



RECIPE MANUAL

HEALTHY & TASTY COOKING WITH 151 AUTOCOOK MENUS

Please read this owner's manual thoroughly before operating.

MJ3281CG

P/No. : MFL67281902

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Contents

Various Cook Functions	3
Charcoal	4~13
Indian Bread Basket	14~17
Bakery	18~22
Nutricare	23~41
Indian Rasoi	42~56
24 Hours / Kids' Delight	57~67
Just 4 U / Utility Corner	68~84
Usage of Accessories	85
Rotisserie Installation	86

Various Cook Functions

Please follow the given steps to operate cook functions (Charcoal, Indian Bread Basket, Nutricare, Indian Rasoi, 24 Hours, Just 4 U/Utility Corner) in your Microwave.

Cook Functions	Charcoal	Indian Bread Basket	Bakery	Nutricare	Indian Rasoi	24 Hours/Kids' Delight	Just 4 U/Utility Corner
STEP-1	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear
STEP-2	Press Charcoal	Press Indian Bread Basket	Press Bakery	Press Nutricare	Press Indian Rasoi	Press 24 Hours/Kids' Delight	Press Press Just 4 U/Utility Corner
STEP-3	Turn Dial to select the food category (1 to 15)	Turn Dial to select the food category (1 to 5)	Turn Dial to select the food category (1 to 8)	Turn Dial to select the food category (1 to 37)	Turn Dial to select the food category (1 to 29)	Turn Dial to select the food category (1 to 24)	Turn Dial to select the food category (1 to 33)
STEP-4	Press start	Press start	Press start	Press start	Press start	Press start	Press start
STEP-5	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight	Turn the dial to select the weight
STEP-6	Press start	Press start	Press start	Press start	Press start	Press start	Press start

CHARCOAL

In the following example, show you how to cook **0.3Kg of Paneer Tikka**.

1. Press **STOP/CLEAR**.



2. Press **CHARCOAL**.

The following indication is displayed "**auto**".



3. Turn **COOK MODE** until display show "**9 Paneer Tikka**". Press **START/QUICK START** for category confirmation.



4. Turn **COOK MODE** until display shows "**0.3Kg**". Press **START/QUICK START**.
When cooking you can increase or decrease cooking time by turning **COOK MODE**.



! NOTE

- Charcoal menus are programmed.
- Charcoal menus allows you to cook your favourite food by selecting food & weight of food.

Category		Weight Limit	Utensil	Instructions			
1	Murg Tandoori	1 kg	Rotisserie	Whole Chicken1 Kg			
				For Marinade			
				Hung Curd1 Cup			
				Garlic Paste3 Tbsp			
				Ginger Paste1 Tbsp			
				SaltAs per taste			
				Tandoori Masala3 Tsp			
				Cumin PowderAs per taste			
				Tandoori ColorA pinch			
				Red Chilli PowderAs per taste			
Method : 1. Mix all the ingredient of marinade in a bowl 2. Wash the Chicken properly & make cuts on the chicken all over. 3. Marinade the Chicken properly coating all the places. keep marinated for 3-4 hours in refrigerator. 4. Keep Paper towel (Kitchen towel) on glass tray. 5. Assemble the rotisserie & insert the Chicken & tie up with thread. 6. Install the rotisserie in the microwave select category & press start. Serve with grilled onion slices, lemon wedges & onion chutney. Note : For Rotisserie installation refer Pg. 86.							
2	Bharwan Tamatar	0.3-0.5 kg	Multicook Tawa & High rack*	For0.3 Kg0.4 Kg0.5 Kg			
				Tomato (Hollowed)300 g400 g500 g			
				For Stuffing			
				Paneer (mashed)200 g250 g300 g			
				Salt, Red Chilli Powder, Garam Masala, Cumin PowderAs per tasteAs per tasteAs per taste			
				Onion Chopped¼ cup¼ cup½ cup			
				Coriander leaves ChoppedA few sprigsA few sprigsA few sprigs			
				Oil¼ Tbsp½ Tbsp1 Tbsp			
				Method : 1. Precook the paneer stuffing- In a MWS bowl add oil, Onions & microwave 100 % for 3 minutes. Add paneer & all the spices & coriander leaves & microwave 100% for 2 minutes 2. Stuff the hollowed tomatoes with paneer. 3. Grease the tomatoes with few drops of oil. 4. Keep the Tomatoes on tawa & tawa on high rack. Select Category & weight and press start 5. Turn over the tomato & press start. Put oil. 6. Turn over the side again & press start. Garnish with fresh coriander leaves & serve.			

* Refer Pg. 85 Fig. 2
MWS - Microwave safe

CHARCOAL

Category		Weight Limit	Utensil	Instructions			
3	Tandoori Aloo	0.3 ~ 0.5 kg	Multicook Tawa & High rack*	For	0.3 kg	0.4 kg	0.5 kg
				Aloo (Cut into quarters)	300 g	400 g	500 g
				For marinade			
				Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp
				Garlic Paste	1 Tbsp	1 ½ Tbsp	2 Tbsp
				Cumin Powder	As per taste		
				Red Chilli powder	As per taste		
				Salt	As per taste		
				Tandoori Masala	1 Tsp	2 Tsp	3 Tsp
				Tandoori Color	A pinch		
Method : 1. Mix all the ingredients of marinade in a bowl. 2. Add the aloo pieces & keep for ½ hour. 3. Keep the marinated aloo on tawa & tawa on high rack. Select category & weight & press start. 4. When beeps, turn over the pieces & drizzle few drops of oil & press start again. Sprinkle chaat masala or lemon juice & serve.							
4	Tandoori Gobhi	0.3 ~ 0.5 kg	Multicook Tawa & High rack*	For	0.3 kg	0.4 kg	0.5 kg
				Cauliflower florets	300 g	400 g	500 g
				For Marinade			
				Jeera powder	½ Tsp	1 Tsp	1 Tsp
				Red Chilli Powder, Salt, Dhaniya Powder, Garam Masala, Anardana	As per taste		
				Tandoori Color/Haldi	A pinch		
				Oil	1 Tbsp	1½ Tbsp	2 Tbsp
				Hung Curd	2 Tbsp	3 Tbsp	4 Tbsp
				Method : 1. Mix together in a bowl all the ingredients of marinade. Add the cauliflower to the marinade & rub them properly with the marinade. Keep aside for 1 hours. 2. Transfer the marinated cauliflower on tawa & keep on high rack. Select category & weight and press start. 3. When beeps, drizzle few drops of oil on cauliflower & turn them over. Press start. Serve with onion rings, coriander leaves & tomato slices.			

* Refer Pg. 85 Fig. 2

Category	Weight Limit	Utensil	Instructions																																																												
5	Bharwan Bhindi	0.2 ~ 0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack* <table> <tr> <td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr> <td>Bhindi</td><td>200 g</td><td>300 g</td><td>400 g</td></tr> <tr> <td>Oil</td><td>¼ tbsp</td><td>½ tbsp</td><td>1 tbsp</td></tr> <tr> <td>Jeera</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr> <tr> <td>Onion (chopped)</td><td>½ no.</td><td>1 no.</td><td>1no.</td></tr> <tr> <td>Green Chillies</td><td>1 no.</td><td>2 no.</td><td>2 no.</td></tr> <tr> <td>Ginger</td><td>¼"</td><td>¼"</td><td>½"</td></tr> <tr> <td>Hing</td><td></td><td>A pinch</td><td></td></tr> <tr> <td>Tomato</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr> <tr> <td colspan="4">For Stuffing</td></tr> <tr> <td>Coriander Powder</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr> <tr> <td>Turmeric Powder</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Saunf Powder</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Amchoor</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> <tr> <td>Red Chilli Powder, Salt</td><td></td><td>As per taste</td><td></td></tr> </table> Method : 1. Cut stalk of each bhindi & make lengthwise slit. 2. Combine stuffing ingredients & mix well stuff each bhindi with this mixture. 3. in MWS glass bowl add oil, jeera, onion, green chilli, ginger, tomato & hing. Select category & weight & press start. 4. When beeps, remove the bowl from microwave oven & keep the stuffed bhindi on tawa, drizzle few drops of oil on bhandis. Keep tawa on high rack. 5. Press start. 5. When beeps, turn over bhandis & add the onion mixture & mix well. 6. Press start.	For	0.2 kg	0.3 kg	0.4 kg	Bhindi	200 g	300 g	400 g	Oil	¼ tbsp	½ tbsp	1 tbsp	Jeera	¼ tsp	½ tsp	1 tsp	Onion (chopped)	½ no.	1 no.	1no.	Green Chillies	1 no.	2 no.	2 no.	Ginger	¼"	¼"	½"	Hing		A pinch		Tomato	½ no.	1 no.	1 no.	For Stuffing				Coriander Powder	1 tsp	2 tsp	3 tsp	Turmeric Powder	1 tsp	1½ tsp	2 tsp	Saunf Powder	1 tsp	1½ tsp	2 tsp	Amchoor	1 tsp	1½ tsp	2 tsp	Red Chilli Powder, Salt		As per taste	
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6	Bharwan Baigan	0.2 ~ 0.4 kg	Microwave safe (MWS) glass bowl & Multicook tawa* & High rack <table> <tr> <td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr> <td>Baigan (Medium)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr> <tr> <td colspan="4">For Stuffing</td></tr> <tr> <td>Tomato (grated)</td><td>1 no.</td><td>1½ no.</td><td>2 nos.</td></tr> <tr> <td>Onion (chopped))</td><td>¼ cup</td><td>½ cup</td><td>1 cup.</td></tr> <tr> <td>Salt, Coriander powder, haldi, amchoor, garam masala, red chilli powder</td><td></td><td>As per taste</td><td></td></tr> <tr> <td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> </table> Method : 1. Pre-prepare the stuffing - In a MWS glass bowl add oil, onions, tomatoes & all spices & microwave at 100% for 3 minutes. Keep aside slit the baigans cross ways with stems intact. 2. In a MWS glass bowl add slit brinjal & sprinkle some water & cover. Select category & weight & press start. 3. When beeps, Remove the bowl from microwave oven & Add the stuffing to the baigans. 4. Keep the baigans on tawa drizzle some drops of oil & keep tawa on high rack. 5. Press start. 6. When beeps, turn over again. 7. Press start.	For	0.2 kg	0.3 kg	0.4 kg	Baigan (Medium)	200 g	300 g	400 g	For Stuffing				Tomato (grated)	1 no.	1½ no.	2 nos.	Onion (chopped))	¼ cup	½ cup	1 cup.	Salt, Coriander powder, haldi, amchoor, garam masala, red chilli powder		As per taste		Oil	1 tbsp	1½ tbsp	2 tbsp																																
For	0.2 kg	0.3 kg	0.4 kg																																																												
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Oil	1 tbsp	1½ tbsp	2 tbsp																																																												

CHARCOAL

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

* Refer Pg. 85 Fig. 2

Category		Weight Limit	Utensil	Instructions			
8	Chana Kababs	0.2 ~ 0.4 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg
				Boiled Kabuli Chana (Chhole)	200 g	300 g	400 g
				Cloves	1 no.	2 nos.	2 nos.
				Pepper powder	As per taste		
				Cinnamon powder	¼ tsp	¼ tsp	½ tsp
				Garlic Cloves	2 nos.	3 nos.	3 nos.
				Salt	As per taste		
				Ginger Chopped	1 tsp.	2 tsp.	3 tsp
				Bread pieces	1 no..	2 nos.	2 nos.
				Whole red chilly	1 no	2 nos.	3 nos.
				Bread crumbs	For coating		
				Method : 1. Grind boiled kabuli chana, cloves, pepper powder, cinnamon powders, garlic cloves, salt, ginger, soaked bread pieces, whole red chilli, to a paste. 2. Now shape the paste in the form of kababs & roll out each kababs in bread crumbs for complete coating. 3. Now keep the kababs on tawa & keep the tawa on high rack. Select category & weight & press start. 4. When beeps, turn over the side & press start.			
				9	Paneer tikka	0.3 kg	Rotisserie
Paneer cubes (cut into 1½" cubes), Capsicum (cut into cubes), onion (cut into cube), tomato(cut into cubes, pulp removed)	300 g						
For marinade							
Hung curd	2 tbsp						
Ginger garlic paste	1 tbsp						
Salt, Garam masala, Red Chilli powder	As per taste						
Tandoori masala	1 tsp						
Tandoori Color	A pinch						
Oil	For basting						
Method : 1. Mix all the ingredients of the marinade in a bowl. 2. Make holes in the paneer pieces with the rotisserie skewers. 3. Now add the paneer pieces capsicum, onion, tomato & mix well keep in the refrigerator for 1 hour. 4. Skewer all the vegetables in the rotisserie & assemble the rotisserie & install the rotisserie in the oven. Select category & press start. 5. When beeps, pour some oil & press start. Note: For rotisserie installation refer Pg. 86.							

* Refer Pg. 85 Fig. 2

CHARCOAL

Category		Weight Limit	Utensil	Instructions				
10	Matar Kababs	0.2 ~ 0.4 kg	Multicook tawa* & High rack	For	0.2 kg	0.3 kg	0.4 kg	
				Boiled peas	200 g	300 g	400 g	
				Roasted makhanas	1 cup.	1½ cups.	2 cups.	
				Chopped green chillies	2 nos.	3 nos.	4 nos.	
				Salt, pepper, garam masala	As per taste			
				Seeds of Chhoti Elaichi	4 nos.	5 nos.	6 nos.	
				Roasted Cashewnuts	2 tbsp	3 tbsp	4 tbsp	
				Method : 1. Grind the boiled peas, green chillies & elaichi seeds together to a fine paste. 2. Grind the makhanas & cashewnuts together to a rough powder. 3. Mix peas & makhanas paste. Add salt, pepper, garam masala. 4. Make small balls & flatten them to get small round kababs. 5. Keep on tawa & keep the tawa on high rack. Select category & weight and press start. 6. When beeps, turn over & press start 7. When beeps, turn over & press start. Sprinkle chaat masala & serve.				
11	Tandoori Mushrooms	0.2 ~ 0.5 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Mushroom Buttons (stalk removed)	200 g	300 g	400 g	500 g
				For Marinade				
				Hung Curd	1 tbsp	2 tbsp	3 tbsp	4 tbsp
				Ginger Garlic Paste	½ tbsp	1 tbsp	2 tbsp	2½ tbsp
				Salt, Coriander powder, cumin powder, amchoor	As per taste			
				Cornflour	¼ tsp	½ tsp	1 tsp	1½ tsp
				Tandoori Color	A pinch			
				Method : 1. Mix all the ingredients of the marinade in a bowl. 2. Prick all the mushroom buttons & add to the marinade. 3. Keep the mushroom marinated for 1 hour. 4. Transfer the mushrooms on tawa & keep the tawa on high rack. Select category & weight and press start. 5. When beeps, turn over the mushroom & press start. 6. When beeps, turn over again & press start. Note: If mushroom run watery while cooking, drain water & start cooking again.				

* Refer Pg. 85 Fig. 2

Category		Weight Limit	Utensil	Instructions			
12	Arbi Tandoori	0.3 ~ 0.5 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For	0.3 kg	0.4 kg	0.5 kg
				Arbi (Cut into slices)	300 g	400 g	500 g
				Oil	2 tsp	3 tsp	4 tsp
				Onion rings	1 cup	1½ cup	2 cups
				Garam Masala, Amchoor, Salt	As per taste		
				Green Chillies (Chopped)	2 nos.	3 nos.	4 nos.
				Ginger (shredded)	1 tsp	1½ tsp	2 tsp
				Coriander Seeds	½ tsp	1½ tsp	1 tsp
				For Marinade			
				Hung curd	2 tbsp	3 tbsp	4 tbsp
				Tandoori Masala	½ tbsp	1 tbsp	1½ tbsp
				Ginger Paste	½ tsp	½ tsp	1 tsp
				Pepper corns (crushed)	4 nos.	5 nos.	6 nos.
				Ajwain	½ tsp	½ tsp	1 tsp.
				Haldi	A pinch		
				Salt	As per taste		
				Oil	½ tbsp.	½ tbsp	1 tbsp
				Besan	½ tbsp	½ tbsp	1 tbsp
				Method : 1. Mix all the ingredients of marinade in a bowl. Add the arbi slices & keep for ½ an hour. 2. In a MWS glass bowl add oil, onion rings, shredded ginger & green chillies, garam masala, amchoor & salt. Mix well. Select Category & weight & press start 3. When beeps, remove the bowl from microwave oven, Transfer the marinated arbi on tawa & keep the tawa on high rack. 4. Press start. 5. When beeps, drizzle few drops of oil. Add onion rings mixture & turn over the slices. 6. Press start.			

* Refer Pg. 85 Fig. 2

CHARCOAL

Category		Weight Limit	Utensil	Instructions							
13	Malai Tikka	0.3 kg	Rotisserie								
				For		0.3 kg					
				Boneless Chicken (1½" pieces)		300 g					
				Oil		For basting					
				For Marinade							
				Thick cream		¼ cup					
				Green cardamom powder		¼ tsp					
				Pepper powder		As per taste					
				Garlic paste		½ tsp					
				Ginger paste		1 tsp					
				Melted butter		¼ tbsp					
				Garam masala, amchoor, jeera powder, salt		As per taste					
				Green chillies		1 no.					
Method : 1. Mix all the ingredients of the marinade in a bowl. Marinate Chicken & keep in refrigerator for 1 hour. 2. Grease the rotisserie skewers with some oil. Put the chicken pieces on skewers. Assemble the rotisserie. Install the rotisserie in the microwave, spread the tissue paper on the glass tray. 3. Select category & press start. 4. When beeps, add 1tsp oil & again press start. Sprinkle the chaat masala & serve. Note: For rotisserie installation refer Pg. 86.											
14	Corn Kababs	0.2 ~ 0.4 kg	Multicook tawa & High rack*								
				For		0.2 kg		0.3 kg		0.4 kg	
				Boiled potatoes		2 medium		3 medium		4 medium	
				Boiled sweet corns		¼ cup		½ cup		1 cup	
				Onions (Chopped)		¼ cup		½ cup		1 cup	
				Green chillies (Chopped)		1 no.		1 no.		2 no.	
				Fresh coriander (finely chopped)		1 tbsp.		2 tbsp.		3 tbsp	
				Pudina (finely chopped)		½ tbsp.		1 tbsp		1½ tbsp	
				Melted butter		¼ tbsp.		½ tbsp		1 tbsp	
				Garam Masala, pepper powder, salt		As per taste					
				Lemon juice		2 tsp		3 tsp		3 tsp	
				Bread crumbs		1 tbsp		2 tbsp		3 tbsp	
				Method : 1. Mash the boiled potatoes & corns. Mix well. 2. Add onions, green chillies, coriander pudina, garam masala, melted butter, salt & pepper. Add bread crumbs & lemon juice. 3. Make long kababs out of this mixture. 4. Keep the kababs on tawa & tawa on high rack. Select category & weight & press start. 5. When beeps, turn over & press start. 6. When beeps, turn over & press start. Serve with chutney or sauce.							

Category		Weight Limit	Utensil	Instructions			
15	Kastoori Kababs	0.2 ~ 0.4 kg	Multicook tawa & High rack*	For	0.2 kg	0.3 kg	0.4 kg
				Boneless Chicken mince (Keema)	200 g	300 g	400 g
				For marinade			
				Ginger garlic paste	¼ tbsp	½ tbsp	1 tbsp
				Lemon juice	¼ tbsp	½ tbsp	1 tbsp
				Roasted Besan	2 tbsp	3 tbsp	4 tbsp
				Bread crumbs	2 tbsp	3 tbsp	4 tbsp
				Pepper powder, Salt, Red chilli powder		As per taste	
				Ginger finely chopped	½ tsp	½ tsp	1 tsp
				Chopped Coriander leaves	2 tbsp	3 tbsp	4 tbsp
				Oil	1 tsp	2 tsp	3 tbsp
				Choti elaichi powder	½ tsp	½ tsp	1 tsp
				Jeera	1 tsp	1 tsp	1 tsp
				Kesar (Soaked in ½ cup in milk)	½ tsp	½ tsp	1 tsp
				Method : 1. Wash the chicken mince in a strainer. Press well to squeeze out the water well. 2. Marinate the mince with all the ingredients mentioned under marinade. 3. Make flat Kababs of the mixture. 4. Keep the kababs on tawa & tawa on high rack. Select category & weight and press start. 5. When beeps, turn over the kababs & press start, Sprinkle chaat masala & serve.			

* Refer Pg. 85 Fig. 2

INDIAN BREAD BASKET

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

1. Press **STOP/CLEAR**.



2. Press **INDIAN BREAD BASKET**.

The following indication is displayed "**auto**".

INDIAN BREAD BASKET

3. Turn **COOK MODE** until display show "**1 Naan**".
Press **START/QUICK START** for category confirmation.



4. Turn **COOK MODE** until display shows "**2 Pc**".

Press **START/QUICK START**.

When cooking you can increase or decrease
cooking time by turning **COOK MODE**.



! NOTE

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

INDIAN BREAD BASKET

Category		Weight Limit	Utensil	Instructions	
1	Naan	2 No.	Multicook Tawa & Low Rack*	For	Dough
				Refined flour (Maida)	225 gms
				Curd	4 tbsp
				Milk	100 ml
				Butter	1 tbsp
				Salt	1/8 tsp
				Castor Sugar	1 tsp
				Baking powder	½ tsp
				Butter (Melted)	1 tsp
				Soda-bi-carb	¼ tsp
				Onion seeds	1 tsp
				Method : 1. In a bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & soda-bi-carb & add to the dough. Mix it well & knead a soft dough adding the milk & water (if required). After making the dough add melted butter & knead the dough again. Keep the dough covered in a warm place for about 1-2 hours to ferment properly. 2. Keep the tawa on low rack & keep inside the microwave. select category & press start. 3. Divide the dough into 10 equal portions/balls. (approx. of 40 gm each). Roll out each portion in an oblong shape. Brush with melted butter & sprinkle onion seeds on the top. 4. When beeps, keep 2 rolled out naan on the tawa & press start. 5. Serve hot with gravy curry for your choice. Note: Grease the surface with little oil to prevent the naan from sticking while rolling.	
2	Lachha Parantha	2 No.	Multicook Tawa & low rack*	For	Dough
				Whole wheat flour	2 cups
				Salt	½ tsp
				Ghee	2 Tbsp
				Milk	½ cup
				Water	½ cup
				Method : 1. In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk & then water & knead a soft dough. 2. Keep tawa on low rack, keep inside the microwave. select category & press start. 3. Divide the dough into 11-12 equal portion (approx of 45-46 gms). Roll out each portion to a diameter of 6" spread ½ tsp ghee/oil all over & dust some dry flour. Fold to half & again repeat the same procedure. So that you get a long strip (like a fan). 4. Apply few drops of ghee on the strip. again roll the strip to form a ball. Roll out the ball to 5" diameter for lachha parantha. 5. When beeps, keep 2 rolled out lachha parantha on tawa & press start. 6. When beeps, turn the paranthas & again press start. Make all lachha paranthas following the same procedure. 7. Apply some ghee on top (optional) & crush the parantha slightly to open up the layers. Serve hot with gravy/curry of your choice. Wrap in foil & store.	

* Refer Pg. 85 Fig. 1

INDIAN BREAD BASKET

Category		Weight Limit	Utensil	Instructions	
3	Appam	1 No.	Multicook Tawa & High Rack*	For	Batter
				Rice (soaked for 5-6 hours)	1 cup
				Cooked rice (Boiled)	½ cup
				Fresh coconut shavings	2 cups
				Yeast	¼ tsp
				Coconut water	To dissolve yeast & for diluting the batter
				Salt & Sugar	As per taste
				Method : 1. Grind together soaked rice, cooked rice & coconut shaving till get a fine thick paste. Do not add too much water. Instead use coconut water for grinding & diluting. Batter should have a consistency similar to dosa batter or slightly thickened. 2. Add the yeast (diluted in 2 tbsp coconut water) & salt & sugar to taste. Allow the batter to ferment at room temperature for atleast 6-8 hours. 3. Keep the tawa on high rack, keep inside the microwave. Select category & press start. 4. When beeps, pour ½ cup batter (approx 100 ml) on tawa & spread evenly to a circle keep on the rack & press start. 5. When beeps, turn the appam carefully without breaking. Press start. 6. Serve hot with coconut chutney or veg stew. Note: While pouring the appam batter, try to make a thin size appam. It should not be very thick.	

* Refer Pg. 85 Fig. 2

INDIAN BREAD BASKET

Category	Weight Limit	Utensil	Instructions																												
4	Masala Roti	2 No. Multicook Tawa & Low Rack*	<table><tr><td>For</td><td>Dough</td></tr><tr><td>Whole wheat flour</td><td>1 cup</td></tr><tr><td>Besan</td><td>3/4 cup</td></tr><tr><td>Finely copped onion</td><td>1 no. (medium)</td></tr><tr><td>Finely chopped green chilli</td><td>2 no.</td></tr><tr><td>Black pepper powder</td><td>1 tsp</td></tr><tr><td>Red chilli powder</td><td>1 tsp</td></tr><tr><td>Garam Masala</td><td>½ tsp</td></tr><tr><td>Ghee</td><td>1 tbsps</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Fresh Curd</td><td>¼ cup</td></tr><tr><td>Water (to knead dough)</td><td>¼ cup</td></tr><tr><td>Oil</td><td>½ tsp</td></tr><tr><td>Coriander leaves (Chopped)</td><td>2 tbsps</td></tr></table>	For	Dough	Whole wheat flour	1 cup	Besan	3/4 cup	Finely copped onion	1 no. (medium)	Finely chopped green chilli	2 no.	Black pepper powder	1 tsp	Red chilli powder	1 tsp	Garam Masala	½ tsp	Ghee	1 tbsps	Salt	As per taste	Fresh Curd	¼ cup	Water (to knead dough)	¼ cup	Oil	½ tsp	Coriander leaves (Chopped)	2 tbsps
			For	Dough																											
			Whole wheat flour	1 cup																											
			Besan	3/4 cup																											
			Finely copped onion	1 no. (medium)																											
			Finely chopped green chilli	2 no.																											
			Black pepper powder	1 tsp																											
			Red chilli powder	1 tsp																											
			Garam Masala	½ tsp																											
			Ghee	1 tbsps																											
			Salt	As per taste																											
			Fresh Curd	¼ cup																											
			Water (to knead dough)	¼ cup																											
			Oil	½ tsp																											
Coriander leaves (Chopped)	2 tbsps																														
Method : 1. In a bowl combine whole wheat flour, besan, chopped onion, chopped green chillies, coriander leaves & all the spices. Rub in ghee & curds. Mix well & knead soft dough adding the water. Knead the dough again after adding oil. Keep the dough covered for 5-10 minutes. 2. Keep the tawa on low rack. Keep inside the microwave Select category & press start. 3. Divide the dough into 7 equal portions (approx of 60gm each). Roll out each portion into a diameter of 5 inches. use little dry flour while rolling the roti to prevent it from sticking to surface. 4. When beeps keep 2 rolled out roties on tawa & press start. 5. When beeps, turn & again press start. Make all the roties following the same procedure. 6. Serve hot with pickle or curd. Wrap in foil & store.																															
5	Missi Roti	2 No. Multicook Tawa & Low Rack*	<table><tr><td>For</td><td>Dough</td></tr><tr><td>Wheat flour</td><td>1½ cups</td></tr><tr><td>Besan</td><td>1½ cups</td></tr><tr><td>Oil</td><td>4 Tbsps</td></tr><tr><td>Kasuri methi, Red Chilli powder, Salt</td><td>As per taste</td></tr><tr><td>Water (for dough kneading)</td><td>50 ml</td></tr><tr><td>Curd</td><td>½ cup</td></tr></table>	For	Dough	Wheat flour	1½ cups	Besan	1½ cups	Oil	4 Tbsps	Kasuri methi, Red Chilli powder, Salt	As per taste	Water (for dough kneading)	50 ml	Curd	½ cup														
			For	Dough																											
			Wheat flour	1½ cups																											
			Besan	1½ cups																											
			Oil	4 Tbsps																											
			Kasuri methi, Red Chilli powder, Salt	As per taste																											
			Water (for dough kneading)	50 ml																											
			Curd	½ cup																											
			Method : 1. In a bowl add all the ingredients of the dough & knead it by rubbing in the oil in the flour & slowly adding water to make a soft dough. 2. Divide the dough into, 11 equal portions (each approx 50g) grease the surface on which roti will be rolled with little oil. Take the dough & roll out the roti to 5 diameter. 3. Keep the tawa on low rack & put few drops of oil & spread. Select category & keep the tawa & low rack inside the microwave & press start. 4. When beeps, keep the rolled out missi roties on the tawa & press start. 5. When beeps, add ¼ tsp oil on the roties & turn over. Press start. Wrap in foil & store.																												

BAKERY

In the following example, show you how to cook **0.4Kg of Nan Khatai**.

1. Press **STOP/CLEAR**.

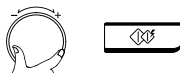


2. Press **BAKERY**.

The following indication is displayed "**auto**".



3. Turn **COOK MODE** until display show "**2 Nan Khatai**". Press **START/QUICK START** for category confirmation.



4. Turn **COOK MODE** until display shows "**0.4Kg**". Press **START/QUICK START**.

When cooking you can increase or decrease cooking time by turning **COOK MODE**.



! NOTE

- Bakery cook menus are programmed.
- Bakery cook allows you to cook most of your favourite food by selecting the food type and the weight of the food.

Category		Weight Limit	Utensil	Instructions	
1	Chocolate® Cake	0.4 kg	Metal Cake Tin* & Low Rack	For	0.4 kg
				Maida	110 g
				Baking powder	¼ tsp
				Cocoa powder	50 g
				Curd	70 ml
				Powder sugar	100 g
				Egg	1 no.
				Vanilla essence	¼ tsp
				Oil	50 ml
				Method : 1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well. 2. Sieve maida, baking powder & cocoa powder together. 3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Add oil. Combine all, beat well. If required add milk to the batter to adjust the consistency. 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.	
2	Nan Khatai®	0.4 kg	Multicook tawa* & Low rack	For	0.4 kg
				Maida	150 g
				Suji	50 g
				Powdered sugar	85 g
				Vanilla essence	1 tsp
				Butter	100 g
				Almonds & cashewnuts	A few
				Method : 1. Cream the butter & sugar together till it turns fluffy. 2. Add vanilla essence followed by maida & suji. 3. Make a dough out of this mixture. 4. Make medium sized balls & put cashewnut on the top of each piece. Arrange them on tawa & keep aside. 5. Select category & press start. When beeps, keep the tawa on low rack & press start.	

* Refer Pg. 85 Fig. 4

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

* Refer Pg. 85 Fig. 1

BAKERY

Category		Weight Limit	Utensil	Instructions	
3	Chena Poda®	0.3 kg	Low rack & Microwave safe (MWS) flat glass dish	For	0.3 kg
				Chena	300 g
				Sugar	100 g
				Suji	20 g
				Method : 1. Mix chena, sugar & suji together adding little water. 2. Transfer this mixture to MWS flat glass dish. 3. Select category & press start. 4. When beeps, place the MWS flat glass dish on low rack. Press start.	
4	Vanilla® Cake	0.4 kg	Metal Cake Tin* & Low Rack	For	0.4 kg
				Maida	110 g
				Baking powder	¼ tsp
				Curd	70 ml
				Powdered sugar	100 g
				Egg	1 no.
				Vanilla essence	¼ tsp
				Method : 1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well. 2. Sieve maida, baking powder together. 3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well. For dropping consistency add milk to the batter. 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.	

* Refer Pg. 85 Fig. 4

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

Category		Weight Limit	Utensil	Instructions	
5	Swiss* Roll	0.2 kg	Multicook tawa & Low Rack [®]	For	0.2 kg
				Maida	80 gm
				Condensed Milk (Milkmaid)	100 ml
				Butter	75 gm
				Soda bicarb	¼ tsp
				Vanilla essence	¼ tsp
				Mix fruit jam	2 tbsp
				Method : 1. Sieve maida & soda. In a bowl add milkmaid & butter. Beat well. Add the maida mixture, vanilla essence & mix well. 2. For spoon dropping consistency add milk or water. Place the butter paper at the bottom of the tray. Pour the batter. 3. Select category & press start. 4. When beeps, put the tawa on low rack & keep the low rack in microwave. Press start.	
6	Carrot* Cake	0.3 kg	Metal Cake Tin [®] & Low Rack	For	0.3 kg
				Maida	110 g
				Baking powder	¼ tsp
				Grated carrot	½ cup
				Curd	70 ml
				Powdered sugar	100 g
				Egg	1 no.
				Vanilla essence	¼ tsp
				Method : 1. In a bowl beat curd & sugar well till light & fluffy. In another bowl beat eggs with vanilla essence well. 2. Sieve maida, baking powder & add grated carrot to it. 3. Now add the maida mixture to the beaten curd mixture & add beaten egg mixture as well. Combine all three mixtures & beat well. Add milk to adjust the consistency. 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.	

* Do not put anything in the oven during preheat mode (Pre-h).

® Refer Pg. 85 Fig. 4

Refer Pg. 85 Fig. 1

BAKERY

Category		Weight Limit	Utensil	Instructions																
7	Patties*	3 No.	Multicook tawa & Low rack®	<table><tr><td>For</td><td>3 No.</td></tr><tr><td>Maida</td><td>200 g</td></tr><tr><td>Salt</td><td>1/2 tsp</td></tr><tr><td>Cold fat (Butter or margarine)</td><td>100 g</td></tr><tr><td>Cold water</td><td>For making dough</td></tr><tr><td>Dry mix vegetables for stuffing</td><td>As required</td></tr></table>	For	3 No.	Maida	200 g	Salt	1/2 tsp	Cold fat (Butter or margarine)	100 g	Cold water	For making dough	Dry mix vegetables for stuffing	As required				
For	3 No.																			
Maida	200 g																			
Salt	1/2 tsp																			
Cold fat (Butter or margarine)	100 g																			
Cold water	For making dough																			
Dry mix vegetables for stuffing	As required																			
1 2 3 Fig. 1 1 3 Fig. 2 3 Fig. 3 Fig. 4				Method : 1. Sieve the flour with salt. Divide the fat into three equal portions. Rub one portion into the flour to get a bread crumb texture, add salt & make a dough of rolling consistency with iced water. 2. On a lightly floured marble top roll out the dough (about ½ cm thickness) into oblong shape (Fig.1). Take the second portion of fat; cut into small pieces; place them on 2/3rd of the rolled dough. Leave the remaining 1/3rd portion without fat. 3. Bring up the bottom third of the pastry dough & fold like an envelope with its flap open (Fig.2). Then bring up the folded portion over again so as to close the envelope (Fig.3). 4. Turn the pastry at right angles; seal open ends of the pastry & rib it (Fig.4). This means to depress it with rolling pin at intervals. Cover & cool in the fridge for 5-10 minutes. Repeat the step 2 with third portion of the fat & chill it for 30 minutes. 5. Roll out the dough 1/4" thick & put the stuffing. Fold it back. Prepare all the patties in same way. 6. Select category & press start. When beeps, arrange the patties on tawa. Keep tawa on low rack & press start.																
8	Jeera* Biscuits	0.2 kg	Low rack & Multi cook tawa®	<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Maida</td><td>120 g</td></tr><tr><td>Powdered suger</td><td>50 g</td></tr><tr><td>Butter</td><td>50 g</td></tr><tr><td>Jeera / Ajwain</td><td>As per taste</td></tr><tr><td>Soda bi carb</td><td>1 pinch</td></tr><tr><td>Baking powder</td><td>1.4 tsp</td></tr><tr><td>Water</td><td>As required</td></tr></table>	For	0.2 kg	Maida	120 g	Powdered suger	50 g	Butter	50 g	Jeera / Ajwain	As per taste	Soda bi carb	1 pinch	Baking powder	1.4 tsp	Water	As required
For	0.2 kg																			
Maida	120 g																			
Powdered suger	50 g																			
Butter	50 g																			
Jeera / Ajwain	As per taste																			
Soda bi carb	1 pinch																			
Baking powder	1.4 tsp																			
Water	As required																			
				Method : 1. Sieve maida, baking powder and soda. In a bowl add powdered sugar and butter and beat well. Add maida, jeera powder, ajwain and make a soft dough with little water.Roll a thick roti and cut cookies with the cutter. Prick with a fork. Arrange on tawa. 2. Select category & press start. When beeps, keep the tawa & press start to bake. Remove when it gives a beep. Allow them to cool.																

NUTRICARE

In the following example, show you how to cook **0.1Kg of Kala Chana**.

1. Press **STOP/CLEAR**.

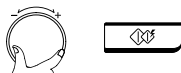


2. Press **NUTRICARE**.

The following indication is displayed "**auto**".



3. Turn **COOK MODE** until display show "**11 Kala Chana**". Press **START/QUICK START** for category confirmation.



4. Turn **COOK MODE** until display shows "**0.1Kg**". Press **START/QUICK START**.
When cooking you can increase or decrease cooking time by turning **COOK MODE**.



! NOTE

- Nutricare cook menus are programmed.
- Nutricare cook allows you to cook most of your favourite food by selecting the food type and the weight of the food.

SALADS

Category		Weight Limit	Utensil	Instructions				
1	Beetroot Salad	0.1-0.3 Kg	Microwave idli safe steamer *	For	0.1 Kg	0.2 Kg	0.3 Kg	
				Beetroot (sliced)	100 g	200 g	300 g	
				Saunf	½ tsp	1 tsp	1 tsp	
				Coriander powder, pepper powder, salt, lemon juice			As per taste	
				Method : 1. In MWS steamer add ½ cup water. Keep the sliced beetroot on steam plate. Cover. Select category & weight and press start. 2. In a bowl take the steamed beetroot add saunf, coriander powder, pepper powder, salt & lemon juice. Toss well. Chill & serve.				
2	Pasta Salad	0.2 Kg	Microwave Safe (MWS) bowl	For	0.2 Kg			
				Penne pasta	200 g			
				Water	400 ml			
				Vegetable (Grated carrot, capsicum, sliced olives, chopped spring onion)	1½ cup			
				Salt, pepper powder	As per taste			
				Olive oil	2 tsp			
				Vinegar	1 tsp			
				Oregano (optional)	As per taste			
				Curd	2 tbsp			
				Method : 1. In a MWS bowl add pasta, water & few drops of oil. Select category & press start. 2. Wash the boiled paste under cold water to separate them. 3. In a bowl take boiled pasta, add vegetable, salt, pepper powder, vinegar, curd, olive oil. Toss them together. Chill & serve.				
3	Tiranga Salad	0.3 Kg	Microwave Safe (MWS) flat glass dish	For	0.3 kg			
				Grated carrot	100 g			
				Grated raddish	100 g			
				Broccoli florets	100 g			
				Olive	1-2			
				Salt, lemon juice	As per taste			
				Method : 1. In a MWS flat glass dish arrange grated carrot first in form of a band, then grated raddish & then broccoli florets, sprinkle water. cover with cling film select category & press start.. 2. Add salt & lemon juice. Mix each layer separately. 3. Take olive & cut into thin slices. Now make a flower at the centre of the raddish layer with olive slices chill & serve.				

* Provided with the Start Up Kit.

Category		Weight Limit	Utensil	Instructions	
4	Hari Seekh Salad	0.3 Kg	Rotisserie	For	0.3 kg
				Vegetable (Spinach leaves, broccoli, bulbs of spring onion, cabbage leave)	300 g
				For Marinade	
				Hung curd	3 tbsp
				Onion paste	2 tbsp
				Garam Masala, Amchoor, Salt	As per taste
				Oil	For basting
				Method : 1. Mix all the ingredients of marinade in a bowl. 2. Take one vegetable at a time and spread the marinade on each vegetable or leaf on both the sides thoroughly. Mix well leave aside for 1 hour mixing at least twice in between. 3. Oil & wipe the skewers of the rotisserie. 4. Skewer the vegetables-thread them starting with broccoli, then fold a cabbage leaf & insert, fold a spinach leaf one & then fold again (like a pan) & insert, then insert a whole spring onion & then again another folded cabbage leaf & spinach leaf in the same skewer, Repeat the same for all the skewers. 5. Install the rotisserie in the oven. (Refer Pg. 86) 6. Select category & press start. Serve hot.	
5	Crunchy Chicken Salad	0.5 Kg	Multicook Tawa * & High rack	For	0.5 Kg
				Boneless Chicken	300 g
				Vegetables (Boiled peas sweet corns, chopped tomato)	200 g
				Lettuce leaves	For garnishing
				Boiled Eggs	2 nos.
				Lemon juice	2 tbsp
				Salt	As per taste
				Poppy seeds	4 tsp
				Olive oil	1 tbsp
				Method : 1. In a bowl mix lemon juice, salt & poppy seeds. Now take each piece of boneless chicken & thoroughly coat with poppy seeds. 2. In another bowl mix boiled peas sweet corns, chopped tomatoes, add some salt, red chilli powder, lemon juice, olive oil. Adjust the seasoning as per your taste. Mix well. 3. Now keep the marinated boneless chicken pieces on tawa. Keep the tawa on high rack. Select category & press start. 4. When beeps, turn over the side & press start. 5. Line a serving dish with lettuce leaves. 6. Transfer the chicken pieces & vegetable to serving dish. Toss them over. Garnish with slices of boiled eggs & serve.	

Refer Page 85. Fig-2

SALADS

Category		Weight Limit	Utensil	Instructions			
6	Babycorn and Bean salad	0.1-0.3 Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Babycorn	50 g	100 g	150 g
				Bean	50 g	100 g	150 g
				Salt, lemon juice, pepper powder (Optional)	As per taste		
				Method : 1. In a MWS bowl add babycom & beans together. Add some water cover. 2. Select category & weight & press start. 3. Add salt, lemon juice, pepper powder. Mix well & serve.			
7	Carrot and peas Salad	0.1-0.3 Kg	Microwave safe (MWS) Bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Carrot	50 g	100 g	150 g
				Peas	50 g	100 g	150 g
				Salt, lemon juice, pepper powder (Optional)	As per taste		
				Method : 1. In a MWS bowl add carrot & peas together. Add some water cover. 2. Select Category & weight & press start 3. Add salt, lemon juice, pepper powder. Mix well & Serve.			
8	Papaya Lachcha Salad	0.1-0.3 Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Papaya (thinly sliced)	100 g	200 g	300 g
				Water	As required		
				Sugar	10 g	20 g	30 g
				Cardamom essence	1 no.	Few drops	3 nos.
Method : 1. In a MWS bowl add papaya slices, sugar, some wter, cardamom essence. Select category and weight & press start.							

Category		Weight Limit	Utensil	Instructions			
9	Whole Wheat & Mint Salad	0.1-0.3 Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Whole wheat (Soaked in hot water for 2 hours)	100 g	200 g	300 g
				Mint leaves	1 cup	1½ cups	2 cups
				Sprouted Chana	100 g	200 g	300 g
				Green Chilli	1 no.	2 nos.	3 nos.
				Ginger	As per taste		
				Salt & pepper	As per taste.		
				Lemon Juice	1 tsp	1½ tsp	2 tsp
				Water (with salt)	200 ml	400 ml	600 ml
				Method : 1. In a microwave safe bowl put soaked whole wheat & salty water. Select category & weight. Press start. 2. When beeps, remove & drain the whole wheat & allow to cool. 3. In MWS bowl add sprouted chana and water (double the amount of chana), cover. Press start. When beeps, remove & allow to cool. 4. In a mixer, put clean mint leaves, ginger, green chillies, lemon juice & make a smooth paste. 5. In a bowl put whole wheat, sprouted chana, mint paste, salt, pepper & lemon-juice. Mix well. Serve chilled.			

HEALTH PLUS

Category		Weight Limit	Utensil	Instructions					
10	Lemon Chicken	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Boneless Chicken	100 g	200 g	300 g	400 g	500 g
				Soya sauce	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Corn flour	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Water	½ cup	½ cup	½ cup	1 cup	1 cup
				Salt, pepper & sugar	As per taste				
				Garlic paste	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Lemon juice	2 tsp	3 tsp	4 tsp	4 tsp	5 tsp
				Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Method : 1. Mix boneless chicken, soya sauce, salt & pepper, garlic paste & lemon juice in a bowl. Refrigerate for ½ hour. 2. In a MWS bowl add oil, marinated chicken pieces, sugar, corn flour mixed with water. Cover. Select category & weight & press start. 3. When beeps, mix well. Cover & press start. Allow to stand for 3 minutes.					
11	Kala Chana	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Soaked Kala Chana	100 g	200 g	300 g	400 g	500 g
				Water	200 ml	400 ml	600 ml	800 ml	1000 ml
				Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp
				Onion chopped	½ cup	1 cup	1½ cup	2 cups	2½ cups
				Salt, Chaat masala, Red chilli powder, hara dhania	As per taste				
				Method : 1. Soak chana overnight, in MWS bowl, put soaked chanas and cover. Select category and weight and press start. 2. When beeps, remove & drain the water. In a MWS bowl add oil, chopped onion, salt, chaat masala, red chilli powder and hara dhania and press start. Mix well. 3. When beeps, add chanas to the MWS bowl along with little water and press start. Mix well. Serve hot.					

Category		Weight Limit	Utensil	Instructions						
12	Moong Dal	0.2 kg	Microwave safe (MWS) bowl	Moong Dal soaked in water (for 1 hour)			0.2 kg			
				Water			400 ml			
				Oil			2 tbsp			
				Jeera			1 tsp			
				Hari Mirch			2-3 nos.			
				Curry Leaves			5-6 nos.			
				Salt, Dhania-Jeera Powder, Haldi, Hing, Kasuri Methi, Lemon Juice, Hara Dhania			As per your taste			
				Method : 1. Take 200 gms dal in Microwave Safe bowl, add Water, Haldi & Hing.						
				2. Select category press start to cook.						
				3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves & press start.						
				4. When beeps, add dal, salt, dhania jeera powder, hara dhania, kasuri methi (optional), water (if required) & lemon juice and press start to cook.						
13	Machi Kali Mirch	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	Pomfret (fish category)		0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Salt, Lemon Juice & Kali Mirch Powder		To marinate as per your taste				
				Oil, Chopped Onion, Chopped Tomatoes, Chopped Garlic		As required				
				Method : 1. Take Pomfret Slices as per weight (0.1 kg/ 0.2 kg/ 0.3 kg/ 0.4 kg/ 0.5 kg) and marinate with salt, lemon juice, and kali mirch powder (as per taste) for one hour.						
				2. In Microwave Safe bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select category & weight and press start.						
3. When beeps, open door and add marinated fish, salt to taste and some water. Cover & press start.										
4. Give standing time for 5 minutes.										

HEALTH PLUS

Category		Weight Limit	Utensil	Instructions			
14	Nutrinuggets	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Soaked and boiled nutrinuggets	50 g	100 g	150 g
				Potato	50 g	100 g	150 g
				Oil	1 tbsp	1½ tbsp	2 tbsp
				Jeera	As per taste		
				Chopped onion	1/2 cup	1 cup	1½ cup
				Tomato puree	2 tbsp	3 tbsp	4 tbsp
				Salt, garam masala, red chilli powder, haldi, dhania powder	As per taste		
				Water	1½ cup	2 cup	2½ cup
				Chopped coriander leaves	For garnishing		
				Method : 1. In a MWS bowl add oil, jeera, onion. Select category and weight and press start. Mix well.			
				2. When beeps, add tomato puree, nutrinuggets, potato, salt, red chilli powder, haldi, dhania powder and add ½ the amount of water mentioned per weight (For eg. For 100g, add 1 cup of water). Cover and press start. Mix well.			
				3. When beeps, add the remaining amount of water and press start. Mix well. Allow to stand for 3 minutes. Garnish with coriander leaves & serve hot with roti.			
15	Soyabean Curry	0.2 kg	Microwave safe (MWS) bowl	For	0.2 kg		
				Soyabean (soaked overnight)	200 g		
				Oil	1½ tbsp		
				Chopped onions	1 cup		
				Tomato puree	½ cup		
				Chopped green chillies	1 tbsp		
				Red chilli powder, garam masala, coriander powder, salt	As per taste		
				Water	200 ml		
				Coriander leaves	For garnishing		
				Method : 1. In a MWS bowl add oil, chopped onions. Select category and press start. Mix well.			
				2. When beeps, in the same bowl add tomato puree and haldi and press start. Mix well.			
				3. When beeps, add chopped green chillies, red chilli powder, garam masala, coriander powder, salt, soyabean and water Press start. Garnish with coriander leaves and serve hot.			

Category		Weight Limit	Utensil	Instructions					
16	Curd Brinjal	0.1 kg ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Brinjal (cut into pieces)	100 g	200 g	300 g	400 g	500 g
				Curd	100 g	200 g	300 g	400 g	500 g
				Oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4 tbsp
				Curry leaves	A few sprigs				
				Mustard & cumin seeds	1 tsp	2 tsp	3 tsp	4 tsp	4 tsp
				Salt	As per taste				
				Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp	4 tsp
				Method : 1. In a MWS bowl add oil & brinjal. Cover. Select category & weight and press start.					
				2. When beeps, remove & in another MWS bowl add oil, mustard & cumin seeds, curry leaves & chopped ginger. Press start.					
				3. When beeps, add brinjal, curd & salt. Mix well & press start.					
17	Leaf Rolls	0.1 ~ 0.3 kg	Microwave safe (MWS) steamer*	For	0.1 kg	0.2 kg	0.3 kg		
				Palak leaves	50 g	100 g	150 g		
				Cabbage leaves	50 g	100 g	150 g		
				For filling					
				Boiled Veg (Potato, Capsicum, Carrot, French beans, sprouts)	½ cup	1 cup	1½ cup		
				Chopped onion	½ no.	½ no.	1 no.		
					As per your taste				
				Method : 1. In a bowl mix boiled vegetables, chopped onions, salt, chaat masala & lemon juice.					
				2. In MWS steamer, add ½ cup water, place the leaves on the steam plate & cover.					
				3. Select category & weight and press start.					
				4. When beeps, remove the leaves from the steamer. Spread the filling on leaves & roll them. Make all the rolls in same way.					
18	Bathua Raita	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	
				Chopped bathua	25 g	50 g	75 g	100 g	
				Water	50 ml	75 ml	100 ml	125 ml	
				Beaten curd	3 tbsp	4 tbsp	5 tbsp	6 tbsp	
				Salt, roasted cumin seed powder	As per taste				
				Method : 1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select category & weight and press start.					
				2. When beeps, remove.					
				3. In a bowl add water, beaten curd, bathua leaves & mix well. Add salt & roasted cumin seed powder.					
				4. Mix well & refrigerate it for some time & serve.					

* Provided with the Start Up Kit.

SOUP

Category		Weight Limit	Utensil	Instructions	
19	Tamatar Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Chopped tomato	300 g
				Oil	1 tbsp
				Ginger garlic paste	2 tbsp
				Jeera, bay leaf, salt, garam masala, sugar	As per taste
				Water	600 ml (3 cups)
				Coriander leaves	For garnishing
				Method : 1. In a MWS glass bowl add tomatoes cut into quarters with water, select category and press start. 2. When beeps, grind and strain the whole stock. 3. In another MWS glass bowl add oil, ginger garlic paste, jeera, bay leaf and press start. Mix well. 4. When beeps, add the strained stock, season with salt, garam masala and press start. Add sugar if very sour. Garnish with coriander leaves and serve hot.	
20	Rasam	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Tomato	300 g
				Tamarind pulp	50 g
				Salt & Jaggery	As per taste
				Green chillies	2 nos.
				Coriander & curry leaves	For garnishing
				Chopped garlic	2-3 flakes
				Coriander seeds, cumin seeds, cinnamon, hing	As per taste
				Water	600 ml (3 cups)
				Oil	1 tbsp
				Method : 1. In a MWS glass bowl add chopped tomato & water. Select category & press start. 2. When beeps, remove & cool. Grind & strain it. 3. In a MWS glass bowl add oil, coriander seeds, cumin seeds, cinnamon, hing, chopped garlic, green chillies, salt & jaggery & strained tomato stock. Press start. 4. When beeps, strain it again & add more water (if required), tamarind pulp. Press start. 5. Garnish with coriander & curry leaves & serve.	

Category		Weight Limit	Utensil	Instructions	
21	Hot & Sour Soup	0.6 kg	Microwave Safe (MWS) Glass Bowl	For	0.6 kg
				Water	600 ml (3 cups)
				Chilli sauce	1 tbsp
				Soya sauce	2 tbsp
				Vinegar	As per taste
				Chopped vegetables (capsicum, spring onions, carrots, cabbage)	100 g
				Tomato sauce	2 tbsp
				Cornflour	2 tbsp & ½ cup water
				Salt, pepper, sugar	As per taste
				Ajinomoto	1 pinch
				Paneer	50 g
				Method : 1. In a MWS glass bowl add water, chili sauce, soya sauce, vinegar, sugar, salt, pepper powder and ajinomoto. Select category & press start. 2. When beeps, stir well & add all the chopped vegetables, except paneer. Press start. 3. When beeps, stir well & add corn flour, tomato sauce, paneer pieces & press start.	
22	Tomato Soup	0.6 kg	Microwave Safe (MWS) Glass Bowl	For	0.6 kg
				Chopped Tomato	100 g
				Chopped Carrot	25 g
				Chopped Onion	1 small
				Chopped Ginger, Garlic	1 tsp
				Salt, Sugar, Pepper	As per your taste
				Cornflour & Oil / Butter	2 tbsp / 1 tsp
				Water	600 ml (3 cups)
				Method : 1. In a MWS glass bowl add chopped tomato, chopped onion, chopped carrot, chopped ginger-garlic along water. Keep in Microwave. Select category & weight and press start. 2. When beeps, grind and strain it 3. In another bowl add oil/butter and stock and then put the bowl in Microwave and press start. When beep, add sugar, salt, black pepper as per your taste and cornflour paste which is made up by mixing the half cup of cold water. Stir well & press start. 4. Garnish with bread croutons, coriander (green dhania) and fresh cream and serve hot.	

SOUP

Category		Weight Limit	Utensil	Instructions	
23	Mulligatawny Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Cooked rice	50 g
				Dehusked lentil	30 g
				Apples (peeled & sliced)	½ no.
				Carrot	50 g
				Onion	50 g
				Veg stock/water	600 ml (3 cups)
				Salt & pepper	To taste
				Butter	1 tsp
				Curry powder	1 tsp
				Lemon juice	1 tsp
Method : 1. In MWS glass bowl add butter, carrot, onion & apples. Mix well. Select category & weight and press start. 2. When, beep, mix well, add cooked rice, lentils & water and press start. 3. When, beep, mix well, allow to cool. Blend & strain. In the same MWS glass bowl add the strained stock, salt, pepper, curry powder & lemon juice. Press start.					
24	Palak Makai Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Palak (chopped)	200 g
				Water	600 ml (3 cups)
				Maggie tastemaker	1 cube
				Corn Niblets	½ cup
				Chopped onion	½c cup
				Jeera	1 tsp
				Butter	1 tbsps
				Milk	¼ cup
				Method : 1. In a MWS glass bowl add chopped palak & little water. Select category & press start. 2. When beeps, grind the palak, 3. In another MWS glass bowl add butter, jeera, chopped onions. Press start. 4. When beeps, remove & add palak & water, milk, corn niblets & Maggie tastemaker. Press start.	

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

CONTINENTAL

Category		Weight Limit	Utensil	Instructions							
26	Pasta	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack*	Penne Pasta	0.1 kg	0.2 kg	0.3 kg				
				Butter	1 tbsp	2 tbsp	3 tbsp				
				Onion Chopped	2 tbsp	3 tbsp	4 tbsp				
				Garlic Chopped	1 tsp	2 tsp	3 tsp				
				Chopped Palak leaves	50 g	75 g	100 g				
				Water	400 ml	800 ml	1200 ml				
				Cream	½ cup	1 cup	1½ cup				
				Grated Cheese	4 tbsp	5 tbsp	6 tbsp				
				Nutmeg Powder	1 pinch						
				Oregano	¼ tsp	½ tsp	¾ tsp				
				Salt & Pepper	As per your taste						
				Method : 1. In MWS glass bowl take pasta with water & oil drops. Select category & weight press start.							
				2. When beeps, remove the bowl from microwave oven, drain water from pasta. In MWS flat glass dish add butter, onion, garlic & Palak, mix well.							
				3. Press start.							
				4. When beeps, add cream, nutmeg powder, oregano, salt & pepper and boiled pasta, mix well & sprinkle grated cheese on the top & keep the vessel on high rack.							
				5. Press start.							
				6. Serve pasta hot.							
27	Veg Au Gratin	0.1 ~ 0.5 kg	Microwave safe (MWS) flat glass dish & High rack*	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg		
				Mix Vegetables - Carrot, Cauliflower, French Beans (cut into small pieces), Sweet Corns, Green peas etc.	100 g	200 g	300 g	400 g	500 g		
				Maida	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp		
				Butter	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp		
				Milk	½ cup	1 cup	1 cup	1½ cup	1½ cup		
				Grated Cheese	2 tbsp	4 tbsp	6 tbsp	8 tbsp	10 tbsp		
				Salt, & Pepper			As per your taste				
				Method : 1. In a MWS flat glass dish take butter, milk, vegetables & maida. Mix well. Select category & weight and press start.							
				2. When beeps, mix well & add salt & pepper. Mix well.							
				3. Spread grated cheese on it & keep the MWS flat glass dish on high rack.							
				4. Press start.							

* Refer Pg. 85 Fig. 5

Category	Weight Limit	Utensil	Instructions				
28	Lasaneya	0.3 kg	Microwave safe (MWS) flat glass dish & High Rack*	Lasaneya Sheets (cooked)		150 gm	
				White Sauce		1 cup	
				Pizza Sauce		½ cup	
				Mix Vegetables (boiled) - Egg plant, Zukini, Broccoli, Mushrooms, Sweet Corns etc.		2 cups	
				Oil		2 tbsp	
				Oregano, Salt & Black Pepper		As per your taste	
				Grated Cheese		5 tbsp	
				Method : 1. Except Lasaneya sheets and cheese mix all the ingredients in MWS flat glass dish. Select category & press start. 2. When beeps, remove the MWS flat glass dish from microwave oven. In MWS flat glass dish arrange lasaneya sheet in the bottom. Then spread vegetable mixture on it again keep another lasaneya sheet on it and make layers of sheets and vegetable mixture. 3. Press start. 4. When beeps, spread grated cheese on the top & place the glass dish on high rack. 5. Press start. 6. Serve hot.			
29	Macaroni	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	Macaroni	0.1 kg	0.2 kg	0.3 kg
				Water	400 ml	800 ml	1200 ml
				Butter	1 tbsp	2 tbsp	3 tbsp
				Spring Onion Chopped	2 tbsp	3 tbsp	4 tbsp
				Garlic Chopped	1 tsp	2 tsp	3 tsp
				Mushrooms Chopped	3 Nos.	4 Nos.	5 Nos.
				Tomato Sauce	2 tbsp	3 tbsp	4 tbsp
				Chilli Sauce	1 tsp	2 tsp	3 tsp
				Salt, Sugar, Pepper & Oregano	As per your taste		
				Method : 1. In MWS bowl take Macaroni with water & add few oil drops. Select category & weight press start. 2. When beeps, drain water from it. In MWS bowl add all other ingredients with boiled Macaroni, mix well & press start.			

* Refer Pg. 85 Fig. 5

CONTINENTAL

Category		Weight Limit	Utensil	Instructions			
30	Chilli Veg	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Paneer pieces	100 g	200 g	300 g
				Chopped Capsicum & onion	½ cup	1 cup	1½ cup
				Chopped green chillies	1 no.	2 nos.	3 nos.
				Ginger garlic paste	½ tbsp	1 tbsp	1 ½ tbsp
				Oil	½ tsp	1 tsp	1½ tsp
				Soya sauce	1 tsp	1½ tsp	2 tsp
				Cornflour	1 tbsp	1½ tbsp	2 tbsp
				Green chilli sauce	1 tbsp	2 tbsp	3 tbsp
				Salt & Pepper	As per your taste		
				Water	½ cup	1 cup	1 cup
				Ajinomoto	A pinch		
				Method : 1. In a MWS bowl add oil, onions, green chillies, ginger garlic paste & capsicum. Mix well & cover.			
				2. Select category & weight press start.			
				3. When beeps, mix well & add paneer pieces, soya sauce, chilli sauce, cornflour (mixed with ½ cup water), water, salt, pepper & ajinomoto and press start.			
				4. Mix well & serve.			

Category		Weight Limit	Utensil	Instructions	
31	Thai Chicken	0.5 kg.	Microwave safe (MWS) bowl	Boneless chicken	500 gm
				Red curry paste	2 tbsp
				Sugar	1 tsp
				Soya sauce	2 tbsp
				Salt	To taste
				Chopped garlic	1 tsp
				Blanched Broccoli (florets)	1 cup
				Peanuts (Roasted & crushed)	¼ cup
				Oil	2 tbsp
				Red chilli paste	1 tsp
				For Sauce	
				Butter	2 tbsp
				Maida	2 tbsp
				Milk	1 cup
				Salt & pepper	To taste
Method : 1. In a MWS bowl put oil, garlic, sugar, soya sauce, red curry paste, broccoli, chicken pieces, mix well. Select category and press start. 2. when beeps, remove. Add red chilli paste crushed peanuts, sauce of milk, maida, butter, mix well press start.					

STEAM COOK

Category		Weight Limit	Utensil	Instructions			
32	Kheema Balls	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) idli steamer*	For	0.1 kg	0.2 kg	0.3 kg
				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
				Method : 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 steamer. Place the MWS glass dish inside the steamer.. Select category & weight and press start..			
33	Gajar ka Halwa	0.3 kg	Microwave Safe (MWS) Glass Bowl & Microwave safe (MWS) idli steamer*	For	0.3 kg		
				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		
34	Shakarkandi	0.1 ~ 0.3 kg	Microwave safe (MWS) idli Steamer* & Microwave safe (MWS) flat glass dish	Shakarkandi	0.1 kg	0.2 kg	0.3 kg
				Salt & Chat Masala	As per your taste		
				Method : 1. In MWS idli steamer add ½ water. Keep the peeled off shakarkandi in MWS flat glass dish & put in the idli steamer. Select category & weight & press start. 2. After steaming sprinkle some salt & chaat masala & serve			

* Provided with the Start Up Kit.

STEAM COOK

Category		Weight Limit	Utensil	Instructions			
35	Methi Muthiya	0.1 ~ 0.3 kg	Microwave Safe (MWS) Idli Steamer*	For	0.1 kg	0.2 kg	0.3 kg
				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		
				Method : 1. Mix all the ingredients. Add some water and make a soft dough. Make small rolls from this mixture. Place rolls on steam plate. Add ½ cup water to the steamer. Keep the steam plate inside. Select category & weight and Press start.			
36	Kothimbir Vadi	0.1 ~ 0.3 kg	Microwave safe (MWS) idli steamer*	For	0.1 kg	0.2 kg	0.3 kg
				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
				Method : 1. Mix all the ingredients together & make vadis out of it. 2. In MWS idli steamer, add ½ cup water. Place the vadis on steam plate. Keep in the steamer & cover. Select category & weight and press start. 3. Allow to stand for 3 minutes.			
				37	Sprouts	0.1 ~ 0.3 kg	Microwave safe (MWS) idli steamer*
Moong sprouts	100 g	200 g	300 g				
Chopped onion, Chopped tomato	1 cup	2 cups	2 cups				
Salt, Chaat masala, Lemon juice	As per taste						
Method : 1. In a MWS idli steamer, add ½ cup water, plae moong sprouts on the steam plate and cover. 2. Select category and weight and press start. Stand for 3 minutes. Add chopped onion, tomato, salt, chaat masala and lemon juice and serve.							

* Provided with the Start Up Kit.

INDIAN RASOI

In the following example, show you how to cook **0.3Kg of Butter Chicken**.

1. Press **STOP/CLEAR**.

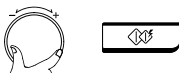


2. Press **INDIAN RASOI**.

The following indication is displayed "**auto**".



3. Turn **COOK MODE** until display show "**11 Butter Chicken**". Press **START/QUICK START** for category confirmation.



4. Turn **COOK MODE** until display shows "**0.3Kg**". Press **START/QUICK START**.

When cooking you can increase or decrease cooking time by turning **COOK MODE**.



! NOTE

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

Category		Weight Limit	Utensil	Instructions					
1	Mix Veg	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Mix Veg. (Carrot, Cauliflower, peas, beans, potato)	100 g (Total)	200 g (Total)	300 g (Total)	400 g (Total)	500 g (Total)
				Oil	¼ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
				Onion (chopped)	½ cup	1 cup	1½ cup	2 cup	2 cup
				Tomato (chopped)	¼ cup	1 cup	1½ cup	1½ cup	1½ cup
				Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder	As per taste				
				Method : 1. In a MWS bowl add oil, onion, tomato & all spices. Mix well, select category & weight and press start. 2. When beeps, remove & mix well. Add vegetable & some water. Cover & press start. 3. When beeps, mix well. Cover & press start. Garnish with coriander leaves.					
2	Kadhai Paneer	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	Paneer	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Capsicum & Onion (sliced)	½ cup	1 cup	1½ cup	2 cup	2½ cup
				Onion Paste	3 tbsp	4 tbsp	5 tbsp	6 tbsp	6½ tbsp
				Tomato Puree	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp
				Ginger-Garlic Paste, Salt & Sugar	To taste				
				Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala	To taste				
				Butter	1½ tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp
				Fresh Cream	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
				Method : 1. In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum & onion. Mix well, cover. Select category & weight and press start. 2. When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, kasuri methi, salt, sugar and paneer cubes, mix well and press start. Stand for 5 minutes. Garnish with hara dhania and serve hot.					

INDIAN CUISINE

Category		Weight Limit	Utensil	Instructions			
3	Dal Tadka	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg
				Dal (soaked for 2 hours)	200 g	300 g	400 g
				Water	400 ml	600 ml	800 ml
				Oil	2 tbsp	2½ tbsp	3 tbsp
				Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch	To taste		
				Salt, dhania powder	To taste		
				Method : 1. Take dal in Microwave Safe bowl, add Water, Haldi & Hing. 2. Select category & weight and press start to cook. 3. When beeps, take another bowl add oil, jeera, hari mirch, curry leaves, salt, dhania jeera powder, hara dhania, kasuri methi (optional). Press start. 4. When beeps, add dal, water (if required), mix well & again press start.			
4	Sambhar	0.2 kg	Microwave safe (MWS) bowl	Arhar Dal (Soaked for 2 hrs)	200 g		
				Oil	2 tbsp		
				Onion chopped	1 medium		
				Tomato chopped	1 medium		
				Mixed Vegetables chopped - Drumsticks, ghiya, Brinjals, Red Pumpkin	1 cup		
				Boiled Water	400 ml		
				Imli pulp, Green Chilli, Sambhar Masala, Salt, Gud	As per your taste		
				Method : 1. Soak dal for 2 hours, In Microwave Safe Bowl take dal, haldi, onion, green chilli, tomato, mix vegetables and boiled water. Select category and press start. 2. When beeps, in another Microwave Safe Bowl take oil, add rai, hing, curry leaves, dhania, red chilli. Press start. 3. When beeps, mash dal very well and add to tadka. Add imli pulp sambhar masala, gud and some water (if required). Press start. Stand for 5 minutes. Garnish with coconut and hara dhania and serve with Idli.			

Category		Weight Limit	Utensil	Instructions					
5	Dum Aloo	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Boiled Aloo (small)	100 g	200 g	300 g	400 g	500 g
				Oil	2 tbsp	3 tbsp	3 tbsp	3½ tbsp	3½ tbsp
				Jeera, pepper seeds, cloves, hing	As required				
				Onion paste	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp
				Ginger & garlic paste	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
				Tomato puree	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
				Curd	½ cup	1 cup	1 cup	1½ cup	1½ cup
				Turmeric powder, red chilli powder, deghi mirch, salt, garam masala, saunf powder	As per taste				
				Method : 1. In a MWS bowl add oil, jeera, pepper seeds, cloves, hing, onion paste, ginger garlic paste. Mix well. 2. Select category & weight and press start. 3. When beeps, mix well & add tomato puree & boiled potatoes. Mix well & cover. Press start. 4. When beeps, mix well & add curd. Cover & press start. 5. Allow to stand for 3 minutes.					
6	Kadhi	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg		
				Besan	25 g	50 g	75 g		
				Curd / matha	1/2 cup	1 cup	1½ cup		
				Oil	1 tbsp	1½ tbsp	2 tbsp		
				Rai, cumin seeds	As per taste				
				Chopped onions	1 cup	1½ cup	1½ cup		
				Salt, red chilli powder, haldi, coriander powder, amchur	As per taste				
				Water	2 cups	3 cups	4 cups		
				Method : 1. In a MWS bowl add oil, rai, jeera, chopped onion. Select category & weight and press start. 2. When beeps, mix & add besan, curd/matha, salt, red chilli powder, haldi, coriander powder, amchur powder, water (½ the amount mentioned per weight). Mix & press start. 3. When beeps, mix & add remaining water & press start. Pour tempering & serve.					

* Refer Pg. 85 Fig. 2

INDIAN CUISINE

Category		Weight Limit	Utensil	Instructions	
7	Baati *	0.4 kg	Multicook tawa & Low rack*	For	0.4 kg
				Wheat flour	200 g
				Suji	50 g
				Melted ghee	75 ml (5 tbsp)
				Jeera	½ tsp
				Ajwain	¼ tsp
				Baking powder	¼ tsp
				Salt	As per taste
				Haldi	As required
				Method : 1. In a bowl mix all the ingredients, but ghee only 3 tbsp. Knead the dough with little warm water to make it like poori dough. Cover and keep for half an hour. 2. Make medium sized balls of the dough. Keep them on tawa & keep the tawa on low rack. Keep aside. 3. Select category & press start. 4. When beeps, keep the tawa & low rack & press start. 5. When beeps, change over the side & press start. Dip the baati in melted ghee & serve with dal.	
8	Dalma	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg
				Moong dal (soaked for 2 hours)	300 g
				Water	600 ml
				Chopped vegetables (drumsticks, potato, raw banana, pumpkin, brinjal, tomato)	2 cups
				For tadka	
				Oil	2 tbsp
				Bay leafs, jeera, dry chillies, salt, haldi	As per taste
				Grated coconut	4 tbsp
				Chopped onion	1 no.
				Method : 1. In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select category & press start. 2. When beeps, in another MWS bowl add oil, bay leafs, jeera, dry chillies, salt, haldi, grated coconut & chopped onion. Mix well & press start. 3. When beeps, mix well add the tadka ingredients to the dal. Mix well & press start.	

* Refer Pg. 85 Fig.1

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

Category		Weight Limit	Utensil	Instructions				
9	Pithla	0.6 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish					
				For		0.6 kg		
				Besan		½ cup		
				Oil		1½ tbsp		
				Ginger, garlic, green chillies (chopped)		1 tsp each		
				Onion, Tomato (chopped)		1 no. each		
				Coriander chopped		A few sprigs		
				Water		2 cups (400 ml)		
				Salt, turmeric powder, garam masala, red chilli powder		As per taste		
				Method : 1. In a MWS flat glass dish put besan. Select category & press start.				
				2. When beeps, remove & in another MWS glass bowl put oil, chopped ginger, garlic, green chilli, chopped onion & tomato, turmeric powder, garam masala, red chilli powder. Mix well & press start.				
				3. When beeps, mix besan with masala & add water & salt. Mix well. Keep MWS glass bowl in microwave & press start.				
4. Stir well. Garnish with fresh coriander & serve.								
10	Panchmel Ki Subzi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl					
				For		0.1 kg	0.2 kg	0.3 kg
				Chopped vegetables (Gavarfali, chawli, shimla mirch, kheera, gajar)		100 g	200 g	300 g
				Oil		½ tbsp	1 tbsp	2 tbsp
				Jeera		½ tsp	1 tsp	1 tsp
				Onion		½ cup	½ cup	1 cup
				Ginger & green chilli paste		1 tsp	1½ tsp	2 tsp
				Coriander powder, amchur, haldi & salt		As per taste		
				Method : 1. In a MWS bowl add oil, jeera, onion, ginger & green chilli paste. Mix well.				
				2. Select category & weight and press start.				
				3. When beeps, mix well & add the chopped vegetables & little water. Cover and press start.				
				4. When beeps, mix well & add coriander powder, amchur, haldi & salt. Press start. Allow to stand for 5 minutes.				

INDIAN CUISINE

Category		Weight Limit	Utensil	Instructions			
11	Butter Chicken	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				Chicken (boneless)	300 g	400 g	500 g
				Ginger garlic paste	2 tbsp	2½ tbsp	3 tbsp
				Tomato puree	½ cup	1 cup	1 cup
				Chopped onions	1 no.	1 no.	2 nos.
				Garam masala, dhania powder, jeera powder, kasuri methi, red chilli powder, salt	As per taste		
				Kaju paste	2 tbsp	2½ tbsp	3 tbsp
				Fresh cream	1 cup	1½ cup	1½ cup
				Butter	2 tbsp	3 tbsp	3½ tbsp
				Oil	2 tbsp	2½ tbsp	2½ tbsp
				Slit green chillies	3 nos.	4 nos.	5 nos.
Method : 1. In a MWS bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder, salt. Mix well. Select category & weight & press start. 2. When beeps, mix well, add tomato puree, red chilli powder, kasuri methi, chicken pieces. Mix well & cover. Press start. 3. When beeps, mix well, add kaju paste, cream & butter. Mix well & cover. Press start. 4. Garnish with slit chillies.							
12	Beans Porial	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				French beans (cut evenly)	100 g	200 g	300 g
				Oil	1 tsp	1 tsp	2 tsp
				Mustard seeds	¼ tsp	½ tsp	½ tsp
				Urad dhal	¼ tsp	½ tsp	½ tsp
				Grated coconut	2 tbsp	3 tbsp	4 tbsp
				Green chillies	1 no.	2 nos.	3 nos.
				Salt	As per taste		
				Method : 1. In a MWS bowl add oil, mustard seeds, urad dal, green chillies & salt. Select category & weight and press start. 2. When beeps, add beans, sprinkle little water. Cover & press start. 3. Add grated coconut, cover & stand for 3 minutes.			

Category		Weight Limit	Utensil	Instructions			
13	Goan Potato Curry	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				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		
				Method : 1. In a MWS bowl add oil, mustard seeds & chopped onion. Select category & weight and press start. 2. When beeps, add grated coconut, coconut milk, tomato puree, kaju powder, salt, red chilli powder & press start. 3. When beeps, mix well & add boiled potato & mix vegetables & fresh cream. Press start. Give standing time of 3 minutes. 4. Garnish with chopped coriander leaves & serve.			

INDIAN CUISINE

Category		Weight Limit	Utensil	Instructions	
14	Veg Handva	0.3 kg	Microwave safe (MWS) flat glass dish & Low rack & High rack	For	0.3 kg
				Rice	200 g (1 cup)
				Urad Dal (Dehusked)	2 tbsp
				Sour curd	½ cup
				Boiled vegetables (Potato, Carrots, Peas, Palak)	2 cups
				Oil	1 tsp
				Lemon juice	2 tsp
				Soda bi carb	A pinch
				Chilli powder, turmeric powder, salt	As per taste
				Ginger & chilli paste	1 tsp
				Mustard seeds	1 tsp
				Curry leaves	A few sprigs
				Hing	¼ tsp
				Method : 1. Clean, wash & soak the rice & dal together in enough water for at least 4 to 5 hours. Drain & keep aside. 2. Blend in a mixer till smooth, add the curds & mix well. Cover & keep aside to ferment overnight. 3. After fermentation, add salt, chilli powder, turmeric powder, soda bi carb, ginger & green chilli paste. Mix well. 4. In a MWS bowl, add oil, mustard seeds & curry leaves & microwave for 2 minutes and keep aside. 5. Add the boiled vegetables to the fermented batter, add the tadka prepared & lemon juice & hing. Mix well all the ingredients. 6. Pour the batter in MWS flat glass dish. Keep aside. 7. Select category & press start. 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.	

Category		Weight Limit	Utensil	Instructions			
15	Aloo Gobhi	0.3-0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				Potatoes (chopped)	150 g	200 g	250 g
				Cauliflower florets	150 g	200 g	250 g
				Oil	1 tbsp	2 tbsp	3 tbsp
				Jeera	1 tbsp	1 tbsp	1 tbsp
				Chopped onion	½ cup	½ cup	1 cup
				Chopped green chillies	1 no	2 nos.	3 nos.
				Coriander powder, red chilli powder, haldi, salt, garam masala	As per taste		
				Coriander leaves	A few sprigs		
				Method : 1. In a MWS bowl add oil, jeera, chopped onion, green chillies, mix well. Select Category & weight & press start. 2. When beeps, mix well and add potatoes (chopped in medium sizes), cauliflower florets, coriander powder, red chilli powder, haldi, salt, garam masala & mix well. Add some water Cover. Press start. 3. When beeps, mix well & add coriander leaves and cover. Press start. Allow to stand for 15 mins with cover inside the microwave. Garnish with coriander leaves & serve.			
16	Matar Paneer	0.2-0.4 kg	Microwave safe (MWS) bowl	For	0.2 Kg	0.3 Kg	0.4 Kg
				Matar	100 g	150 g	200 g
				Paneer Cubes	100 g	150 g	200 g
				Oil	1 tbsp	1½tbsp	2 tbsp
				Tomato puree	¼ cup	½ cup	1 cup
				Chopped Onion	1 tbsp	1½ tbsp	2 tbsp
				Chopped Ginger	1 tsp	1½ tsp	2 tsp
				Chopped garlic	1 tsp	1½ tsp	2 tsp
				Jeera powder, salt, haldi, red chilli powder, garam masala	As per taste		
				Coriander leaves	A few sprigs		
Water	¼ cup	½ cup	1 cup				
Method : 1. In a MWS bowl add oil, chopped ginger, garlic, onion. Mix well select category & weight & press start. 2. When beeps, mix well, add paneer cubes, peas, tomato puree, jeera, powder, salt, haldi, red chilli powder, garam masala. Mix well cover. Press Start. 3. When beeps, mix well, add water, coriander leaves & cover. Press start. Stand for 5 minutes.							

SWEET CORNER

Category		Weight Limit	Utensil	Instructions			
17	Suji Halwa	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	Suji	0.1 kg	0.2 kg	0.3 kg
				Ghee (melted)	2 tbsp	3 tbsp	4 tbsp
				Water	300 ml	600 ml	900 ml
				Sugar	100 g	200 g	300 g
				Cashewnuts, Kishmish, Kesar Elaichi Powder	As per your taste		
				Method : 1. In Microwave safe glass bowl take Suji, add ghee, mix it together. Select category & weight and press start. 2. When beeps, stir it and press start. Allow to cool. 3. When beeps, add water, sugar, cashewnuts, kishmish, kesar, Elaichi powder, mix it well and press start. Stand for 5 minutes. Serve hot.			
18	Besan Ladoo	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	Besan	0.1 kg	0.2 kg	0.3 kg
				Ghee (melted)	3 tbsp	5 tbsp	7 tbsp
				Powder Sugar	50 g	100 g	150 g
				Elaichi Powder	1/2 tsp	1 tsp	1 tsp
				Method : 1. In Microwave safe flat glass dish take besan and ghee. Select category & weight and press start. 2. When beeps, stir it & press start. 3. When beeps, stir it & press start. 4. Allow to cool. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size. Note : For binding the ladoo use ghee.			
19	Kheer	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	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 taste		
				Method : 1. In Microwave Safe Glass Bowl add milk, milkmaid & mix well. Select category and weight & press start. 2. When beeps, add Badam Pista pieces, Kesar Elaichi Powder & Seviyaan. Mix well and press start. 3. When beeps, mix it well. Add more milk (if required) & press start. Stand for 5 minutes. Serve hot or chilled. Note : The bowl should be filled at 1/4 level of the total volume.			

Category		Weight Limit	Utensil	Instructions				
20	Mysore Pak	0.3 Kg	Microwave safe (MWS) flat glass dish					
				For		0.3 Kg		
				Besan		100 g		
				Melted ghee		100 ml		
				Powdered Sugar		100 g		
				Milk		¼ cup		
				Method : 1. In a MWS flat glass dish add besan. Select Category & press start. 2. When beeps, mix well & add melted ghee, powdered sugar. Mix very well while adding. Press start. 3. When beeps, mix well & add milk. Press start. Allow to cool & cut into pieces & serve.				
21	Nariyal Burfi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl					
				For		0.1 kg	0.2 kg	0.3 kg
				Grated coconut		100 g	200 g	300 g
				Milkmaid		½ cup	1 cup	1½ cup
				Milk powder		3 tbsp	4 tbsp	5 tbsp
				Ghee		1 tsp	2 tsp	3 tsp
				Elaichi powder		1 tsp	2 tsp	3 tsp
								Method : 1. In a MWS bowl add ghee & fresh grated coconut. Mix well. 2. Select category & weight and press start. 3. When beeps, add milkmaid, milk powder, elaichi powder & press start. 4. When beeps, remove & spread the mixture onto a greased thali & allow to set for 1 hour. Cut into rectangles & store in a air tight container
22	Seviyan Zarda	0.2 kg	Microwave safe (MWS) glass bowl					
				Roasted Seviyan		200 g		
				Sugar		5 tbsp		
				Water		1 cup		
				Rose essence		A few drops		
				Almonds		A few		
				Chopped pista		A few		
				Elaichi powder		½ tsp		
				Ghee		1 ½ tbsp		
								Method : 1. In a MWS glass bowl add sugar & water. Select category & press start. 2. When beeps, add rose essence , cardamom powder, seviyan to the bowl. Press start. Give standing time of 3 minutes. Garnish with almonds & pista & serve.

SWEET CORNER

Category		Weight Limit	Utensil	Instructions				
23	Burfi	0.3 kg	Microwave safe (MWS) flat glass dish	For		0.3 kg		
				Milk powder		100 g		
				Milkmaid		150 ml		
				Cream		100 ml		
				Chopped almonds & pistas		As required		
				Method : 1. In a bowl mix milk powder, milkmaid & cream. Beat well till smooth. 2. Pour the mixture in a MWS flat glass dish. Select category & press start. 3. When beeps, mix well (remove lumps if formed). Press start. 4. When beeps, mix well & press start. 5. Remove, allow to cool & refrigerate till set. After setting cut into pieces & sprinkle chopped almonds & pistas & serve.				
24	Kalakand	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	Grated Paneer		0.1 kg	0.2 kg	0.3 kg
				Milkmaid		50 ml	100 ml	200 ml
				Milk Powder		2 tbsp	3 tbsp	4 tbsp
				Cornflour		1/2 tsp	1 tsp	1 tsp
				Elaichi Powder		1/2 tsp	1 tsp	1 tsp
				Method : 1. In Microwave Safe Bowl take grated paneer, milkmaid, milk powder, cornflour, Elaichi powder. Mix well, select category & weight and press start. 2. When beeps, mix it again and press start. 3. When set cut into pieces. Garnish with dry fruits.				

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

RICE DELIGHT

Category	Weight Limit	Utensil	Instructions						
27	Pineapple Fried Rice	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
				Oil	1 tbsp	1½ tbsp	2 tbsp	½2 tbsp	3 tbsp
				Mix veg - Peas, french beans, carrots, capsicum	½ cup	1 cup	1½ cup	2 cup	2½ cup
				Pineapple (chopped)	½ cup	1 cup	1 cup	1½ cup	2 cup
				Ajinomoto	A pinch				
				Red chilli powder, chilli sauce, soya sauce	As per taste				
				Water	200 ml	400 ml	600 ml	650 ml	750 ml
				Method : 1. In a MWS bowl add oil, mix vegetables, ajinomoto, red chilli powder, soy sauce, chilli sauce. Mix & select category & weight & press start.					
				2. When beeps, remove, in another MWS bowl add rice & water & press start.					
				3. When beeps, add the boiled rice to the vegetables, add pineapple pieces. Mix & press start. Stand for 5 minutes.					
28	Veg Pulao	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
				Water	200 ml	400 ml	600 ml	650 ml	750 ml
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Jeera, laung, tej patta, salt, garam masala, red chilli powder	As per taste				
				Mix veg - Gobhi, matar, gajar, french beans etc.	½ cup	1 cup	1½ cup	2 cup	2½ cup
				Method : 1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables.					
				2. Select category & weight and press start.					
				3. When beeps, mix well & add rice, water, salt, garam masala, red chilli powder. Press start. Mix well. Stand for 5 minutes.					
				29	Veg Tahiri	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g					400 g	500 g
Water	200 ml	400 ml	600 ml					650 ml	750 ml
Oil	1 tbsp	1½ tbsp	2 tbsp					2½ tbsp	3 tbsp
Jeera, laung, tej patta, salt, garam masala, haldi, red chilli powder	As per taste								
Mix veg - Gobhi, matar, gajar, tomato, potato etc.	½ cup	1 cup	1½ cup					2 cup	2½ cup
Method : 1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables.									
2. Select category & weight and press start.									
3. When beeps, mix well & add rice, water, salt, garam masala, haldi, red chilli powder. Press start. Mix well. Stand for 5 minutes. Serve hot.									

24 HOURS/KIDS' DELIGHT

In the following example, show you how to cook **0.1Kg of Pav Bhaji**.

1. Press **STOP/CLEAR**.

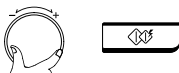


2. Press **24 HOURS**.

The following indication is displayed "auto".



3. Turn **COOK MODE** until display show "**7 PAV BHAJI**". Press **START/QUICK START** for category confirmation.



4. Turn **COOK MODE** until display shows "**0.1Kg**". Press **START/QUICK START**.
When cooking you can increase or decrease cooking time by turning **COOK MODE**.



! NOTE

- 24 HOURS/KIDS' DELIGHT cook menus are programmed.
- 24 HOURS/KIDS' DELIGHT cook allows you to cook most of your favourite food by selecting the food type and the weight of the food.

Category		Weight Limit	Utensil	Instructions			
1	Poha	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Poha (washed)	100 g	200 g	300 g
				Oil	1 tbsp	1½ tbsp	2 tbsp
				Rai, jeera, hing, haldi, curry leaves	As per taste		
				Chopped onion	1/2 cup	1 cup	1 cup
				Green chillies	1 No.	2 Nos.	3 Nos.
				Salt,red chilli powder, garam masala, sugar	As per taste		
				Grated coconut & hara dhania	For garnishing		
				Method : 1. In a MWS glass bowl add oil, rai, jeera, curry leaves. Select category & weight and press start. 2. When beeps, add onion, green chillies, hing, haldi. Mix & press start. 3. When beeps, add washed poha, salt, red chilli powder, garam masala & sugar. Mix & press start. Squeeze lemon juice. Garnish with grated coconut & hara dhania & serve.			
				2	Upma	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl
Suji	100 g	200 g	300 g				
Oil	1 tbsp	2 tbsp	3 tbsp				
Water	200 ml	400 ml	600 ml				
Salt & sugar	As per taste						
Onion	1 No.	2 Nos.	2 Nos.				
Green chilli	2 No.	3 Nos.	3 Nos.				
Rai, jeera, hing, curry leacves, urad dal	As per taste						
Lemon juice	As per taste						
Method : 1. In a MWS glass bowl add oil, rai, jeera, urad dal, green chilli, suji. Mix well 2. Select category & weight and press start. 3. When beeps, add onions, stir well & press start. 4. When beeps, add water, sugar, salt, lemon juice. Mix well & press start. Stand for 5 minutes.							

Category		Weight Limit	Utensil	Instructions						
3	Daliya	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For		0.1 kg	0.2 kg	0.3 kg		
				Daliya		100 g	200 g	300 g		
				Sugar or gud		75 g	150 g	200 g		
				Ghee (melted)		1 tbsp	2 tbsp	3 tbsp		
				Water		300 ml	600 ml	900 ml		
				Elaichi powder, nutmeg powder, cashewnuts		As per taste				
				Milk		As required				
				Method : 1. In a MWS bowl, add dalia & ghee. Mix well.						
				2. Select category & weight and press start.						
				3. When beeps, mix, add water, sugar or gud, elaichi, powder/nutmeg powder, cashewnuts. Mix well & press start.						
Stand for 5 minutes. Serve with hot milk.										
Note: If you are using gud for sweetness then add nutmeg powder & add elaichi powder if using sugar for sweetness.										
4	Sabudana Khichdi	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For		0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Sabudana (soaked for 2 hours)		100 g	200 g	300 g	400 g	500 g
				Oil		½ tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Rai, salt, lemon juice, chopped green chillies		As per taste				
				Potatoes (boiled & chopped)		1 No.	2 Nos.	3 Nos.	3 Nos.	4 Nos.
				Coriander leaves		A few springs				
				Method : 1. In a MWS bowl add oil, rai, green chillies & coriander leaves. Mix. Select category & weight and press start.						
				2. When beeps, mix, add boiled potatoes, soaked sabudana. Mix & press start.						
				Squeeze lemon juice & serve.						

BREAKFAST

Category		Weight Limit	Utensil	Instructions					
5	Veg Sandwich	0.1 ~ 0.3 kg	High rack						
				For	0.1 kg	0.2 kg	0.3 kg		
				Bread slices	100 g (2 slices)	200 g (4 slices)	300 g (6 slices)		
				Butter	1 tbsp	2 tbsp	4 tbsp		
				Sauce / spread	1½ tbsp	3 tbsp	4 tbsp		
				Chopped vegetables (onion, tomato, capsicum)	2 tbsp	4 tbsp	6 tbsp		
				Grated cheese	2 tbsp	4 tbsp	6 tbsp		
				Salt & pepper	As per taste				
Method : 1. On a bread slice apply butter, layer with sauce, spread chopped vegetables, sprinkle grated cheese. Cover it with the other bread slice. 2. Keep the sandwich on high rack. Select category & weight and press start. 3. When beeps, change the side of the sandwich & again press start.									
6	Ven Pongal	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl						
				For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Rice (soaked for 1 hour)	50 g	100 g	150 g	200 g	250 g
				Moong dal (soaked for 2 hours)	50 g	100 g	150 g	200 g	250 g
				Water	200 ml	400 ml	600 ml	800 ml	1000 ml
				Ghee	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2 tbsp
				Cashewnuts, pepper, jeera & salt	As per taste				
				Method : 1. In a MWS bowl add soaked rice, moong dal, water, salt & few drops of ghee. Select category & weight and press start. 2. When beeps, stir well & add more water (if required). Press start. 3. When beeps, stir well & remove. In another MWS bowl add ghee, cashewnuts, jeera & pepper. Press start. 4. When beeps, pour over cooked pongal.					

Category	Weight Limit	Utensil	Instructions																																										
7	Pav Bhaji	0.1 ~ 0.3 kg	<table><tr><td>Microwave safe (MWS) glass bowl & High rack</td><td></td></tr><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Mix veg (chopped) - Potato, Cauliflower, Capsicum, Green Peas</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td></tr><tr><td>Chopped onion</td><td>1 No.</td><td>2 Nos.</td><td>2 Nos.</td></tr><tr><td>Chopped tomato</td><td>1 No.</td><td>2 No.</td><td>3 Nos.</td></tr><tr><td>Water</td><td colspan="3">As required</td></tr><tr><td>Pav bhaji masala</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Garlic paste</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Red chilli powder, salt, lemon juice, butter</td><td colspan="3">As per taste</td></tr><tr><td>Hara dhania</td><td colspan="3">For garnishing</td></tr></table> Method : 1. In a MWS glass bowl take oil, garlic paste, chopped onion, chopped tomato. Mix well & select category & weight and press start. 2. When beeps, add vegetables, water, red chilli powder, pav bhaji masala, salt. Mix well & press start. 3. When beeps, remove the bowl from microwave oven & mash it well, add butter & lemon juice. Garnish with coriander leaves. Keep the bowl aside. 4. For grilling pav-bhaji buns: Cut each bun in centre, apply butter, arrange on high rack. 5. Press start. 6. Serve with bhaji.	Microwave safe (MWS) glass bowl & High rack		For	0.1 kg	0.2 kg	0.3 kg	Mix veg (chopped) - Potato, Cauliflower, Capsicum, Green Peas	100 g	200 g	300 g	Oil	1 tbsp	2 tbsp	2 tbsp	Chopped onion	1 No.	2 Nos.	2 Nos.	Chopped tomato	1 No.	2 No.	3 Nos.	Water	As required			Pav bhaji masala	1 tsp	1½ tsp	2 tsp	Garlic paste	1 tsp	1½ tsp	2 tsp	Red chilli powder, salt, lemon juice, butter	As per taste			Hara dhania	For garnishing		
Microwave safe (MWS) glass bowl & High rack																																													
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Garlic paste	1 tsp	1½ tsp	2 tsp																																										
Red chilli powder, salt, lemon juice, butter	As per taste																																												
Hara dhania	For garnishing																																												
8	Dhokla	0.3 kg	<table><tr><td>Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl & Microwave safe (MWS) idli steamer*</td><td></td></tr><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Besan</td><td>100 g</td></tr><tr><td>Warm water</td><td>100 ml</td></tr><tr><td>Curd</td><td>4 tbsp</td></tr><tr><td>Green chilli & ginger paste</td><td>2 tsp</td></tr><tr><td>Salt & sugar</td><td>As per taste</td></tr><tr><td>Fruit salt / Mitha Soda</td><td>¼ tsp</td></tr><tr><td>Oil, rai, curry leaves, water</td><td>For tempering</td></tr><tr><td>Grated coconut</td><td>For garnishing</td></tr><tr><td>Yellow colour / Haldi</td><td>As required</td></tr></table> Method : 1; Mix besan, curd, sugar, salt, water, green chilli-ginger paste, yellow color, fruit salt together. Mix well. Keep for 5-10 minutes. 2. Pour the mixture in MWS safe flat glass dish. Add ½ cup water to the steamer, keep the flat glass dish, cover. Select category & weight and press start. 3. Add the tempering to the dhokla & cover. Stand for 5 minutes. Garnish with grated coconut & serve. Note : For tempering in a MWS bowl add oil, rai & curry leaves. Microwave at 100% for 2 minutes. Add some water & dissolve sugar.	Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl & Microwave safe (MWS) idli steamer*		For	0.3 kg	Besan	100 g	Warm water	100 ml	Curd	4 tbsp	Green chilli & ginger paste	2 tsp	Salt & sugar	As per taste	Fruit salt / Mitha Soda	¼ tsp	Oil, rai, curry leaves, water	For tempering	Grated coconut	For garnishing	Yellow colour / Haldi	As required																				
Microwave safe (MWS) flat glass dish & Microwave safe (MWS) bowl & Microwave safe (MWS) idli steamer*																																													
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Oil, rai, curry leaves, water	For tempering																																												
Grated coconut	For garnishing																																												
Yellow colour / Haldi	As required																																												

* Provided with Start Up Kit.

SNACKS

Category		Weight Limit	Utensil	Instructions			
9	Peanuts	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	For	0.1 kg	0.2 kg	0.3 kg
				Peanuts	100 g	200 g	300 g
				Oil	As required		
				Method : 1. In a microwave safe flat glass dish add drops of oil, peanuts. Mix well. 2. Select category & weight & press start. 3. When beeps, stir it & press start. 4. Serve plain or with chaat masala.			
10	Murmura	0.1 kg	Microwave safe (MWS) glass bowl	For	0.1 kg		
				Murmura	100 g		
				Roasted peanuts	As required		
				Oil	1 tbsp		
				Jeera	1 tsp		
				Salt, chaat masala	As per taste		
				Haldi	¼ tsp		
				Method : 1. In a MWS glass bowl add oil, jeera, haldi. Select category & press start. 2. When beeps, add murmura. Mix & press start. 3. When beeps, add roasted peanuts, salt, chaat masala & serve.			
11	Khandvi	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg		
				Besan	100 g		
				Water	1 cup		
				Curd	1 cup		
				Salt	As per taste		
				Green chilli & ginger paste	As per taste		
				Chopped coriander leaves	A few sprigs		
				Rai seeds (spluttered)	½ tsp		
				Grated coconut	As required		
				Method : 1. In a MWS bowl mix besan, water, curd, salt & green chilli & ginger paste together. Mix well. Cover. 2. Select category & press start. 3. When beeps, stir well & press start. 4. When beeps, stir well & press start. 5. Spread the batter on a greased smooth flat kitchen slab. Allow to cool, cut into lengthwise strips. 6. Roll the strips, garnish with spluttered rai, coriander leaves & grated coconut & serve.			

Category		Weight Limit	Utensil	Instructions			
12	Batata Vada	0.1 ~ 0.3 kg	Multicook tawa & High rack*	For	0.1 kg	0.2 kg	0.3 kg
				Boiled potatoes	100 g	200 g	300 g
				Chopped coriander leaves	2 tbsp	3 tbsp	4 tbsp
				Chopped green chillies	2 nos.	2 nos.	3 nos.
				Chopped onion	1 no.	1½ no.	2 nos.
				Salt, red chilli powder, garam masala, chaat masala	As per taste		
				Roasted jeera	1 tsp	1½ tsp	2 tsp
				Method : 1. Mix all the ingredients together. Make big vadas of the mixture. 2. Arrange the vada on the tawa. Keep the tawa on high rack. 3. Select category & weight & press start. 4. When beeps, turn over the vadas & press start.			
13	Cottage Honey Toast	0.1 ~ 0.3 kg	High rack	For	0.1 kg	0.2 kg	0.3 kg
				Bread slices	2 nos.	4 nos.	6 nos.
				Grated cottage cheese	As required		
				Cinnamon powder	As required		
				Method : 1. Spread cottage cheese & cinnamon powder on the bread slices. Keep on high rack. Select category & weight & press start. 2. When beeps, turn over the slices & press start. 3. Drizzle honey on slices & serve.			
14	Spicy Baby Corn	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Baby corn (cut lengthwise)	100 g	200 g	300 g
				Lemon juice	As per taste		
				Sugar, salt	As per taste		
				Oil	1 tsp	1½ tsp	2 tsp
				For paste			
				Chopped coriander leaves	1 cup	1½ cup	2 cups
				Chopped ginger	½ tsp	1 tsp	1½ tsp
				Garlic cloves	1 no.	2 nos.	3 nos.
				Chopped green chillies	1 no.	2 nos.	3 nos.
				Chopped onion	½ cup	1 cup	1 cup
				Cumin seeds	As required		
				Method : 1. Grind chopped coriander leaves, ginger, garlic cloves, green chillies, onion & cumin seeds together to prepare the paste. 2. In a MWS bowl add oil, baby corns, sugar, salt & paste. Mix well. Cover. Select category & weight & press start. 3. Allow to stand for 3 minutes.			

Category		Weight Limit	Utensil	Instructions			
15	Corn Chaat	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Sweet corn	100 g	200 g	300 g
				Mix fruits (Pomegranate, cucumber, apple)	½ cup	1 cup	1½ cup
				Salt, red chilli powder, chaat masala, lemon juice	As per taste		
				Method : 1. In a MWS bowl add some water & sweet corns. Select category & weight and press start. 2. Transfer the corns in a bowl add mix fruits, salt, red chilli powder, chaat masala, lemon juice. Mix well & serve.			
16	Vermicelli Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Roasted vermicelli	100 g	200 g	300 g
				Oil	1 tbsp	1½ tbsp	2 tbsp
				Rai, urad dal, curry leaves	As per taste		
				Chopped onion	½ cup	1 cup	1 cup
				Chopped tomato	1 No.	2 Nos.	3 Nos.
				Salt, red chilli powder, haldi, garam masala	As per taste		
				Water	400 ml	800 ml	1200 ml
				Lemon juice	As per taste		
				Method : 1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix. Select category & weight and press start. 2. When beeps, mix & add tomato. Press start. 3. When beeps, mix & add vermicelli, water, salt, red chilli powder, haldi, garam masala. Press start. Stand for 3 minutes. 4. Squeeze lemon, mix & serve.			

Category		Weight Limit	Utensil	Instructions			
17	Omelette	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	For	0.2 kg	0.3 kg	0.4 kg
				Eggs	2 Nos.	3 Nos.	4 Nos.
				Oil	½ tbsp	1 tbsp	1 tbsp
				Chopped onion, tomato, coriander leaves	½ cup	1 cup	1 cup
				Salt, pepper	As per taste		
				Method : 1. Beat the eggs well & add salt, pepper & coriander leaves. 2. Add oil, tomato & onion to MWS flat glass dish. Select category & weight and press start. 3. When beeps, add the egg mixture. Cover & press start. Allow to stand for 3 minutes.			
18	Pizza®	0.3 kg	Low rack & High rack	Pizza base	1 Big Pizza base		
				Topping	3 tbsp		
				Mix Vegetables - Tomato, Capsicum, Onion	1 cup		
				Grated Cheese	1/2 cup		
				Oregano & Chilli flakes (Optional)	As per your taste		
				Method : 1. Select category & press start to preheat. 2. Spread pizza topping on pizza base, spread chopped vegetables on it. Sprinkle grated cheese. 3. When beeps, place the pizza on low rack & press start. 4. When beeps, transfer the pizza on high rack & press start.			
19	Garlic Bread®	0.3 kg	Low Rack	Bread slices (French Bread)	4 pcs		
				Butter	5 tbsp		
				Garlic paste	2 tbsp		
				Grated cheese	4 tbsp		
				Salt, kali mirchi powder, Oregano, chilli flakes	As per your taste		
				Method : 1. Mix butter, garlic paste, grated cheese, salt, kali mirchi powder and oregano together. Apply this mixture to both sides of bread slices. 2. Select category & press start. 3. When beeps, keep the bread slices on low rack & press start. Note : Use French bread to make garlic bread.			

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

CHILD'S FAVOURITE

Category		Weight Limit	Utensil	Instructions			
20	Bread Pudding	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	For	0.1 kg	0.2 kg	0.3 kg
				Bread slices	2 Nos.	3 Nos.	4 Nos.
				Milk (for dipping the bread)	½ cup	1 cup	1½ cup
				Egg	1 Nos.	2 Nos.	2 Nos.
				Vanilla Essence	½ tsp	¾ tsp	1 tsp
				Sugar	3 tbsp	4 tbsp	5 tbsp
				Dry fruits	As per your taste		
Method : 1. Make small pieces of Bread slices. Beat the egg very well . Mix all the ingredient very well. 2. Pour this mixture into MWS flat glass dish. Select category and weight. Press start.							
21	Cheesy Nachos	0.3 kg	Microwave safe (MWS) flat glass dish	For	0.3 kg		
				Nachos	300 g		
				Grated cheese	1 cup		
				Pizza sauce	6 tbsp		
				Chopped onion, tomato	2 cups		
Method : 1. In a MWS flat glass dish add nachos, chopped onion, tomato, pizza sauce & grated cheese. Select category & press start.							
22	Chocolate balls	0.3 kg	Microwave safe (MWS) glass bowl	Milkmaid	1 cup		
				Marie biscuit powder	1 cup		
				Milk powder	½ cup		
				Bournvita	½ cup		
				Grated coconut	½ cup		
Method : 1. In a MWS safe glass bowl add milkmaid, marie biscuit powder, milk powder, bournvita. Mix well. Select category & press start. 2. Allow to cool. Make balls out of the mixture. Roll out the balls in the grated coconut. 3. Keep in refrigerator for half an hour.							

Category		Weight Limit	Utensil	Instructions				
23	Strawberry Custard	0.5 kg	Microwave safe (MWS) bowl	For		0.5 kg		
				Milk		500 ml		
				Strawberry custard powder		3 tbsp		
				Sugar		50 g		
				Strawberry pieces		As required		
				Method : 1. In a MWS bowl add milk, strawberry custard powder, sugar. Mix well. 2. Select category & press start. 3. When beeps, stir well. Press start. 4. When beeps, stir well. Press start. Allow to set in refrigerator.				
24	Veg Burger	0.1 ~ 0.3 kg	Multicook tawa & High rack*	For		0.1 kg	0.2 kg	0.3 kg
				Burger buns		1 no.	2 nos.	3 nos.
				For Tikkis				
				Potatoes (boiled)		100 g	200 g	300 g
				Boiled peas		¼ cup	½ cup	1 cup
				Chopped ginger		1 tsp	2 tsp	3 tsp
				Green chillies		1 no.	2 nos.	3 nos.
				Chopped coriander leaves		2 tbsp	3 tbsp	4 tbsp
				Salt, red chilli powder, garam masala, chaat masala		As per taste		
				Cornflour		For binding		
				Tomato slices		1 no.	2 nos.	3 nos.
				Onion slices		2 no.	4 nos.	6 nos.
				Cheese slices		1 no.	2 nos.	3 nos.
				Butter		1 tsp	2 tsp	3 tsp
				Tomato sauce		1 tbsp	2 tbsp	3 tbsp
				Method : 1. In a bowl mix all the ingredients for tikkis & prepare round & flat tikkis out of it. 2. Slit the buns into two halves. Apply the butter inside the buns. 3. Keep the tikkis on the tawa. Keep on high rack. Select category & weight and press start. 4. When beeps, turn over the tikkis & press start. 5. When beeps, remove the tikkis. Now apply tomato sauce on one half of the bun. Keep the cheese slice, tikki, onion slices and then tomato & cheese slices & cover with the second half of the bun. 6. Now keep the burger on high rack & press start.				

* Refer Pg. 85 Fig. 2

JUST 4 U / UTILITY CORNER

In the following example, show you how to cook **8 Pc of Samosa**.

1. Press **STOP/CLEAR**.

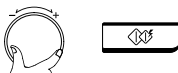


2. Press **JUST 4 U / UTILITY CORNER**.

The following indication is displayed "auto".



3. Turn **COOK MODE** until display show "**28 SAMOSA**". Press **START/QUICK START** for category confirmation.



4. Turn **COOK MODE** until display shows "**8 Pc**". Press **START/QUICK START**.

When cooking you can increase or decrease cooking time by turning **COOK MODE**.



! NOTE

- JUST 4 U / UTILITY CORNER cook menus are programmed.
- JUST 4 U / UTILITY CORNER cook allows you to cook most of your favourite food by selecting the food type and the weight of the food.

Category		Weight Limit	Utensil	Instructions
1	Keep warm	0.3 kg	Microwave safe (MWS) bowl	Method : 1. Any cooked food with cover (Rice, Dal, Subzi, Halwa, Upma etc.) Select category & press start. विधि : 2. When beeps, mix well & press start. When beeps, mix well & press start. 3. ढका हुआ कोई भी व्यंजन (चावल, दाल, सब्जी, हलवा, उपमा इत्यादि) वर्ग चुनें और स्टार्ट दबाएं। 4. बीप सुनाई देने पर अच्छी तरह मिलाएं और स्टार्ट दबाएं। बीप सुनाई देने पर अच्छी तरह मिलाएं और स्टार्ट दबाएं।
2	Steam clean	0.3 kg	Microwave safe (MWS) bowl	Method : 1. Take water in MWS bowl, add vinegar or lemon juice. Select category & press start. 2. When beeps, wipe out with salt & clean napkin. Press start. 3. Again wipe out. Take out the plug. विधि : 1. माइक्रोवेव सेफ बाउल में सिरका या नींबू रस लें। वर्ग चुनकर स्टार्ट दबाएं। 2. बीप सुनाई देने पर नमक और साफ नैपकिन से पोंछें। स्टार्ट दबाएं। 3. दोबारा से पोंछें और प्लग बाहर निकाल लें।
3	Defrost Veg	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	Veg - (Paneer, Green Peas, Corn etc.) Method : 1. Take in Microwave Safe Bowl, select category & weight and press start. 2. When beeps, turn the food. Press start. विधि : 1. माइक्रोवेव सेफ बाउल में लेकर वर्ग एवं वजन चुनें और स्टार्ट दबाएं। 2. बीप सुनाई देने पर खाने को पलट दें। स्टार्ट दबाएं।
4	Defrost Non Veg	0.5 ~ 1.0 kg	Microwave safe (MWS) bowl	Non-Veg - (Chicken, Mutton etc.) Method : 1. Take in Microwave Safe Bowl, select category & weight and press start. 2. When beeps, turn the food. Press start. विधि : 1. माइक्रोवेव सेफ बाउल में लेकर वर्ग एवं वजन चुनें और स्टार्ट दबाएं। 2. बीप सुनाई देने पर खाने को पलट दें। स्टार्ट दबाएं।
5	Dehumidification	0.3 kg	Microwave safe (MWS) bowl	Namkin, Biscuits, Bhujia, Papad and Wafers etc. Method : 1. In MWS bowl add the food to be dehumidified. Select category and press start. विधि : 1. खाना सुखाने के लिए उसे माइक्रोवेव सेफ बाउल में रखें। वर्ग चुनकर स्टार्ट दबाएं।
6	Light Disinfect		Microwave safe (MWS) glass utensil & Empty cavity	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. विधि : 1. माइक्रोवेव सेफ ग्लास बर्तनों को कीटाणुमुक्त करना - खाली बर्तन को ओवन में रखकर वर्ग चुनें और स्टार्ट दबाएं। 2. खोह की सफाई करना - खोह को खाली रखें। वर्ग चुनकर स्टार्ट दबाएं। समय की समाप्ति पर (बीप सुनाई देने पर) खोह को गीले कपड़े से साफ कर दें। नोट : ओवन में एक विशिष्ट प्रक्रिया लाइट डिसइन्फैक्ट होती है जो माइक्रोवेव सेफ ग्लास युटेंसिल्स को कीटाणुमुक्त कर देता है और फलस्वरूप स्वास्थ्य प्रदान करता है और बर्तनों/खोह की सफाई करता है।

BODY CARE

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

FERMENTATION

Category		Weight Limit	Utensil	Instructions	
8	Pizza base *	0.2 kg	Low rack* & Multicook tawa	For	0.2 kg
				Maida	200 g
				Yeast	1 tbsp
				Salt	1/2 tsp
				Sugar	1 tsp
				Water	As required
				Method : 1. In a bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. Keep for half hour. Roll a roti, prick with a fork and rest for 5 minutes. Select category and press start. 2. When beeps, keep the pizza base on tawa & on low rack. Press start. Remove when it gives a beep.	
9	Flavoured Yoghurt *	0.6 kg	Microwave safe (MWS) glass bowl & Low rack®	Curd	200 ml
				Milkmaid	100 ml
				Fresh cream	200 ml
				Flavours (Vanilla, Strawberry, Pineapple essence)	As per choice (½ tsp)
				Method : 1. In a MWS glass bowl mix all the ingredients. Beat well till smooth. 2. Select category & press start. 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 for 1 hour. Note : In case you use strawberry essence, add a pinch of pink food colour to add colour to the yoghurt. For pineapple yoghurt, add pineapple slices at the time of serving.	

* Refer Pg. 85 Fig. 1

® Refer Pg.85 Fig. 3

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

FERMENTATION

Category		Weight Limit	Utensil	Instructions	
10	Masala Paneer	0.5 kg	Microwave safe (MWS) glass bowl	For	0.5 kg
				Milk	500 ml
				Curd	2 tbsp
				Coriander powder	1 tbsp
				Jeera powder	1 tsp
				Method : 1. In MWS glass bowl add milk. Select category and press start. 2. When it gives a beep, remove and add curd, coriander and jeera powder. Press start. 3. When beeps, remove and strain and press in a muslin cloth.	
11	Yeast dough	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg
				Maida	300 g
				Yeast	1 tbsp
				Salt	½ tsp
				Sugar	1 tsp
				Water	As required
				Method : 1. In MWS glass bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. 2. Select category and press start. Rest for 3 minutes. Now remove.	

Category		Weight Limit	Utensil	Instructions	
12	Fish Cutlet	0.4 kg	Microwave safe (MWS) glass bowl & High rack* & Multicook tawa	For	0.4 kg
				Fish fillet	350 g
				Boiled potato	2 Nos.
				Bread crumbs	1 cup
				Oil	2 tbsp
				Chilli powder, turmeric, ginger garlic paste, salt	As per taste
				Garam masala powder	1 tsp
				Coriander leaves	A few sprigs
				Method : 1. In a MWS glass bowl take fish fillet add 1 cup water. Select category & press start. Mash the fish. 2. Remove the bowl from microwave oven & add all the other ingredients except oil and mix well with boiled and mashed fish. Make cutlets and roll them in bread crumbs. Put them on tawa, put some oil around the cutlets. Keep this on high rack. 3. Press start. 4. When beeps, turn them over. 5. Press start. 6. Remove and serve with lemon wedges & mint chutney.	
13	Fish Masala	0.2 kg	Microwave safe (MWS) bowl	For	0.2 kg
				Pomphret pieces	200 g
				Onions	2 Nos.
				Tomato	1 No.
				Oil	2 tbsp
				Chilli powder, turmeric, ginger garlic paste, salt, saunf powder	As per taste
				Garam masala powder	1 tsp
				Dhaniya and jeera powder	2 tsp
				Coriander leaves	2 tbsp
				Method : 1. In MWS bowl take oil and chopped onion. Select category and press start. 2. When beeps, remove and add pomphret pieces and tomato. Press start. 3. When beeps, add all the other ingredients and 1 cup water and mix well. Press start. When beeps, remove and garnish with coriander leaves.	

* Refer Pg. 85 Fig. 2

SEA FOOD

Category		Weight Limit	Utensil	Instructions			
14	Fish Pulusu	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg		
				Koramatta fish pieces	300 g		
				Oil	1½ tbsp		
				Ginger garlic paste	2 tbsp		
				Methi seeds	1 tsp		
				Chopped onion	1 no.		
				Fish masala	1 tbsp		
				Tamarind pulp	50 g		
				Red chilli powder, dhaniya powder, haldi & salt	As per taste		
				Lemon juice	As per taste		
Method : 1. In a MWS glass bowl add oil, ginger garlic paste, methi seeds, fish pieces, lemon juice & cover. Select category & weight & press start.							
2. When beeps, mix well & add chopped onions & fish masala. Cover & press start.							
3. When beeps, mix well & add tamarind pulp and press start. Allow to stand for 3 minutes.							
15	Coconut Prawn	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Prawns	100 g	200 g	300 g
				Mustard oil	½ tbsp	1 tbsp	1½ tbsp
				Rai paste	½ tbsp	1 tbsp	1½ tbsp
				Green chilli paste	1 tsp	2 tsp	3 tsp
				Turmeric powder, sugar & salt	As per taste		
				Pulpy green coconut (remove the coconut water)	1 no.	1 no.	1 no.
				Method : 1. Marinate the prawn with rai paste, mustard oil, turmeric powder, green chilli paste, sugar & salt for 1 hour.			
				2. Take the coconut kernel & scoop out the creamy pulp with a spoon. Divide the coconut lengthwise into 2 halves.			
				3. Put the marinated prawns inside the kernel & cover with the other half kernel. Keep this in a MWS glass bowl. Select category & weight & press start.			

Category		Weight Limit	Utensil	Instructions	
16	Crab Curry	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg
				Crab pieces	250 g
				Ginger garlic paste	2 tbsp
				Water	1 cup
				Salt, dhania-jeera powder, garam masala, chilli powder, turmeric	As per taste
				Oil	2 tbsp
				Chopped onion	½ no.
				Coconut milk	2 tbsp
				Method : 1. In a MWS glass bowl add oil, onion, ginger garlic paste. Select category and press start.	
				2. When beeps, remove, mix well add crab pieces and 1 cup water and press start.	
				3. When beeps, add coconut milk, salt, garam masala, dhania jeera powder, chilli powder, turmeric powder and press start.	
				Mix well & serve hot with rice.	
17	Shrimps in Garlic Butter	0.4 Kg	Microwave safe (MWS) bowl	Shrimps (Small)	400 g
				Butter	4 tbsp
				Parsley (chopped)	A few sprigs
				Garlic paste	3 tbsp
				Mustard paste	1 tbsp
				Lemon juice	1 tbsp
				Pepper corns (Roughly crushed)	8-10 nos.
				Salt	To taste
				Method : 1. Remove heads and shells of shrimps & clean and drain thoroughly.	
				2. In a MWS bowl place shrimps, garlic paste, mustard paste, butter, parsley, lemon juice, pepper corns (Crush) & salt mix well	
				Select Category & press start.	
				3. When beeps. Remove and serve hot.	

BABY FOOD

Category		Weight Limit	Utensil	Instructions			
18	Apple Custard	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Apple	100 g	200 g	300 g
				Sugar	1 tbsp	2 tbsp	3 tbsp
				Method : 1. Mix all the ingredients in a MWS glass bowl. Select category & weight and press start.			
				2. When beeps, mix well & press start.			
19	Fruit Dessert	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Apple, banana	100 g	200 g	300 g
				Orange juice	1 tbsp	2 tbsp	3 tbsp
				Sugar	1 tbsp	2 tbsp	3 tbsp
				Method : 1. Put the peeled apple & banana pieces, orange juice & sugar in a MWS glass bowl. Select category & weight & press start.			
20	Home made Cereal	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Rice	50 g	100 g	150 g
				Moong daal	50 g	100 g	150 g
				Salt, jeera powder, almonds (optional)	As per taste		
				Ghee	1 tsp	2 tsp	3 tsp
				Groundnuts	1 tbsp	2 tbsp	3 tbsp
				Poha	1 tbsp	2 tbsp	3 tbsp
				Daliya	1 tbsp	2 tbsp	3 tbsp
				Method : 1. Soak rice for 1 hour. In a MWS glass bowl put all the ingredients. Keep it in microwave.			
				Select category & weight and press start.			
				2. When beeps, remove and grind it in a mixer to a powder. You can store this mixture in a fridge. Take			
				2 tsp of this powder, add water, salt, jeera powder and mix. Put this in microwave and press start.			
				3. When beeps, remove it.			

Category		Weight Limit	Utensil	Instructions			
21	Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Soaked rice	50 g	75 g	100 g
				Moong daal	25 g	50 g	75 g
				Salt, jeera powder (optional)	As per taste		
				Ghee	1 tsp	2 tsp	3 tsp
				Water	200ml	400 ml	600 ml
				Method : 1. Soak rice for 1 hour. In a MWS glass bowl put ghee, rice, daal and water. Keep it in microwave. Select category & weight & press start. 2. When beeps, remove and add salt, jeera powder and cover. Put this in microwave and press start. 3. When beeps, remove and add some water if required. Mix well and put this in microwave and press start.			
22	Raggi Kheer	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg		
				Raggi powder	2 tbsp		
				Milk	1 cup		
				Sugar	As per taste		
				Ghee	1 tsp		
				Water	½ cup		
				Method : 1. Put Raggi powder and water in MWS glass bowl and keep in microwave. Select category and press start. 2. When beeps, remove and add sugar, milk and ghee. Mix well. Put this in microwave and press start.			

HEALTHY FRY

Category		Weight Limit	Utensil	Instructions			
23	Chicken Nuggets	0.1-0.3 Kg	Microwave safe (MWS) glass bowl & Multicook tawa* & High Rack	For	0.1 Kg	0.2 Kg	0.3 Kg
				Boneless Chicken	100 g	150 g	200 g
				Bread slice	1 no.	2 nos.	2 nos.
				Pepper corns	4-5	5-6	6-7
				Cloves	2-3	3-4	4-5
				Garlic paste	½ tsp	1 tsp	1½ tsp
				Olive oil	1 tsp	1½ tsp	2 tsp
				Salt	As per taste		
				Chopped garlic	2 cloves	3 cloves	4 cloves
				Method : 1. In a MWS glass bowl put boneless chicken, pepper corns, clones, olive oil, chopped garlic. Mix well & cover. Select Category & weight. press start. 2. When beeps, remove the bowl from microwave oven. allow to cool & grind everything in a mixer. Take out in the bowl add salt,) crumbled bread slices. Mix well. 3. Make small round shaped nuggets from the mixture. Keep on tawa. Place the tawa on high rack. 4. Press start. 5. When beeps, turn the nuggets. 6. Press start. 7. Serve them hot with tomato Ketchup & shredded salad. Note: If the mixture of nuggets is too dry, then sprinkle few drops of water to it.			
24	Aloo Chips	0.2 Kg	Microwave glass tray	For	0.2 Kg		
				Potato (very thinly sliced)	200 g		
				Oil	A few drops		
				Salt, Chaat masala (optional)	As per taste		
				Method : 1. In a bowl mix very thinly sliced potatoes, salt, chaat masala. 2. Put few drop of oil on the glass tray of the microwave oven & smear it properly throughout. 3. Spread the potato slices throughout the glass tray. select category & press start. Allow the glass tray to cool down. Remove the chips & serve.			

* Refer Pg. 85 Fig. 2

Category		Weight Limit	Utensil	Instructions	
25	Bread Pakora	4 nos.	Multicook tawa* & High Rack	For	Batter
				Besan	1 cup (130 gms)
				Water	200 ml
				Salt, haldi, garam masala, red chilli powder,	As per taste
				For filling	
				Boiled potatoes	2 nos. (medium)
				Chopped green chillies	2 nos.
				Chopped Coriander	1 tbsp
				Chopped ginger	1 tsp
				Salt, garam masala, red chilli powder	As per taste
				Bread slices	4 nos.
				Oil	1 tsp
				Method : 1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.	
				2. In another bowl put besan & all spices & gradually add water & make a smooth batter for bread pakoras without any lumps.	
				3. Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice & cover with the other. Prepare all other slices using same procedure.	
26	Paneer Pakora	0.4 Kg	Multicook tawa* & High rack	Paneer (Cut into 1.5" cubes)	400 gm
				For Batter	
				Besan	1 cup (130 g)
				Water	200 ml
				Salt, red chilli powder, haldi, garam masala	As per taste
				Oil	2 tsp
				Method : 1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. .	
				2. Keep the tawa on high rack. keep inside microwave. Select category & press start.	
				3. When beeps, place all paneer pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.	
				4. When beeps, turn the pakoras & pour 2tsp oil on all pakoras & again press start.	
				5. Serve hot with Chutney or Sauce.	

* Refer Pg. 85 Fig. 2

HEALTHY FRY

Category		Weight Limit	Utensil	Instructions	
27	Gujia	10 nos.	Multicook tawa* & Low rack	For dough	
				Maida	100 g
				Desi ghee	1 tbsp & 1 tsp
				Water	To knead the dough
				For stuffing	
				Grated Khoya	50 g
				Dessicated coconut	50 g
				Powdered Sugar	50 g
				Elaichi powder	1 tsp
				Kishmish, Chopped, Almonds, Cashew nuts	As required
				Method :	
				1. In a bowl put all the ingredients of stuffing & mix well.	
				2. In another bowl put maida, 1 tbsp ghee, gradually add water & knead a soft dough for gujias. Put 1tsp ghee in dough & knead again & keep the dough covered for 15-20 minutes.	
				3. Divide the dough in small balls of equal size & roll out each ball into a thin circle. *Place the rolled out circle in a *gujia mould & fill the centre with stuffing (as required). Close the gujia mould carefully & press firmly at edges to seal them properly. remove the excess part of the dough bulging out of the mould. Remove the gujia from the mould. Prepare all the gujias in the similar way.	
				4. Grease the tawa with ¼ tsp oil. Keep on low rack. keep in the microwave. Select category & press start.	
				5. When beeps, place the gujias on tawa & keep on low rack. Press start.	
				6. when beeps, turn the gujias, sprinkle 3 tsp ghee/oil on all the gujias & Press start.	
				*Note:- Grease the surface with 1-2 drops of oil before rolling the circle for gujias.	
				* Not provided with the start up kit.	

* Refer Pg. 85 Fig. 1

Category		Weight Limit	Utensil	Instructions	
28	Samosa	8 Nos.	Multicook tawa & Low rack*	For Dough	
				Wheat flour (Refined)	1 cup
				Melted ghee	½ tbsp
				Oil	for kneading
				Salt	¼ tsp
				For stuffing	
				Boiled potatoes	2 cup
				Boiled peas	½ cup
				Ginger-green chilli paste	1 tsp
				Amchoor	1½ tsp
				Red chilli powder	1 tsp
				Finely chopped Coriander leaves	2 tbsp
				Jeera	1 tsp
				Oil	2¼ tsp
				Method : 1. Preparation for stuffing - In a MWS glass bowl add oil, jeera, microwave 100% of 3 minutes. Add boiled & mashed potatoes, green chilli & ginger paste, salt, amchoor, red chilli powder, green peas & coriander leaves. Mix well & microwave 100% for 3 minutes. Allow cool. 2. For dough - Combine all the ingredients together in a bowl & knead into a firm dough using enough water. Keep aside covered for 15 minutes Knead again using oil until smooth. 3. Prepare medium size 8 chapaties out of the dough Divide each chapati into 2 halves, make a cone from each half. Stuff each cone with the portion of stuffing, seal the edges carefully using little water. Keep aside. 4. Grease the tawa with ¼ tsp oil. Keep on low rack & keep the it inside the microwave. Select category & press start. 5. When beeps, keep the samosas on the tawa & press start. 6. When beeps, pour 2 tsp oil on all the samosas & turn over. Press start. Serve with chutney.	

* Refer Pg. 85 Fig. 1

GO! CHINA

Category		Weight Limit	Utensil	Instructions				
29	Chilli Chicken	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
				Boneless chicken	100 g	200 g	300 g	400 g
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Chopped ginger garlic	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
				Chopped onions	½ No.	1 No.	1 No.	2 No.
				Chopped green chillies	½ tbsp	1 tbsp	2 tbsp	2½ tbsp
				Capsicum	½ no.	1 no.	2 nos.	2 nos.
				Soya sauce	½ tbsp	½ tbsp	1 tbsp	1½ tbsp
				Chilli sauce	½ tbsp	½ tbsp	1 tbsp	1½ tbsp
				Vinegar	½ tbsp	½ tbsp	1 tbsp	1½ tbsp
				Salt, sugar & pepper	As per taste			
				Cornflour (mixed with ½ cup water)	1 tbsp	1 tbsp	1 tbsp	1½ tbsp
				Method : 1. In a MWS bowl add oil, chopped ginger, garlic, boneless chicken, soya sauce, chilli sauce and cover. Select category & weight & press start.				
				2. When beeps add, chopped onions, capsicum, chopped green chillies, vinegar, salt, sugar, pepper, cornflour mixed with water. Cover & press start. Stand for 5 minutes. Serve.				
30	Hakka Noodles	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	01 kg	0.2 kg	0.3 kg	
				Hakka noodles	100 g	200 g	300 g	
				Water	400 ml	800 ml	1200 ml	
				Oil	1 tbsp	1½ tbsp	2 tbsp	
				Chopped veg - carrot, peas, french beans, capsicum	1 cup	1½ cup	2 cup	
				Ajinomoto		A pinch		
				Salt, red chilli powder, green chilli sauce		As per taste		
				Method : 1. In a MWS bowl add hakka noodles, water & few drops of oil. Select category & weight & press start.				
				2. When beeps, remove drain water & wash & separate the noodles under running water.				
				3. In another MWS bowl add oil, mix vegetables, ajinomoto, salt, red chilli powder, green chilli sauce. Mix well & press start.				
				4. When beeps, add noodles to the bowl. Mix & press start.				

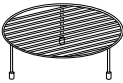
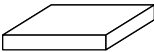
Category		Weight Limit	Utensil	Instructions			
31	Honey Chilli Potatoes	0.2 ~ 0.4 kg	High rack* & Multi cook tawa & Microwave safe (MWS) glass bowl	For	0.2 kg	0.3 kg	0.4 kg
				Potatoes (peeled and cut long)	200 g	300 g	400 g
				Oil	1 tbsp	2 tbsp	2½ tbsp
				Chopped garlic	½ tbsp	1 tbsp	1½ tbsp
				Salt, red chilli powder	As per taste		
				Ajinomoto, orange color	A pinch		
				Vinegar	¼ tbsp	½ tbsp	1 tbsp
				Red chilli sauce	As per taste		
				Tomato sauce	2 tbsp	3 tbsp	4 tbsp
				Honey	½ tbsp	1½ tbsp	2 tbsp
				Maida	1-2 tsp (mixed with some water)		
				Cornflour	2 tbsp (mixed with 1 cup water)		
				Method : 1. Mix the maida with potatoes. Arrange them on tawa & keep on high rack. Select category & weight and press start. 2. When beeps, turn over the potatoes & press start.. 3. When beeps, remove the high rack & tawa from microwave oven. In a MWS glass bowl add oil, chopped garlic, salt, red chilli powder, ajinomoto, vinegar, red chilli sauce, tomato sauce, cornflour, water (1 cup) & honey. 4. Press start. 5. Mix the potatoes with sauce, stand for 5 minutes & serve.			
				32	Veg in hot garlic sauce	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl
Mix veg - Cauliflower florets, capsicum, baby corns, beans	100 g	200 g	300 g				
Oil	1 tbsp	1½ tbsp	1½ tbsp				
Chopped garlic, ginger, green chillies	1 tbsp	2 tbsp	2 tbsp				
Corn flour	1 tbsp	1½ tbsp	2 tbsp				
Pepper, salt, sugar	As per taste						
Ajinomoto	A pinch						
Oregano (optional)	As per taste						
Water	2 cups	3 cups	3 cups				
Method : 1. Cut the capsicum & cauliflower into medium sized pieces, baby corns & french beans into small sized pieces. 2. In a MWS bowl add oil, chopped onion, ginger, green chillies. Select category & weight and press start. 3. When beeps, mix & add vegetables, pepper, salt, sugar, cornflour mixed with water, ajinomoto. Press start. Stand for 5 minutes. Serve.							

* Refer Pg. 85 Fig. 2

GO! CHINA

Category		Weight Limit	Utensil	Instructions	
33	Schezwan Chicken	0.5 kg	Microwave safe (MWS) bowl	For	0.5 kg
				Boneless chicken	500 g
				Dry red chillies	8 nos.
				Garlic paste	4 tsp
				Tomato ketchup	5 tbsp
				Vinegar	2 tsp
				Red chilli sauce	2 tbsp
				Ajinomoto (optional)	¼ tsp
				Sugar & salt	As per taste
				Spring onions (with greens)	1 cup
				Cornflour (mixed with ¼ cup water)	2 tsp
				Oil	3 tbsp
				Method : 1. In a MWS bowl mix together oil, garlic paste, dry red chillies, chicken pieces, tomato ketchup, ajinomoto, vinegar, red chilli paste, sugar. Mix well. Select category & press start 2. When beeps, mix well and add spring onions, cornflour, salt. Mix well & press start.	

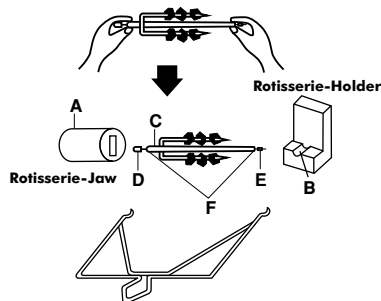
USAGE OF ACCESSORIES/UTENSILS

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

Rotisserie - Installation

Never operate the oven at microwave and combination mode with rotisserie bar in the cavity when oven is empty.

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





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