

OWNER'S MANUAL

MICROWAVE

OVEN

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

MC2146BP
MC2146BL
MC2146BV
MC2146BG



MFL70580101
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Contents / विषय-वस्तु

How the Microwave Function Works /

माइक्रोवेव प्रणाली किस तरह कार्य करती है

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

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

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

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

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

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

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

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A very safe appliance / अति-सुरक्षित उपकरण

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

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

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IMPORTANT SAFETY INSTRUCTIONS/READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

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

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

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

WARNING / चेतावनी

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

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

WARNING / चेतावनी

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

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

CAUTION / सावधानी

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

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

WARNING / चेतावनी

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

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

- Unlike other appliances, the microwave oven is a high-voltage and a high electrical-current piece of equipment. Improper use or repair could result in harmful exposure to excessive microwave energy or in electric shock.
 - उपकरणों की तुलना में माइक्रोवेव ओवन एक उच्च क्षमता का उच्च विद्युत तरंग वाला उपकरण है। इसका गलत तरीके से इस्तेमाल या मरम्मत करने से अत्यधिक मात्रा की माइक्रोवेव ऊर्जा का हानिकारक प्रभाव या विद्युत के झटके का खतरा हो सकता है।
- 2 Do not use the oven for the purpose of dehumidification. (ex. Operating the microwave oven with wet newspapers, clothes, toys, electric devices, pet or child etc.)
डि-ह्यूमिडिफिकेशन के लिए इसका इस्तेमाल न करें। (उदा. गीले अखबार, खिलौनों, विद्युत उपकरणों, पालतू पशु या बच्चों के साथ ओवन को न चलायें)
 - It can be the cause of serious damage to safety such as a fire, a burn or a sudden death due to an electric shock.
 - यह आग, जलना या विद्युत के झटके से होने वाली अकस्मात् मृत्यु जैसी गंभीर सुरक्षा-क्षति का कारण भी बन सकता है।

WARNING / चेतावनी

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

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

Important Safety Instructions / महत्वपूर्ण सुरक्षा निर्देश

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



WARNING / चेतावनी

- 5 Liquids or other foods must not be heated in sealed containers since they are liable to explode. Remove the plastic wrapping from food before cooking or defrosting. Note though that in some cases food should be covered with plastic film, for heating or cooking.

बंद बर्तनों में तरल या अन्य भोजन इसके अन्दर गर्म न किए जाएं क्योंकि उनमें विस्फोट हो सकता है। खाना बनाते समय या डी-फ्रॉस्ट करते समय बर्तन का मुह बंद करने वाली प्लास्टिक की झिल्ली आदि अवश्य निकाल लें। कुछ मामलों में गरम करने या बनाने के लिए खाने को प्लास्टिक की झिल्ली से बंद करके इसमें रखा जाना चाहिए।

- They could burst.
- उसमें विस्फोट हो सकता है।



WARNING / चेतावनी

- 6 Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door(bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

ओवन यदि क्षतिग्रस्त है तो इसको न चलाएं। यह विशेष रूप से महत्वपूर्ण है कि ओवन के द्वार ठीक से बंद हों और इनमें से कोई (1) द्वार (मुड़े), (2) कब्जे और चिटकनी (टूटी या ढीली), (3) द्वार सील और सीलिंग तल क्षतिग्रस्त न हो।

- It could result in harmful exposure to excessive microwave energy.
अधिक समय तक भोजन अन्दर रहने पर उसमें आग भी लग सकती है और ओवन को भी नुकसान पहुंच सकता है।
- 7 Be certain to use proper accessories on each operation mode, refer to the guide on page 12.
ओवन के किसी भी तरह के उपयोग के दौरान पृष्ठ 12 के निर्देश के अनुसार उचित उपकरणों का इस्तेमाल करें।
- Improper use could result in damage to your oven and accessories, or could make spark and a fire.
- इसके गलत तरीके से इस्तेमाल से ओवन और आपके उपकरणों का नुकसान या विद्युत स्पर्क या आग लगने का खतरा हो सकता है।
- 8 The children should not allow to play with accessories or hang down from the door handle.
बच्चों को इसकी एक्सेसरीज से खेलने या इसके दरवाजे पर लटकने से मना किया जाना चाहिए।
- They may get hurt.
- उन्हें चोट लगने का खतरा है।

- 9 It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.

किसी भी व्यक्ति को जो कि ओवन का तकनीक विशेषज्ञ न हो, ओवन में किसी भी प्रकार की मरम्मत या किसी भी तरह का जोड़तोड़ करने से मनाही होनी चाहिए ताकि माइक्रोवेव ऊर्जा से बचाने के लिए लगे हुए कवर अपनी जगह से न हिलें।

- 10 When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.

जब ओवन का कॉम्बिनेशन मोड में इस्तेमाल हो रहा हो तो बच्चे सिर्फ बड़ों के निर्देशन के ही इसका इस्तेमाल करें क्योंकि इस समय अत्यधिक ताप उत्पन्न होता है जो उनके लिए घातक सिद्ध हो सकता है।



CAUTION / सावधानी

- 1 You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. It is important not to tamper with the safety interlocks.

इसके दरवाजों पर लगे सेफ्टी इंटरलॉक्स के कारण आप इसके द्वार खोल कर इसको नहीं चला सकते। ये बहुत जरूरी है कि सेफ्टी इंटरलॉक्स के साथ किसी तरह की छेड़छाड़ न की जाए।

- It could result in harmful exposure to excessive microwave energy. (Safety interlocks automatically switch off any cooking activity when the door is opened).
इसमें पैदा होने वाली अत्यधिक माइक्रोवेव ऊर्जा के कारण ये खतरे की वजह भी बन सकते हैं। (जब ओवन के द्वार खुले होते हैं तो सेफ्टी इंटरलॉक्स अपने आप निष्क्रिय हो कर खाना बनाने या गरम करने का कार्य बंद कर देते हैं।)

- 2 Do not place any object (such as kitchen towels, napkins, etc.) between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.

ओवन के द्वार और प्रवेश द्वार के सामने कोई सामान (जैसे किचन टॉवल या नैपकिन इत्यादि) न रखें न ही किसी तरह के खाने या सफाई करने वाले सामान के अवशेष यहां रहने दें।

- It could result in harmful exposure to excessive microwave energy.
ऐसा करना अत्यधिक ऊर्जा के प्रवाह से खतरा पैदा कर सकता है।

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

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

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

Safety Precautions / सुरक्षा सावधानियां

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

BEFORE USE / इस्तेमाल के पहले

Unpacking & Installing / इस्तेमाल के पहले

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

नीचे दिए हुए दो पन्नों से आप निर्धारित कर सकते हैं कि आपका अवन सही चल रहा है या नहीं। अपना अवन आप कहीं स्थापित कर रहे हैं इस पर ध्यान दें। अवन को खोलते समय आप सभी एक्सेसरीज और पैकिंग निकाल दें। आप ये निर्धारित करें कि आपका अवन डिलिवरी के समय क्षतिग्रस्त नहीं हुआ है।

1 Unpack your oven and place it on a flat level surface.
अपने अवन को खोलकर एक समतल स्थान पर स्थापित करें।



HIGH RACK / 'हाई' रैक



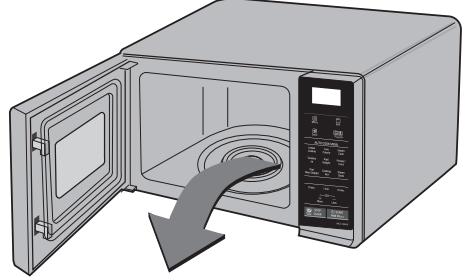
LOW RACK / लो रैक



GLASS TRAY / कौंच की ट्रे



ROTATING RING / सेटेटिंग रिंग

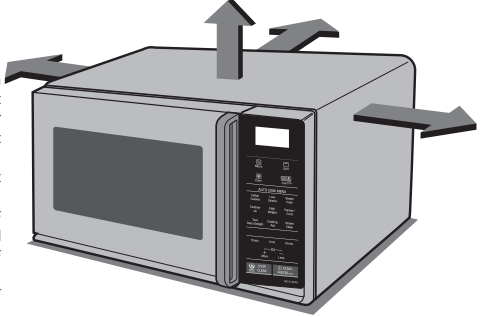


2 Place the oven in the level location of your choice with more than 85cm height but make sure there is at least 30cm of space on the top and 10cm at the rear for proper ventilation. The front of the oven should be at least 8cm from the edge of the surface to prevent tipping.

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

अवन को अपने मनपसन्द स्थान पर 85 सेमी. की ऊँचाई पर रखें लेकिन यह ध्यान रहे कि कम से कम 30 सेमी. का स्थान ऊपर से 10 सेमी. का स्थान पीछे से छूटना आवश्यक है। अवन का आगे का हिस्सा कम से कम 8 सेमी. समतल के किनारे से दूर होना चाहिए ताकि वह टकराने से बच सके।

एक बाहरी द्वार वायू निकास के लिए अवन के ऊपर या किनारे पर है, बाहरी वायू निकास को रोकना अवन को नष्ट कर सकता है।



This oven should not be used for commercial catering purposes.

यह तंदूर व्यवसायिक उद्देश्य के लिए नहीं है।

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

अपने तंदूर को मानक गृह गति से जोड़ दें। इस बात का ध्यान रखें कि आपका तंदूर ही केवल वह उपकरण है जो गति से जुड़ा हुआ है। अगर आपका तंदूर सही ढंग से काम नहीं कर रहा है तो पहले विद्युत आपूर्ति बन्द करके दोबारा चालू करें।

4 Open your oven door by pulling the **DOOR HANDLE**. Place the **ROTATING RING** inside the oven and place the **GLASS TRAY** on top.

अपने तंदूर के दरवाजे को दरवाजे पर लगे हुए हथके द्वारा खींचें। घूमने वाले रिंग को तंदूर के भीतर रखें और ग्लास ट्रे को ऊपर रखें।

5 Fill a microwave safe container with 300 ml (1/2 pint) of water. Place on the **GLASS TRAY** and close the oven door.

माइक्रोवेव सेफ कंटेनर में 300 मिली. पानी भर लें। उसे ग्लास ट्रे के ऊपर रखकर ओवन का दरवाजा बन्द कर दें।



Before Use / इस्तेमाल के पहले

6

Press the **START** button one time to set 30 seconds of cooking time. When you press the button, you will hear a **BEEP** sound and your oven will start automatically.
स्टार्ट बटन को एक बार दबा दें और 30 सेकन्ड के लिए निर्धारित करें जब आप बटन दबायेंगे तो एक आवाज सुनेंगे और आपका ओवन अपने आप काम करना शुरू कर देगा।



7

The **DISPLAY** will count down from 30 seconds. When it reaches 0 it will sound BEEPS. Open the oven door and test the temperature of the water. If your oven is operating the water should be warm. Be careful when removing the container it may be hot.




प्रदर्शन में 30 सेकन्ड गिनने शुरू हो जायेंगे। जब यह 0 तक पहुँचेगा जो एक ध्वनि आयेगी। तंदूर का दरवाजा खोलें और पानी का तापमान जाँच लें। अगर आपका तंदूर काम कर रहा है तो पानी गर्म हो जायेगा। पात्र को हटाने समय सावधानी बरतें, वह शायद गर्म हो सकता है।



YOUR OVEN IS NOW INSTALLED
आपका तंदूर अब स्थापित हो गया है।

Method To Use Accessories As Per Mode /

मोड के अनुसार एक्सेसरीज़ प्रयोग करने कि विधि

	Microwave	Grill	Convection	Grill combi	Conv combi
 High rack	✗	✓	✓	✓	✓
 Low rack	✗	✓	✓	✓	✓
 Glass tray	✓	✓	✓	✓	✓

✓ Acceptable
✗ Not Acceptable

✓ स्वीकार्य
✗ अस्वीकार्य

Note :

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

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

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

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

Microwave-Safe Utensils / माइक्रोवेव सुरक्षित बर्तन

Never use metal or metal trimmed utensils in using microwave function /

धातु या धातु के छीट लगे हुए बर्तन इसमें इस्तेमाल न करें।

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

Place the utensil in question next to a glass bowl filled with water in using microwave function. Microwave at power HIGH for 1 minute. If the water heats up but the utensil remains cool to the touch, the utensil is microwave-safe. However, if the water does not change temperature but the utensil becomes warm, microwaves are being absorbed by the utensil and it is not safe for use in using microwave function. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in the microwave. Just read through the following checklist.

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

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

Dinner plates/ डिनर प्लेट

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

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

Glassware / कांच के बर्तन

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

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

Plastic storage containers / स्टर करने के लिए प्लास्टिक के भण्डारे

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

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

Paper / कागज

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

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

Plastic cooking bags / प्लास्टिक के कुकिंग-बैग

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

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

Plastic microwave cookware / प्लास्टिक के बने माइक्रोवेव-पात्र

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

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

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

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

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

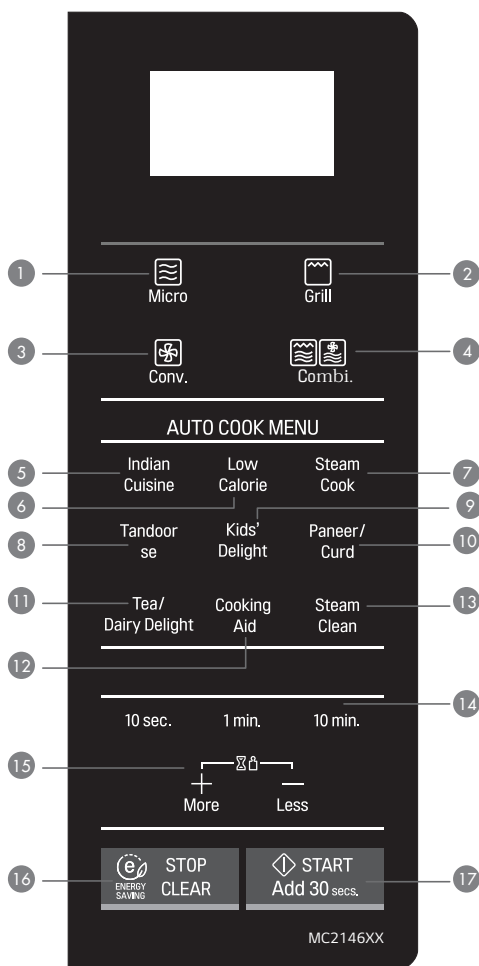


CAUTION / सावधानी

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

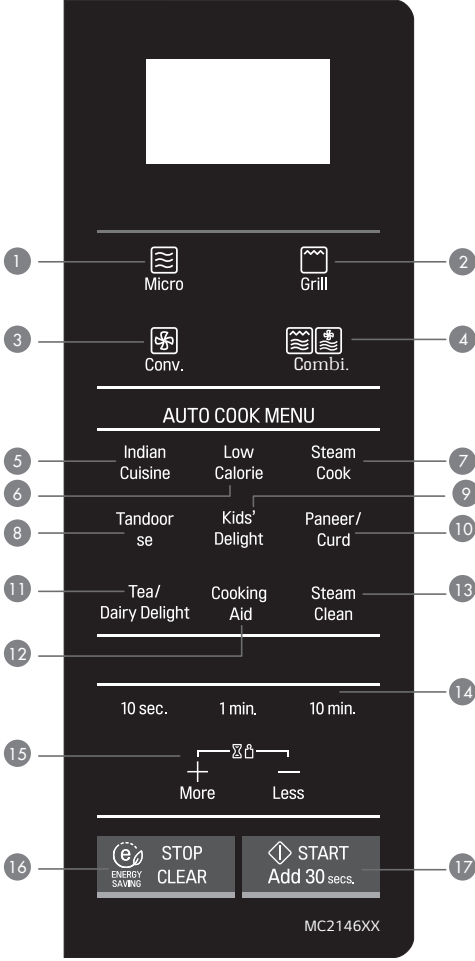
Before Use / इस्तेमाल के पहले

Control Panel



Part	
1 Micro	Use to select the power level for microwave cooking
2 Grill	Use to select Grill or Combination cooking
3 Conv.	Use to select Convection cooking
4 Combi	Use to select combination cooking.
5 Indian Cuisine	Cook your favourite recipes using this function
6 Low Calorie	Cook your favourite recipes using this function
7 Steam Cook	Cook your favourite recipes using this function
8 Tandoor se	Cook your favourite recipes using this function
9 Kids' Delight	Cook your favourite recipes using this function
10 Paneer/Curd	Cook your favourite recipes using this function
11 Tea/Dairy Delight	Cook your favourite recipes using this function
12 Cooking Aid	Cook your favourite recipes using this function
13 Steam Clean	Cook your favourite recipes using this function
14	Used to select cooking time of a recipe
15 More/Less	Used to increase/decrease the cooking time.
16 STOP/CLEAR (ENERGY SAVING)	Used to stop oven and clear all entries. For setting energy saving feature.
17 START/Add 30 secs.	To quickly set the cooking time directly. The Add 30 sec feature allow you to set 30 seconds intervals of HIGH power cooking with a single touch

कन्ट्रोल पैनल



पार्ट

- 1 **माइक्रो**
माइक्रोवेव कुकिंग के पावर लेवल को स्लेक्ट करने के लिए
- 2 **ग्रिल**
ग्रिल कुकिंग को स्लेक्ट करने के लिए
- 3 **कन्वैक्शन**
कन्वैक्शन कुकिंग को स्लेक्ट करने के लिए
- 4 **कॉम्बी**
कॉम्बी कुकिंग को स्लेक्ट करने के लिए
- 5 **इंडियन क्युज़ीन**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 6 **लो कैलोरी**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 7 **स्टीम कुक**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 8 **तन्दूर से**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 9 **किड्स डिलाइट**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 10 **पनीर/कर्ड**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 11 **टी/डेरी डिलाइट**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 12 **कुकिंग एड**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 13 **स्टीम क्लीन**
इस फंक्शन का उपयोग कर अपने पसंदीदा व्यंजन पकायें।
- 14 **एक व्यंजन के खाना पकाने के समय का चयन करने के लिए**
- 15 **अधिक/कम** खाना पकाने में प्रयुक्त समय को अधिक/कम करने के लिए
- 16 **स्टॉप/क्लीयर (एनर्जी सेविंग)**
ओवन को रोकने और सभी एन्टीज को हटाने के लिए।
एनर्जी सेविंग फीचर सैट करने के लिए
- 17 **स्टार्ट/एड 30 सेकेंड्स**
 - कुकिंग को शुरू करने के लिए दबाए जाने वाले अपने बटन को आप एक ही बार दबाएं।
 - क्विक स्टार्ट वाले फीचर को इस्तेमाल करके आप फ़टाफ़ट तीस सेकेंड्स की हाई पावर कुकिंग कर सकते हैं।

Child Lock

चाइल्ड लॉक



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

आपके अवन में सुरक्षा के उपाय हैं जो कि अनावश्यक उपयोग से अवन को रोकते हैं। एक बार चाइल्ड लॉक निर्धारित करने से आप कोई कार्य नहीं कर सकते हैं और कोई पकाने की क्रिया भी नहीं होगी।

However your child can still open the oven door.

जबकि आपका बच्चा अवन का दरवाजा फिर भी खोल सकता है।

Press **STOP/CLEAR**

दबायें स्टॉप/क्लियर



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

जबतक "L" प्रदर्शक पर न आये और ध्वनि न आये तब तक स्टॉप/क्लियर दबाकर रुक जाईये

The CHILD LOCK is now set. चाइल्ड लॉक निर्धारित हो गया है।



"L" remains on the display to let you know that CHILD LOCK is set (If you press any button).

"L" प्रदर्शक पर आता रहेगा इससे आप जान जायेंगे कि चाइल्ड लॉक निर्धारित है। (आप चाहे कोई भी बटन दबाएँ)



To cancel CHILD LOCK press and hold **STOP/CLEAR** until "L" disappears. You will hear BEEP when it's released.

चाइल्ड लॉक हटाने के लिए स्टॉप/क्लियर दबाकर रुक जाईये जबतक

"L" गायब न हो जाये। आप ध्वनि सुनेंगे जब यह हट जायेगा।



Micro Power Cooking माइक्रो पावर में पकाना



In the following example I will show you how to cook some food on 80% power for 5 minutes and 30 seconds.

इन दिये गये उदाहरणों में मैं आपको कुछ आहार 80% क्षमता पर 5 मिनट 30 सेकण्ड के लिए पकाना बताऊँगा।

Your oven has five microwave Power settings.

आपके ओवन में पाँच सूक्ष्म तरंग क्षमता निर्धारण है।

After cooking is over, End

Reminder Beep Sound per 1 minute for 5 minutes until the oven door is opened.

जब पकाना पूरा हो जायेगा तो अन्त का ध्यान दिलाने वाली ध्वनि सुनाई देगी। यह ध्वनि 1 मिनट पर 5 मिनट के लिए सुनाई देगी जब तक अवन का दरवाजा नहीं खुलेगा।

Power/क्षमता	%	Power Output क्षमता प्राप्त
HIGH (MAX) उच्च (अधिक)	100%	800W
MEDIUM HIGH मध्यम उच्च	80%	640W
MEDIUM/ मध्यम	60%	480W
DEFROST (❄️) MEDIUM LOW नम मध्यम निम्न	40%	320W
LOW/निम्न	20%	160W

Make sure that you have correctly installed you oven as described earlier in this book

इस बात पर ध्यान दें कि आपका अवन स्थापित कर दिया गया है जैसा कि इस किताब में पहले दिखा दिया गया है।

Press STOP.

स्टॉप दबायें।



Press Micro Twice to select 80% power.

80% पावर को चुनने के लिये माइक्रो को दो बार दबाए।

"640" apperar on the display.

"640" प्रदर्शक पर दिखेगा।



Press '1 min' five times.

'1 min' पाँच बाद दबाइए।

Press '10 sec' three times.

'10 sec' तीन बाद दबाइए।

10 sec. 1 min. 10 min.

Press START.

स्टार्ट दबायें।



Micro Power Level माइक्रो पावर लेवल



Your microwave oven is equipped with 5 power levels to give you maximum flexibility and control over cooking. The table below shows the examples of food and their recommended cooking power levels for use with this microwave oven.

आपका सूक्ष्म तरंग अवन 5 क्षमता से संवरा हुआ है। आपको अधिक मनमाफिक और अधिकार देने के लिए नीचे दी गई सूची में उदाहरणों के आहार और उनको पकाने के लिए जो क्षमता निर्धारित की गयी है इस अवन के उपयोग के लिए बताई गयी है।

POWER LEVEL क्षमता स्तर	OUTPUT क्षमता प्राप्त	USE उपयोग
HIGH उच्च (अधिक)	100% (800W)	<ul style="list-style-type: none"> * Boil Water / बॉईल वॉटर * Brown minced meat / ब्राऊन मिंसड मीट * Cook poultry pieces, fish, vegetables / पोल्ट्री, मछली, व्हेचिटेबल पकाना * Cook tender cuts of meat / मांस के टुकड़े पकाना
MEDIUM HIGH मध्यम उच्च	80% (640W)	<ul style="list-style-type: none"> * All reheating / भोजन दोबारा गर्म करना * Cook mushrooms and shellfish / मशरूम व खोल वाली मछली पकाना * Cook foods containing cheese and eggs / भोजन, जिसमें अण्डे व चीज डाली गई हो।
MEDIUM मध्यम	60% (480W)	<ul style="list-style-type: none"> * Bake cakes and scones / केक व 'स्कोन' बेक करना * Prepare eggs / अण्डे पकाना * Cook custard / कस्टर्ड पकाना * Prepare rice, soup / चावल, सूप पकाना
DEFROST/ MEDIUM LOW (**) नम मध्यम निम्न	40% (320W)	<ul style="list-style-type: none"> * All thawing / सभी प्रकार के खाद्य पदार्थ को सामान्य तापमान पर रखना * Melt butter and chocolate / चॉकलेट व मक्खन पकाना * Cook less tender cuts of meat / मांस के कम नरम टुकड़े
LOW निम्न	20% (160W)	<ul style="list-style-type: none"> * Soften butter & cheese / मक्खन और चीज को नरम करना * Soften ice cream / आईस्क्रीम को नरम करना * Raise yeast dough / आटे में खमीर उठाना

Add 30 Secs. एड 30 सेकेंड्स



In the following example I will show you how to set 2 minutes of cooking on high power.
निम्नलिखित उदाहरण में दर्शाया गया है कि उच्च पावर स्तर पर खाना बनाने के लिए 2 मिनट कैसे सेट करते हैं।

The QUICK START feature allow you to set 30 seconds intervals of HIGH power cooking with a touch of the START button.
क्विक स्टार्ट आपको यह आराम देता है कि आप स्टार्ट बटन दबाकर 30 सेकेंड के अन्तराल में उच्च क्षमता में भोजन पका सकते हैं।

Press STOP/CLEAR.
स्टॉप / क्लियर दबायें।



Press START four times to select 2 minutes on HIGH power. Your oven will start before you have finished the fourth press.
उच्च क्षमता के लिए स्टार्ट बटन को चार बार दबाएं और 2 मिनट का चयन करें। आपका ओवन काम करना शुरू कर देगा, पहले ही जब आप चौथी बार दबा रहे होंगे।



During QUICK START cooking, you can extend the cooking by repeatedly pressing the START button.
क्विक स्टार्ट खाना पकाने के दौरान आप बार-बार स्टार्ट बटन दबाकर खाना पकाने का विस्तार कर सकते हैं।

Grill Cooking ग्रिल कुकिंग



In the following example I will show you how to use the grill to cook some food for 12 minutes and 30 seconds.

निम्नलिखित उदाहरण में दर्शाया गया है कि 12 मिनट और 30 सेकंड के लिए खाना पकाने में ग्रिल का इस्तेमाल कैसे किया जाता है।

This model is fitted with a QUARTZ GRILL, so preheating is not needed.

This feature will allow you to brown and crisp food quickly.

ये मॉडल क्वार्ट्ज के साथ है इसलिए उसको प्रीहीटिंग जरूरी नहीं है।

इससे आपको जल्द ब्राऊन और क्रिस्पी पदार्थ मिल सकते हैं।



Press STOP
स्टॉप दबायें।



Press Grill,
ग्रिल दबायें।



Set the cooking time.

कुकिंग टाइम सेट करें।

Press '10 min' once. / '10 min' एक बार दबाइए।

Press '1 min' twice. / '1 min' दो बार दबाइए।

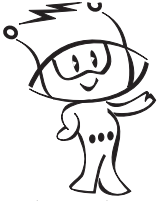
Press '10 sec' three times. / '10 sec' तीन बार दबाइए।

10 sec. 1 min. 10 min.

Press START,
स्टार्ट दबायें।



Grill Combination Cooking ग्रिल कॉम्बीनेशन कुकिंग



In the following example I will show you how to programme your oven with micro power 160W and combi for a cooking time of 25 minutes.

निम्नलिखित उदाहरण में दर्शाया गया है कि 25 मिनट के लिए खाना पकाने में माइक्रो पावर 160 और कॉम्बी से अपने ओवन को कैसे सेट करें।

Your oven has a combination cooking feature which allows you to cook food with **heater** and **microwave** at the same time or alternately. This generally means it takes less time to cook your food. There are 3 kinds of power in combi mode (160W, 320W, 480W).

आपके ओवन में यह सुविधा इस लिये प्रदान की गई है ताकि आप इसके प्रयोग से भोजन को हीटर व माइक्रोवेव द्वारा एक ही समय में बारी बारी से पका सकें। सामान्यतः इसका अर्थ होता है कि भोजन पकने में लगने वाले समय की बचत। कॉम्बी मोड में (160W, 320W, 480W) तीन प्रकार की क्षमताएँ हैं।

Press STOP/CLEAR.
स्टॉप/क्लियर दबायें।



Press Combi.
Combi बटन दबाएँ।



Press Grill.
Grill बटन दबाएँ।
Press Micro (160W is set).
Micro बटन दबा कर (160W) सेट करें।



Press '10 min' 2 times/ '10 min' 2 बार दबाएं।
Press '1 min' 5 times/ '1 min' 5 बार दबाएं।

10 sec. 1 min. 10 min.

Press START.
स्टार्ट दबायें।



Be careful when removing your food because the container will be hot!

भोजन को निकालते समय सावधानी बरतें, क्योंकि पात्र गर्म हो सकता है।

How To Use / किस तरह इस्तेमाल करें

Convection Combination Cooking

कन्वैक्शन कॉम्बिनेशन कुकिंग



In the following example I will show you how to programme your oven with micro power 160W and at a convection temperature 180°C for a cooking time of 25 minutes.

निम्नलिखित उदाहरण में दर्शाया गया है कि ओवन को 25 मिनट के कुकिंग समय के लिए माइक्रो पावर 160W और कन्वैक्शन तापमान 180°C के साथ कैसे सैट करें।

The oven has a temperature range of 100°C ~ 220°C. (180°C is automatically available when convection combination mode is selected.) There are 3 kinds of power in combi mode (160W, 320W, 480W)

ओवन में 100°C ~ 220°C तक तापमान सीमा होती है। कन्वैक्शन कॉम्बिनेशन मोड चुनने पर 180°C तापमान स्वतः ही उपलब्ध हो जाता है। कॉम्बी मोड में (160W, 320W, 480W) तीन प्रकार की क्षमताएँ हैं।

Press STOP/CLEAR. / STOP/CLEAR दबाएं।



Press Combi. / Combi दबाएं।



Press Conv. / Conv दबाएं।



Press Micro. / Micro दबाएं।



Press '10 min' two times / '10 min' दो बार दबाएं।

Press '1 min' five times / '10 min' पाँच बार दबाएं।

10 sec. 1 min. 10 min.

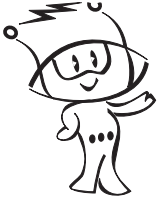
Press START. / START दबाएं।

Be careful when removing your food because the container will be hot.

खाना निकालते समय सावधानी बरतें, क्योंकि बर्तन उस समय गर्म होगा।



Energy Saving ऊर्जा की बचत



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

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

When Door open condition (Lamp on & Display on):

डोर खुली अवस्था (लैम्प और डिस्प्ले खुला है)

Press STOP/CLEAR one time

STOP/CLEAR एक बार दबाएं।

Lamp off & Display off (Both together)

लैम्प और डिस्प्ले बन्द हो जाएंगे (दोनों एक साथ)

Press any key on keypad, display shows that key related display & lamp & turned on.

कोई भी की दबाएं उस की से संबंधित डिस्प्ले दिखाई देगा और लैम्प चालू हो जायेगा।



When Door close condition (Lamp on & Display on):

डोर खुली अवस्था (लैम्प और डिस्प्ले खुला है)

Press STOP/CLEAR one time

STOP/CLEAR एक बार दबाएं।

Lamp off & Display off (Both together)

लैम्प और डिस्प्ले बन्द हो जाएंगे (दोनों एक साथ)

Press any key on keypad, display shows that key related display & lamp & turned off.

कोई भी की दबाएं उस की से संबंधित डिस्प्ले दिखाई देगा और लैम्प बन्द हो जायेगा।



When Door close condition (Lamp on & Display on):

डोर खुली अवस्था (लैम्प और डिस्प्ले खुला है)

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

डोर खुलने के 5 मिनट बाद लैम्प स्वतः बन्द हो जायेगा।

- When any key is pressed, lamp & display are turned on.
जब आप कोई की दबायेंगे तो लैम्प/डिस्प्ले फिर से चालू हो जायेगा।
- If door is closed, after 5 minutes display is turned off.
अगर डोर बन्द है तो 5 मिनट के बाद डिस्प्ले बन्द हो जायेगा।

Two Stage Cooking दू स्टेज कुकिंग



Press STOP/CLEAR.
STOP/CLEAR दबाएं।

In the following example I will show you how to cook food in two stages by taking example of combination cooking.

निम्नलिखित उदाहरण में मैं आपको दिखाऊँगा कि दो स्टेज में कॉम्बीनेशन कुकिंग का उदाहरण लेकर खाना कैसे पकाया जाता है।

ENERGY
SAVING STOP
CLEAR

STAGE 1 setting

स्टेज 1 सैटिंग

1) Press Combi.

1) कॉम्बी दबाएं।

2) Select desired Combi mode (Grill Combi/Conv. Combi)*

2) मनपसन्द मोड चुनें (ग्रिल कॉम्बी/कनवैक्शन कॉम्बी)*

3) Continuously press the Micro Key to select desired power level as shown below:

160 → 320 → 480

3) मनपसन्द पॉवर लेवल चुनने के लिए माइक्रो बटन को लगातार दबाएं, जैसा कि नीचे दर्शाया गया है।

160 → 320 → 480

4) Set time (10 sec / 1 min / 10 min)

4) समय निर्धारित करें (10 सेकंड / 1 मिनट / 10 मिनट)



Combi

Micro

10 sec. 1 min. 10 min.

STAGE 2 setting

स्टेज 2 सैटिंग

1) Press Combi.

1) कॉम्बी दबाएं।

2) Select desired Combi mode (Grill Combi/Conv. Combi)*

2) मनपसन्द मोड चुनें (ग्रिल कॉम्बी/कनवैक्शन कॉम्बी)*

3) Continuously press the Micro Key to select desired power level as shown below:

320 → 480 → 160

3) मनपसन्द पॉवर लेवल चुनने के लिए माइक्रो बटन को लगातार दबाएं, जैसा कि नीचे दर्शाया गया है।

320 → 480 → 160

4) Set time (10 sec / 1 min / 10 min)

4) समय निर्धारित करें (10 सेकंड / 1 मिनट / 10 मिनट)



Combi

Micro

10 sec. 1 min. 10 min.

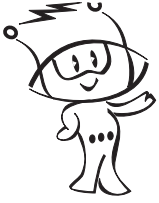
5) Press START/Add 30 secs.

5) START/Add 30 secs. दबाएं।

START
Add 30 secs.

*Note: For combi mode selection refer Pg. 22, 23 / नोट: कॉम्बी मोड सलैक्शन के लिए पेज 22, 23 देखें।

Convection Preheat कन्वेक्शन प्रीहीट



In the following example I will show you how to preheat the oven at a temperature of 190°C.

निम्नलिखित उदाहरण में दर्शाया गया है कि ओवन को 190°C के तापमान पर कैसे प्रीहीट करें।

The convection oven has a temperature range of 40°C and 100°C~220°C (180°C is automatically available when convection mode is selected).

ओवन में 40°C और 100°C ~ 220°C तक तापमान सीमा होती है। कन्वेक्शन मोड चुनने पर 180°C तापमान स्वतः ही उपलब्ध हो जाता है।

Your oven will take a few minutes to reach the selected temperature.

आपका ओवन चुने हुए तापमान तक पहुँचने में कुछ मिनटों का समय लेगा।

Once it has reached correct temperature, your oven will BEEP to let you know that it has reached the correct temperature. Then place your food in your oven: then tell your oven to start cooking.

एक बार सही तापमान पर पहुँचने पर आपका ओवन यह बताने के लिए 'बीप' करेगा कि ओवन सही तापमान पर पहुँच गया है। तब आप ओवन में अपना खाना रखें और पकाने के लिए स्टार्ट दबाएं।

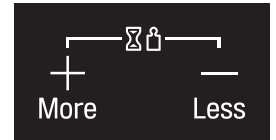
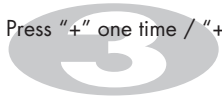
Press STOP/CLEAR. / STOP/CLEAR दबाएं।



Press Conv. one time / Conv. एक बार दबाएं।



Press "+" one time / "+" एक बार दबाएं।



Press START two time / START दो बार दबाएं।



Preheat will be started with displaying "Pr-H".

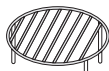
"Pr-H" दर्शान पर प्रीहीटिंग आरम्भ हो जायेगी।



How To Use / किस तरह इस्तेमाल करें

Convection Cooking

कन्वैक्शन कुकिंग



In the following example I will show you how to cook some food at a temperature of 190°C for 30 minutes. निम्नलिखित उदाहरण में दर्शाया गया है कि 30 मिनट के लिए 190°C तापमान पर कुछ खाना कैसे पकाएं।

The convection oven has a temperature range of 40°C and 100°C ~ 220°C (180°C is automatically available when convection mode is selected).

ओवन में 40°C और 100°C ~ 220°C तक तापमान सीमा होती है। कन्वैक्शन मोड चुनने पर 180°C तापमान स्वतः ही उपलब्ध हो जाता है।

If you do not set a temperature your oven will automatically select 180°C, the cooking temperature can be changed by pressing "+/-".

यदि आप तापमान सेट नहीं करते हैं तो आपका ओवन स्वतः ही 180°C चुन लेगा, कुकिंग तापमान "+/-" दबाकर बदला जा सकता है।

The rack must be used during convection cooking.

कन्वैक्शन कुकिंग के दौरान रैक का प्रयोग अवश्य करना चाहिए।

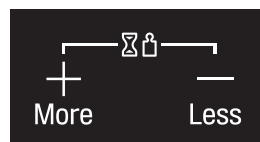
Press STOP/CLEAR. / STOP/CLEAR दबाएं।



Press Conv. one time / Conv. एक बार दबाएं।



Press "+" one time till 190°C is displayed. 190°C दर्शाने तक "+" एक बार दबाएं।



Press '10 min' Three times / '10 min' तीन बार दबाएं।

10 sec. 1 min. 10 min.

Press START. / START दबाएं।



Various Cook Functions / विभिन्न कुक कार्यप्रणालियाँ

Please follow the given steps to operate cook functions (Indian Cuisine, Low Calorie, Steam Cook, Tandoor Se, Kids' Delight, Paneer/Curd, Tea/Dair Delight, Cooking Aid, Steam Clean) in your Microwave.

COOK MODE	Indian Cuisine [IC, SC, CC], Low Calorie [HP, So, Co], Steam Cook [St], Tandoor Se [tS], Kids Delight [CF, CA], Paneer/Curd [PA, CU], Tea/Dairy Delight [dd]	Cooking Aid [UC] Steam Clean [SL]
STEP-1	Press Stop/Clear	Press Stop/Clear
STEP-2	Press IC (1-34), SC (1-14), CC(1-10), HP (1-16), So (1-15), Co (1-13), St (1-10), tS (1-4), CF (1-14), CA(1-5), PA (1-2), CU (1-2), dd (1-4) to select menu.	Press UC (1-7) and SL (1) to select menu.
STEP-3	Press "+" / "-" to set weight (If required)	Press "+" / "-" to set weight (If required)
STEP-4	Press Start / Add 30 seconds	Press Start / Add 30 seconds

कृपया अपने माइक्रोवेव की विभिन्न कार्यप्रणालियाँ (Indian Cuisine, Low Calorie, Steam Cook, Tandoor Se, Kids' Delight, Paneer/Curd, Tea/Dair Delight, Cooking Aid, Steam Clean) को चलाने के लिए नीचे दिये गये चरणों का अनुसरण करें।

कुक फंक्शंस	इंडियन क्यूज़ीन [IC, SC, CC] लो कैलोरी [HP, So, Co], स्टीम कुक [St], तंदूर से [tS], किड्स डिलाइट [CF, CA] पनीर/कर्ड [PA, CU], टी/डेरी डिलाइट[dd],	कुकिंग ऐड (UC) स्टीम क्लीन (SL)
स्टैप 1	स्टॉप/क्लीयर दबाएँ।	स्टॉप/क्लीयर दबाएँ
स्टैप 2	मेन्यू चुनने के लिए IC (1-34), SC (1-14), CC(1-10), HP (1-16), So (1-15), Co (1-13), St (1-10), tS (1-4), CF (1-14), CA(1-5), PA (1-2), CU (1-2), dd (1-4) दबाएँ।	मेन्यू चुनने के लिए UC (1-7) एवं SL (1) दबाएँ।
स्टैप 3	"+" / "-" वर्ग चुनने के लिए दबायें (जरूरत पड़ने पर)	वर्ग चुनने के लिए "+" / "-" दबाएँ। (जरूरत पड़ने पर)
स्टैप 4	Start/Add 30 Seconds स्टार्ट दबाएँ।	Start/Add 30 Seconds स्टार्ट दबाएँ।

Note / टिप्पणी :

While cooking you can extend the cooking time at any point by pressing increase/decrease button. There is no need to stop the cooking process.

जब आप भोजन पका रहे हों, तो केवल increase/decrease बटन दबा कर ही समय में परिवर्तन किया जा सकता है। भोजन पकाने की प्रक्रिया को रोकने की कोई आवश्यकता नहीं है।

Menu	IC1	Mix Veg				Weight Limit	0.1~0.5 kg
Utensil: Microwave safe (MWS) bowl							
Instructions						Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none">In a MWS bowl add oil, onion, tomato & all spices. Mix well, select category & weight and press start.When beeps, remove & mix well. Add vegetable & some water. Cover & press start.When beeps, mix well. Cover & press start. Garnish with coriander leaves.	
Mix Veg. (Carrot, Cauliflower, peas, beans, tomato)	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 tbsp	1 cup	1½ cup	1½ cup	1½ cup		
Salt, Cumin powder, Garam, masala, Red Chilli powder, Coriander	As per taste						
Menu	IC2	Veg Biryani				Weight Limit	0.1~0.5 kg
Utensil: Microwave safe (MWS) bowl							
Instructions						Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none">In Microwave Safe Bowl put oil add laung, Dlachini, Elaichi, Tej patta and Kali Mirch, add mix vegetables, select category & weight and press Start.When beeps, add rice, water, salt & all spices. Mix well, cover it & press start. Stand in 5 minutes after cook ends. Serve hot with raita & salad.	
Basmati Rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g		
Water	200 ml	400 ml	500 ml	550 ml	650 ml		
Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp		
Laung, Elaichi, Dalcchini, Black Pepper, Tej Patta, Salt, garam masala & red chilli powder	To taste						
Mix Vegetables - (Gobhi, Mutter, Gajar, French Beans etc.)	½ cup	1 cup	1½ cup	2 cup	2½ cup		
Menu	IC3	Kadhai Paneer				Weight Limit	0.1~0.5 kg
Utensil: Microwave safe (MWS) bowl							
Instructions						Method:	
Paneer	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none">In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum, tomato & onion. Mix well, cover. Select category & weight and press start.When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, kasuri methi, salt and paneer cubes, mix well and press start, garnish with hara dhania and serve hot.	
Capsicum & Onion (sliced)	½ cup	1 cup	1½ cup	2 cup	2½ cup		
Sliced tomato	½ no.	1 no.	1½ no.	2 no.	2½ no.		
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	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		
Oil	½ tbsp	1 tbsp	2 tbsp	2½ tbsp	3 tbsp		
Menu	IC4	Kadhai Chicken				Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl							
Instructions						Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<ol style="list-style-type: none">In Microwave Safe Bowl add oil, methidana, onion slices, garlic, dhania powder, red chilli powder, chicken & salt. Cover. Select category & weight and press start.When beeps, mix well & add tomato puree, hara dhana, capsicum & ginger. Mix well & cover and press start. Stand for 3 minutes.Add cream. Mix well. Serve hot.	
Boneless chicken	100 g	200 g	300 g	400 g	500 g		
Oil	1 tbsp	2 tbsp	3 tbsp	3 tbsp	3½ tbsp		
Methidana	¼ tsp	¼ tsp	1 tsp	1 tsp	1 tsp		
Onion slices	1 no.	2 nos.	3 nos.	3 nos.	3½ nos.		
Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp		
Dhania powder, red chilli powder salt	As per taste						
Tomato puree	¼ cup	½ cup	1 cup	1½ cup	1½ cup		
Hara dhania	A few sprigs						
Capsicum	1 no.	2 no.	2 no.	2 no.	2 no.		
Ginger (finely sliced)	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4½ tbsp		
Cream	For garnishing						
Menu	IC5	Dal Tadka				Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl							
Instructions						Method:	
For	0.2 kg					<ol style="list-style-type: none">Take 200 gms dal in Microwave Safe bowl, add Water, Haldi & Hing.Select category press start to cook.When beeps, take another bowl add oil, roasted jeera, hari mirch, curry leaves, add dal, salt, dhania jeera powder, hara dhania, kasuri methi (optional), water (if required). Press start.When beeps, mix well & again press start.	
Dal (soaked for 2 hours)	200 g						
Water	400 ml						
Oil	2 tbsp						
Rai, roasted Jeera, Kasuri Methi, Hara Dhania, Hing, Haldi, Geen Chilli	To taste						
Salt	To taste						

Menu	IC6	Butter Chicken	Weight Limit	0.3~0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg	0.4 kg	0.5 kg	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.
Chicken (boneless)	300 g	400 g	500 g	
Ginger garlic paste	2 tbsp	2½ tbsp	3 tbsp	
Tomato puree	½ cup	1 cup	1 cup	
Chopped onions	1 no.	1 no.	2 nos.	
Garam masala, dhania powder, jeera powder, kasuri methi, red chilli powder, salt	As per taste			
Kaju paste	2 tbsp	2½ tbsp	3 tbsp	
Fresh cream	1 cup	1½ cup	1½ cup	
Butter	2 tbsp	3 tbsp	3½ tbsp	
Oil	2 tbsp	2½ tbsp	2½ tbsp	
Slit green chillies	3 nos.	4 nos.	5 nos.	

Menu	IC7	Dum Aloo	Weight Limit	0.1~0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. In a MWS bowl add oil, jeera, pepper seeds, cloves, hing, onion paste, ginger garlic paste. Mix well.</div> <div>2. Select category & weight and press start.</div> <div>3. When beeps, mix well & add tomato puree & boiled potatoes. Mix well & cover. Press start.</div> <div>4. When beeps, mix well & add curd & all spices. Cover & press start.</div> <div>5. Allow to stand for 3 minutes.</div>
Boiled Aloo (small)	100 g	200 g	300 g	
Oil	2 tbsp	3 tbsp	3 tbsp	
Jeera, pepper seeds, cloves, hing	As required			
Onion paste	2 tsp	3 tsp	4 tsp	
Ginger & garlic paste	1 tsp	1½ tsp	1½ tsp	
Tomato puree	1 tbsp	2 tbsp	3 tbsp	
Curd	½ cup	1 cup	1 cup	
Turmeric powder, red chilli, powder, deghi mirch, salt, garam masala, saunf powder	As per taste			

Menu	IC8	Baigan Ka Bhartha	Weight Limit	0.3~0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg	0.4 kg	0.5 kg	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.
Baigan (Chopped in big pieces)	300 g	400 g	500 g	
Oil	1 tbsp	1½ tbsp	2 cup	
Chopped onions	1 cup	1½ cup	500 g	
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			

Menu	IC9	Gatte Ki Subzi	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg		<div>1. In a bowl mix besan, red chilli powder, haldi, dhania powder, salt. Add water, little oil and make it like a chapati dough.</div> <div>2. After making the dough break the dough into different pieces and make the rolls out of those pieces.</div> <div>3. In a MWS bowl add the rolls & water (to cover the rolls completely). Cover.</div> <div>4. Select category and press start.</div> <div>5. When beeps, remove. Take out the gattas, allow to cool. Cut them into slices.</div> <div>6. In a MWS bowl add oil, rai, jeera, curry leaves, tomato puree, red chilli powder, dhaniya powder, haldi, salt. Cover & press start.</div> <div>7. When beeps, add beaten curd, gattas & haldi. Mix well & press start.</div>	
For making gattas				
Besan	100 g			
Red chilli powder, haldi, dhania powder, salt	As per taste			
Water	As required			
For Subzi				
Oil	1 tbsp			
Rai, jeera	2 tsp			
Curry leaves	A few			
Sour curd	1 cup			
Red chilli powder, haldi, dhaniya powder, salt	As per taste			
Tomato puree	½ cup			

Menu	IC10	Beans Porial	Weight Limit	0.1~0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	1. In a MWS bowl add oil, mustard seeds & urad dhal. Select category & weight & press start. 2. When beeps, add beans, sprinkle little water & cover. Press start. 3. When beeps, mix well & add grated coconut, green chillies & salt. Cover & press start. Allow to stand for 3 minutes.
French beans (cut evenly)	100 g	200 g	300 g	
Oil	1 tsp	1 tsp	2 tsp	
Mustard seeds	¼ tsp	½ tsp	¾ tsp	
Urad dhal	¼ tsp	½ tsp	¾ tsp	
Grated coconut	2 tbsp	3 tbsp	4 tbsp	
Green chillies	1 no.	2 nos.	3 nos.	
Salt	As per taste			

Menu	IC11	Dalma	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg		<div>1. In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select category & press start.</div> <div>2. When beeps, in another MWS bowl add oil, bay leaves, jeera, dry chillies, salt, haldi, grated coconut & chopped onion. Mix well & press start.</div> <div>3. When beeps, mix well add the tadka ingredients to the dal. Mix well & press start.</div>	
Moong dal (soaked for 2 hours)	300 g			
Water	600 ml			
Chopped vegetables (drumsticks, potato, raw banana,pumpkin, brinjal, tomato)	2 cups			
For tadka				
Oil	2 tbsp			
Bay leaves, jeera, dry chillies, salt, haldi	As per taste			
Grated coconut	4 tbsp			
Chopped onion	1 no.			

Menu	IC12		Gosht Dum Biryani		Weight Limit		0.1~0.5 kg	
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	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.		
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g			
Boneless mutton	100 g	200 g	300 g	400 g	500 g			
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp			
Chopped onion	½ cup	1 cup	1 cup	1½ cup	1½ cup			
Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp			
Jeera, laung, tej patta, salt, red chilli powder, garam masala		As per taste						
Water	200 ml	400 ml	600 ml	650 ml	750 ml			

Menu	IC13					Chicken Biryani	Weight Limit	0.1~0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions							Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<div>1. Marinade the chicken & keep it in refrigerator for 1 hour.</div> <div>2. In a MWS bowl add oil, chopped onions & marinated chicken & cover. Select category & weight & press start.</div> <div>3. When beeps, mix well, add rice, salt (if required), coriander leaves, water. Cover & press start. Stand for 5 minutes. Serve hot.</div>		
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	1/2 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	1/2 cup	1 cup	1 cup	1½ cup	1½ cup			
Salt	If required							
Coriander leaves	A few springs							
Water	200 ml	400 ml	500 ml	550 ml	650 ml			

Menu	IC14			Kadhi	Weight Limit	0.3~0.5 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.3 kg	0.4 kg	0.5 kg	<div>1. In a MWS bowl add oil, rai, jeera, chopped onion. Select category & weight & press start.</div> <div>2. When beeps, mix & add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (1/2 the amount mentioned per weight). Mix & press start.</div> <div>3. When beeps, mix & add remaining water & press start. Pour tempering & serve.</div>		
Besan	25 g	50 g	75 g			
Curd / matha	1/2 cup	1 cup	1½ cup			
Oil	1 tbsp	1½ tbsp	2 tbsp			
Rai, cumin seeds	As per taste					
Chopped onions	1 cup	1½ cup	1½ cup			
Salt, red chilli powder, haldi, coriander powder, amchur	As per taste					
Water	2 cups	3 cups	4 cups			

Menu	IC15	Kofta Curry	Weight Limit	0.1~0.3 kg
Utensil: Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	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.
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	½ 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	1 cup	
Lemon juice	As per taste			

Menu	IC16		Aloo Gobhi	Weight Limit	0.3-0.5 kg
Utensil: Microwave safe (MWS) bowl					
Instructions				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.	
For	0.3 kg	0.4 kg	0.5 kg		
Potatoes (cut into pieces)	150 g	200 g	250 g		
Cauliflower florets	150 g	200 g	250 g		
Oil	1 tbsp	2 tbsp	3 tbsp		
Jeera	1 tbsp	1 tbsp	1 tbsp		
Chopped onion	½ cup	½ cup	1 cup		
Chopped green chillies	1 no	2 nos.	3 nos.		
Coriander powder, red chilli \ powder, haldi, salt, garam masala	As per taste				
Coriander leaves	A few sprigs				

Menu	IC17	Malai Khumb	Weight Limit	0.1 ~ 0.3 kg
Utensil: High rack				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. Mix all the other ingredients of the marinade. Marinate the mushrooms in this mixture.</div> <div>2. Place the marinated mushrooms on high rack.</div> <div>3. Select category & weight & press start.</div> <div>4. When beeps, turn over the mushrooms. Press start.</div>
Mushrooms (Big size)	100 g	200 g	300 g	
For marinade				
Hung curd	¼ cup	½ cup	1 cup	
Thick cream	1 tbsp	2 tbsp	3 tbsp	
Grated cheese	1 tbsp	2 tbsp	3 tbsp	
Cornflour	1 tbsp	1½ tbsp	2 tbsp	
Ginger paste	½ tsp	1 tsp	1½ tsp	
Salt, garam masala	As per taste			
Chopped coriander	1 tbsp	2 tbsp	3 tbsp	
Oil	½ tbsp	½ tbsp	½ tbsp	

Menu	IC18	Sambhar	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg		<div>1. Soak dal for 2 hours. In MWS bowl take dal, turmeric, onion, green chilli, tomato, mix vegetables and boiled water. Select menu and press start.</div> <div>2. When beeps, in another MWS bowl take oil, rai, asafoetida, curry leaves, coriander powder, red chilli powder. Press start.</div> <div>3. When beeps, mash dal very well and add to tadka. Add tamarind pulp sambhar masala, jaggery and some water (if required). Press start. Stand for 5 mins. Garnish with coconut and coriander leaves and serve with Idli.</div>	
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			
Tamarind pulp, Green Chilli, Sambhar Masala, Salt, Jaggery, Rai, Asafoetida Curry leaves, Coriander powder, Turmeric, Red chilli powder	As per taste			

Menu	IC19	Gaon Potato Curry	Weight Limit	0.3 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg	0.4 kg	0.5 kg	<div>1. In a MWS bowl add oil, mustard seeds & chopped onion. Select menu & press start.</div> <div>2. When beeps, add grated coconut, coconut milk, tomato puree, kaju powder, salt, red chilli powder & press start.</div> <div>3. When beeps, mix well & add boiled potato & mix vegetables & fresh cream. Press start. Give standing time of 3 minutes.</div> <div>4. Garnish with chopped coriander leaves & serve.</div>
Boiled potato	300 g	400 g	500 g	
Boiled mix veg (capsicum, cauliflower, carrot, peas)	100 g	150 g	200 g	
Chopped onion	1 no.	2 nos.	3 nos.	
Oil	1½ tbsp	2 tbsp	2 tbsp	
Mustard seeds	1 tsp	1½ tsp	2 tsp	
Grated coconut	2 tbsp	2½ tbsp	3 tbsp	
Coconut milk	1 cup	1½ cup	1½ cup	
Tomato puree	½ cup	1 cup	1 cup	
Kaju powder	1 tbsp	2 tbsp	3 tbsp	
Salt, red chilli powder	As per taste			
Fresh cream	2 tbsp	3 tbsp	4 tbsp	
Coriander	A few sprigs			

Menu	IC20	Gujarati Tuvar Dal	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg		<div>1. In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select category & press start.</div> <div>2. When beeps, remove the dal.</div> <div>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.</div> <div>4. When beeps, remove the bowl & add these ingredients to the dal. Add tomato, jaggery & mix well. Press start. Squeeze lemon juice & serve.</div>	
Tuvar 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			

Menu	IC21	Methi aloo	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<ol style="list-style-type: none"> 1. In a MWS bowl take oil, chopped green chilli, & chopped tomato. Mix well. Select menu & 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.
Methi leaves (chopped)	2 cups	3 cups	4 cups	
Big size potato (cut in pieces)	1 no.	2 nos.	3 nos.	
Tomato	1 no.	2 nos.	3 nos.	
Green chilli (chopped)	1 tbsp	1½ tbsp	2 tbsp	
Salt, red chilli powder, haldi, garam masala	0.3 kg	0.4 kg	0.5 kg	

Menu	IC22	Veg Handva®	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) flat glass dish & Low rack* & High rack*				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> 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. 7. Select category & weight and press start. 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. 	
Rice		200 g (1 cup)		
Urad Dal (Dehusked)		½ cup		
Boiled vegetables (Potato, Carrots, Peas, Palak)		2 cups		
Oil		1 tsp		
Lemon juice		2 tsp		
Soda bi carb		A pinch		
Chilli powder, turmeric powder, salt		As per taste		
Ginger & chilli paste		1 tsp		
Mustard seeds		1 tsp		
Curry leaves		A few sprigs		
Hing		¼ tsp		

Menu	IC23		Jeera aloo			Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl							
Instructions						Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<div>1. In a MWS bowl take oil, jeera, chopped green chilli, & chopped tomato. Mix well. Select menu & weight and press start.</div> <div>2. When beeps, mix & add cut potatoes. sprinkle little water on top. Cover & press start.</div> <div>3. Give standing time for 5 minutes. Serve hot with chappati or parantha.</div>	
Jeera	1 tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp		
Big size potato (cut in pieces)	1 no.	1½ nos.	2 nos.	2½ nos.	3 nos.		
Tomato	1 no.	1 no.	2 nos.	3 nos.	3 nos.		
Green chilli (chopped)	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp		
Salt, red chilli powder, haldi, garam masala	As per taste						

Menu	IC24		Kaddu ki Subzi	Weight Limit	0.2 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<div>1. In a MWS bowl take kaddu pieces, sprinkle some water & cover. Select category & weight and press start.</div> <div>2. When beeps, remove kaddu & keep aside. In another MWS bowl put oil, chopped ginger, green chilli, coriander leaves & chopped tomatoes. Mix well & press start.</div> <div>3. When beeps, remove & mix well. Add cooked kaddu & all the spices. Mash with the back of ladle / spoon. Press start. Serve hot.</div>
Kaddu (cut into pieces)	200 g	300 g	400 g	500 g	
Chopped tomato	1 no.	2 nos.	3 nos.	4 nos.	
Chopped green chilli	1 no.	2 nos.	3 nos.	4 nos.	
Finely chopped ginger	½ tsp	½ tsp	1 tsp	1 tsp	
Chopped coriander leaves	1 tbsp	2 tbsp	3 tbsp	4 tbsp	
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	
Salt, red chilli power, garam masala, amchoor, turmeric powder	As per taste				

Menu	IC25	Matar Paneer	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 Kg	0.3 Kg	0.4 Kg	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.
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	

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

*Refer page 63, fig -3

* Refer page 63, fig -4

Menu	IC26	Jhinga Matar Curry	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 Kg	0.3 Kg	0.4 Kg	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.
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	

Menu	IC27	Egg Curry	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. Put chopped onions, green chilli, garlic, ginger in a spice blender & make paste adding 1 tbsp water.</div> <div>2. In a MWS bowl take oil & add the paste. Mix well. Select category & weight and press start.</div> <div>3. When beeps, stir & add tomato puree, peas, water & all the spices. Mix well & press start.</div> <div>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.</div>
Boiled eggs	2 nos.	4 nos.	6 nos.	
Onions (chopped)	2 nos.	3 nos.	4 nos.	
Green chilli	1 no.	2 nos.	3 nos.	
Garlic (pods)	6-7 nos.	8-10 nos.	10-12 nos.	
Ginger (chopped)	1 tbsp	1½ tbsp	2 tbsp	
Tomato puree	3 tbsp	5 tbsp	6 tbsp	
Water	½ cup	1 cup	1½ cup	
Green peas (shelled)	¼ cup	½ cup	1 cup	
Salt, red chilli powder, garam masala, turmeric powder, dhania powder	As per taste			
Oil	2 tbsp	3 tbsp	3 tbsp	
Coriander leaves	A few sprigs			

Menu	IC28		Bhindi Fry		Weight Limit	0.1 ~ 0.4 kg
Utensil: Microwave safe (MWS) glassbowl & Microwave safe (MWS) Flat glass dish						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	<div>1. In a MWS glass bowl add oil, ajwain & chopped onion & mix well. Select category & weight and press start.</div> <div>2. When beeps, add bhindi, salt, red chilli powder, dhania powder, garam masala & haldi. Cover & press start.</div> <div>3. When beeps, transfer to flat glass dish & cover. Press start. Allow to stand for 3 minutes.</div>	
Bhindi (cut lengthwise)	100 g	200 g	300 g	400 g		
Ajwain	As per taste					
Oil	1 tbsp	1 tbsp	1½ tbsp	2 tbsp		
Chopped onion	½ cup	½ cup	1 cup	1 cup		
Salt, red chilli powder, dhania powder, garam masala, haldi	As per taste					

Menu	IC29		Kashmiri Kaju Paneer		Weight Limit		0.1 ~ 0.5 kg	
Utensil: Microwave safe (MWS) bowl								
Instructions						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 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.		
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	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp			
Sliced onions	½ no.	1 nos.	1½ nos.	1½ nos.	1½ 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 tsp	2 tsp	3 tsp	4 tsp	5 tsp			
Tomato puree	½ cup	1 cup	1½ cup	2 cup	2 cup			
Milk	¼ cup	½ cup	1 cup	1½ cup	1½ cup			
Garam masala & salt	As per taste							

Menu	IC30	Egg Biryani	Weight Limit	0.1 ~ 0.3Kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<div>1. In a MWS bowl take soaked rice, water. Select category & weight and press start.</div> <div>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.</div> <div>3. When beeps, add boiled eggs (cut into 2) & boiled rice to the sliced onions. Mix well without breaking the eggs. Press start.</div> <div>4. Serve egg biryani hot with plain curd or raita.</div>
Boiled eggs	2 nos.	3 nos.	4 nos.	
Rice (soaked for 1 hour)	100 g	200 g	300 g	
Water	200 ml	350 ml	500 ml	
Onions (Big sized sliced)	1 no.	2 nos.	2 nos.	
Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp	
Ginger-garlic paste	½ tsp	1 tsp	1 tsp	
Salt, red chilli powder, garam masala, dhania powder, turmeric powder	As per taste			
Biryani masala	½ tsp	1 tsp	1 tsp	
Slit green chillies	1 no.	2 nos.	2 nos.	
Menu	IC31	Achari Chana Pulao	Weight Limit	0.1 ~ 0.3Kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<div>1. In a MWS bowl take soaked rice & water. Select category & weight and press start.</div> <div>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.</div> <div>3. When beeps, add onion-mixture to the cooked rice, also add mango pickle paste & all the spices. Mix very well & press start.</div> <div>4. Serve achari chana pulao hot with fresh curd.</div>
Soaked rice	100 g	200 g	300 g	
Soaked & boiled kabuli chana	½ cup	1 cup	1½ cup	
Sliced onions	½ cup	1 cup	1½ cup	
Water	200 ml	350 ml	500 ml	
Ginger-garlic paste	½ tsp	1 tsp	1½ tsp	
Desi ghee	1 tbsp	1½ tbsp	2 tbsp	
Laung, chhoti elaichi, badi elaichi, saunf, jeera	As per requirement			
Salt, red chilli powder, garam masala, haldi	As per taste			
Mango pickle paste	1 tbsp	1½ tbsp	2 tbsp	
Slit green chilli	1 no.	2 nos.	2 nos.	
Menu	IC32	Methi Rice	Weight Limit	0.1 ~ 0.3Kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<div>1. In a MWS bowl take soaked rice & water. Select category & weight and press start.</div> <div>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.</div> <div>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.</div>
Methi leaves (chopped)	1 cup	1½ cup	2 cup	
Soaked rice	100 g	200 g	300 g	
Water	200 ml	350 ml	500 ml	
Onions (sliced)	1 no.	2 nos.	3 nos.	
Ginger-garlic paste	½ tsp	1 tsp	1½ tsp	
Salt, red chilli powder, garam masala	As per taste			
Oil / ghee	1½ tbsp	2 tbsp	2½ tbsp	
Menu	IC33	Coconut Rice	Weight Limit	0.1 ~ 0.3Kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	<div>1. In a MWS bowl take soaked rice coconut milk & water. Select category & weight and press start.</div> <div>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.</div> <div>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.</div>
Rice (soaked for 1 hour)	100 g	200 g	1 cup	
Coconut (grated)	½ 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	

Indian Cuisine

Indian Cuisine

Menu	IC34					Curd Rice	Weight Limit	0.1 ~ 0.5 Kg
Utensil: Microwave safe (MWS) glass bowl								
Instructions						Method:		
For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<div>1. In a MWS glass bowl add oil, mustard seeds, urad dal, chana dal. Select category & weight and press start.</div> <div>2. When beeps, mix well & add curry leaves, green chillies, grated ginger. Mix well & press start.</div> <div>3. When beeps, remove the bowl.</div> <div>4. Now in another MWS glass bowl, add rice & water. Press start. Stand for 5 minutes.</div> <div>5. Add cooked rice, curd, milk, chopped coriander leaves to the first MWS glass bowl. Mix well & serve.</div>		
Basmati Rice (Soaked)	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			
Mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp			
Urad dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp			
Chana dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp			
Curry leaves	A few leaves							
Green chillies (chopped)	2 nos.	2 nos.	3 nos.	3 nos.	3 nos.			
Grated ginger	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp			
Curd	½ cup	½ cup	1cup	1 cup	1½ cup			
Milk	¼ cup	¼ cup	½ cup	½ cup	1 cup			
Coriander leaves (chopped)	A few sprigs							

Indian Cuisine

Sweet Corner

Menu	SC1			Besan Ladoo	Weight Limit	0.1 ~ 0.3Kg
Utensil: Microwave safe (MWS) flat glass dish						
Instructions					Method:	
Besan	0.1 kg	0.2 kg	0.3 Kg	<div>1. In Microwave safe flat glass dish take besan and ghee. Select menu and press start.</div> <div>2. When beeps, stir it & press start.</div> <div>3. When beeps, stir it & press start.</div> <div>4. Allow to cool. Sieve the mixture. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size.</div> <div>Note : For binding the ladoo use ghee.</div>		
Ghee (melted)	3 tbsp	5 tbsp	7 tbsp			
Powder Sugar	50 g	100 g	150 g			
Elaichi Powder	1/2 tsp	1 tsp	1 tsp			

Menu	SC2			Kalakand	Weight Limit	0.1 ~ 0.3Kg
Utensil: Microwave safe(MWS) bowl						
Instructions					Method:	
Grated Paneer	0.1 kg	0.2 kg	0.3 Kg	1. In Microwave Safe Bowl take grated paneer, milkmaid, milk powder, cornflour, Elaichi powder. Mix well, select menu and press start. 2. When beeps, mix it again and press start. 3. When set cut into pieces. Garnish with dry fruits.		
Milkmaid	50 ml	100 ml	200 ml			
Milk Powder	2 tbsp	3 tbsp	4 tbsp			
Cornflour	1/2 tsp	1 tsp	1 tsp			
Elaichi Powder	1/2 tsp	1 tsp	1 tsp			

Menu	SC3			Shahi Tukda	Weight Limit	0.1 ~ 0.3Kg
Utensil: Microwave safe (MWS) flat glass dish &High Rack*						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	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.		
Bread Slices	1 slice	2 slices	3 slices			
Milkmaid	50 ml	100 ml	150 ml			
Milk	50 ml	100 ml	125 ml			
Sugar	1 tbsp	2 tbsp	3 tbsp			
Badam, Pista Pieces	2 tbsp	3 tbsp	4 tsp			
Kesar-Elaichi Powder	As per your taste					

Menu	SC4			Kheer	Weight Limit	0.1 ~ 0.3Kg
Utensil: Microwave safe (MWS) glass bowl						
Instructions					Method: 1. In Microwave Safe Glass Bowl add milk, milkmaid & mix well. Select category & weight, press start. 2. When beeps, add Badam Pista pieces, Kesar Elaichi Powder & Seviyaan. Mix well and press start. 3. When beeps, mix it well. Add more milk (if required) & press start. Stand for 5 minutes. Serve hot or chilled. Note : The bowl should be filled at 1/4 level of the total volume.	
For	0.1 kg	0.2 kg	0.3 kg			
Milk	100 ml	200 ml	300 ml			
Milkmaid	150 ml	200 ml	300 ml			
Seviyaan (roasted)	20 gm	40 gm	60 gm			
Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp			
Kesar & Elaichi Powder	As per your taste					

Menu	SC5	Suji Halwa	Weight Limit	0.1 ~ 0.3Kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Suji	0.1 kg	0.2 kg	0.3 kg	1. In MWS glass bowl take Suji, add ghee, mix it together. Select category & weight press start. 2. When beeps, stir it. Allow to cool. Add sugar & ½ qty. of water (For 0.1Kg add 150 ml). Mix well & press start. 3. When beeps, add remaining ½ water, sugar, cashewnuts, kishmish, kesar, Elaichi powder, mix it well and press start. Serve hot.
Ghee (melted)	2 tbsp	3 tbsp	4 tbsp	
Water	300 ml	600 ml	900 ml	
Sugar	100 g	200 g	300 g	
Cashewnuts, Kishmish, Kesar/ Elaichi Powder	As per your taste			
Menu	SC6	Payasam	Weight Limit	0.1 ~ 0.3Kg
Utensil: Microwave safe(MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 Kg	1. In a MWS bowl take ghee, soaked rice, milk & water & cover it. 2. Select category & weight & press start. 3. When beeps, add more milk, dry fruits, kesar, elaichi powder. Mix well & press start. Stand for 5 minutes. Sprinkle kewada jal on it. Serve hot or chilled.
Broken Rice (soaked for 2 hour)	100 g	200 g	300 g	
Milk + Water	300 ml	500 ml	700 ml	
Sugar	75 g	150 g	200 g	
Kesar, elaichi powder dry fruits	As per taste			
Ghee	1 tbsp	1½ tbsp	2 tbsp	
Menu	SC7	Sandesh	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	1. In a MWS bowl add grated paneer, khoa & milkmaid. Mix well. 2. Select category & weight & press start. 3. When beeps, stir well & press start. 4. Allow to cool. Hang in Muslin cloth for 20 minutes if it too wet. Make balls out of the mixture & roll them in elaichi powder & chopped pista. Refrigerate till set.
Paneer (grated)	200 g	300 g	400 g	
Milkmaid	50 g	75 g	100 g	
Rose water	1 tbsp	1½ tbsp	2 tbsp	
Elaichi seeds	½ tsp	1 tsp	1½ tsp	
Chopped pista	A few			
Khoa (mashed)	100 gm	150 gm	200 gm	
Menu	SC8	Sevian Zarda	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Roasted Sevian	200g		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 mins. Garnish with almonds & pista & serve.	
Sugar	5 tbsp			
Water	2 cups			
Rose essence	A few drops			
Almonds	A few			
Chopped pista	A few			
Elaichi powder	½ tsp			
Ghee	1 ½ tbsp			
Menu	SC9	Phirni	Weight Limit	0.3~0.5Kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg	0.4 kg	0.5 kg	1. Grind the soaked rice to a paste with little water. 2. In a MWS glass bowl add milk. Select category and press start. 3. When beeps, add rice paste & sugar to it. Press start. 4. When beeps, add cream & press start. 5. Mix well, add cardamom powder & dry fruits & keep in the refrigerator to chill. Garnish with kesar & serve.
Milk	350 ml	500 ml	650 ml	
Rice (Soaked)	50 g	75 g	100 g	
Sugar	100 g	150 g	200 g	
Elaichi powder	1 tsp	1 tsp	1½ tsp	
Cream (whipped)	2 tbsp	3 tbsp	4 tbsp	
Dry fruits (almonds, cashewnuts, raisins)	As required			
Kesar	A few			
Menu	SC10	Mysore Pak	Weight Limit	0.1Kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.1Kg		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.	
Besan	100 g			
Melted ghee	100 ml			
Powdered Sugar	100 g			
Milk	¼ cup			

Menu	SC11	Kaddu Kheer	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For		0.5 kg	<ol style="list-style-type: none"> 1. In a MWS flat glass dish add besan. Select Category & press start. 2. When beeps, mix well & add melted ghee, powdered sugar. Mix very well while adding. Press start. 3. When beeps, mix well & add milk. Press start. Allow to cool & cut into pieces & serve. 	
Milk		300 ml		
Grated kaddu		200 g		
Milkmaid		150 g		
Dry fruits (Kaju, kishmish, pista)		As required		

Menu	SC12	Rava Ladoo	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.5 kg	<ol style="list-style-type: none"> 1. In a MWS glass bowl take sugar & milk. Mix & select category and press start. 2. When beeps, add roasted rava/sooji, kishmish & chopped almonds. Sprinkle elaichi powder & mix very well. Press start. 3. When beeps, mix well & add grated khoya. Mix well & again press start. 4. Make equal sized ladoos from the mixture, when it is still warm. 	
Roasted rava/sooji		1 cup		
Grated khoya		1½ cup		
Sugar		½ cup		
Milk		½ cup		
Kishmish		2 tbsp		
Chopped almonds		2 tbsp		
Desi ghee		1 tbsp		
Elaichi powder (optional)		½ tsp		

Menu	SC13	Kaju Burfi	Weight Limit	0.4 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.4 kg	<ol style="list-style-type: none"> 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. 	
Kaju		2 cups		
Powdered sugar		1¼ cup		
Water		½ cup		

Menu	SC14	Badam Halwa	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions				Method:
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none"> 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.
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		

Menu	CC1	Apple Tomato Chutney	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Apple pieces		200 gms	<ol style="list-style-type: none"> 1. In a MWS glass bowl put apple, tomato, salt, sugar & green chillies and keep it in Microwave. Select category and press start to cook. When it gives a beep, remove and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start. add ground mixture and mix well. Garnish with chopped coriander. 	
Tomato pieces		100 gms		
Green chillies, Salt, Sugar		As per your taste		
Oil		2 tbsp		
For Tempering : Rai, Jeera, Hing etc.				

Menu	CC2	Lemon Pickle	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Lemon pieces		300 gms	<ol style="list-style-type: none"> 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. 	
Sugar		150 gms		
Chilli powder, Salt		As per your taste		
For Tempering : Rai, Jeera, Hing etc.				

Menu	CC3	Mix Veg. Pickle	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas)	300 gms		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. When it gives a beep, remove. In another glass bowl add oil, tempering, chilli powder and press start. When it gives a beep add masala, sugar, salt. Add vegetables to this when it cools. Mix well and store it in a fridge.	
Lemon juice	2 tbsp			
Salt, Chilli powder, Sugar, Pickle Masala	As per your taste			
Oil	2 tbsp			
For tempering : Rai, Jeera, Hing etc.				

Menu	CC4	Pizza Sauce	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Tomato	200 gms		1. In a MWS bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select category & press start to cook. When it gives a beep, remove and grind it in a mixer. Now add salt, sugar, ajwain, oregano, basil leaves. Keep it in Microwave and press start.	
Onions	1 No.			
Salt, Sugar, Ajwain, Oregano, Basil leaves	As per your taste			
Garlic pods	7-8			
Oil	2 tbsp			

Menu	CC5	Tomato Sauce	Weight Limit	0.5 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Tomato	500 gm		1. In a MWS bowl put tomato pieces, add some water, cover and keep it in a Microwave. Select category & press start to cook. When it gives a beep, remove and grind it in a mixer. Strain it. Add salt, sugar, garam masala to the mixture and mix well & press start.	
Onion	1 No.			
Chilli powder, Salt, Sugar	As per your taste			
Chopped ginger and garlic	2 tbsp			
Garam masala	1 tsp			

Menu	CC6	Masala Chutney	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Chana Daal, Urad Daal	150 g each		1. In a MWS glass bowl put daals and keep it in Microwave. Select category & press start to cook. When it gives a beep, remove. Add the rest of the ingredients and keep it in Microwave and press start. Remove, cool it and grind it in a mixer. This chutney can be served with Idly, Paratha or Rice.	
Grated dry coconut	100 g			
Sesame, Salt, Sugar, Turmeric, Dhaniya powder, Jeera powder, Curry leaves, Methi seeds	As per your taste			
Oil	1 tsp			

Menu	CC7	Aam Ki Chutney	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Bowl				
Instructions			Method:	
For	0.3 kg		1. In a MWS bowl mix all the ingredients. Cover. Select category & weight & press start.	
Aam (peeled & chopped)	300 g			
Kishmish (seedless & chopped)	25 g			
Chopped ginger & garlic	2 tsp			
Tamarind pulp	1 tbsp			
Salt & sugar	As per taste			

Menu	CC8	Coconut Chutney	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
For	0.3 kg		<div>1. Grind grated coconut, chopped green chillies, ginger, roasted split gram dhal, salt together in a blender.</div> <div>2. In a MWS glass bowl add oil, mustard seeds, broken dry red chillies, curry leaves. Select category & press start.</div> <div>3. Pour the tempering over the chutney & serve.</div>	
Fresh grated coconut	300 g			
Chopped green chillies	2 nos.			
Chopped ginger	1 tbsp			
Roasted split gram dal (optional)	1 tbsp			
Salt	As per taste			
For tempering				
Oil	1 tsp			
Mustard seeds	½ tsp			
Broken dry red chillies	1 no.			
Curry leaves	A few			

Menu	CC9	Gongura Chutney	Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
Gongura		300 g	<ol style="list-style-type: none"> 1. Grind all the ingredients together except mustard seeds & oil. 2. In a MWS glass bowl add oil & mustard seeds. Select category & press start. 3. Mix the grind ingredients with the mustard seeds & serve. 	
Chopped onion		1 no.		
Chopped green chillies		5 nos.		
Mustard seeds		1 tbsp		
Oil		1 tbsp		
Salt & red chilli powder		As per taste		
Menu	CC10	Til Ki Chutney	Weight Limit	0.2 kg
Utensil: Microwave Safe (MWS) Glass Bowl				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> 1. Grind together roasted til, tamarind paste, green chilli, coriander leaves, mint leaves, garlic pods, salt & water in spice grinder. Make a rough paste. 2. In a MWS glass bowl take oil, cumin seeds, curry leaves & dried red chilli. Mix well. Select category & press start. 3. When beeps, add the grounded paste to the tempering & mix well. 	
Roasted til		½ cup		
Tamarind paste		2 tbsp		
Green chilli		4-5 nos.		
Coriander leaves		2 tbsp		
Mint leaves		1 tbsp		
Water		½ cup		
Garlic pods		2-3 nos.		
Salt		As per taste		
For Tempering				
Oil		1 tbsp		
Cumin seeds		1 tsp		
Curry leaves		6-7 nos.		
Red chilli (dry)		2 nos.		

Menu	HP1 Kala Chana					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl							
Instructions						Method:	
Soaked Kala Chana (soaked overnight)	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<div>1. Soak Chana overnight, in a MWS bowl take soaked chana with water, cover it.</div> <div>2. Select category and weight and press start.</div> <div>3. When beeps, strain the water from it. In a MWS bowl, add oil, Chopped onion, Chaat masala, Red Chili Powder, Hara Dhania and press start.</div> <div>4. When beeps, add boiled chana, mix well & press start.</div>	
Water	200 ml	400 ml	600 ml	800 ml	1000 ml		
Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp		
Onion Chopped	1/2 cup	1 cup	1½ cup	2 cup	2½ cup		
Salt, Chat Masala, Red Chili Powder, Hara Dhania	As per your taste						

Menu	HP2			Karela Subzi	Weight Limit	0.1 ~ 0.3 kg
Utensil: MWS glass bowl + high rack						
Instructions					Method:	
Chopped Karela	0.1 kg	0.2 kg	0.3 kg	<div>1. In a MWS glass bowl take Oil add Rai, Jeera, Hing & Haldi, chopped onions, select category and press start.</div> <div>2. When beep add Chopped Karela some water, salt, sugar, masala, dhania-jeera powder. Press start.</div> <div>3. When beeps, remove MWS glass bowl from microwave oven and transfer the subzi to high rack and press start.</div> <div>4. Garnish with Coconut & Dhania, Serve Hot.</div>		
Oil	1 tbsp	1 tbsp	2 tbsp			
Chopped onions	¼ cup	½ cup	1 cup			
Water	As required					
Rai, Jeera, Hing & Haldi	For tempering					
Salt, Sugar, Garam Masala, Dhania, Jeera Powder	As per your taste					
Grated Coconut & Hara Dhania	For garnishing					

Menu	HP3	Moong Dal	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
Moong Dal soaked in water (for 2 hours)	0.2 kg		<div>1. Take 200 gms dal in Microwave Safe bowl, add Water, Haldi & Hing.</div> <div>2. Select category & press start to cook.</div> <div>3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves & chopped onion & press start.</div> <div>4. When beeps, add dal, salt, dhania jeera powder, hara dhania, kasuri methi (optional) lemon juice & press start to cook.</div>	
Water	400 ml			
Oil	2 tbsp			
Jeera	1 tsp			
Hari Mirch, Onion chopped	2-3 nos., 1 medium sized			
Curry leaves	5-6 nos.			
Salt, Dhania-Jeera Powder, Haldi, Hing, Kasuri Methi, Lemon Juice, Hara Dhania	As per your taste			

Menu	HP4					Machi Kali Mirch	Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
Pomfret (fish category)	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<div>1. Take Pomfret Slices as per weight either of (0.1 Kg/ 0.2 Kg/ 0.3Kg) and marinate with salt, lemon juice, and kali mirch powder (as per taste) for one hour.</div> <div>2. In Microwave Safe bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select category & weight and press start.</div> <div>3. When beeps, open door and add marinated fish, salt to taste and some water. Cover & press start.</div> <div>4. When beeps, mix well & press start.</div> <div>5. Give standing time for 5 minutes.</div>		
Salt, Lemon Juice & Kali Mirch Powder	To marinate as per your taste							
Oil, Chopped Onion, Chopped Tomatoes, Chopped Garlic	As required							

Menu	HP5		Ghiya Raita		Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg		1. In a MWS bowl add grated ghiya, sprinkle water and salt. Select category and weight & press start to cook. 2. Strain ghiya and take it in MWS bowl and add curd, taste. Served chilled.	
Grated Ghiya	100 g	200 g	300 g			
Water	50 ml	75 ml	100 ml			
Salt	To taste					
Curd	3 tbsp	4 tbsp	5 tbsp			
Salt, Sugar, Mustard Powder & Green Chilli	As per your taste					

Menu	HP6	Nutrinuggets			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. In a MWS bowl add oil, jeera, onion. Select category and weight and press start. Mix well.</div> <div>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.</div> <div>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.</div>		
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	½ 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					

Menu	HP7					Curd Brinjal	Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl								
Instructions						Method:		
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<div>1. In a MWS bowl add oil & brinjal. Cover. Select category & weight & press start.</div> <div>2. When beeps, remove & in another MWS bowl add oil, mustard & cumin seeds, curry leaves & chopped ginger. Press start.</div> <div>3. When beeps, add brinjal, curd & salt. Mix well & press start.</div>		
Brinjal (cut into pieces)	100 g	200 g	300 g	400 g	500 g			
Curd	100 g	200 g	300 g	400 g	500 g			
Oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp			
Curry leaves	A few sprigs							
Mustard & cumin seeds	1 tsp	2 tsp	3 tsp	3 tsp	4 tsp			
Salt	As per taste							
Chopped ginger	1 tsp	2 tsp	3 tsp	3 tsp	4 tsp			

Menu	HP8			Bathua Raita	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select category & weight & press start.</div> <div>2. When beeps, remove.</div> <div>3. In a bowl add water, beaten curd, bathua leaves & mix well. Add salt & roasted cumin seed powder.</div> <div>4. Mix well & refrigerate it for some time & serve.</div>		
Chopped bathua	25 g	50 g	75 g			
Water	50 ml	75 ml	100 ml			
Beaten curd	3 tbsp	4 tbsp	5 tbsp			
Salt, roasted cumin seed powder	As per taste					

Menu	HP9	Healthy Khichdi			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>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.</div> <div>2. When beeps, mix, add water & salt. Mix again & press start.</div> <div>3. When beeps, stir & mash well. Add pepper powder & ½ cup water. Mix & cover and press start.</div> <div>4. Serve hot with fresh curds.</div>		
Rice (soaked)	75 g	150 g	225 g			
Moong dal / Green gram, (dehusked), washed (soaked)	25 g	50 g	75 g			
Desi ghee	½ tbsp	1 tbsp	1½ tbsp			
Peas	¼ cup	½ cup	1 cup			
Carrot (grated finely)	1 no.	2 nos.	2 nos.			
Soya granules (soaked)	2 tbsp	3 tbsp	4 tbsp			
Salt & pepper	As per taste					
Water	300 ml	500 ml	750 ml			

Menu	HP10	Spinach Dal		Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.1 kg	0.2 kg	0.3 kg	<ol style="list-style-type: none">1. In a MWS bowl put soaked dal (lentils), water, turmeric powder & salt. 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. Mix again & press start.4. Garnish with coriander leaves & serve hot.	
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		

Menu	HP11	Fish Masala	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. In MWS bowl take oil and chopped onion. Select menu and press start.</div> <div>2. When beeps, remove and add pomphret pieces and tomato. Press start.</div> <div>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.</div>
Pomphret pieces	100 g	200 g	300 g	
Onions	1 no.	2 nos.	2 nos.	
Tomato	1 no.	1 no.	1 no.	
Oil	1 tbsp	2 tbsp	2 tbsp	
Chilli powder, Turmeric, Ginger garlic paste, Salt, Saunf powder	As per taste			
Garam masala	1 tsp	1 tsp	1 tsp	
Dhania, jeera powder	2 tsp	2 tsp	2 tsp	
Coriander leaves	2 tbsp	2 tbsp	2 tbsp	

Menu	HP12	Soya Idli	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand				
Instructions			Method:	
Rice	100 g		<div>1. Wash & soak rice, urad dal & soyabeans granules for 4 hours.</div> <div>2. Grind, mix and ferment for 8 to 10 hours. Grind the mixture to paste consistency.</div> <div>3. Grease Idli Stand with Oil. Put Idli batter in it. Add ½ cup water in the MWS bowl. Keep the idli stand & cover. Select category & number and press start to cook. Allow to stand for 3 minutes.</div> <div>Note : After preparing the batter, you can use it for making category 4 or 8 idlies as per requirement.</div>	
Urad	4 tbsp			
Soyabean	4 tbsp			
Water	As required			
Salt	As per taste			

Menu	HP13	Soyabeen curry	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 kg		<div>1. In a MWS bowl add oil, chopped onions. Select menu and press start. Mix well.</div> <div>2. When beeps, in another MWS bowl add tomato puree and haldi and press start. Mix well.</div> <div>3. WHen beeps, add chopped green chillies, red chilli powder, garam masala, coriander powder, salt, soyabeen and water. Press start.</div> <div>4. Garnish with coriander leaves and serve hot.</div>	
Soyabeen (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 L			
Coriander leaves	For garnishing			

Menu	HP14	Fish Bharta					Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl + Microwave safe (MWS) flat glass dish								
Instructions							Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	<div>1. In a MWS bowl add ½ cup water. Place the fish pieces on the MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select menu and press start.</div> <div>2. When beeps, remove & mash the fish. In a MWS bowl, add oil, chopped onions, red chilli powder, garam masala, haldi, salt. Cover and press start.</div> <div>3. When beeps, add mashed fish & press start. Mix well & serve.</div>		
Fish (Fillet)	100 g	200 g	300 g	400 g	500 g			
Mustard oil	1 tbsp	1 tbsp	1 tbsp	1½ tbsp	2 tbsp			
Mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp	1 tsp			
Chopped onion	½ cup	½ cup	1 cup	1 cup	1 cup			
Red chilli powder, Haldi Garam masala, Salt	As per taste							

Menu	HP15	Oats idli	Weight Limit	4 ~ 8 pcs
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand				
Instructions			Method:	
For idli batter			<div>1. Mix all the ingredients of batter in a bowl. Allow to stand for 10 minutes.</div> <div>2. Grease MWS idli stand & pour the batter (depending on the number you want to cook)</div> <div>3. Add ½ cup water to MWS bowl. Keep the idli stand inside the bowl. Cover.</div> <div>4. Select the menu & number and press start.</div> <div>5. When beeps, remove the idli from the stand.</div> <div>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).</div>	
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			

Menu	HP16	Lemon Chicken	Weight Limit	0.1 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
Boneless chicken	100 g	200 g	300 g	400 g
Soya sauce	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Corn flour	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
Water	½ cup	1 cup	1½ cup	2 cup
Salt Pepper & Sugar	As per taste			
Garlic paste	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
Lemon juice	2 tsp	3 tsp	4 tsp	5 tsp
Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp

1. Mix boneless chicken, soysauce, 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.

Low Calorie

Soup

Menu	So1	Sweet Corn Soup	Weight Limit	0.6Kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method: 1. Grind sweet corn with water and put in MWS Glass Bowl. Select category & press start. 2. When beeps, remove, in another 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.	
For	0.6 kg			
Sweet Corn	200 g			
Water	600ml(3 cups)			
Oil	1 tsp			
Cornflour	2 tbsp + ½ cup water			
Salt, Sugar and Kali Mirch and Green Chilli	As per your taste			

1. Grind sweet corn with water and put in MWS Glass Bowl. Select category & press start.
2. When beeps, remove, in another 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.

Menu	So2	Mushroom Soup	Weight Limit	0.6Kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			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, mushrooms, salt & pepper. Mix & press start. When beeps, add the stock & press start. Garnish with grated cheese & serve.	
For	0.6 kg			
Mushroom	120 g			
Potato	1 No.			
Cabbage	50 g			
Onion	1 small			
Water	600ml(3 cups)			
Salt, Black Pepper	As per your taste			
Oil	1 tsp			
Grated cheese	As per requirement			

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, mushrooms, salt & pepper. Mix & press start. When beeps, add the stock & press start. Garnish with grated cheese & serve.

Menu	So3	Tomato Soup	Weight Limit	0.6Kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method: 1. In a MWS glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along with water. Keep in Microwave. Select category & weight and press start. 2. When beeps, grind and strain it. 3. In another MWS glass 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.	
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)			

1. In a MWS glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along with water. Keep in Microwave. Select category & weight and press start.
2. When beeps, grind and strain it.
3. In another MWS glass 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.

Menu	So4	Chicken Soup	Weight Limit	0.6Kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method: 1. In MWS glass bowl put water & add chicken pieces. Select category & press start. 2. When beeps, remove the bowl. 3. In another MWS glass bowl add oil, ginger-garlic paste, chicken stock, salt, pepper, cornflour paste, green chillies. Press start.	
For	0.6 kg			
Boneless Chicken	300 gms			
Ginger Paste	1 tsp			
Garlic Paste	1 tsp			
Salt & Pepper Powder	As per your taste			
Cornflour Paste	2 tbsp (mixed with½ cup of water)			
Oil	1 tbsp			
Water	600 ml / 3 cups			

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

Menu	So5	Chicken Tortilla Soup	Weight Limit	0.6Kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.6 kg		<div>1. In MWS bowl put water and chicken pieces. Keep it in Microwave. Select category and press start to cook.</div> <div>2. When it gives a beep, remove. In another bowl add oil and ginger garlic paste, salt, pepper powder, green chilli & chicken stock. Mix well & press start.</div> <div>3. Serve with tortilla pieces.</div>	
Chicken pieces (Boneless)	250 g			
Ginger Garlic paste	2 tsp			
Water	600ml(3 cups)			
Salt, Pepper Powder, Green Chillies	As per your taste			
Oil	1 tsp			
Tortilla pieces	10-15 Nos.			

Menu	So6	Rasam	Weight Limit	0.6Kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg		<div>1. In a MWS bowl add chopped tomato & water. Select category & press start.</div> <div>2. When beeps, remove & cool. Grind & strain it.</div> <div>3. In a MWS bowl add oil, coriander seeds, cumin seeds, cinnamon, hing, chopped garlic, green chillies, salt & jaggery & strained tomato stock. Press start.</div> <div>4. When beeps, strain it again & add more water (if required), tamarind pulp. Press start.</div> <div>5. Garnish with coriander & curry leaves & serve.</div>	
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 cup)			
Oil	1 tbsp			

Menu	So7	Hot & Sour Soup	Weight Limit	0.6Kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.6 kg		<div>1. In a MWS glass bowl add water, chili sauce, soya sauce, vinegar, salt, pepper powder and ajinomoto. Select category & press start.</div> <div>2. When beeps, stir well & add all the chopped vegetables, except paneer. Press start.</div> <div>3. When beeps, stir well & add corn flour, tomato sauce, paneer pieces & press start.</div>	
Water	600 ml (3 cups)			
Chilli sauce	1 tbsp			
Soya sauce	2 tbsp			
Vinegar	2 cups			
Chopped vegetables (capsicum, spring onions, carrots, cabbage)	100 g			
Tomato sauce	2 tbsp			
Cornflour	2 tbsp + ½ cup water			
Salt, pepper	As per taste			
Ajinomoto	1 pinch			
Paneer	50 g			

Menu	So8	Palak Makai Shorba	Weight Limit	0.3Kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.3Kg		<div>1. In a MWS glass bowl add chopped palak & little water. Select category & press start.</div> <div>2. When beeps, grind the palak,</div> <div>3. In another MWS glass bowl add butter, jeera, chopped onions. Press start.</div> <div>4. When beeps, remove & add palak & water, milk, corn niblets & Maggie tastemaker. Press start.</div>	
Palak (chopped)	200 g			
Water	300ml (1 ½ cups)			
Maggie tastemaker	1 cube			
Corn Niblets	½ cup			
Chopped onion	½ cup			
Jeera	1 tsp			
Butter	1 tbsp			
Milk	¼ cup			

Menu	So9	Wonton Soup	Weight Limit	0.3Kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.3 kg		<ol style="list-style-type: none"> 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. <p>How to make Wonton: Maida -1 cup, Salt - 1 pinch, Oil - 1 tsp</p> <p>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.</p> <p>For Stuffing: Cabbage, carrot, capsicum which is cut in long pieces</p> <p>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.</p>	
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	300ml (1 ½ cups)			
Ready wonton	6-7 pieces			

Menu	So10	Mulligtawny Soup	Weight Limit	0.6Kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.6 kg		<ol style="list-style-type: none"> 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. 	
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			

Menu	So11	Rajma Soup	Weight Limit	0.6Kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.6 kg		<ol style="list-style-type: none"> 1. Grind the boiled rajma. Add water & strain it. 2. In a MWS glass bowl add oil, garlic, onion, tomato. Mix well. Select category & press start. 3. When beeps, mix well & add salt, pepper, red chilli powder & rajma stock. Mix well & press start. 4. Add lemon juice & garnish with coriander leaves & serve hot. 	
Water	600 ml			
Rajma (boiled)	1 cup (170 g)			
Oil	½ tbsp			
Garlic cloves (chopped)	2 nos.			
Onion (chopped)	½ cup			
Tomato (chopped)	½ cup			
Coriander (chopped)	¼ cup			
Salt, pepper, red chilli powder	As per taste			
Lemon juice	1 tbsp			

Menu	So12	Shahi Shorba	Weight Limit	0.6Kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	0.6 kg		<ol style="list-style-type: none"> 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. 	
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			

Soup

Low Calorie

Menu	So13	Bombay Curry Soup	Weight Limit	0.6Kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl add soaked masoor dal, tomato & water. Select category & press start. When beeps, remove & allow the dal to cool. Grind it in a mixer & strain. In another MWS glass bowl, add oil, crushed garlic, chopped onion. Press start. when beeps, mix & add strained dal stock, salt, chilli powder, curry powder & add 150 ml of water. Mix well & press start. Garnish with coriander leaves & serve hot. 	
Water		500 ml (2½ cups)		
Soaked masoor dal (dehusked)		200 g		
Chopped tomato		2 nos.		
Chopped onions		1 no.		
Crushed garlic		3-4 cloves		
Oil		1 tbsp		
Curry powder		As per taste		
Salt, red chilli powder		As per taste		
Coriander leaves		For garnishing		

Menu	So14	Badam Soup	Weight Limit	0.6Kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> Grind soaked & blanched badam & basil leaves to a fine paste, adding ½ cup water. Take out in a MWS glass bowl. Add 3 cups water & stir well. Add cinnamon, elaichi & cloves. Select category & press start. When beeps, stir & strain the soup & sieve. Take the strained soup in a MWS glass bowl. Add salt & peppers & cornflour (mixed with ½ cup water) & press start. Serve hot. 	
Badam (soaked & blanched)		50 g		
Fresh basil leaves (Tulsi)		8-10 nos.		
Water		3 cups (600 ml)		
Cinnamon		1" stick		
Elaichi (green)		2-3 nos.		
Cloves		2-3 nos.		
Sugar		½ tsp		
Cornflour		½ tbsp		
Salt & pepper powder		As per taste		

Menu	So15	Limbu Dhania Shorba	Weight Limit	0.6Kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For		0.6 kg	<ol style="list-style-type: none"> In a MWS glass bowl add oil, cabbage, carrot, celery, spring onions, ginger, garlic, bayleaves, cloves, peppercorns. Mix well. Select category & press start. When beeps, mix well & add water & press start. When beeps, add besan paste, lemon juice, coriander leaves, salt. Mix well & press start. Garnish with coriander leaves & serve hot. 	
Water		600 ml		
Oil		½ tbsp		
Shredded cabbage		1 cup		
Chopped carrot		½ cup		
Celery		½ cup		
Spring onions		½ cup		
Ginger (grated)		1 tsp		
Chopped garlic		3 nos.		
Bayleaf		2 nos.		
Cloves		2 nos.		
Pepper corns		3 nos.		
Besan		2 tbsp (dissolved in ¼ cup water)		
Lemon juice		2 tbsp		
Coriander leaves (chopped)		½ cup		
Salt		As per taste		

Continental

Low Calorie

Menu	Co1	Pasta®	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack*				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. In a MWS glass bowl take pasta, add water (sufficient to boil the pasta) & few drops of oil. Select category and weight and press start.</div> <div>2. When beeps, drain water from the pasta, wash & separate under running water. In a MWS flat glass dish add butter, onion, garlic and palak. Mix well and press start.</div> <div>3. When beeps, add cream, nutmeg powder, oregano, salt, pepper, boiled pasta. Mix well and sprinkle grated cheese. Keep the dish on high rack and press start.</div>
Penne pasta	100 g	200 g	300 g	
Butter	1 tbsp	2 tbsp	3 tbsp	
Chopped onion	1/2 cup	1 cup	1½ cup	
Chopped garlic	1 tbsp	1½ tbsp	2 tbsp	
Chopped palak leaves	50 g	75 g	100 g	
Water	400 ml	800 ml	1200 ml	
Cream	¼ cup	1 cup	1½ cup	
Grated cheese	2 tbsp	3 tbsp	4 tbsp	
Nutmeg powder, oregano, salt & pepper	As per taste			

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

*Refer page 63, fig -3

Menu		Co2		Veg Au Gratin®		Weight Limit		0.2 kg	
Utensil: Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack*									
Instructions						Method:			
For		0.2 kg				<ol style="list-style-type: none">1. In a MWS glass bowl take vegetables & add 400ml water. Select category & press start.2. When beeps, remove MWS glass bowl & transfer boiled Vegetables to MWS flat glass dish add milk, Maida, salt & pepper. Mix well. Cover & press start.3. When beeps, mix well and spread grated cheese on it, place the dish on high rack & press start.			
Mix vegetables (cut gajar, gobhi, french beans, sweet corns, peas etc.)		200 g							
Maida		2 tbsp							
Butter		2 tsp							
Milk		½ cup							
Grated cheese		5 tbsp							
Salt, pepper		As per taste							
Menu		Co3		Macaroni		Weight Limit		0.1 ~ 0.3 kg	
Utensil: Microwave safe (MWS) bowl									
Instructions						Method:			
For		0.1 kg		0.2 kg		0.3 kg		<ol style="list-style-type: none">1. In MWS bowl take Macaroni with water. Select category & weight & press start.2. When beeps, drain water from it. In MWS bowl add all the ingredients with boiled Macaroni, mix well and press start.	
Macaroni		100 g		200 g		300 g			
Water		400 ml		800 ml		1200 ml			
Butter		1 tbsp		2 tbsp		3 tbsp			
Spring onion chopped		1 tbsp		2 tbsp		3 tbsp			
Garlic chopped		1 tsp		2 tsp		3 tsp			
Mushroom chopped		3 nos.		4 nos.		5 nos.			
Tomato sauce		1 tbsp		2 tbsp		3 tbsp			
Chilli sauce		1 tsp		2 tsp		3 tsp			
Salt, sugar, pepper & oregano		As per taste							
Menu		Co4		Baked Mushroom®		Weight Limit		0.1 ~ 0.3 kg	
Utensil: Microwave safe (MWS) flat glass dish & High rack*									
Instructions						Method:			
For		0.1 kg		0.2 kg		0.3 kg		<ol style="list-style-type: none">1. In MWS flat glass dish put all the ingredients except cheese, mix well.2. Select category & weight and press start3. When beeps, keep on high rack. Spread grated cheese on the top of the mixture and press start.	
Mushrooms		50 g		100 g		150 g			
White sauce		50 g		100 g		150 g			
Cheese (grated), salt, pepper		As per taste							
Menu		Co5		Lasaneya		Weight Limit		0.3 kg	
Utensil: Microwave safe (MWS) flat glass dish & High rack*									
Instructions						Method:			
For		0.3 kg				<ol style="list-style-type: none">1. Except lasagne and cheese add all the ingredients in MWS flat glass dish. Select category and press start.2. When beeps, in same dish arrange lasagne sheets in the bottom. Then spread vegetable mixture on it and make layers of sheets and vegetable mixture. Press start.3. When beeps, spread the grated cheese & keep the glass dish on high rack and press start.			
Lasagne sheets (cooked)		150 g							
White sauce		1 cup							
Pizza sauce		1/2 cup							
Mix veg (boiled) - Egg plant, zucchini, broccoli, mushrooms, sweet corns		2 cups							
Oil		2 tbsp							
Oregano, salt & pepper		As per taste							
Grated cheese		5 tbsp							
Menu		Co6		Chilli Veg		Weight Limit		0.3 ~ 0.5Kg	
Utensil: Microwave safe (MWS) bowl									
Instructions						Method:			
For		0.3 Kg		0.4kg		0.5 kg		<ol style="list-style-type: none">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 soya sauce, chilli sauce, cornflour (mixed with ½ cup water), water, salt, pepper & ajinomoto and press start.4. When beeps, add paneer pieces & press start.5. Mix well & serve.	
Paneer pieces		300 g		400g		500g			
Chopped Capsicum & onion		1½ cup		2cups		2 ½ cups			
Chopped green chillies		3 nos.		4 nos		5 nos			
Ginger garlic paste		1½ tbsp		2 tbsp		2 ½ tbsp			
Oil		1½ tsp		2 tsp		2 ½ tsp			
Soya sauce		2 tsp		2 ½ tsp		3 tsp			
Cornflour		2 tbsp		2 ½ tbsp		3 tbsp			
Green chilli sauce		3 tbsp		3 ½ tbsp		4 tbsp			
Salt & Pepper		As per your taste							
Water		1 cup		2 cups		2 ½ cups			
Ajinomoto		A pinch							

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

*Refer page 63, fig -3

Menu	Co7	Thai Chicken	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
Boneless chicken		500 gm	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.	
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 tbsp		
Salt & pepper		To taste		

Menu	Co8	Sweet & Sour Veg	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	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.
Cut vegetables (Baby corns cut lengthwise, Broccoli florets, Mushroom pieces, Pineapple slices, Capsicum)	100 g	200 g	300 g	
Oil	½ tbsp	1 tbsp	1½ tbsp	
Chopped spring onion & garlic	¼ cup	½ cup	1 cup	
Red chilli paste	¼ tsp	¼ tsp	½ tsp	
Tomato Ketchup	¼ cup	¼ cup	½ cup	
Vinegar		As per taste		
Sugar	½ tsp	1 tsp	1 tsp	
Salt		As per taste		
Ajinomoto	¼ tsp	¼ tsp	½ tsp	
Soya sauce	1 tsp	1 tsp	1 tsp	
Pineapple juice	¼ cup	¼ cup	½ cup	
Water	1 cup	1 cup	1 cup	
Cornflour		2 tbsp mixed with ½ cup water		

Menu	Co9	Mediterranean Crostini®	Weight Limit	0.2 kg.
Utensil: Low rack				
Instructions			Method:	
French bread		2 slices	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. 4. When beeps, keep the bread slices on low rack. Keep the rack in microwave & press start.	
Black olives (sliced)		¼ cup		
Cheese (grated)		½ cup		
Butter		2 tbsp		
To be mixed together for the marinated tomatoes :				
Tomatoes (sliced)		2 nos.		
Basil leaves (freshly chopped)		1 tsp		
Garlic (chopped)		1 tsp		
Olive oil		2 tsp		
Salt & freshly crushed pepper		As per taste		
corns				

Menu	Co10		Risotto Rice		Weight Limit	0.1 ~ 0.4 kg.
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	<div>1. In a MWS bowl add olive oil, garlic, mushrooms, peas, carrots & tomato puree. Mix well. Select category & weight and press start.</div> <div>2. When beeps, mix well & add rice. Mix well and press start.</div> <div>3. When beeps, mix well & add water & salt. Press start.</div> <div>4. Mix well & stand for 5 minutes.</div> <div>5. Add spinach, tomato puree, cream, grated cheese & chopped coriander/parseley & serve.</div>	
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	1 ³ / ₃ 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					

Menu	Co11	Spaghetti with tomato sauce			Weight Limit	0.1 ~ 0.3 kg.
Utensil: Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg			
Spaghetti noodles	100 g	200 g	300 g			
Water	400 ml	800 ml	1200 ml			
Olive oil	1 tbsp	1½ tbsp	2 tbsp			
Chopped garlic	1 tbsp	1½ tbsp	2 tbsp			
Chopped tomatoes	1 cup	1½ cup	2 cup			
Chopped mushrooms	¼ cup	½ cup	1 cup			
Chopped onion	½ cup	1 cup	1½ cup			
Sliced olives (pitted)	5 nos.	6 nos.	7 nos.			
Fresh basil	As required					
Parmesan cheese	As required					
Salt, pepper, oregano & chilli flakes	As per taste					
					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.	

Menu	Co12	Cottage Cheese Tortellini	Weight Limit	8 Pc
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For		Dough	<p>Pre-Preparation for Stuffing :</p> <ol style="list-style-type: none">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 tortellini 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 tortellini in the boiling water. Cover & press start.7. When beeps, remove & strain the tortellini & 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.	
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		

Menu	Co13 Mexican Corn Rice				Weight Limit	0.1 ~ 0.4 kg.
Utensil: Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & Low rack*						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	<div>1. In a MWS glass bowl add rice, cloves, water. Select category & weight and press start.</div> <div>2. When beeps, remove the bowl & keep aside after mixing.</div> <div>3. In another MWS glass bowl add butter & sweet corns & press start.</div> <div>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.</div> <div>*Note : For Hot Sauce - In a MWS glass bowl take 8 blanded & pureed tomatoes, 4 tbsp butter, 1 cup chopped onions, salt, red chilli powder, oregano, sugar, chilli sauce (as per taste), 1 tsp garlic paste, 2 tsp tomato sauce, a pinch ajwain. Mix well & microwave at 100% for 5 minutes.</div>	
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.		

*Refer page 63, fig -4

Menu	St1	Kheema Balls			Weight Limit	0.1 ~ 0.3 kg.
Utensil: Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	1. Mix all the ingredients together. Make balls from it. Place the balls in greased MWS flat glass dish. Add ½ cup water to the MWS bowl. Place the MWS glass dish inside the bowl. Cover. Select category & weight and press start.		
Chicken Kheema	75 gms	125 gms	175 gms			
Boiled & Mashed Potato	1 No.	2 No.	3 No.			
Ginger, Garlic Paste, Salt, Garam Masala, Hara Dhania Lemon Juice	As per your taste					
Besan	1 tsp	2 tsp	3 tsp			
Menu	St2	Gajar ka Halwa			Weight Limit	0.3 kg
Utensil: Microwave Safe (MWS) Glass Bowl & Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.3 kg			1. In a MWS glass bowl take all the ingredients & mix well. 2. Add ½ cup water to the MWS bowl. 3. Keep the MWS glass bowl in the bowl. Cover. Select category & press start.		
Grated Gajar	300 gms					
Ghee	2 tbsp					
Milk Powder	4 tbsp					
Khoya	5 tbsp					
Sugar	4 tbsp					
Elaichi Powder and Dry Fruits	As per your taste					
Menu	St3	Shakarkandi			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish						
Instructions					Method:	
Shakarkandi	0.1 Kg	0.2 Kg	0.3 Kg	1. In MWS bowl add ½ water. Keep the peeled off shakarkandi in MWS flat glass dish & put in the bowl. Cover. Select category & weight & press start. 2. After steaming sprinkle some salt & chaat masala & serve		
Salt & Chat Masala	As per your taste					
Menu	St4	Methi Muthiya			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave Safe (MWS) bowl & Microwave safe (MWS) flat glass dish						
Instructions					Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	1. Mix all the ingredients. Add some water and make a soft dough. Make small rolls from this mixture. Place rolls on MWS flat glass dish. 2. Add ½ cup water to the bowl. Keep the MWS flat glass dish in MWS bowl. Cover. Select category & weight and Press start.		
Methi Leaves	1/2 cup	3/4 cup	1 cup			
Atta	1/4 cup	1/2 cup	3/4 cup			
Besan	2 tbsp	3 tbsp	4 tbsp			
Suji	1 tbsp	1½ tbsp	3/4 tbsp			
Soda Bicarb	1/4 tsp	1/2 tsp	3/4 tsp			
Ginger garlic chilli paste, Dhaniya Powder, Haldi, Salt, Sugar	As per your taste					
Menu	St5	Kothimbir Vadi			Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) Bowl & Microwave safe (MWS) flat glass dish						
Instructions					Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	1. Mix all the ingredients together & make vadis out of it. 2. In MWS bowl, add ½ cup water. Place the vadis on MWS flat glass dish. Keep in the bowl & cover. Select category & weight and press start. 3. Allow to stand for 3 minutes.		
Kothimbir (Hara Dhaniya)	100 g	200 g	300 g			
Besan	½ cup	1 cup	1½ cup			
Suji	2 tbsp	3 tbsp	4 tbsp			
Red chilli powder, salt, garam masala	As per taste					
Baking powder	½ tsp	½ tsp	1 tsp			
Menu	St6	Sarson Ka Saag			Weight Limit	0.1 ~ 0.4 kg
Utensil: Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	1. In the MWS bowl, add ½ water. Place sarson and palak in the MWS flat glass dish. Keep the MWS flat glass dish in MWS bowl & cover. Select category and weight and press start. 2. When beeps, remove the MWS bowl, grind the steamed sarson & Palak with water 3. In a MWS bowl add oil, onion garlic paste, tomato, salt and red chilli powder and press start. Mix well. 4. When beeps, add grind sarson and palak, water (as required) to the MWS bowl. Mix well and press start. Serve it with makki ki roti.	
Sarson (washed & separated leaves)	75 g	150 g	200 g	250 g		
Palak (washed & separated leaves)	20 g	50 g	100 g	150 g		
Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp		
Onion garlic paste	1 tsp	1½ tsp	2 tsp	2½ tsp		
Tomato (chopped)	1/2 cup	1 cup	1½ cup	2 cups		
Salt, Red chilli powder	As per your taste					
Water	As required					

Menu	St7	Bhafouri		Weight Limit	0.1 ~ 0.2 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe (MWS) idli stand*					
Instructions				Method:	
For	0.1 Kg	0.2 Kg		1. Mix all the ingredients together & make balls out of the mixture. 2. In MWS bowl, add ½ cup water. Keep the balls in MWS idli stand and keep it inside the bowl. Cover. Select category & weight and press start. Allow to stand for 3 minutes.	
Mix dal paste (Moong dal, Urad dal)	100 g	200 g			
Ginger- garlic paste	½ tbsp	1 tbsp			
Hing	A pinch				
Mitha soda	1/8 tsp	¼ tsp			
Salt	As per taste				

Menu	St8	Steamed Peas		Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	1. In MWS bowl, add ½ cup water to the MWS bowl, place put the peas in MWS flat glass dish. Keep in MWS bowl & cover. Select category & weight & press start. 2. Remove & add butter, salt & chaat masala & serve.	
Shelled peas	100 g	200 g	300 g		
Salt & Chaat masala	As per taste				
Butter	½ tbsp	1 tbsp	1½ tbsp		

Menu	St9	Matar Mushroom		Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	1. Add ½ cup water to MWS bowl. bowl, place the matar and chopped mushroom on the MWS flat glass dish, keep in MWS bowl and cover. Select category and weight and press start. 2. When beeps, remove. 3. In a MWS bowl add oil, onion, tomato puree, salt, red chilli powder, garam masala and press start. Mix well. 4. When beeps, add steamed matar and mushroom to the MWS bowl and add little water, press start. Mix well and add chopped coriander leaves and serve with roti.	
Matar	50 g	100 g	150 g		
Mushroom (chopped)	50 g	100 g	150 g		
Oil	1 tbsp	1½ tbsp	2 tbsp		
Onion (chopped)	1/2 cup	1 cup	1 cup		
Tomato puree	2 tbsp	2½ tbsp	3 tbsp		
Salt, Red chilli powder, Garam masala	As per taste				

Menu	St10	Avial		Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave Safe (MWS) Flat glass dish & Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.1 Kg	0.2 Kg	0.3 Kg	1. Add ½ cup water to MWS bowl, place the vegetables in MWS flat glass dish & keep in MWS bowl and cover. Press start. 2. Select category and weight and press start. 3. When beeps, remove the all from microwave oven. 4. When beeps, in a MWS bowl add 1tbsp oil, mustard seeds, curry leaves, haldi, salt. Add coconut milk and curd. 5. When beeps, add the steamed vegetables to the coconut milk and press start. Garnish with grated coconut and serve.	
Cut vegetables (long pieces), Carrot, potato, drumstick, French beans, bottlegourd	100 g	200 g	300 g		
Oil	1 tbsp	1 tbsp	1½ tbsp		
Mustard seeds, Curry leaves, Salt, Haldi	As per taste				
Coconut milk	1/2 cup	1 cup	1½ cup		
Curd (beaten)	1/2 cup	1 cup	1½ cup		

Menu	tS1	Grill Chicken	Weight Limit	0.3 kg
Utensil: High rack				
Instructions			Method:	
For		0.3Kg	<div>1. Mash brown sugar, garlic paste, sat and pepper together in a pestle mortar to form a paste.</div> <div>2. Add chicken drumsticks and coat with the paste and refrigerate for 6-8 hours.</div> <div>3. Place marinated chicken pieces on High Rack in microwave. Select menu and weight and press start.</div> <div>4. When beeps, turn and press start.</div> <div>5. Now when beeps, again turn and press start.</div> <div>6. Serve hot with mint chutney or ketchup.</div>	
Chicken drumsticks		300 g		
For Marinade				
Barbeque sauce		1 tbsp		
Olive oil		½ tsp		
Ginger Garlic paste, Cumin powder, Black pepper, Onion paste		1 tbsp		
Salt		As per taste		
Brown sugar		2 tbsp		

Menu	tS2	Chicken Lollipops	Weight Limit	0.2 kg
Utensil: High rack				
Instructions			Method:	
For		0.2 kg	<ol style="list-style-type: none"> 1. Mix the chicken keema with boiled potatoes, ginger garlic paste, red chilli powder, garam masala, amchur powder, salt. 2. Coat the lollipops with bread crumbs. 3. Arrange the lollipops on high rack. Select category and press start. 4. When beeps, turn the lollipops & press start. Serve with chutney or sauce. 	
Chicken keema		200 g		
Boiled potato		2 nos.		
Ginger garlic paste		1½ tbsp		
Red chilli powder, garam masala, amchur powder, salt		As per taste		
Bread crumbs		For coating the lollipops		

Menu	tS3	Chicken Tikka	Weight Limit	0.3 kg
Utensil: High rack				
Instructions			Method:	
For		0.3 kg	<div>1. Mix all the ingredients of marinade in a bowl.</div> <div>2. Mix boneless chicken with marinade & keep in refrigerator for 2-3 hours.</div> <div>3. Now place the marinated chicken on high rack.</div> <div>4. Select category & press start.</div> <div>5. When beeps, turn over & baste with some oil. Press start.</div> <div>6. When beeps, again turn over. Press start.</div>	
Boneless chicken		300 g		
Oil		For basting		
For Marinade				
Hung curd		2 tbsp		
Ginger garlic paste		2 tbsp		
Salt, garam masala, chaat masala, red chilli powder, Tandoori masala, Tandoori color		As per taste		

Menu	tS4	Veg Kabab	Weight Limit	0.3 kg
Utensil: High rack				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> 1. Mix all the ingredients in a bowl. Mix well & shape them into flat kebabs. 2. Keep the kebabs on high rack and keep in microwave. Select category & press start. 3. When beeps, turn over the kababs & press start again. 	
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		

Menu	CF1	Omelette	Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.2 kg	0.3 kg	0.4 kg	<div>1. Beat the eggs well & add salt, pepper & coriander leaves.</div> <div>2. Add oil, tomato & onion to MWS flat glass dish. Select category & weight and press start.</div> <div>3. When beeps, add the egg mixture. Cover & press start. Allow to stand for 3 minutes.</div>
Eggs	2 Nos.	3 Nos.	4 Nos.	
Oil	½ tbsp	1 tbsp	1 tbsp	
Chopped onion, tomato, coriander leaves	½ cup	1 cup	1 cup	
Salt, pepper	As per taste			

Menu	CF2	Noodles	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. In Microwave Safe Bowl take noodles, water, oil. Select category & weight and press start.</div> <div>2. When beeps, strain noodles & pour cold water over it. In Microwave Safe Bowl put some oil and finely chopped vegetables, add vinegar, soyasauce, chilli sauce, MSG, salt & pepper press start.</div> <div>3. When beep, add noodles and mix well press start. Serve hot.</div>
Noodles	100 g	200 g	300 g	
Water	400 ml	800 ml	1200 ml	
Oil	1 tsp	2 tsp	3 tsp	
Vinegar	½ tsp	1 tsp	1 tsp	
Soya sauce	½ tsp	1 tsp	1 tsp	
Chilli sauce	½ tsp	1 tsp	1 tsp	
Mix Vegetables - Cabbage, capsicum, carrot, French beans etc.	½ cup	0.3 kg	1 cup	
Salt, sugar, Pepper, MSG	As per taste			

Menu	CF3	Corn Chaat	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	1. In a MWS bowl add some water & sweet corns. Select category & weight & press start. 2. Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well & serve.
Sweet corn	100 g	200 g	300 g	
Mix fruits (Pomegranate, cucumber, apple)	½ cup	1 cup	2 cup	
Salt, red chilli powder, chaat masala, lemon juice	As per taste			

Menu	CF4	Pizza®	Weight Limit	0.3 kg
Utensil: Low rack				
Instructions			Method:	
Pizza base	1 Big Pizza base			<div>1. Select category & press start to preheat.</div> <div>2. Spread pizza topping on pizza base, spread chopped vegetables on it. Sprinkle grated cheese.</div> <div>3. When beeps, place the pizza on low rack & press start.</div>
Topping	3 tbsp			
Mix Vegetables - Tomato, Capsicum, Onion	1 cup			
Grated Cheese	1/2 cup			
Oregano & Chilli flakes (Optional)	As per your taste			

Menu	CF5	Vermicelli Khichdi	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix & select category & weight and press start.</div> <div>2. When beeps, mix & add tomato. Press start.</div> <div>3. When beeps, mix & add vermicelli, water, salt, red chili powder, haldi, garam masala. Press start. Stand for 3 minutes.</div> <div>4. Squeeze lemon, mix & serve.</div>
Roasted vermicelli	100 g	200 g	300 g	
Oil	1 tbps	1½ tbps	2 tbps	
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			

Menu	CF6	Chocolate balls	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
Milkmaid		1 cup	1. In a MWS safe glass bowl add milkmaid, marie biscuit powder, milk powder, bournvita. Select category & press start. 2. Allow to cool. Make balls out of the mixture. Roll out the balls in the grated coconut. 3. Keep in refrigerator for half an hour.	
Marie biscuit powder		1 cup		
Milk powder		½ cup		
Bournvita		½ cup		
Grated coconut		½ cup		

Menu	CF7	Veg Burger			Weight Limit	0.1 ~ 0.3 kg
Utensil: High rack						
Instructions					Method:	
For	0.1 kg	0.2 kg	0.3 kg	<div>1. In a bowl mix all the ingredients for tikkis & prepare round & flat tikkis out of it.</div> <div>2. Slit the buns into two halves. Apply the butter inside the buns.</div> <div>3. Keep the tikkis on the high rack. Select category & weight and press start.</div> <div>4. When beeps, turn over the tikkis & press start.</div> <div>5. When beeps, remove the tikkis. Now apply tomato sauce on one half of the bun. Keep the cheese slice, then keep tikki & then tomato & cheese slices & cover with the second half of the bun.</div> <div>6. Now keep the burger on high rack & press start.</div>		
Burger buns for tikkis	1 no.	2 nos.	3 nos.			
Potatoes (boiled)	100 gm	200 gm	300 gm			
Boiled peas	¼ cup	½ cup	1 cup			
Chopped ginger	1 tsp	2 tsp	3 tsp			
Green chillies	1 no.	2 nos.	3 nos.			
Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp			
Salt, red chilli powder, garam masala, chaat masala	As per taste					
Cornflour	For binding					
Tomato slices	1 no.	2 nos.	3 nos.			
Onion slices	2 no.	4 nos.	6 nos.			
Cheese slices	1 no.	2 nos.	3 nos.			
Butter	1 tsp	2 tsp	3 tsp			
Tomato sauce	1 tbsp	2 tbsp	3 tbsp			

Menu	CF8	Strawberry Custard	Weight Limit	0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.5 kg		<div>1. In a MWS bowl add milk, strawberry custard powder, sugar. Mix well.</div> <div>2. Select category & press start.</div> <div>3. When beeps, stir well. Press start.</div> <div>4. When beeps, stir well. Press start. Allow to set in refrigerator.</div>	
Milk	500 ml			
Strawberry custard powder	3 tbsp			
Sugar	50 g			
Strawberry pieces	As required			

Menu	CF9	Garlic Bread	Weight Limit	0.3 kg
Utensil: High Rack				
Instructions			Method:	
For	0.3 kg		<div>1. Mix butter, garlic paste, salt, pepper and oregano together. Apply this mixture to both sides of bread slices. Keep the bread slices on high rack.</div> <div>2. Select menu and weight and press start.</div> <div>3. When beeps, turn over the slices. Sprinkle the grated cheese and press start.</div> <div>Note : Use French bread to make garlic bread.</div>	
Bread slices (French Bread)	4 pcs			
Butter	5 tbsp			
Garlic paste	2 tbsp			
Grated cheese	4 tbsp			
Salt, pepper, Oregano, chilli flakes	As per taste			

Menu	CF10	Choco Bar	Weight Limit	0.2 kg
Utensil: Microwave safe (MWS) bowl & Microwave safe(MWS) flat glass dish				
Instructions			Method:	
Chocolate chips	½ cup		<div>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.</div> <div>2. Grease a microwave flat glass dish with butter and line the dish with butter paper. Again grease it with butter paper.</div> <div>3. When beeps, remove and pour the oats mixture into greased flat glass dish and press firmly with spoon.</div> <div>4. In MWS glass bowl add rest of the butter, chocolate chips. Mix & press start.</div> <div>5. When beeps, pour this mixture on oats & sprinkle chopped nuts.</div> <div>6. Cut into rectangle bars when set & serve chilled.</div>	
Oats (crushed)	1 cup			
Honey	3 tbsp			
Brown sugar	4 tbsp			
Butter (softened)	8 tbsp			
Chopped nuts (almonds, pistachio, walnut)	As required			

Menu	CF11	Creamy mushroom buns	Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) bowl & High Rack				
Instructions				Method:
For	0.1 kg	0.2 kg	0.3 kg	<div>1. Take the horizontally cut buns, hollow them to make a cavity in the buns for the filling. Soak the removed bun crumbs in milk & keep aside.</div> <div>2. In a MWS glass bowl put butter, onions, garlic, green chilli, mushrooms & mix well. Select category & weight & press start.</div> <div>3. When beeps, remove and add chopped spinach, grated cheese, salt, pepper & oregano. Mix and press start.</div> <div>4. When beeps, mix again. Fill this mixture into the buns. Place the filled buns on high rack. Sprinkle grated cheese (as required) & press start.</div> <div>5. Remove & serve hot with tomato ketchup.</div>
Buns (cut into half horizontally)	1 no.	2 nos.	3 nos.	
Butter	1 tbsp	2 tbsp	3 tbsp	
Garlic (chopped)	1 tsp	2 tsp	3 tsp	
Green chillies (chopped)	1 no.	2 nos.	3 nos.	
Coriander (chopped)	A few sprigs			
Onions (chopped)	¼ cup	½ cup	1 cup	
Mushrooms (sliced)	¼ cup	½ cup	1 cup	
Spinach (chopped)	¼ cup	½ cup	1 cup	
Salt & pepper	As per taste			
Oregano	1 tsp	1½ tsp	2 tsp	
Cheese (grated)	¼ cup	½ cup	¾ cup	
Milk	¼ cup	½ cup	1 cup	

Menu	CF12	Bread Pudding		Weight Limit	0.1 ~ 0.3 kg
Utensil: Microwave safe (MWS) flat glass dish					
Instructions				Method:	
For	0.1 kg	0.2 kg	0.3 kg	1. Make small pieces of Bread slices. Beat the egg very well . Mix all the ingredient very well. 2. Pour this mixture into MWS flat glass dish. Select category and weight. Press start.	
Bread slices	2 Nos.	3 Nos.	4 Nos.		
Milk (for dipping the bread)	½ cup	1 cup	1½ cup		
Egg	1 Nos.	2 Nos.	2 Nos.		
Vanilla Essence	½ tsp	¾ tsp	1 tsp		
Sugar	3 tbsp	4 tbsp	5 tbsp		
Dry fruits	As per your taste				

Menu	CF13	Quick cheesy fondue		Weight Limit	0.2 ~ 0.4 kg
Utensil: Microwave safe (MWS) bowl					
Instructions				Method:	
For	0.2 kg	0.3 kg	0.4 kg	1. In a MWS bowl add butter & chopped onions. Select category & weight and press start. 2. When beeps, remove. 3. Dissolve the cornflour with milk. 4. Add milk, cheese spread, salt & pepper. Mix well & press start. 5. When beeps, mix well & press start.	
Milk	½ cup	1 cup	1½ cup		
Butter	1 tbsp	1½ tbsp	2 tbsp		
Cornflour	1 tbsp	1½ tbsp	2 tbsp		
Chopped onions	¼ cup	½ cup	¾ cup		
Cheese spread	¼ cup	½ cup	¾ cup		
Salt & pepper	As per taste				

Menu	CF14	Cheesy Nachos	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) flat glass dish				
Instructions			Method:	
For	0.3 kg		1. In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select category & press start.	
Nachos	300 g			
Grated cheese	1 cup			
Pizza sauce	6 tbsp			
Chopped onion, tomato	2 cups			

Cake

Kids' Delight

Menu	CA1	Walnut Cake®	Weight Limit	0.3Kg
Utensil: Metal Cake Tin & Low Rack**				
Instructions			Method:	
For	0.3 kg		<div>1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.</div> <div>2. Sieve maida, baking powder & add walnuts to it.</div> <div>3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well.</div> <div>4. Grease a metal cake tin or line with a butter paper. Add the cake batter.</div> <div>5. Select category & press start.</div> <div>6. When beeps, put the cake tin on low rack & keep in microwave & press start.</div>	
Maida	110 g			
Baking powder	¼ tsp			
Walnuts	½ cup			
Curd	70 ml			
Powdered sugar	170 g			
Egg	1 no.			
Vanilla essence	¼ tsp			

Menu	CA2	Swiss Roll®	Weight Limit	0.2 kg
Utensil: Metal Cake Tin & Low Rack**				
Instructions			Method:	
For		0.2 kg	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 tin. Pour the batter. 3. Select category & press start. 4. When beeps, put the tawa on low rack & keep inside microwave. Press start.	
Maida		80 gm		
Condensed Milk (Milkmaid)		100 ml		
Butter		75 gm		
Soda bicarb		¼ tsp		
Vanilla essence		¼ tsp		
Mix fruit jam		2 tbsp		

Menu	CA3	Carrot Cake®	Weight Limit	0.3 kg
Utensil: Metal Cake Tin & Low Rack**				
Instructions			Method:	
For	0.3 kg		<div>1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well.</div> <div>2. Sieve maida, baking powder & add grated carrot to it.</div> <div>3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well.</div> <div>4. Grease a metal cake tin or line with butter paper. Add the cake batter.</div> <div>5. Select category & press start.</div> <div>6. When beeps, put the cake tin on low rack & keep in microwave & press start.</div>	
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			

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

**Refer page 63, fig 2

Menu	CA4	Chocolate Cake®	Weight Limit	0.3 kg
Utensil: Metal Cake Tin & Low Rack**				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> 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 & cocoa powder together. 3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all beat well. 4. Grease a metal cake tin or line with butter paper. Add the cake batter. 5. Select category & press start. 6. When beeps, put the cake tin on low rack & keep in microwave & press start. 	
Maida		110 g		
Baking powder		¼ tsp		
Cocoa powder		50 g		
Curd		70 ml		
Powder sugar		170 g		
Egg		1 no.		
Vanilla essence		¼ tsp		

Menu	CA5	Vanilla Cake®	Weight Limit	0.3 kg
Utensil: Metal Cake Tin & Low Rack**				
Instructions			Method:	
For		0.3 kg	<ol style="list-style-type: none"> 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 together. 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. 6. When beeps, put the cake tin on low rack & keep in microwave & press start. 	
Maida		110 g		
Baking powder		¼ tsp		
Curd		70 ml		
Powdered sugar		170 g		
Egg		1 no.		
Vanilla essence		¼ tsp		

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

**Refer page 63, fig 2

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

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

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

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

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

** Refer page 63, fig 1

Menu	dd1	Tea	Weight Limit	1 ~ 4 cups
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	1cup	2cups	3cups	4cups
Water	120ml	240ml	360ml	480ml
Tea leaves	1tsp	2tsp	3tsp	4tsp
Milk	120ml	150ml	225ml	300ml
Sugar	As per taste			
Ginger/cardamon (crushed)	As per taste(optional)			
			1. In a MWS glass bowl add water, tea leaves & crushed ginger/cardamom (optional). Select category & weight. Press start. 2. When beeps, add milk & sugar. Press start. Serve hot. 1 cup tea = 150ml approx	

Menu	dd2	Lemon Tea	Weight Limit	1 ~ 4 cups
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	1cup	2cups	3cups	4cups
Water	120ml	240ml	360ml	480ml
Tea leaves	1tsp	2tsp	3tsp	4tsp
Lemon	½ Pc	1 Pc	1 Pc	1 Pc
Sugar	As per taste			
			1. In a MWS glass bowl add water, tea leaves. Select category & weight. Press start. 2. When beeps, add sugar. Press start. 3. Add lemon and serve hot. 1 cup tea = 150ml approx	

Menu	dd3	Green Tea	Weight Limit	1 ~ 4 cups
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	1cup	2cups	3cups	4cups
Water	120ml	240ml	360ml	480ml
Green tea leaves	1tsp	2tsp	3tsp	4tsp
			1. In a MWS glass bowl add water. Select category & weight. Press start. 2. When beeps, add green tea leaves. Press start. 3. Serve hot. 1 cup tea = 150ml approx	

Menu	dd4	Coffee	Weight Limit	1 ~ 4 cups
Utensil: Microwave safe (MWS) glass bowl				
Instructions			Method:	
For	1cup	2cups	3cups	4cups
Water	60ml	120ml	180ml	240ml
Coffee	½ tsp (Each cup)			
Milk	120ml	150ml	225ml	300ml
Sugar	As per taste			
Ginger/cardamon (crushed)	As per taste(optional)			
			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	

Menu	UC1	Keep warm	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg		1. Any cooked food with cover (Rice, Dal, Sabzi, Halwa, Upma etc.) Select menu and press start.	

Menu	UC2	Garlic peel	Weight Limit	10 Cloves
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
Garlic leaves	10 nos		1. Take 10 cloves of garlic & keep in MWS glass bowl of microwave oven. 2. Select menu & press start. 3. When beeps, take out leaves & cloves will slide right out of their skin, hassle free.	

Menu	UC3	Defrost Veg	Weight Limit	0.2 ~ 0.5 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.2 ~ 0.5 kg		Non-Veg - (Chicken, Mutton etc.) 1. Take in MWS bowl, select menu and weight and press start. 2. When beeps, turn the food. Press start.	



Menu	UC4	Defrost Non-Veg	Weight Limit	0.5 ~ 1.0 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.5 ~ 1.0 kg		Veg - (Paneer, Green Peas, Corn etc.) 1. Take in MWS bowl, select menu and weight and press start. 2. When beeps, turn the food. Press start.	



Menu	UC5	Dehumidification	Weight Limit	0.5 ~ 1.0 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.5 ~ 1.0 kg		Namkin, Biscuits, Bhujia, Papad and Wafers etc. 1.In MWS bowl add the food to be dehumidified. Select menu and weight and press start.	


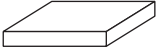
Menu	UC6	Light Disinfect	Weight Limit
Utensil: Microwave safe (MWS) glass utensil & Empty cavity			
Instructions			Method:
			1. Sterilize Microwave safe glass utensil - Keep the empty utensil & select category & press start. 2. Clean the cavity - Keep the cavity empty. Select category & press start. When time ends (beeps), clean the cavity with a damp cloth. Note : The oven has a special function Light Disinfect which allows to sterilize the MWS glass utensil thereby giving a hygiene & clean utensils/cavity.



Menu	UC7	Lemon Squeeze	Weight Limit	2 Pcs
Utensil:				
Instructions			Method:	
Lemon	2 Pcs		1. Take 2 no. of lemons & keep on glass tray of microwave oven. 2. Now select menu & press start. 3. When beeps, take out lemons & squeeze it to get more juice out of them.	

Menu	SL1	Steam Clean	Weight Limit	0.3 kg
Utensil: Microwave safe (MWS) bowl				
Instructions			Method:	
For	0.3 kg		1. Take water in bowl, add vinegar and lemon juice in it, select menu and press start. 2. When beeps, wipe with soft and clean napkin. Press start. 3. When over wipe with soft and clean napkin after taking out power plug.	

- 1)  + 
Low rack Microwave safe glass bowl
(Not provided with LG Kit)

- 2)  + 
Low rack Metal cake tin
(Not provided with LG Kit)

- 3)  + 
High rack Microwave flat glass dish
(Not provided with LG Kit)

- 4)  + 
Low rack Microwave flat glass dish
(Not provided with LG Kit)

List of Ingredients

Spices

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

Vegetables

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

Fruits

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

Vegetables

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

Cereals

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

Pulses

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

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

List of Ingredients

Dry Fruits

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

Fats & Oils

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

Miscellaneous

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

To Clean Your Oven / Questions & Answers

आपके ओवन की सफाई/प्रश्न और उत्तर

To Clean Your Oven / अपने ओवन को साफ करना

- Keep the inside of the oven clean**
Food splatters or spilled liquids stick to oven walls and between the seal and door surfaces. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame. It is important to keep this area clean to assure a tight seal. Remove greasy splatters with a soapy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The metal tray can be washed by hand or in the dishwasher.
- ओवन के भीतरी हिस्से को साफ रखें**
खाने के टुकड़े या तरल पदार्थों के छींटे दीवारों पर और सील तथा दरवाजों के बीच की सतह पर चिपक जाते हैं। एक गीले कपड़े से इसको तुरंत साफ करना आवश्यक है। ये खाने के छोटे टुकड़े और तरल पदार्थों की बूंदे माइक्रोवेव की ऊर्जा को अवशोषित कर लेते हैं और इस तरह खाना बनने का समय लंबा हो सकता है। दरवाजे और खांचों के बीच गिरे हुए इन खाने के टुकड़ों को गीले कपड़े से साफ करें। टाईट सील के लिए यह सफाई रखनी बहुत जरूरी है। तैलीय छींटों को हटाने के लिए साबुन से भीगा हुआ कपड़ा इस्तेमाल करें और उसके बाद उसे धो कर सुखा लें। कठोर डिटरजेंट का इस्तेमाल न करें। धातु की ट्रे को हाथों से या डिशवाशर में धोई जा सकती है।
- Keep the outside of the oven clean**
Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings. To clean control panel, open the door to prevent the oven from accidentally starting, and wipe a damp cloth followed immediately by a dry cloth. Press Stop/Clear after cleaning.
- ओवन का बाहरी हिस्सा साफ रखें**
साबुन और साफ पानी से इसके बाहरी हिस्सों को साफ करें और मुलायम कपड़े या पेपर टॉवल से इसे पोंछ कर सुखाएं। ओवन के भीतर इसके काम करने वाले हिस्सों को टूट-फूट से बचाने के लिए पानी को हवा आने वाले रास्तों पर जमा न होने दें। कंट्रोल पैनल को साफ करने के लिए दरवाजा खुला ही रखें ताकि कहीं गलती से ओवन चालू न हो जाए। फिर इसे एक गीले कपड़े से साफ करके सूखे कपड़े से पोंछ दें। सफाई के बाद स्टॉप/क्लियर बटन दबाएं।
- It steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.
- अगर दरवाजों के बाहर या भीतर भाप इकट्ठी हो जाए तो एक मुलायम कपड़े से पैनल को पोंछ दें। बहुत नमी हो जाने पर ओवन के संचालन के कारण ऐसा हो सकता है यह कोई ओवन की खराबी नहीं है।
- The door and door seal should be kept clean. Use only warm, soapy water, rinse then dry thoroughly. DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. Metal parts will be easier to maintain if wiped frequently with a damp cloth.
- दरवाजे और उनकी सील साफ रखी जानी चाहिए। गर्म साबुन वाला पानी लेकर पूरी तरह से धोएं और फिर सुखाएं। स्टील और प्लास्टिक के नुकीले पैड्स और क्लीनिंग पाड्स का इस्तेमाल करें। गीले कपड़े से नियमित रूप से पोंछने से आप धातु के हिस्सों को ठीक रख सकते हैं।
- Do not use steam cleaners.
- स्टीम क्लीनिंग का प्रयोग न करें।
- Unplug your oven from the electrical socket when you clean control panel with wet cloth or spray water on control glass to clean. If it is not unplugged, this product can be operated by touching the Quick Start button.
- गीले कपड़े से कंट्रोल पैनल को साफ करते समय या कंट्रोल ग्लास को साफ करने के लिए स्प्रै करते समय अपने ओवन को बिजली के स्विच से अलग करें। अगर आप ऐसा नहीं करते हैं तो विवक स्टार्ट बटन को छूने मात्र से यह स्टार्ट हो सकता है।

Questions & Answers / प्रश्न और उत्तर

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

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

Two Recipes / दो व्यंजन विधियां

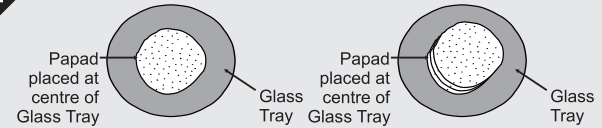
Two Recipes for starters

नवसिखियों के लिए दो व्यंजन विधियां

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

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

1



1. ROASTED PAPAD

Procedure :

Papad:

- Place the raw papad at the centre of Glass Tray, as shown in the picture above.
- Select Micro-100% Power Level and Cook time. Press START/Add 30 Secs
- After Papad cooking give standing time of 30-45 seconds.

To Cook Multiple Papads :

*Place Multiple papads over one another, as shown in the picture above.

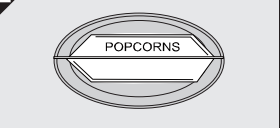
Crispy Papad :

- Press START/Add 30 Secs once without papad.
- Sprinkle little water or oil over the papad.
- After beep, place the papad at the centre and press START/Add 30 Secs.

***Note :** The cooking time may vary –

- As per the composition of the papad material.
- As per the Quantity of papad used.

2



2. POP CORN : Place the pop corn bag to the glass tray properly as instructed on packing. Use START/Add 30 Secs to set 3-4 minutes. Remove the bag after popping sound has stopped. Take care that bag corners do not touch sides while rotating.

Note : Attend popping process carefully. Do not overheat as cause flash fire.

2. पॉप कॉर्न : पैकिंग पर दिये गए निर्देशानुसार पॉप कॉर्न का बैग कॉच की ट्रे पर ठीक से रखें। 3-4 मिनट सैट करने के लिए START/Add 30 Secs का प्रयोग करें। मुनने की आवाज समाप्त होने के बाद बैग को हटा लें। ध्यान रखें कि बैग के कोने घुमाते समय साइड से न छुएं।

नोट : मुनने की प्रक्रिया को ध्यानपूर्वक देखें। आवश्यकता से अधिक गर्म न करें क्योंकि इससे आग लग सकती है।



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