salt, dhania powder	To taste

Method :

1. Take dal in Microwave Safe bowl, add Water, Haldi & Hing.
2. Select category & weight and press start to cook.
3. When beeps, in another Microwave Safe Bowl take oil, add rai, hing, curry leaves, salt, dhania jeera powder, hara dhania, kasuri methi (optional). Press start.
4. When beeps, add dal, water (if required), mix well & again press start.

IC4	Sambhar	0.2 kg	Microwave safe (MWS) bowl	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

Method :

1. 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.
1. When beeps, in another Microwave Safe Bowl take oil, add rai, hing, curry leaves, dhania, red chilli. Press start.
3. 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.

Category		Weight Limit	Utensil	Instructions					
IC5	Dum Aloo	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	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, degchi mirch, salt, garam masala, saunf powder	As per taste				

Method :

1. In a MWS bowl add oil, jeera, pepper seeds, cloves, hing, onion paste, ginger garlic paste. Mix well.
2. Select category & weight and press start.
3. When beeps, mix well & add tomato puree & boiled potatoes. Mix well & cover. Press start.
4. When beeps, mix well & add curd. Cover & press start.
5. Allow to stand for 3 minutes.

IC6	Baigan Ka Bharta	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				Baigan (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		

Method :

1. In a MWS bowl add peeled & chopped baigan. Sprinkle some water. Cover. Select category & weight and press start.
2. When beeps, remove & mash the baigan well.
3. 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.
4. When beeps, mix well. Add the mashed baigan & mix well. Press start. Allow to stand for 3 minutes. Garnish with coriander leaves.

IC7	Kadhi	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				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

Method :

1. 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.
2. 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.
3. When beeps, mix & add remaining water & press start. Pour tempering & serve.

IC8	Baati	0.4 kg	Multicook tawa & Low rack*	For	0.4 kg
				Wheat flour	200 g
				Suji	50 g
				Melted ghee	75 ml (5 tbsp)
				Jeera	½ tsp
				Ajwain	¼ tsp
				Baking powder	¼ tsp
				Salt	As per taste
				Haldi	As required

Method :

1. 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.
2. Make medium sized balls of the dough. Keep them on tawa & keep the tawa on low rack. Keep aside.
3. Select category & press start. (Pre-heat process).
4. When beeps, keep baati on tawa & press start.
5. When beeps, turn over. Press start. Dip the baati in melted ghee & serve with dal.

* Refer page 90, fig 1

Indian Cuisine

Category		Weight Limit	Utensil	Instructions	
IC9	Dalma	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg
				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.

Method :

1. In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select category & press start.
2. When beeps, in another MWS bowl add oil, bay leaves, jeera, dry chillies, salt, haldi, grated coconut & chopped onion. Mix well & press start.
3. When beeps, mix well add the tadka ingredients to the dal. Mix well & press start.

IC10	Gujarati Tuvor Dal	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg
				Tuvor dal / Arhar dal (soaked for 2 hours)	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

Method :

1. In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select category & press start.
2. When beeps, remove the dal.
3. 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.
4. When beeps, remove the bowl & add these ingredients to the dal. Add tomato, jaggery & mix well. Press start. Squeeze lemon juice & serve.

IC11	Butter Chicken	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				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.

Method :

1. 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.
2. When beeps, mix well, add tomato puree, red chilli powder, kasuri methi, chicken pieces. Mix well & cover. Press start.
3. When beeps, mix well, add kaju paste, cream & butter. Mix well & cover. Press start.
4. Garnish with slit chillies.

Category		Weight Limit	Utensil	Instructions			
IC12	Beans Porial	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				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		

Method :

1. In a MWS bowl add oil, mustard seeds, urad dal, green chillies & salt. Select category & weight and press start.
2. When beeps, add beans, sprinkle little water. Cover & press start.
3. Add grated coconut, cover & stand for 3 minutes.

IC13	Kashmiri Kaju Paneer	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				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				

Method :

1. In a MWS bowl add oil, onion slices, chopped ginger & garlic. Select category & weight and press start.
2. When beeps, mix well, add khus khus paste, kaju paste, tomato puree, chilli powder, garam masala & salt and press start.
3. When beeps, mix well, add paneer pieces and milk. Press start. Stand for 3 minutes.

IC14	Veg Handva*	0.3 kg	Microwave safe (MWS) flat glass dish & Low rack & High rack**	For	0.3 kg
				Rice	200 g (1 cup)
				Urad 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

Method :

1. Clean, wash & soak the rice & dal together in enough water for at least 4 to 5 hours. Drain & keep aside.
2. Blend in a mixer till smooth, add the curds & mix well. Cover & keep aside to ferment overnight.
3. After fermentation, add salt, chilli powder, turmeric powder, soda bi carb, ginger & green chilli paste. Mix well.
4. In a MWS bowl, add oil, mustard seeds & curry leaves & microwave for 2 minutes and keep aside.
5. Add the boiled vegetables to the fermented batter, add the tadka prepared & lemon juice & hing. Mix well all the ingredients.
6. Pour the batter in MWS flat glass dish. Keep aside.
7. Select category & press start. (Pre-heat process).
8. When beeps, keep the MWS flat glass dish on low rack & press start.
9. When beeps, transfer the MWS flat glass dish to high rack & press start.

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

** Refer page 90, fig 5

Indian Cuisine

Category	Weight Limit	Utensil	Instructions			
IC15	Gatte Ki Subzi	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
			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

Method :

1. In a bowl mix besan, red chilli powder, haldi, dhania powder, salt. Add water, little oil and make it like a chapati dough.
2. After making the dough break the dough into different pieces and make the rolls out of those pieces.
3. In a MWS bowl add the rolls & water (to cover the rolls completely). Cover.
4. Select category & weight and press start.
5. When beeps, remove. Take out the gattas, allow to cool. Cut them into slices.
6. In a MWS bowl add oil, rai, jeera, curry leaves, tomato puree, red chilli powder, dhaniya powder, haldi, salt. Cover & press start.
7. When beeps, add beaten curd, gattas & haldi. Mix well & press start.

IC16	Aloo Gobhi	0.3-0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				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		

Method :

1. In a MWS bowl add oil, jeera, chopped onion, green chillies, mix well. Select Category & weight & press start.
2. 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.
3. 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.

IC17	Matar Paneer	0.2-0.4 kg	Microwave safe (MWS) bowl	For	0.2 Kg	0.3 Kg	0.4 Kg
				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 tbsp	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

Method :

1. In a MWS bowl add oil, chopped ginger, garlic, onion. Mix well select category & weight & press start.
2. When beeps, mix well, add paneer cubes, peas, tomato puree, jeera, powder, salt, haldi, red chilli powder, garam masala. Mix well cover. Press Start.
3. When beeps, mix well, add water, coriander leaves & cover. Press start. Stand for 5 minutes.

Category	Weight Limit	Utensil	Instructions					
IC18	Kadhai Chicken	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
			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				

Method :

1. In Microwave Safe Bowl add oil, methidana, onion slices, garlic, dhania powder, red chilli powder, chicken & salt. Cover. Select category & weight and press start.
2. When beeps, mix well & add tomato puree, hara dhania, capsicum & ginger. Mix well & cover and press start. Stand for 3 minutes.
3. Add cream. Mix well. Serve hot.

IC19	Kofta Curry	0.1-0.3 kg	Microwavesafe (MWS) flat glass dish & Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				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		

Method :

1. In a bowl mix grated lauki, besan, salt & haldi together. Mix well & prepare balls of medium size out of the mixture.
2. Grease a MWS flat glass dish & keep the koftas on it select category & weight & press start.
3. When beeps, remove in a MWS bowl add oil, jeera, onion, garlic & ginger & press start.
4. 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.

IC20	Egg Curry	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				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		

Method :

1. Put chopped onions, green chilli, garlic, ginger in a spice blender & make paste adding 1 tbsp water.
2. In a MWS bowl take oil & add the paste. Mix well. Select category & weight and press start.
3. When beeps, stir & add tomato puree, peas, water & all the spices. Mix well & press start.
4. 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.

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Category	Weight Limit	Utensil	Instructions			
IC21	Jhinga Matar Curry	Microwave safe (MWS) bowl	For	0.2 Kg	0.3 Kg	0.4 Kg
			Prawns (deviened & 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

Method :

1. Grind all together onions, green chilli, ginger, coriander powder & turmeric powder without adding any water & make a paste.
2. In a MWS bowl take oil & paste. Mix well. Select category & weight and press start.
3. When beeps, mix & add shelled peas, prawns, all other spices & water. Mix well & cover and press start.
4. When beeps, remove lid & stir well. Press start. Serve hot with steamed rice.

IC22	Dum Tangri	0.6 kg	Microwave safe (MWS) glass bowl & High rack	For	0.6 kg
				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

Method :

1. Take chicken legs, wash, clean & pat dry them with kitchen towel. Make cuts on legs with a sharp knife & keep aside.
2. 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.
3. 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.
4. When beeps, turn the chicken legs & press start.
5. 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.
6. Take chicken legs & roll in the gravy. Mix well & serve hot with butter naan or laccha parantha.

IC23	Makki Korma	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Corns	100 g	200 g	300 g
				Peas	¼ cup	½ cup	¾ 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 power, turmeric powder, garam masala	As per taste		
				Oil	½ tbsp	1 tbsp	1½ tbsp

Method :

1. In a MWS glass bowl put corns, peas, water (for boiling) & stir. Select category & weight and press start.
2. 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.
3. 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.

Category		Weight Limit	Utensil	Instructions	
IC24	Litti	6 Pc	Multicook tawa & Low rack*	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

Method :

1. 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.
2. 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.
3. Divide the dough into 6 equal medium sized balls (approx. 45 gms each). Now fill the stuffing (1-2 tbsp) & make round shape balls.
4. Keep multicook tawa on low rack & keep tawa and rack inside the microwave. Select category and press start. (Pre-heat process)
5. When beeps, keep the prepared balls on tawa & keep tawa on low rack & press start.
6. When beeps, change over the side. Press start. Dip the hot Littis in melted ghee & serve hot with chokha.

IC25	Chokha	0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack**	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

Method :

1. In a MWS glass bowl take peeled & chopped brinjal pieces. Sprinkle some water. Select category & press start.
2. When beeps, remove MWS glass bowl from the microwave. Mash the cooked brinjal with the back of the spoon/ladle & keep aside.
3. Take tomatoes pieces & keep on tawa. Keep tawa & high rack inside the microwave & press start.
4. 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 Littis.

IC26	Methi Aloo	0.2 – 0.4 kg	Microwave safe (MWS) bowl	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		

Method :

1. In a MWS bowl take oil, chopped green chilli & chopped tomato. Mix well. Select category & weight and press start.
2. When beeps, mix & add cut potatoes. Sprinkle little water on top. Cover & press start.
3. 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 90, fig 1

Category	Weight Limit	Utensil	Instructions			
SC1	Suji Halwa	Microwave safe (MWS) glass bowl	Suji	0.1 kg	0.2 kg	0.3 kg
			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		

Method :

1. In Microwave safe glass bowl take Suji, add ghee, mix it together. Select category & weight and press start.
2. When beeps, stir it and press start. Allow to cool.
3. When beeps, add water, sugar, cashewnuts, kishmish, kesar, Elaichi powder, mix it well and press start. Stand for 5 minutes. Serve hot.

SC2	Besan Ladoo	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	Besan	0.1 kg	0.2 kg	0.3 kg
				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

Method :

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.

Note : For binding the ladoo use ghee.

SC3	Shahi Tukda	0.1 ~ 0.4 kg	Microwave safe (MWS) flat glass dish & High Rack	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
				Bread Slices	1 slice	2 slices	3 slices	4 slices
				Milkmaid	50 ml	100 ml	150 ml	175 ml
				Milk	50 ml	100 ml	125 ml	150 ml
				Sugar	1 tbsp	2 tbsp	3 tbsp	4 tbsp
				Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp	4 tbsp
				Kesar-Elaichi Powder	As per your taste			

Method :

1. Arrange bread slices on high rack. Select category & weight & press start.
2. When beeps, turn slices press start.
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.

SC4	Kheer	0.5 kg	Microwave safe (MWS) glass bowl	For	0.5 kg		
				Milk	500 ml		
				Milkmaid	500 ml		
				Seviyaan (roasted)	60 gm		
				Badam, Pista Pieces	5 tbsp		
				Kesar & Elaichi Powder	As per taste		

Method :

1. In Microwave Safe Glass Bowl add milk, milkmaid & mix well. Select category and 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.

Note : The bowl should be filled at 1/4 level of the total volume.

SC5	Mysore Pak	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	For	0.1 Kg	0.2 Kg	0.3 Kg
				Besan	50 g	100 g	150 g
				Melted ghee	50 ml	100 ml	150 ml
				Powdered Sugar	50 g	100 g	150 g
				Milk	¼ cup	¼ cup	½ cup

Method :

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.

SC6	Nariyal Burfi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				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

Method :

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

Category		Weight Limit	Utensil	Instructions			
SC7	Sandesh	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg
				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

Method :

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.

SC8	Shahi Rabdi	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg		
				Milk	1 cup		
				Grated paneer	1 cup		
				Condensed milk	½ cup		
				Deshi ghee	1 tbsp		
				Elaichi powder	¼ tsp		
				Saffron	A few strands		
				Rose essence	A few drops		
				Chopped pistachios	1 tbsp		
				Chopped almonds (skin removed)	2 tbsp		

Method :

1. Dissolve strands of saffron in 2 tbsp lukewarm milk.
2. In a MWS bowl, put all the ingredients of rabdi except chopped pistachios. Mix well.
3. Keep the bowl in Microwave. Select category & press start.
4. Serve chilled garnished with chopped pistachios.

SC9	Payasam	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				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

Method :

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.

SC10	Kaddu Kheer	0.5 kg	Microwave safe (MWS) glass bowl	For	0.5 kg		
				Milk	300 ml		
				Grated kaddu	200 g		
				Milkmaid	150 g		
				Dry fruits (Kaju, kishmish, pista)	As required		

Method :

1. In a MWS glass bowl add milk & milkmaid, grated kaddu. Select category & press start.
2. When beeps, mix well. Press start.
3. When beeps, mix well & add dry fruits. Press start. Serve it chilled or hot.

SC11	Seviyan Zarda	0.2 kg	Microwave safe (MWS) glass bowl	Roasted Seviyan	200 g		
				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		

Method :

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.

Category		Weight Limit	Utensil	Instructions	
SC12	Burfi	0.3 kg	Microwave safe (MWS) flat glass dish	For	0.3 kg
				Milk powder	100 g
				Milkmaid	100 ml
				Cream	100 ml
				Corn flour	4 tbsp
				Chopped almonds & pistas	As required

Method :

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.

SC13	Kaiakand	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	Grated Paneer	0.1 kg	0.2 kg	0.3 kg
				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

Method :

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.

SC14	Kaju Burfi	0.4 kg	Microwave safe (MWS) glass bowl	For	0.4 kg
				Kaju	2 cups
				Powdered sugar	1½ cup
				Water	½ cup

Method :

1. Take kaju in a spice-grinder & make a fine powder and keep aside.
2. In a MWS glass bowl take powdered sugar & water. Stir very well. Select category & press start.
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.

SC15	Badam Halwa	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Badam (soaked in hot water for 1 hour)	½ cup	1 cup	1½ cup
				Milk (for making paste)	½ cup	1 cup	1 cup
				Milk (for cooking)	½ cup	¾ cup	1 cup
				Sugar	3 tbsp	5 tbsp	7 tbsp
				Desi ghee	2 tbsp	3 tbsp	4 tbsp
				Slivered almonds (for garnishing)	A few		

Method :

1. Remove the skin from badam & grind them to a fine paste adding milk. Take out this paste in a MWS glass bowl.
2. Add desi ghee to the paste & mix well. Select category & weight and press start.
3. When beeps, stir very well & again press start.
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.

Category		Weight Limit	Utensil	Instructions					
rd1	Chicken Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				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

Method :

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.

rd2	Gosht Dum Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				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

Method :

1. In a MWS bowl add oil, jeera, laung, tej patta onion, ginger garlic paste, mutton & cover. Select category & weight and press start.
2. When beeps, mix well, add rice, water, salt, red chilli powder, garam masala & cover. Press start. Stand for 5 minutes. Serve hot.

rd3	Malabar Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				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

Method :

1. Marinade the chicken & refrigerate it for 1 hour.
2. In a MWS bowl add oil, onion, chopped coriander & mint leaves, biryani masala & salt. Mix, select category & weight & press start.
3. When beeps, remove the bowl & in another MWS bowl add soaked rice, water, tomato, curd, mix & cover. Press start.
4. When beeps, add the marinated chicken to the first bowl. Cover & press start. Stand for 5 minutes. Serve hot.

rd4	Pineapple Fried Rice	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				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

Method :

1. In a MWS bowl add oil, mix vegetables, ajinomoto, red chilli powder, soy sauce, chilli sauce. Mix & select category & weight & press start.
2. When beeps, remove, in another MWS bowl add rice & water & press start.
3. When beeps, add the boiled rice to the vegetables, add pineapple pieces. Mix & press start. Stand for 5 minutes.

Category		Weight Limit	Utensil	Instructions					
rd5	Veg Pulao	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				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

Method :

1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables.
2. Select category & weight and press start.
3. When beeps, mix well & add rice, water, salt, garam masala, red chilli powder. Press start. Mix well. Stand for 5 minutes.

rd6	Veg Tahliri	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				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

Method :

1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables.
2. Select category & weight and press start.
3. When beeps, mix well & add rice, water, salt, garam masala, haldi, red chilli powder. Press start. Mix well. Stand for 5 minutes. Serve hot.

rd7	Pepper Rice	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Soaked Rice (2 hours)	100 g	200 g	300 g
				Water	200 ml	400 ml	600 ml
				Dry coconut	2 tbsp	3 tbsp	4 tbsp
				Green chilli (Chopped)	2 nos.	3 nos.	4 nos.
				Garlic (Chopped)	2 cloves	3 cloves	4 cloves
				Ghee	1 tbsp	2 tbsp	2½ tbsp
				Salt	As per taste		
				Black pepper powder	As per taste		
				Seasoning			
				Mustard seeds	½ tsp	1 tsp	1½ tsp
				Black gram dal	½ tsp	1 tsp	1½ tsp
				Bengal gram dal	½ tsp	1 tsp	1½ tsp
				Curry leaves	A few leaves		
				Dry Red Chilli	1 no.	2 nos.	3 nos.
				Oil	1 tbsp	2 tbsp	3 tbsp

Method :

1. 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.
2. When beeps, add soaked rice, water, ghee, salt, black pepper powder. Mix well & press start. Stand for 5 minutes. Add grated coconut & serve hot.

rd8	Zafrani Pulao	01 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				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, cardamon 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				

Method :

1. In a MWS bowl add ghee & rice. Mix well. select category & weight and press start.
2. 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.

Category		Weight Limit	Utensil	Instructions					
rd9	Bengali Biryani	0.1 ~ 0.5 Kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				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

Method :

- 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.

rd10	Khumb Pulao	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				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				

Method :

- 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.

rd11	Tiranga Pulao	0.2 ~ 0.4Kg	Microwave safe (MWS) bowl & Microwave safe (MWS) glass bowl	For	0.2 Kg	0.3 Kg	0.4 Kg
				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, dalchini, chhoti elaichi	As requite		
				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		

Method :

- 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 chashewnuts.
- Take square / rectangular dish & arrange the red coloured layer first, white layer in the centre & green layer in the end. Serve them hot.

Category		Weight Limit	Utensil	Instructions			
rd12	Egg Biryani	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				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.

Method :

1. In a MWS bowl take soaked rice, water. Select category & weight and press start.
2. 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.
3. When beeps, add boiled eggs (cut into 2) & boiled rice to the sliced onions. Mix well without breaking the eggs. Press start.
4. Serve egg biryani hot with plain curd or raita.

rd13	Achari Chana Pulao	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				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.

Method :

1. In a MWS bowl take soaked rice & water. Select category & weight and press start.
2. 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.
3. When beeps, add onion-mixture to the cooked rice, also add mango pickle paste & all the spices. Mix very well & press start.
4. Serve achari chana pulao hot with fresh curd.

rd14	Methi Rice	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				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

Method :

1. In a MWS bowl take soaked rice & water. Select category & weight and press start.
2. 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.
3. When beeps, add methi leaves to cooked rice, add all the spices. Mix very well. Press start. Serve rice hot with curd or raita.

rd15	Coconut Rice	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Rice (soaked for 1 hour)	100 g	200 g	1 cup
				Coconut (grated)	¼ cup	½ cup	0.3 Kg
				Coconut milk	100 ml	200 ml	300 ml
				Water	100 ml	150 ml	200 ml
				Oil	1 tbsp	2 tbsp	2 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

Method :

1. In a MWS bowl take soaked rice coconut milk & water. Select category & weight and press start.
2. 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.
3. 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.

Category		Weight Limit	Utensil	Instructions	
CC1	Apple Tomato Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	Apple pieces	150 g
				Tomato pieces	150 g
				Green chillies, Salt, Sugar	As per your taste
				Oil	2 tbsp
				For Tempering : Rai, Jeera, Hing etc.	

Method :

1. 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.
2. When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start.
3. When beeps, add ground mixture and press start. Garnish with chopped coriander.

CC2	Lemon Pickle	0.3 kg	Microwave Safe (MWS) Glass Bowl	Lemon pieces	150 g
				Sugar	150 g
				Chilli powder, Salt	As per your taste
				For Tempering : Rai, Jeera, Hing etc.	

Method :

1. 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.

CC3	Mix Veg. Pickle	0.3 kg	Microwave Safe (MWS) Glass Bowl	For	0.3 kg
				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

Method :

1. In a MWS glass bowl put vegetables cut in long strips. Cover and keep it in Microwave. Select category and press start to cook.
2. When it gives a beep, remove.
3. 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.

CC4	Pizza Sauce	0.3 kg	Microwave Safe (MWS) Glass Bowl	Tomato	200 g
				Onion	1 No.
				Salt, Sugar, Ajwain, Oregano, Basil leaves	As per your taste
				Garlic pods	7-8 nos.
				Oil	2 tbsp

Method :

1. In a MWS glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select category & press start to cook.
2. 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.
3. When cooking ends, the sauce is ready.

CC5	Tomato Sauce	0.5 kg	Microwave Safe (MWS) Glass Bowl	Tomato	500 g
				Onion	1 No.
				Chilli powder, Salt, Sugar	As per your taste
				Chopped ginger and garlic	2 tbsp
				Garam masala	1 tsp

Method :

1. In a MWS glass bowl put tomato pieces, cover and keep it in a Microwave. Select category & press start to cook.
2. When beeps, remove, allow to cool and grind it in a mixer. Strain it. Add salt, sugar, garam masala. Mix well. Press start.

CC6	Masala Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	Chana Daal, Urad Daal	100 g each
				Grated dry coconut	100 g
				Sesame, Salt, Sugar, Turmeric, Dhaniya powder, Jeera powder, Curry leaves, Methi seeds	As per your taste
				Oil	1 tsp

Method :

1. In a MWS bowl put daals and keep it in Microwave. Select category & press start to cook.
2. When beeps, remove. Add the rest of the ingredients and keep it in microwave and press start.
3. Remove, cool it and grind it in a mixer adding required amount of water. This chutney can be served with Idly, Parantha or Rice.

Category	Weight Limit	Utensil	Instructions	
CC7	Lehsun ki Chutney	Microwave safe (MWS) bowl	Chopped tomatoes	2 nos.
			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

Method :

1. In a MWS bowl mix all the ingredients. Select category & press start.
2. Remove when cooking ends. Allow to cool. Grind it & serve as an accompaniment.

CC8	Manchurian Sauce	Microwave safe (MWS) bowl	For	0.3 kg
			Water	1½ cups (300 ml)
			Vinegar sauce	1 tbsp
			Soya sauce	1 tsp
			Tomato sauce	½ cup
			Ajinomoto	A pinch
			Cornflour	2 tbsp + ½ cup water

Method :

1. In a MWS bowl add all the ingredients. Select category & press start.

CC9	Aam Ki Chutney	Microwave safe (MWS) bowl	For	0.3 kg
			Aam (peeled & chopped)	300 g
			Kishmish (seedless & chopped)	25 g
			Chopped ginger & garlic	2 tsp
			Tamarind pulp	1 tbsp
			Salt & sugar	As per taste

Method :

1. In a MWS bowl mix all the ingredients. Cover. Select category & press start.

CC10	Coconut Chutney	Microwave Safe (MWS) Glass Bowl	For	0.3 kg
			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

Method :

1. Grind grated coconut, chopped green chillies, ginger, roasted split gram dhal, salt together in a blender.
2. In a MWS glass bowl add oil, mustard seeds, broken dry red chillies, curry leaves. Select category & press start.
3. Pour the tempering over the chutney & serve.

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"



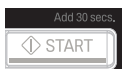
4. *Press START/Add 30secs for weight confirmation.



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.

Pasteurize Milk

Category		Weight Limit	Utensil	Instructions			
PS1	Pasteurize Milk	1-2 L	Milk Pasteurization Kit	Milk (Cow, buffalo, Packet etc)	1.0 L	1.5 L	2.0L

Method :

1. Pour milk to the scale shown in the Milk Pasteurization kit. (Fig.1)
 2. Cover with lid & close as per the directions on the kit. (Fig.2)
 3. Place the kit in microwave oven.
 4. Select the category, weight & temperature. (refrigerated - select 4°C, room temp -- select 25°C)
 5. Press start.
- When pasteurization is over, use the milk for drinking, making tea or coffee etc.
For opening the lid refer (Fig.3)

Tips :

1. Milk Pasteurization kit is only for milk. Do not use for other purpose.
2. Use fresh loose or packet milk. Do not repeat pasteurization.
3. 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.
4. The pasteurized milk can be consumed up to 2-3 days.

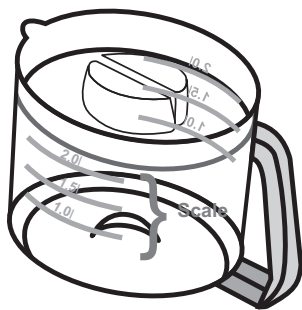


Fig.1

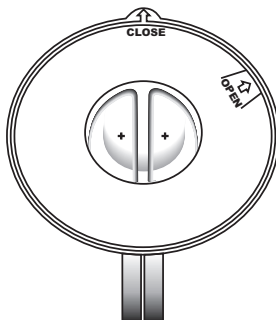


Fig.2

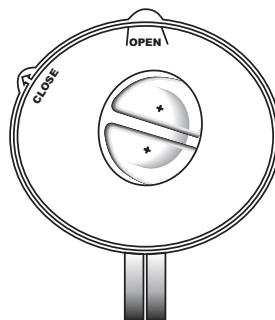


Fig.3

Tea/Dairy Delight

Tea

Category		Weight Limit	Utensil	Instructions				
dd1	Tea	1-4 cups	Microwave safe glass bowl	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			

Method :

1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start.
 2. When beeps, add milk & sugar. Press start.
- Serve hot.
1 cup tea = 150ml approx

dd2	Coffee	1-4 cups	Microwave safe glass bowl	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)			

Method :

1. In a MWS glass bowl add water. Select category & weight & press start.
 2. Meanwhile in each cup add 1/2tsp coffee (with few water drops) & sugar. Beat well.
 3. When beeps, add milk to boiling water. Press start.
 4. Add milk to each cup & serve hot.
- 1 cup coffee = 150ml approx**

Category		Weight Limit	Utensil	Instructions				
dd3	Masala Tea	1-4 cups	Microwave safe glass bowl	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			

Method :

1. In a MWS glass bowl add water, tea leaves & chai masala. 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

dd4	Ginger Tea	1-4 cups	Microwave safe glass bowl	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			

Method :

1. In a MWS glass bowl add water, tea leaves & crushed ginger. 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

dd5	Tulsi Tea	1-4 cups	Microwave safe glass bowl	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			
				Tulsi leaves	As per taste			

Method :

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

Category		Weight Limit	Utensil	Instructions	
PA1	Paneer	0.5 kg	Microwave safe (MWS) glass bowl	Milk	500ml
				Lemon juice/Vinager	4 tbsp

Method :

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.

CU1	Curd	0.5 kg	Microwave safe (MWS) glass bowl	Milk	500 ml
				Starter curd	2 tbsp

Method :

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

CU2	Flavoured yoghurt	0.6 kg	Microwave safe (MWS) glass bowl & Low rack**	For	0.6 kg
				Curd	200 ml
				Milkmaid	100 ml
				Fresh cream	200 ml
				Flavours (Vanilla, Strawberry, Pineapple essence)	500 ml

Method :

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.

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.

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

** Refer page 90, fig 3

Kids' Delight/Cooking Aid/Steam Clean

In the following example, show you how to cook 0.2 kg of Corn Chaat.

1. Press STOP/CLEAR.



2. Press Kids' Delight/Cooking Aid/Steam Clean



3. Turn DIAL until display show "CF2".



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



5. *Turn DIAL until display show "0.2 kg"



6. Press START/Add 30secs.



For Cooking Aid/Steam Clean

7. If you want to select for Cooking Aid/Steam Clean, Press the button twice, the display will show "UC1"
8. Turn the dial to select UC1 to SL1.
9. Again follow step 4 to 6.

! NOTE

- Kids' Delight/Cooking Aid/Steam Clean menus are programmed.
- Kids' Delight/Cooking Aid/Steam Clean 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.

Category		Weight Limit	Utensil	Instructions			
CF1	Omelette	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	For	0.2 kg	0.3 kg	0.4 kg
				Eggs	2 Nos.	3 Nos.	4 Nos.
				Oil	¼ tbsp	1 tbsp	1 tbsp
				Chopped onion, tomato, coriander leaves	½ cup	1 cup	1 cup
				Salt, pepper	As per taste		

Method :

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.

CF2	Corn Chaat	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				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		

Method :

1. In a MWS bowl add some water & sweet corns. Select category & weight and press start.
2. Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well & serve.

CF3	Vermicelli Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				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		

Method :

1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix. Select category & weight and press start.
2. When beeps, mix & add tomato. Press start.
3. When beeps, mix & add vermicelli, water, salt, red chilli powder, haldi, garam masala. Press start. Stand for 3 minutes.
4. Squeeze lemon, mix & serve.

CF4	Pizza	0.3 kg	Low rack & High rack	Pizza base	1 medium pizza base		
				Topping	3 tbsp		
				Mix Vegetables - Tomato, Capsicum, Onion	1 cup		
				Grated Cheese	1/2 cup		
				Oregano & Chilli flakes (Optional)	As per your taste		

Method :

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.

CF5	Garlic Bread	0.3 kg	Low Rack	Bread slices (French Bread)	4 pcs		
				Butter	5 tbsp		
				Garlic paste	2 tbsp		
				Grated cheese	4 tbsp		
				Salt, kali mirchi powder, Oregano, chilli flakes	As per your taste		

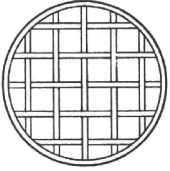
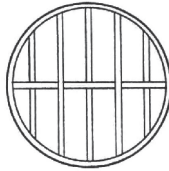
Method :

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.

Category		Weight Limit	Utensil	Instructions	
CF6	Choco Bars	0.2 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish	Chocolate chips	½ cup
				Oats (crushed)	1 cup
				Honey	3 tbsp
				Brown sugar	4 tbsp
				Butter (softened)	8 tbsp
				Chopped nuts (almonds, pistachio, walnut)	As required

Method :

1. 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.
2. Grease a microwave flat glass dish with butter and line the dish with butter paper. Again grease it with butter.
3. When beeps, remove and pour the oats mixture into greased flat glass dish and press firmly with spoon.
4. In MWS glass bowl add rest of the butter, chocolate chips. Mix & press start.
5. When beeps, pour this mixture on oats & sprinkle chopped nuts.
6. Cut into rectangle bars when set & serve chilled.

CF7	Apple Pie®	0.6 kg	Metal cake tin & Low rack**	<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Apple Filling</td><td></td></tr><tr><td>Apples (peeled, cleaned & sliced thinly)</td><td>4 large sized</td></tr><tr><td>White sugar</td><td>¼ cup</td></tr><tr><td>Brown sugar</td><td>¼ cup</td></tr><tr><td>Lemon juice</td><td>1 tsp</td></tr><tr><td>Cinnamon powder</td><td>1 tsp</td></tr><tr><td>Nutmeg powder</td><td>¼ tsp</td></tr><tr><td>Salt</td><td>¼ tsp</td></tr><tr><td>Softened butter</td><td>2 tbsp</td></tr><tr><td>Cornflour</td><td>2 tbsp</td></tr><tr><td>Short Crust Pastry</td><td></td></tr><tr><td>Maida</td><td>2½ cup (300 g)</td></tr><tr><td>Salt</td><td>½ tsp</td></tr><tr><td>Sugar (granulated)</td><td>2 tsbp</td></tr><tr><td>Unsalted butter (chilled & cut into 1 inch pieces)</td><td>1 cup (225 g)</td></tr><tr><td>Ice water</td><td>¼ - ½ cup (60-120 ml)</td></tr></table>	For	0.6 kg	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 tsbp	Unsalted butter (chilled & cut into 1 inch pieces)	1 cup (225 g)	Ice water	¼ - ½ cup (60-120 ml)
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Unsalted butter (chilled & cut into 1 inch pieces)	1 cup (225 g)																																					
Ice water	¼ - ½ cup (60-120 ml)																																					
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Method :

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. Seal the edges & wet them with water. Cover the edges with foil paper to avoid over burning.
7. 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.

CF8	Bread Pudding	0.1 – 0.3 kg	Microwave safe (MWS) flat glass dish	For	0.1 kg	0.2 kg	0.3 kg
				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		

Method :

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.

CF9	Cheesy Nachos	0.3 kg	Microwave safe (MWS) flat glass dish		
				For	0.3 kg
				Nachos	300 g
				Grated cheese	1 cup
				Pizza sauce	6 tbsp
				Chopped onion, tomato	2 cups

Method :

1. In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select category & press start.

** Refer page 90, fig 4

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

Category		Weight Limit	Utensil	Instructions	
CF10	Chocolate balls	0.3 kg	Microwave safe (MWS) glass bowl	Milkmaid	1 cup
				Marie biscuit powder	1 cup
				Milk powder	½ cup
				Bournvita	½ cup
				Grated coconut	½ cup

Method :

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.

CF11	Strawberry Custard	0.5 kg	Microwave safe (MWS) bowl	For	0.5 kg
				Milk	1 cup
				Strawberry custard powder	3 tbsp
				Sugar	50 g
				Strawberry pieces	As required

Method :

1. In a MWS bowl add milk, strawberry custard powder, sugar. Mix well.
2. Select category & press start.
3. When beeps, stir well. Press start.
4. When beeps, stir well. Press start. Allow to set in refrigerator.

CF12	Veg Burger	0.1 ~ 0.3 kg	Multicook tawa & High rack*	For	0.1 kg	0.2 kg	0.3 kg
				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

Method :

1. In a bowl mix all the ingredients for tikkis & prepare round & flat tikkis out of it.
2. Slit the buns into two halves. Apply the butter inside the buns.
3. Keep the tikkis on the tawa. Keep on high rack. Select category & weight and press start.
4. When beeps, turn over the tikkis & press start.
5. 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.
6. Now keep the burger on high rack & press start.

CF13	Mushroom & Pepper Pizza	0.3 kg	Multicook tawa & Low rack*	For	0.3 kg
				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

Method :

1. Dissolve the yeast in lukewarm water, stir in sugar & keep for 10 minutes till frothy.
2. 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.
3. Cover the dough with a muslin cloth & keep it till it doubles the volume.
4. Knead lightly & roll out thin chapati.
5. Keep on greased tawa. Spread the sauce, sprinkle oregano & chilli flakes, add vegetables & spread grated cheese. Keep aside.
6. Select category & press start. (Pre-heat process).
7. When beeps, keep the tawa on low rack. Keep it inside the microwave oven. Press start.

* Refer page 90, fig 2

* Refer page 90, fig 1

Category		Weight Limit	Utensil	Instructions	
CF14	Noodle Rosti	0.2 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For Rosti	
				Boiled whole wheat noodles	¾ cup
				Grated paneer	¼ cup
				Grated mozzarella 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

Method :

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.

CF15	Bread Rolls	10 Pc	Multicook tawa & High rack*	Bread slices	10 pcs
				For filling	
				Boiled potatoes	200 g
				Chopped green chillies	2 nos
				Chat masala, garam masala, salt, red chilli powder, pepper	As per taste
				Oil	For brushing

Method :

1. Take the bread slices & cut the edges.
2. Mix all the ingredients for filling in a bowl.
3. Take bread slices one by one & soak in water. Squeeze & drain extra.
4. Fill in the prepared potato mixture & shape into cylindrical rolls.
5. Brush with some oil. Prepare all the rolls.
6. Grease the Multicook tawa with some oil.
7. Keep the roll in Multicook tawa & keep the tawa on high rack.
8. Select category & press start.
9. When beeps, turn over & press start.
10. When beeps, again turn over & press start. Serve with sauce or chutney of your choice.

CF16	Apple Custard	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Apple	100 g	200 g	300 g
				Sugar	1 tbsp	2 tbsp	3 tbsp

Method :

1. Mix all the ingredients in a MWS glass bowl. Select category & weight and press start.
2. When beeps, mix well & press start.

CF17	Dhokla	0.3 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl	For	0.3 kg
				Besan	100 g
				Warm water	100 ml
				Curd	4 tbsp
				Green chilli & ginger paste	2 tsp
				Salt & sugar	As per taste
				Fruit salt / Mitha Soda	¼ tsp
				Oil, rai, curry leaves, water	For tempering
				Grated coconut	For garnishing
				Yellow colour / Haldi	As required

Method :

1. Mix besan, curd, sugar, salt, water, green chilli-ginger paste, yellow color, fruit salt together. Mix well. Keep for 5-10 minutes.
2. Pour the mixture in MWS safe flat glass dish. Add ½ cup water to the MWS bowl, keep the flat glass dish, cover. Select category & weight and press start.
3. Add the tempering to the dhokla & cover. Stand for 5 minutes. Garnish with grated coconut & serve.
Note : For tempering in a MWS glass bowl add oil, rai & curry leaves. Microwave at 100% for 2 minutes. Add some water & dissolve sugar.

Category		Weight Limit	Utensil	Instructions			
CF18	Poha	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	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		

Method :

1. In a MWS glass bowl add oil, rai, jeera, curry leaves. Select category & weight and press start.
2. When beeps, add onion, green chillies, hing, haldi. Mix & press start.
3. 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.

CF19	Upma	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	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 leaves, urad dal	As per taste		
				Lemon juice	As per taste		

Method :

1. In a MWS glass bowl add oil, rai, jeera, urad dal, green chilli, suji. Mix well.
2. Select category & weight and press start.
3. When beeps, add onions, stir well & press start.
4. When beeps, add water, sugar, salt, lemon juice. Mix well & press start. Stand for 5 minutes.

CF20	Besan Cheela	1 Pc	Multicook Tawa & High Rack*	Besan	1 cup (120 g)		
				Water	200 ml		
				Chopped green chillies	2 nos.		
				Chopped coriander leaves	2 tbsp		
				Salt, Red chilli powder, garam masala, haldi	As per taste		

Method :

1. In a bowl take besan, salt, red chilli powder, Garam masala, haldi, chopped coriander & green chillies. Mix & gradually add water in small amounts to make a batter for cheela without any lumps.
2. Grease the tawa with 2-3 drops of oil, keep on high rack. Select category & press start.
3. When beeps, pour ½ cup (approx 100 ml) batter on the tawa & spread evenly, make a circle. Keep on rack & press start.
4. When beeps, smear ¼ tsp oil on cheela, spread oil evenly & turn & press start.
5. Serve cheela hot with tomato Ketchup or mint Chutney.

CF21	Veg Sandwich	0.1 ~ 0.3 kg	High rack	For	0.1 kg	0.2 kg	0.3 Kg
				Bread slices	100 g (2 slices)	200 g (4 slices)	300 g (6 slices)
				Butter	1 tbsp	2 tbsp	4 tbsp
				Sauce / spread	1½ tbsp	3 tbsp	4 tbsp
				Chopped vegetables (onion, tomato, capsicum)	2 tbsp	4 tbsp	6 tbsp
				Grated cheese	2 tbsp	4 tbsp	6 tbsp
				Salt & pepper	As per taste		

Method :

1. On a bread slice apply butter, layer with sauce, spread chopped vegetables, sprinkle grated cheese. Cover it with the other bread slice.
2. Keep the sandwich on high rack. Select category & weight and press start.
3. When beeps, change the side of the sandwich & again press start.

CF22	Paneer Sandwich	0.1 ~ 0.3 kg	High rack	For	0.1 kg	0.2 kg	0.3 kg
				Bread slices	2 nos.	4 nos.	6 nos.
				Grated paneer	100 g	150 g	200 g
				Chopped onion	2 tbsp	3 tbsp	4 tbsp
				Cheese spread	2 tbsp	3 tbsp	4 tbsp
				Salt, pepper & mustard powder	As per taste		
				Minced ginger	As per taste		

Method :

1. In a bowl mix grated paneer, chopped onion, cheese spread, minced ginger salt, pepper & mustard together.
2. Spread the mixture on one bread slice & cover it with the other slice. Keep the sandwich on high rack.
3. Select category & weight & press start.
4. When beeps, change the side & press start.

* Refer page 90, fig 2

Category		Weight Limit	Utensil	Instructions			
CF23	Masala Cheese Toast	0.1 ~ 0.3 kg	High rack	For	0.1 kg	0.2 kg	0.3 kg
				Bread slices	2 nos.	4 nos.	6 nos.
				Butter	For applying on bread slices		
				For Filling			
				Chopped boiled vegetables - cabbage, cauliflower, green peas, french beans, capsicum	1 cup	1½ cup	2 cups
				Chopped onions	1 no.	2 nos.	2 nos.
				Mashed boiled potatoes	2 nos.	3 nos.	4 nos.
				Chopped green chillies	1 no.	2 nos.	3 nos.
				Salt, red chilli powder, garam masala	As per taste		
				Chopped coriander leaves	1 tsp	2 tsp	3 tsp
				Grated cheese	2 tsp	4 tsp	6 tsp

Method :

- In a bowl add mashed boiled potatoes, boiled vegetables. Mash them well. Add chopped onion, green chillies & chopped coriander leaves. Mix well. Now add salt, red chilli powder, garam masala. Mix well.
- Apply butter on one side of all bread slices.
- Put the filling & grated cheese on one slice & cover with other slice. Prepare all the toasts in same way.
- Keep the toasts on high rack. Select category & weight and press start.
- When beeps, turn over the side & press start.

CF24	Khandvi	0.3 kg	Microwave safe (MWS) bowl	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

Method :

- 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.

CF25	Cottage Honey Toast	0.1 ~ 0.3 kg	High rack	For	0.1 kg	0.2 kg	0.3 kg
				Bread slices	2 nos.	4 nos.	6 nos.
				Grated cottage cheese	As required		
				Cinnamon powder	As required		

Method :

- Spread cottage cheese & cinnamon powder on the bread slices. Keep on high rack. Select category & weight & press start.
- When beeps, turn over the slices & press start.
- Drizzle honey on slices & serve.

Category		Weight Limit	Utensil	Instructions	
bA1	Brownie®	0.3 kg	Low rack & Metal cake tin**	For	0.3 kg
				Maida	125 g
				Condensed milk	150 g
				Butter	100 g
				Almonds, Wallnuts	As per taste
				Baking powder	¼ tsp
				Chocolate Essence	1 tsp
				Coco powder	2 tbsp

Method :

1. Sieve maida and baking powder. In a bowl add milkmaid and butter and beat well. Add maida, coco powder, essence and mix. For spoon dropping consistency add milk or water. Pour the batter in metal cake tin lined with butter paper.
2. Select category & press start. (Pre-heat process) When beeps, put the tin with batter on low rack. Press start to bake. Remove when it gives a beep.

bA2	Muffins®	0.3 kg	Low rack* & Metal muffin tray	For	0.3 kg
				Maida	200 g
				Powdered sugar	100 g
				Butter	75 g
				Almonds, Walnuts	As per taste
				Egg	1 No.
				Baking powder	1/2 tsp
				Almond essence	1/2 tsp

Method :

1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add maida, essence and mix. For spoon dropping consistency add milk or water. Pour in to the greased muffin tray and sprinkle chopped almonds / walnuts.
2. Select category & press start. (Pre-heat process) When beeps, put the tray on low rack. Press start to bake. Remove when it gives a beep.

bA3	Swiss Roll®	0.2 kg	Multicook tawa & Low Rack*	For	0.2 kg
				Maida	80 gm
				Condensed Milk (Milkmaid)	100 ml
				Butter	75 gm
				Soda bicarb	¼ tsp
				Vanilla essence	¼ tsp
				Mix fruit jam	2 tbsp

Method :

1. Sieve maida & soda. In a bowl add milkmaid & butter. Beat well. Add the maida mixture, vanilla essence & mix well.
2. For spoon dropping consistency add milk or water. Place the butter paper at the bottom of the tray. Pour the batter.
3. Select category & press start. (Pre-heat process)
4. When beeps, put the tawa on low rack & keep inside microwave. Press start.
5. Select category & press start.
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.

bA4	Carrot Cake®	0.3 kg	Metal Cake Tin** & Low Rack		
				For	0.3 kg
				Maida	110 g
				Baking powder	¼ tsp
				Grated carrot	½ cup
				Curd	70 ml
				Powdered suger	170 g
				Egg	1 no.
	Vanilla essence	¼ tsp			

Method :

1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.
2. Sieve maida, baking powder & add grated carrot to it.
3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well.
4. Grease a metal cake tin or line with butter paper. Add the cake batter.
5. Select category & press start. (Pre-heat process)
6. When beeps, put the cake tin on low rack & keep in microwave & press start.

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

* Refer page 90, fig 1

** Refer page 90, fig 4

Category		Weight Limit	Utensil	Instructions	
bA5	Chocolate Cake®	0.4Kg	Metal Cake Tin** & Low rack*	For	0.4Kg
				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.

Method :

- Grease a metal cake tin. Dust light with flour.
- Sift flour, baking powder & cocoa powder together.
- Separate eggs yolk from whites.
- Beat egg whites in clean & dry bowl till fluffy.
- Add sugar gradually, beating till thick & retains shape.
- Beat yolks & essence till thick & fluffy again.
- Add oil gradually beating till thick again.
- Roll in flour gently with wooden spoon, by sprinkling evenly in 2-3 batches.
- Pour the cake batter in cake tin.
- Meanwhile during batter making, select category & press start. (Pre-heat process).
- When beeps, keep the cake tin on low rack. Press start

bA6	Jeera Biscuits®	0.2 kg	Low rack* & Multi cook tawa	For	0.2 kg
				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

Method :

- 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.

bA7	Nan Khatai®	0.4 kg	Multicook tawa & Low rack*	For	0.4 kg
				Maida	150 g
				Suji	50 g
				Powdered sugar	85 g
				Vanilla essence	1 tsp
				Butter	100 g
				Almonds & cashewnuts	A few

Method :

- Cream the butter & sugar together till it turns fluffy.
- Add vanilla essence followed by maida & suji.
- Make a dough out of this mixture.
- Make medium sized balls & put cashewnut on the top of each piece. Arrange them on tawa & keep aside.
- Select category & press start. (Pre-heat process). When beeps, keep the tawa on low rack & press start.

bA8	Masala Biscuits®	0.2 kg	Low rack* & Multicook tawa	For	0.2 kg
				Maida	100 g
				Butter	50 g
				Sugar	50 g
				Baking powder	1 tsp
				Salt, chilli powder, coriander powder	As per taste

Method :

- Sieve maida & baking powder together. Cream butter & sugar together.
- Add maida to the butter & cream mixture. Add salt, chilli powder & coriander powder. Mix them well adding little water (if required) to form a soft dough.
- Roll out the dough & shape into biscuits with the help of a biscuit cutter.
- Select category & press start. (Pre-heat process)
- When beeps, keep the biscuits on the multi cook tawa & place the tawa on low rack & press start.

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

* Refer page 90, fig 1

** Refer page 90, fig 4

Category		Weight Limit	Utensil	Instructions	
bA9	Lamington Cake	0.4 kg	Low rack* & Metal cake tin** & Microwave safe (MWS) glass bowl	For	0.4 kg
				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

Method :

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.

bA10	Doughnuts	0.2 kg	Multicook tawa & Low rack*	For	0.2 kg
				Maida	200 g
				Yeast	½ tsp
				Luke warm milk	100 ml
				Powdered sugar	50 g
				Nutmeg powder	A pinch
				Egg	½ (beaten)
				Vanilla essence	¼ tsp
				Butter	1 tbsp

Method :

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 1 hour. 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.

bA11	Whole Wheat Cookies	0.3 kg	Multicook tawa & Low rack*	For	0.3 kg
				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

Method :

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.

bA12	Apple cup cakes	0.4 kg	Metal muffin tray & Low rack*	For	0.4 kg
				Maida	1 cup
				Apple (peeled & pureed)	½ cup
				Powdered sugar	½ cup
				Brown sugar	¼ 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

Method :

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.

* Refer page 90, fig 1

** Refer page 90, fig 4

Category		Weight Limit	Utensil	Instructions	
bA13	Cheese Straw®	0.2 kg	Multicook tawa & Low rack*	For	0.2 kg
				Maida	100 g
				Grated cheese	25 g
				Butter	50 g
				Cold water	As required
				Pepper powder	1/4 tsp
				Baking powder	1/8 tsp
				Chilli powder	1/2 tsp
				Salt	1/4 tsp

Method :

1. Sieve maida, baking powder, chilli powder and pepper powder. In a bowl add maida and butter and cheese and rub it with fingertips till it resembles breadcrumbs. Add little cold water to make a soft dough. Roll it in to ½ cm thick roti and cut thin strips. Twist them and put in the metal cake tin.
2. Select category & press start. (Pre-heat process) When beeps, put the tawa on low rack. Press start to bake. Remove when it gives a beep.

bA14	Vanilla Cake®	0.4 kg	Metal Cake Tin** & Low Rack*	For	0.4 kg
				Maida	100 g
				Powdered Sugar	75 g
				Butter	75 g
				Eggs	1 no.
				Baking Powder	1 tsp
				Vanilla essence	1 tsp

Method :

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.

bA15	Chocolate cookies®	0.3 kg	Multicook tawa & Low Rack*	For	0.3 kg
				Maida	200 g
				Powdered Sugar	100 g
				Butter	75 g
				Baking powder	1 pinch
				Cocoa Powder	2-3 tbsps
				Vanilla essence	¼ tsp

Method :

1. Sieve maida, cocoa powder & baking powder together. In a bowl cream butter & sugar together.
2. Add maida to the creamed butter & sugar. Add vanilla essence.
3. Mix well to make a soft dough.
4. Roll out the dough on rolling board & cut with a cookies cutter.
5. Select the menu & press start. (Pre-heat process)
6. When beeps, place the cookies on tawa & place the tawa on low rack. Press start.

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

* Refer page 90, fig 1

** Refer page 90, fig 4

Category	Weight Limit	Utensil	Instructions
UC1	Keep warm	0.3 kg	Microwave safe (MWS) bowl

Method :

- Any cooked food with cover (Rice, Dal, Subzi, Halwa, Upma etc.) Select category & press start.
- When beeps, mix well & press start. When beeps, mix well & press start.

UC2	Defrost Veg	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	Veg - (Paneer, Green Peas, Corn etc.)
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Method :

- Take in Microwave Safe Bowl, select category & weight and press start.
- When beeps, turn the food. Press start.

UC3	Defrost Non Veg	0.5 ~ 1.0 kg	Microwave safe (MWS) bowl	Non-Veg - (Chicken, Mutton etc.)
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Method :

- Take in Microwave Safe Bowl, select category & weight and press start.
- When beeps, turn the food. Press start.

UC4	Dehumidification	0.3 kg	Microwave safe (MWS) bowl	Namkin, Biscuits, Bhujia, Papad and Wafers etc.
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Method :

- In MWS bowl add the food to be dehumidified. Select category and press start.

UC5	Light Disinfect		Microwave safe (MWS) glass utensil & Empty cavity	Namkin, Biscuits, Bhujia, Papad and Wafers etc.
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Method :

- Sterilize Microwave safe glass utensil - Keep the empty utensil & select category & press start.
 - 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.

UC6	Pizza base®	0.2 kg	Low rack* & Multicook tawa	For	0.2 kg
				Maida	200 g
				Yeast	1 tbsp
				Salt	1/2 tsp
				Sugar	1 tsp
				Water	As required

Method :

- 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.
- Select category & press start. (Pre-heat process).
- When beeps, keep the tawa on low rack. Press start.

UC7	Yeast dough	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg
				Maida	300 g
				Yeast	1 tbsp
				Salt	1/2 tsp
				Sugar	1 tsp
				Water	As required

Method :

- In MWS glass bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough.
- Select category and press start. Rest for 3 minutes. Now remove.

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

* Refer page 90, fig 1

Cooking Aid

Cooking Aid/Steam Clean

Category		Weight Limit	Utensil	Instructions	
UC8	Boil Potatoes	0.3 kg	Glass tray	For	0.3 kg
				Potato	300 g

Method :

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.

UC9	Lemon Squeeze	5 Pcs	Glass tray	Lemon	5 pcs
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Method :

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.

UC10	Garlic peel	10 Cloves	Glass tray	Garlic Cloves	10 nos
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Method :

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.

UC11	Tear free onions	5 Pcs	Glass tray	Onions	10 nos
------	------------------	-------	------------	--------	--------

Method :

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.

UC12	Crispy nuts	0.1 kg	Microwave safe (MWS) flat glass dish	For	0.1 kg
				Nuts	100 g
				Oil	As required

Method :

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.

Steam Clean

Cooking Aid/Steam Clean


Category	Weight Limit	Utensil	Instructions	
SL1	Steam Clean	0.3 kg	Microwave safe (MWS) bowl	

Method :

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.


Usage of Accessories/Utensils

- 1)




Low rack

+




Multicook tawa
- 2)




High rack

+




Multicook tawa
- 3)

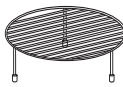


Low rack

+




Microwave safe glass bowl
(Not provided with LG Kit)
- 4)




Low rack

+




Metal cake tin
(Not provided with LG Kit)
- 5)



High rack

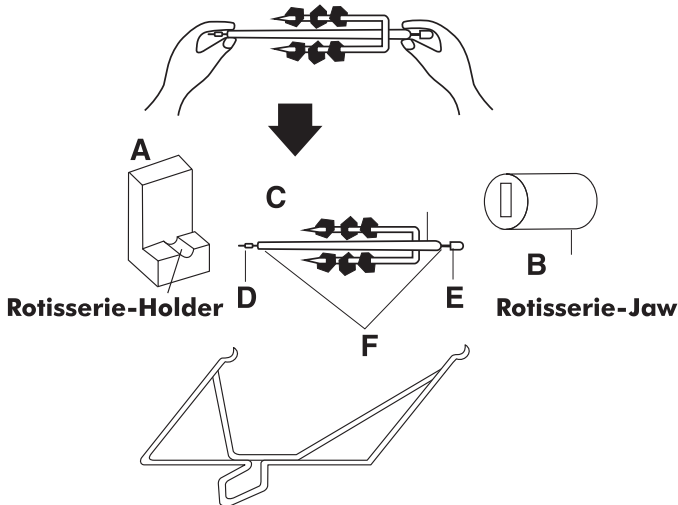
+



Microwave flat glass dish
(Not provided with LG Kit)

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
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

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

Cereals

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



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