



RECIPE MANUAL

HEALTHY & TASTY COOKING WITH 201 AUTOCOOK MENUS

Please read this recipe manual thoroughly before operating.

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Various Cook Functions

Please follow the given steps to operate cook functions (Indian Bread Basket, Diet Fry/ Kids' Delight, Nutricare, Indian Rasoi, Pasteurize Milk/Dairy Delight, Utility Corner/Steam Clean) in your Microwave.

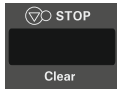
Cook Functions	Indian Bread Basket	Diet Fry/ Kids' Delight	Nutricare	Indian Rasoi	Pasteurize Milk/Dairy Delight	Utility Corner/ Steam Clean
STEP-1	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear	Press Stop/Clear
STEP-2	Press Indian Bread Basket	Press button once to select Diet fry/& twice For Kids' delight	Press Nutricare	Press Indian Rasoi	Press button once to select Pasteurize Milk/& twice for Dairy Delight	Press button once to select Utility corner/& twice for Steam Clean
STEP-3	Turn dial to select the food category (br1-br11)	Turn dial to select the food category (dF1-dF12), (CF1-CF15), (bA1-bA13), (bb1-bb8)	Turn Dial to select the food category (SA1-SA13), (HP1-HP13), (So1-So16), (Co1-Co13), (SF1-SF7)	Turn Dial to select the food category (IC1-IC24), (SC1-SC16), (rd1-rd16), (CC1-CC11)	Turn Dial to select the food category (PS1), (dd1-dd3)	Turn Dial to select the food category (UC1-UC5), (FE1-FE3), (SL1)
STEP-4	Press START / Add 30sec	Press START / Add 30sec	Press START / Add 30sec	Press START / Add 30sec	Press START / Add 30sec	Press START / Add 30sec
STEP-5	*Turn the dial to select the weight	*Turn the dial to select the weight	*Turn the dial to select the weight	*Turn the dial to select the weight	*Turn the dial to select the weight	*Turn the dial to select the weight
STEP-6	*Press START / Add 30sec	*Press START / Add 30sec	*Press START / Add 30sec	*Press START / Add 30sec	*Press START / Add 30sec	*Press START / Add 30sec

*Note – If the recipe has single weight e.g “br1”-2Pc, do not follow step-5,6

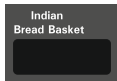
INDIAN BREAD BASKET

In the following example, show you how to cook
2 Pc of Lachha Parantha

1. Press **STOP/CLEAR**.



2. Press **INDIAN BREAD BASKET**.

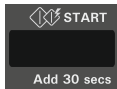


3. Turn **Dial** until display show "**br2**".



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

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



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	
br1	Naan	2 Pc	Multicook Tawa & Low Rack*	For	Dough
				Refined flour (Maida)	225 gms
				Curd	4 tbsp
				Milk	100 ml
				Butter	1 tbsp
				Salt	1/8 tsp
				Castor Sugar	1 tsp
				Baking powder	½ tsp
				Butter (Melted)	1 tsp
				Soda-bi-carb	¼ tsp
				Onion seeds	1 tsp
Method :					
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.					
br2	Lachha Parantha	2 Pc	Multicook Tawa & low rack*	For	Dough
				Whole wheat flour	2 cups
				Salt	½ tsp
				Ghee	2 Tbsp
				Milk	½ cup
				Water	½ cup
				Method :	
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.					
br3	Appam	1 Pc	Multicook Tawa & High Rack#	For	Batter
				Rice (soaked for 5-6 hours)	1 cup
				Cooked rice (Boiled)	½ cup
				Fresh coconut shavings	2 cups
				Yeast	¼ tsp
				Coconut water	To dissolve yeast & for diluting the batter
				Salt & Sugar	As per taste
				Method :	
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 78 Fig 1
#Refer Pg. 78 Fig 2

INDIAN BREAD BASKET

Category		Weight Limit	Utensil	Instructions	
br4	Masala Roti	2 Pc	Multicook Tawa & Low Rack*	For	Dough
				Whole wheat flour	1 cup
				Besan	3/4 cup
				Finely copped onion	1 no. (medium)
				Finely chopped green chilli	2 no.
				Black pepper powder	1 tsp
				Red chilli powder	1 tsp
				Garam Masala	½ tsp
				Ghee	1 tbsp
				Salt	As per taste
				Fresh Curd	¼ cup
				Water (to knead dough)	¼ cup
				Oil	½ tsp
				Coriander leaves (Chopped)	2 tbsp
				Method : 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.	
br5	Missi Roti	2 Pc	Multicook Tawa & low rack*	For	Dough
				Wheat flour	1½ cups
				Besan	1½ cups
				Oil	4 Tbsp
				Kasuri methi, Red Chilli powder, Salt	As per taste
				Water (for dough kneading)	50 ml
				Curd	½ cup
				Method : 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.	

* Refer Pg. 78 Fig. 1

INDIAN BREAD BASKET

Category		Weight Limit	Utensil	Instructions	
br6	Stuffed Naan	2 Pc	Multicook Tawa & Low Rack*	For	Dough
				Refined flour (maida)	225 g
				Curd	4 tbsp
				Milk	100 ml
				Butter	1 tbsp
				Salt	1/8 tsp
				Castor Sugar	1 tsp
				Baking powder	½ tsp
				Butter (melted)	1 tsp
				Soda-bi-carb	¼ tsp
				Onion seeds	1 tsp
				For filling	
				Grated Paneer	150 g
				Chopped onions	1 no (medium)
				Chopped green chilli	2 nos.
				Coriander leaves (Chopped)	A few sprigs
				Red Chilli powder, salt, garam masala, anardana powder	As per taste
				Method : 1. In a bowl add all the ingredients mentioned for filling & mix well & prepare the stuffing for naan. 2. In another bowl sieve the flour, salt, sugar & baking powder. Rub in butter. Mix curd & soda-bi carb & add to the dough. Mix well & knead & soft dough adding the milk & water (if required). Add melted butter & again knead the dough. Keep the dough covered in a warm place of about 1-2 hours to ferment properly. 3. Keep the tawa on low rack. Keep inside the microwave. Select category & press start. 4. Divide the dough into 10-11 equal portions (approx 40 gm each) Roll out a portion & put 2 tbsp stuffing & fold from all sides & again make a ball. Roll out again to an oblong shape. Brush the top with melted butter & sprinkle onion seeds. 5. When beeps, keep 2 rolled out naans on tawa & press start. 6. Make all other naans following the same procedure. Serve hot with the gravy/curry of your choice. Note: Grease the surface with little oil to prevent the naan from sticking to the surface while rolling.	
br7	Khasta Paratha	2 Pc	Multicook Tawa & Low Rack*	For	Dough
				Whole wheat flour	1½ cup
				Melted butter	1/3 cup
				Salt	As per taste
				Buttermilk	½ cup
				Method : 1. Mix whole wheat flour, melted butter, salt in a bowl. 2. Gradually add buttermilk to form a firm dough. Add more buttermilk (if required). 3. After kneading lightly on a floured surface, form into a smooth ball. 4. Allow the dough to rest for 20 minutes covered. Divide whole dough into 8 equal portion (45gms). 5. On a lightly floured surface, roll out each portion into 5" diameter rounds. 6. Keep the tawa on low rack & select category & keep the tawa inside the microwave & press start. 7. When beeps, put 2 parathas on tawa & press start. 8. When beeps, smear with ½ tsp oil & turn over & press start. Wrap in foil & store.	

*Refer Pg.78 Fig.1

INDIAN BREAD BASKET

Category		Weight Limit	Utensil	Instructions	
br8	Pudina Parantha	2 Pc	Multicook Tawa & High Rack*	For	Dough
				Whole wheat flour	1 cup
				Mint leaves	½ cup
				Salt	As per taste
				Butter	2 tbsp
				Chaat Masala	2 tsp
				Oil/ghee	2 tsp
				Dry pudina powder	1 tbsp
				Water	As required to make the dough
				Method : 1. Wash & put dry & chop mint leaves finely. 2. In a bowl combine wheat flour, mint leaves, salt, butter, chaat masala, gradually add water & knead a soft dough. Keep the dough covered for 5-7 minutes. 3. Keep the tawa on high rack. Keep inside the microwave Select category & press start. 4. Divide the dough into 5-6 equal sized portions. Roll out each dough into a diameter of 6". Spread ½ tsp oil/ghee all over & dust with some dry pudina powder, fold the rolled out chapati like a fan & again make a ball & again roll out the ball to a measure of 5" diameter. 5. When beeps keep 2 rolled out paranthas on tawa & press start. 6. When beeps apply ¼ tsp ghee/oil on paranthas & turn & again press start. Make all the paranthas with the similar procedure. 7. Serve them hot with curd or pickle. Wrap in foil & store.	
br9	Rajma Parantha	2 Pc	Multicook Tawa & high rack*	For	Dough
				Boiled Rajma	1/3 cup
				Whole Wheat flour (atta)	1 cup
				Soyabean flour	2 Tbsp
				Chopped green chillies	3-4 nos.
				Fresh mint leaves	8-10 nos.
				Anardana (Crushed)	1 tsp
				Red Chilli Powder	1 tsp
				Tomato Puree	2 tbsp.
				Salt	As per taste
				Oil	2 tsp
				Coriander leaves (Chopped)	2 tbsp
				Water	To knead to dough
				Method : 1. In a bowl combine wheat flour boiled & mashed rajma, soyabean flour, tomato puree, chopped green chilli, coriander leaves, freshly crushed mint leaves, Anardana, oil, red chilli powder, salt. Mix & gradually add water & knead a soft dough. 2. Keep the tawa on high rack. Keep inside the microwave. Select category & press start. 3. Divide the dough into 6-7 equal sized portions (approx of 45gms). Roll out each dough into 5" diameter circle. 4. When beeps keep 2 rolled out paranthas on tawa & press start. 5. When beeps, turn the paranthas. Press start. Make all the paranthas with the similar procedure. 6. Serve them hot with curd or pickle. Wrap in foil & store.	

* Refer Pg. 78 Fig. 2

INDIAN BREAD BASKET

Category		Weight Limit	Utensil	Instructions	
br10	Paneer Parantha	2 Pc	Multicook Tawa & High Rack*	For	Dough
				Whole wheat flour (atta)	2 cups
				Desi ghee	1 tbsp + 1 tsp
				Salt	A pinch
				Water (to knead dough)	1 cup (200 ml)
				For stuffing	
				Grated paneer	2 cups
				Chopped green chilli (deseeded)	3 nos.
				Chopped coriander leaves	2 tbsp
				Salt, red chilli powder, garam masala	As per taste
				Anardana powder	1 tsp
				Method :	
				1. In a bowl take whole wheat flour, salt & 1 tbsp desi ghee. Rub with hands, gradually add water & knead a soft dough. Add 1 tsp desi ghee & knead again. Cover with a muslin cloth & leave for some time.	
				2. In another bowl take all the ingredients of stuffing & mix well.	
				3. Grease the multicook tawa with ¼ tsp ghee & keep on high rack. Keep the high rack & tawa inside the microwave. Select category and press start.	
br11	Kulche	2 Pc	Multicook Tawa & Low Rack#	For	Dough
				Maida	1 cup
				Salt	A pinch
				Fresh cream	2 tbsp
				Lukewarm water	50 ml
				Sugar	1 tbsp
				Dry yeast	1 tsp
				Oil	½ tsp
				Kalonji (onion seeds)	As required
				Coriander leaves	As required
				Method :	
				1. In a cup/bowl take 50 ml lukewarm water & add sugar. Stir well. Add dry yeast & stir again to dissolve. Keep aside for at least 5-7 minutes.	
				2. In a bowl take maida, salt & fresh cream. Mix well with hands. Add the yeast water & knead a firm dough. Pour ½ tsp oil & knead again.	
				3. Divide the dough into 4 equal portions (approx. 60 gm each). Make balls & apply butter on top & sprinkle kalonji (onion seeds) & fresh coriander leaves on top. Press with fingers & dust with maida & roll out each ball into a diameter of 5". Keep the rolled dough on dusted multi cook tawa. Keep them covered in dark & warm place for at least 30 minutes.	
				4. Select category & press start.	
				5. When beeps, keep tawa with rolled doughs & press start.	
				6. Apply butter on top of kulchas or roast them a little & serve them hot with chhole.	

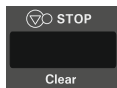
*Refer Pg.78 Fig.2

Refer Pg.78 Fig.1

DIET FRY/KIDS' DELIGHT

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

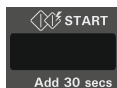
1. Press **STOP/CLEAR**.



2. Press **DIET FRY/KIDS' DELIGHT**.



3. Turn **Dial** until display show "**df1**".
4. *Press **START/Add 30secs** for category confirmation.



5. *Turn **Dial** until display show "**0.3Kg**".
6. Press **START/Add 30secs**
When cooking you can increase or decrease cooking time by turning **Dial**.



7. If you want to select **KIDS' DELIGHT**, Press the button twice, the display will show "**CF1**".
8. Turn the dial to select **CF1** to **bb8**.
9. Again follow Step 4 to 6.

! NOTE

- Diet Fry/Kids' Delight menus are programmed.
- Diet Fry/Kids' Delight cook allows you to cook most of your favourite food by selecting the food type and the weight of the food.

*Note: If the recipe has single weight e.g "**df6**" Samosa -8Pc, do not follow step 4, 5. Directly go to step 6.

Category	Weight Limit	Utensil	Instructions																																				
dF1	Chicken Nuggets	0.1-0.3 Kg	Microwave safe (MWS) glass bowl & Multicook tawa* & High Rack																																				
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Boneless Chicken</td><td>100 g</td><td>150 g</td><td>200 g</td></tr><tr><td>Bread slice</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr><tr><td>Pepper corns</td><td>4-5</td><td>5-6</td><td>6-7</td></tr><tr><td>Cloves</td><td>2-3</td><td>3-4</td><td>4-5</td></tr><tr><td>Garlic paste</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td></tr><tr><td>Olive oil</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Salt</td><td colspan="3">As per taste</td></tr><tr><td>Chopped garlic</td><td>2 cloves</td><td>3 cloves</td><td>4 cloves</td></tr></table> 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.	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
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Olive oil	1 tsp	1½ tsp	2 tsp																																				
Salt	As per taste																																						
Chopped garlic	2 cloves	3 cloves	4 cloves																																				
dF2	Aloo Chips	0.2 Kg	Microwave glass tray																																				
			<table><tr><td>For</td><td>0.2 Kg</td></tr><tr><td>Potato (very thinly sliced)</td><td>200 g</td></tr><tr><td>Oil</td><td>A few drops</td></tr><tr><td>Salt, Chaat masala (optional)</td><td>As per taste</td></tr></table> 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.	For	0.2 Kg	Potato (very thinly sliced)	200 g	Oil	A few drops	Salt, Chaat masala (optional)	As per taste																												
For	0.2 Kg																																						
Potato (very thinly sliced)	200 g																																						
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dF3	Bread Pakora	4 Pc	Multicook tawa* & High Rack																																				
			<table><tr><td>For</td><td>Batter</td></tr><tr><td>Besan</td><td>1 cup (130 gms)</td></tr><tr><td>Water</td><td>200 ml</td></tr><tr><td>Salt, haldi, garam masala, red chilli powder,</td><td>As per taste</td></tr></table> For filling <table><tr><td>Boiled potatoes</td><td>2 nos. (medium)</td></tr><tr><td>Chopped green chillies</td><td>2 nos.</td></tr><tr><td>Chopped Coriander</td><td>1 tbsp</td></tr><tr><td>Chopped ginger</td><td>1 tsp</td></tr><tr><td>Salt, garam masala, red chilli powder</td><td>As per taste</td></tr><tr><td>Bread slices</td><td>4 nos.</td></tr><tr><td>Oil</td><td>2 tsp</td></tr></table> Method : 1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well. 2. In another bowl put besan & all spices & gradually add water & make a smooth batter for bread pakoras without any lumps. 3. Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice & cover with the other. Prepare all other slices using same procedure. Grease the tawa with 2-3 drops oil. 4. Keep the tawa on high rack. Select category the press start. 5. When beeps, keep the bread slices coated with the batter evenly on all sides on tawa & press start. 6. When beeps, turn the bread pakoras. Sprinkle 2 tsp oil on all & press start. Serve hot with tomato ketchup.	For	Batter	Besan	1 cup (130 gms)	Water	200 ml	Salt, haldi, garam masala, red chilli powder,	As per taste	Boiled potatoes	2 nos. (medium)	Chopped green chillies	2 nos.	Chopped Coriander	1 tbsp	Chopped ginger	1 tsp	Salt, garam masala, red chilli powder	As per taste	Bread slices	4 nos.	Oil	2 tsp														
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Chopped ginger	1 tsp																																						
Salt, garam masala, red chilli powder	As per taste																																						
Bread slices	4 nos.																																						
Oil	2 tsp																																						

*Refer Pg.78 Fig.2

DIET FRY

Category		Weight Limit	Utensil	Instructions	
dF4	Paneer Pakora	0.4 Kg	Multicook tawa* & High rack	Paneer (Cut into 1.5" cubes)	400 gm
				For Batter	
				Besan	1 cup (130 g)
				Water	200 ml
				Salt, red chilli powder, haldi, garam masala	As per taste
				Oil	2 tsp
				Method : 1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil. 2. Keep the tawa on high rack. keep inside microwave. Select category & press start. 3. When beeps, place all paneer pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start. 4. When beeps, turn the pakoras & pour 2tsp oil on all pakoras & again press start. 5. Serve hot with Chutney or Sauce.	
dF5	Gujia	10 Pc	Multicook tawa & Low rack & High rack	For dough	
				Maida	100 g
				Desi ghee	1 tbsp & 1 tsp
				Water	To knead the dough
				For stuffing	
				Grated Khoya	50 g
				Dessicated coconut	50 g
				Powdered Sugar	50 g
				Elaichi powder	1 tsp
				Kishmish, Chopped, Almonds, Cashew nuts	As required
				Method : 1. In a bowl put all the ingredients of stuffing & mix well. 2. In another bowl put maida, 1 tbsp ghee, gradually add water & knead a soft dough for gujias. Put 1tsp ghee in dough & knead again & keep the dough covered for 15-20 minutes. 3. Divide the dough in small balls of equal size & roll out each ball into a thin circle. *Place the rolled out circle in a *gujia mould & fill the centre with stuffing (as required). Close the gujia mould carefully & press firmly at edges to seal them properly. remove the excess part of the dough bulging out of the mould. Remove the gujia from the mould. Prepare all the gujias in the similar way. Brush the gujias with 2tsp oil. 4. Grease the tawa with ¼ tsp oil. Keep on low rack. keep in the microwave. Select category & press start. 5. When beeps, place the gujias on tawa & keep on low rack. Press start. 6. when beeps, keep the tawa on high rack, sprinkle 1 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.78 Fig.2

Category	Weight Limit	Utensil	Instructions																													
dF6	Samosa	8 Pc	Multicook tawa & Low rack & High rack	<table><tr><td>For Dough</td><td></td></tr><tr><td>Wheat flour (Refined)</td><td>1 cup</td></tr><tr><td>Melted ghee</td><td>½ tsp</td></tr><tr><td>Oil</td><td>for kneading</td></tr><tr><td>Salt</td><td>½ tsp</td></tr><tr><td>For stuffing</td><td></td></tr><tr><td>Boiled potatoes</td><td>2 cup</td></tr><tr><td>Boiled peas</td><td>½ cup</td></tr><tr><td>Ginger-green chilli paste</td><td>1 tsp</td></tr><tr><td>Amchoor</td><td>1½ tsp</td></tr><tr><td>Red chilli powder</td><td>1 tsp</td></tr><tr><td>Finely chopped Coriander leaves</td><td>2 tbsp</td></tr><tr><td>Jeera</td><td>1 tsp</td></tr><tr><td>Oil</td><td>2¼ tsp</td></tr></table> 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. Brush the samosas with 2tsp oil. 4. Grease the tawa with ¼ tsp oil. Keep on low rack & keep the it inside the microwave. Select category & press start. 5. When beeps, keep the samosas on the tawa. Keep tawa on low rack & press start. 6. When beeps, keep the tawa on high rack. Pour 1tsp oil on all the samosas & turn over. Press start. Serve with chutney.	For Dough		Wheat flour (Refined)	1 cup	Melted ghee	½ tsp	Oil	for kneading	Salt	½ tsp	For stuffing		Boiled potatoes	2 cup	Boiled peas	½ cup	Ginger-green chilli paste	1 tsp	Amchoor	1½ tsp	Red chilli powder	1 tsp	Finely chopped Coriander leaves	2 tbsp	Jeera	1 tsp	Oil	2¼ tsp
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Finely chopped Coriander leaves	2 tbsp																															
Jeera	1 tsp																															
Oil	2¼ tsp																															
dF7	Masala Vada	5 Pc	Multicook tawa & Low rack & High rack	<table><tr><td>Soaked chana dal</td><td>1 cup</td></tr><tr><td>Chopped onions, chopped green chillies</td><td>½ cup</td></tr><tr><td>Grated ginger</td><td>1 tsp</td></tr><tr><td>Cumin seeds</td><td>1 tbsp</td></tr><tr><td>Chopped garlic</td><td>1 tbsp</td></tr><tr><td>Chopped coriander leaves</td><td>3 tbsp</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Red chillies</td><td>As per taste</td></tr><tr><td>Oil</td><td>2 tsp</td></tr></table> Method : 1. Soak the chanas for 3-4 hours. Keep 1 tbsp of soaked chanas aside. 2. In a blender grind soaked chanas, green chillies, cumin seeds, ginger & salt into a coarse paste. (Don't make it into smooth paste). 3. Mix chopped onions, chopped garlic, chopped coriander leaves, soaked chana dal, red chilli powder with the coarse paste. 4. Grease the tawa with 1 tsp of oil. Keep the tawa on low rack. Keep both inside the microwave oven. Select category & press start. 5. When beeps, pour 1 tbsp of paste & spread a little. Same way prepare all the 5 vadas. Press start. 6. When beeps, pour 1 tsp oil on vadas & keep the tawa on high rack. Press start. Serve with sambhar or coconut chutney.	Soaked chana dal	1 cup	Chopped onions, chopped green chillies	½ cup	Grated ginger	1 tsp	Cumin seeds	1 tbsp	Chopped garlic	1 tbsp	Chopped coriander leaves	3 tbsp	Salt	As per taste	Red chillies	As per taste	Oil	2 tsp										
Soaked chana dal	1 cup																															
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Cumin seeds	1 tbsp																															
Chopped garlic	1 tbsp																															
Chopped coriander leaves	3 tbsp																															
Salt	As per taste																															
Red chillies	As per taste																															
Oil	2 tsp																															

DIET FRY

Category	Weight Limit	Utensil	Instructions																																																																				
dF8	Chicken 65	0.2 ~ 0.4 kg	Multicook tawa & High rack* & Microwave safe (MWS) glass bowl																																																																				
			<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Chicken boneless (cut in 1½" pieces)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Curry leaves</td><td colspan="3">As required</td></tr><tr><td>Split green chilli</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr><tr><td>Mustard seeds</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Tomato ketchup</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr><tr><td>Lime juice (optional)</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td></tr><tr><td>For Marinade</td><td></td><td></td><td></td></tr><tr><td>Hung curd</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Maida</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Cornflour</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Egg (beaten)</td><td>½ no.</td><td>1 no.</td><td>1 no.</td></tr><tr><td>Red food colour</td><td colspan="3">A pinch</td></tr><tr><td>Ginger-garlic paste</td><td colspan="3">As required</td></tr><tr><td>Salt, turmeric powder</td><td colspan="3">As per taste</td></tr><tr><td>Red chilli powder</td><td>1 tsp</td><td>1½ tsp</td><td>1½ tsp</td></tr></table> Method : 1. Add all the ingredients of marinade in a bowl & mix well. Add boneless chicken pieces & mix and cover. Keep in refrigerator for atleast 30 minutes. 2. When beeps, take marinated chicken pieces & place on tawa. Keep tawa & high rack inside the microwave. 3. Select category & weight and press start. 4. When beeps, remove high rack & tawa from microwave. Keep aside. In a MWS glass bowl take oil, mustard seeds, curry leaves, split green chillies & press start. 5. When beeps, add roasted chicken pieces & tomato ketchup to the MWS glass bowl. Mix well & press start. Squeeze lime juice on top & serve immediately.	For	0.2 kg	0.3 kg	0.4 kg	Chicken boneless (cut in 1½" pieces)	200 g	300 g	400 g	Oil	1 tbsp	1½ tbsp	2 tbsp	Curry leaves	As required			Split green chilli	3 nos.	4 nos.	5 nos.	Mustard seeds	1 tsp	1½ tsp	2 tsp	Tomato ketchup	3 tbsp	4 tbsp	5 tbsp	Lime juice (optional)	1 tsp	2 tsp	3 tsp	For Marinade				Hung curd	1 tbsp	1½ tbsp	2 tbsp	Maida	1 tbsp	1½ tbsp	2 tbsp	Cornflour	1 tsp	1½ tsp	2 tsp	Egg (beaten)	½ no.	1 no.	1 no.	Red food colour	A pinch			Ginger-garlic paste	As required			Salt, turmeric powder	As per taste			Red chilli powder	1 tsp	1½ tsp	1½ tsp
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Salt, turmeric powder	As per taste																																																																						
Red chilli powder	1 tsp	1½ tsp	1½ tsp																																																																				
dF9	Stuffed Aloo Patties	6 Pc	Multicook tawa & High rack*																																																																				
			<table><tr><td>For Patties</td><td></td></tr><tr><td>Boiled & mashed potatoes</td><td>2 cups</td></tr><tr><td>Cornflour</td><td>1 tbsp</td></tr><tr><td>Finely chopped green chilli</td><td>2 nos.</td></tr><tr><td>Salt</td><td>As per taste</td></tr><tr><td>Oil</td><td>1 tsp</td></tr><tr><td>For Stuffing</td><td></td></tr><tr><td>Oil</td><td>2 tsp</td></tr><tr><td>Boiled green pea</td><td>½ cup</td></tr><tr><td>Ginger & green chilli paste</td><td>2 tsp</td></tr><tr><td>Chopped coriander leaves</td><td>2 tbsp</td></tr><tr><td>Cumin seeds</td><td>1 tsp</td></tr><tr><td>Salt, red chilli powder, garam masala</td><td>As per taste</td></tr><tr><td>Lemon juice (optional)</td><td>2 tbsp</td></tr></table> Method : 1. Pre-Preparation for Stuffing : In a MWS glass bowl take oil & cumin seeds & microwave 100% for 3 minutes. Add boiled green pea, ginger & green chilli paste, chopped coriander leaves & all spices. Mix well & microwave 100% for 2 minutes. Squeeze fresh lemon juice & mix well. 2. In a bowl take boiled & mashed potatoes, chopped green chilli, cornflour, salt & mix very well and make a dough for patties. 3. Divide the dough into 6 equal parts & make round balls. 4. Stuff each potato ball with the stuffing in the centre & seal. Give the shape of round patties. 5. Place all the patties on tawa & place tawa on high rack. Put both tawa & high rack inside the microwave. Select category & press start. 6. When beeps, turn over the patties & again press start. Serve stuffed aloo patties hot with mint chutney or tomato ketchup.	For Patties		Boiled & mashed potatoes	2 cups	Cornflour	1 tbsp	Finely chopped green chilli	2 nos.	Salt	As per taste	Oil	1 tsp	For Stuffing		Oil	2 tsp	Boiled green pea	½ cup	Ginger & green chilli paste	2 tsp	Chopped coriander leaves	2 tbsp	Cumin seeds	1 tsp	Salt, red chilli powder, garam masala	As per taste	Lemon juice (optional)	2 tbsp																																								
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Lemon juice (optional)	2 tbsp																																																																						

* Refer Pg. 78 Fig. 2

Category		Weight Limit	Utensil	Instructions																																																																			
dF10	Mushroom Rolls	16 Pc	Multicook tawa & Low rack*	<table><tr><td colspan="2">For Stuffing</td><td colspan="2"></td></tr><tr><td>Mushroom (finely chopped)</td><td></td><td>1½ cup</td><td></td></tr><tr><td>Onions (chopped)</td><td></td><td>4 tbsp</td><td></td></tr><tr><td>Green chilli (chopped)</td><td></td><td>2 nos.</td><td></td></tr><tr><td>Butter (melted)</td><td></td><td>2 tbsp</td><td></td></tr><tr><td>Fresh cream</td><td></td><td>4 tbsp</td><td></td></tr><tr><td>Maida</td><td></td><td>1 tbsp</td><td></td></tr><tr><td>Boiled peas</td><td></td><td>½ cup</td><td></td></tr><tr><td>Lemon juice</td><td></td><td>1 tsp</td><td></td></tr><tr><td>Coriander leaves (chopped)</td><td></td><td>3 tbsp</td><td></td></tr><tr><td>Garlic paste</td><td></td><td>½ tsp</td><td></td></tr><tr><td>Salt, black pepper powder</td><td></td><td>As per taste</td><td></td></tr><tr><td colspan="2">For Rolls</td><td colspan="2"></td></tr><tr><td>Bread slices (white)</td><td></td><td>8 nos.</td><td></td></tr><tr><td>Butter / oil</td><td></td><td>For basting</td><td></td></tr><tr><td>Oil (for greasing)</td><td></td><td>½ tsp</td><td></td></tr></table> Method : 1. Pre-Preparation for Stuffing : In a MWS glass bowl take butter, chopped cumin, green chilli & mushrooms. Mix & microwave 100% for 6 minutes. Add boiled peas, chopped coriander, garlic paste, fresh cream, lemon, salt & black pepper powder. Mix very well & microwave 100% for 3 minutes. Cover & keep aside. 2. Trim the sides of the bread slices with a knife. Flatten the bread slices with a rolling pin. Fill one portion of stuffing in the centre of flattened bread slice & roll tightly, covering the mixture. Keep aside for 5-7 minutes. 3. Grease the tawa with ½ tsp oil & keep the low rack & tawa inside the microwave. Select category & press start. 4. When beeps, cut the bread rolls from centre (into 2). Put them carefully on the tawa. Press start. Serve them hot with the chutney of your choice.				For Stuffing				Mushroom (finely chopped)		1½ cup		Onions (chopped)		4 tbsp		Green chilli (chopped)		2 nos.		Butter (melted)		2 tbsp		Fresh cream		4 tbsp		Maida		1 tbsp		Boiled peas		½ cup		Lemon juice		1 tsp		Coriander leaves (chopped)		3 tbsp		Garlic paste		½ tsp		Salt, black pepper powder		As per taste		For Rolls				Bread slices (white)		8 nos.		Butter / oil		For basting		Oil (for greasing)		½ tsp	
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Oil (for greasing)		½ tsp																																																																					
dF11	Sabudana vada	0.1 ~ 0.3 kg	Multicook tawa & High rack#	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Boiled potato</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Sabudana (soaked for at least 1 hour)</td><td>½ cup</td><td>¾ cup</td><td>1 cup</td></tr><tr><td>Roasted & crushed peanuts</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr><tr><td>Chopped green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr><tr><td>Finely chopped ginger</td><td>¼ tsp</td><td>½ tsp</td><td>1 tsp</td></tr><tr><td>Fresh curry leaves</td><td></td><td>As required</td><td></td></tr><tr><td>Coriander leaves (chopped)</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Salt</td><td></td><td>As per taste</td><td></td></tr></table> Method : 1. In a bowl take all the ingredients & mix well. Make mixture for sabudana vada. Divide the dough in equal parts & make round & flat vadas. 2. Take the multicook tawa & keep the vadas on tawa. Keep tawa on high rack & keep inside the microwave. Select category & weight and press start. 3. When beeps, turn the vadas & press start. 4. When beeps, again turn the vadas & press start. Serve them hot with the chutney of your choice.				For	0.1 kg	0.2 kg	0.3 kg	Boiled potato	1 no.	2 nos.	3 nos.	Sabudana (soaked for at least 1 hour)	½ cup	¾ cup	1 cup	Roasted & crushed peanuts	1 tbsp	2 tbsp	3 tbsp	Chopped green chilli	1 no.	2 nos.	3 nos.	Finely chopped ginger	¼ tsp	½ tsp	1 tsp	Fresh curry leaves		As required		Coriander leaves (chopped)	½ tbsp	1 tbsp	1½ tbsp	Salt		As per taste																													
For	0.1 kg	0.2 kg	0.3 kg																																																																				
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Salt		As per taste																																																																					

*Refer Pg.78 Fig.1

#Refer Pg.78 Fig.2

DIET FRY

Category		Weight Limit	Utensil	Instructions	
dF12	Fish Amritsari	0.3 kg	Multicook tawa & High rack*	For	0.3 kg
				Boneless fish (cut into 2" pieces)	250 g
				Lemon juice	1 tsp
				Salt	¼ tsp
				For Batter	
				Egg (beaten)	1 no.
				Besan	2 tbsp
				Hung curd	2 tbsp
				Ajwain	1 tsp
				Ginger-garlic paste	½ tbsp
				Lemon juice	1 no.
				Salt, red chilli powder, garam masala, chaat masala, turmeric powder	As per taste
				Bread crumbs (for coating)	1 cup
				Oil (for basting)	1 tbsp
				Method : 1. Sprinkle salt & lemon juice on fish pieces. Rub well & keep aside for 5 minutes & wash well. Remove excess moisture with an absorbent kitchen towel.	
				2. In a bowl, mix together besan, hung curd, ginger garlic paste, ajwain, all the spices, beaten egg & lemon juice. Mix well & make a thick batter for marinade.	
				3. Rub this marinade well on the fish pieces & keep covered in refrigerator for atleast half an hour.	
				4. In a flat dish / plate take bread crumbs & coat the fish pieces one-by-one & keep on tawa. Keep tawa & high rack inside the microwave. Select category & press start.	
				5. When beeps, turnover fish pieces & sprinkle 1 tbsp oil on all pieces & press start.	
				6. Sprinkle chaat masala on fish pieces & serve them hot with lemon wedges & lachha onions.	

*Refer Pg.78 Fig.2

Category		Weight Limit	Utensil	Instructions
CF1	Corn Chaat	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For
				0.1 kg
				0.2 kg
				0.3 kg
				Sweet corn
CF2	Vermicelli Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	100 g
				200 g
				300 g
				Mix fruits (Pomegranate, cucumber, apple)
				½ cup
CF3	Omelette	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	1 cup
				1 cup
				1 cup
				Salt, red chilli powder, chaat masala, lemon juice
				As per taste
CF4	Pizza@	0.3 kg	Low rack & High rack	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.
CF2	Vermicelli Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For
				0.1 kg
				0.2 kg
				0.3 kg
				Roasted vermicelli
CF3	Omelette	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	100 g
				200 g
				300 g
				Oil
				1 tbsp
CF4	Pizza@	0.3 kg	Low rack & High rack	1½ tbsp
				2 tbsp
				Rai, urad dal, curry leaves
				As per taste
				Chopped onion
CF2	Vermicelli Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	½ cup
				1 cup
				1 cup
				Chopped tomato
				1 No.
CF3	Omelette	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	2 Nos.
				3 Nos.
				4 Nos.
				Oil
				½ tbsp
CF4	Pizza@	0.3 kg	Low rack & High rack	1 tbsp
				1 tbsp
				Chopped onion, tomato, coriander leaves
				½ cup
				1 cup
CF2	Vermicelli Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	1 cup
				Salt, red chilli powder, haldi, garam masala
				As per taste
				Water
				400 ml
CF3	Omelette	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	800 ml
				1200 ml
				Lemon juice
				As per taste
				Method :
CF4	Pizza@	0.3 kg	Low rack & High rack	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.
CF2	Vermicelli Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For
				0.2 kg
				0.3 kg
				0.4 kg
				Eggs
CF3	Omelette	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	2 Nos.
				3 Nos.
				4 Nos.
				Oil
				½ tbsp
CF4	Pizza@	0.3 kg	Low rack & High rack	1 tbsp
				1 tbsp
				Chopped onion, tomato, coriander leaves
				½ cup
				1 cup
CF2	Vermicelli Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	1 cup
				Salt, pepper
				As per taste
				Method :
				1. Beat the eggs well & add salt, pepper & coriander leaves.
CF3	Omelette	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	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.
CF4	Pizza@	0.3 kg	Low rack & High rack	Pizza base
				1 medium pizza base
				Topping
				3 tbsp
				Mix Vegetables - Tomato, Capsicum, Onion
CF2	Vermicelli Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	1 cup
				Grated Cheese
				1/2 cup
				Oregano & Chilli flakes (Optional)
				As per your taste
CF3	Omelette	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	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.

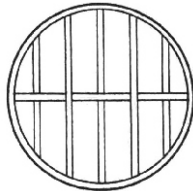
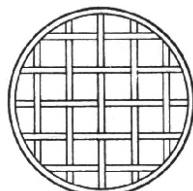
@Do not put anything in the oven during pre-heat mode.

Category	Weight Limit	Utensil	Instructions				
CF5	Garlic Bread@	0.3 kg	Low Rack	Bread slices (French Bread)	4 pcs		
				Butter	5 tbsp		
				Garlic paste	2 tbsp		
				Grated cheese	4 tbsp		
				Salt, kali mirchi powder, Oregano, chilli flakes	As per your taste		
				Method : 1. Mix butter, garlic paste, grated cheese, salt, kali mirchi powder and oregano together. Apply this mixture to both sides of bread slices. 2. Select category & press start. 3. When beeps, keep the bread slices on low rack & press start. Note : Use French bread to make garlic bread.			
CF6	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.			
CF7	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.			
CF8	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.			
CF9	Strawberry Custard	0.5 kg	Microwave safe (MWS) bowl	For	0.5 kg		
				Milk	1 cup		
				Strawberry custard powder	3 tbsp		
				Sugar	50 g		
				Strawberry pieces	As required		
				Method : 1. In a MWS bowl add milk, strawberry custard powder, sugar. Mix well. 2. Select category & press start. 3. When beeps, stir well. Press start. 4. When beeps, stir well. Press start. Allow to set in refrigerator.			

@ Do not put anything in the oven during the Preheat mode

Category		Weight Limit	Utensil	Instructions			
CF10	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.							
CF11	Choco Bars	0.2 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish	Chocolate chips	½ cup		
				Oats (crushed)	1 cup		
				Honey	3 tbsp		
				Brown sugar	4 tbsp		
				Butter (softened)	8 tbsp		
				Chopped nuts (almonds, pistachio, walnut)	As required		
				Method :			
1. In a microwave safe glass bowl put oats, half amount of butter (4 tbsp), honey and brown sugar. mix well. Select category and press start. 2. Grease a microwave flat glass dish with butter and line the dish with butter paper. Again grease it with butter. 3. When beeps, remove and pour the oats mixture into greased flat glass dish and press firmly with spoon. 4. In MWS glass bowl add rest of the butter, chocolate chips. Mix & press start. 5. When beeps, pour this mixture on oats & sprinkle chopped nuts. 6. Cut into rectangle bars when set & serve chilled.							

*Refer to Pg.78 Fig. 2

Category	Weight Limit	Utensil	Instructions																																		
CF12	Apple Pie*	0.6 kg	Metal cake tin# & Low rack																																		
 Fig -1  Fig -2			<table><tr><td>For</td><td>0.6 kg</td></tr><tr><td>Apple Filling</td><td></td></tr><tr><td>Apples (peeled, cleaned & sliced thinly)</td><td>4 large sized</td></tr><tr><td>White sugar</td><td>¼ cup</td></tr><tr><td>Brown sugar</td><td>¼ cup</td></tr><tr><td>Lemon juice</td><td>1 tsp</td></tr><tr><td>Cinnamon powder</td><td>1 tsp</td></tr><tr><td>Nutmeg powder</td><td>¼ tsp</td></tr><tr><td>Salt</td><td>¼ tsp</td></tr><tr><td>Softened butter</td><td>2 tbsp</td></tr><tr><td>Cornflour</td><td>2 tbsp</td></tr><tr><td>Short Crust Pastry</td><td></td></tr><tr><td>Maida</td><td>2½ cup (300 g)</td></tr><tr><td>Salt</td><td>¼ tsp</td></tr><tr><td>Sugar (granulated)</td><td>2 tbsp</td></tr><tr><td>Unsalted butter (chilled & cut into 1 inch pieces)</td><td>1 cup (225 g)</td></tr><tr><td>Ice water</td><td>¼ - ½ cup (60-120 ml)</td></tr></table> Method : 1. Put maida, salt, sugar in a food processor/mixer. Grind it well. Take it in a bowl. Add chilled cubes of butter. Rub with hand to make bread crumb texture or till soft & well granulated. 2. Add ¼ cup ice water to make a soft dough when pinched. Roll out the dough into 2 equal parts. Make disc shapes. Cover with plastic wrap & keep refrigerated at least for 30 minutes, 3. When chilled, roll out one disc into big shape & place in a greased cake tin, covering it from the edges. Again keep in refrigerator for 1 hour. 4. Take all the ingredients of apple filling in a mixer. Grind it to make a puree without any water. Pour this mixture in the cake tin. 5. Roll out the second chilled disc & cut out long strips of ½ inch width. Cover the pie dish with these strips, arranging crossways as shown in figure 1 & figure 2. 6. Seal the edges & wet them with water. Cover the edges with foil paper to avoid over burning. 7. Select the category & press start. When beeps, place the cake tin on low rack & press start. When beeps, give a standing time of 5-10 minutes. Cool & serve in pieces. Note: If the butter becomed soft while making pie, keep the rolled dough in freezer.	For	0.6 kg	Apple Filling		Apples (peeled, cleaned & sliced thinly)	4 large sized	White sugar	¼ cup	Brown sugar	¼ cup	Lemon juice	1 tsp	Cinnamon powder	1 tsp	Nutmeg powder	¼ tsp	Salt	¼ tsp	Softened butter	2 tbsp	Cornflour	2 tbsp	Short Crust Pastry		Maida	2½ cup (300 g)	Salt	¼ tsp	Sugar (granulated)	2 tbsp	Unsalted butter (chilled & cut into 1 inch pieces)	1 cup (225 g)	Ice water	¼ - ½ cup (60-120 ml)
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CF13	Mushroom & Pepper Pizza@	0.3 kg	Multicook tawa & Low rack**																																		
			<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Pizza base</td><td></td></tr><tr><td>Dry active yeast</td><td>3 g</td></tr><tr><td>Water</td><td>2 tbsp</td></tr><tr><td>Sugar</td><td>¼ tsp</td></tr><tr><td>Maida</td><td>60 g</td></tr><tr><td>Salt</td><td>¼ tsp</td></tr><tr><td>Oil</td><td>1 tsp</td></tr><tr><td>Topping</td><td></td></tr><tr><td>Pizza sauce</td><td>2 tbsp</td></tr><tr><td>Vegetables (sliced mushroom, chopped yellow & red bell pepper)</td><td>1 cup</td></tr><tr><td>Grated cheese</td><td>1 cup</td></tr><tr><td>Oregano & chilli flakes</td><td>As per taste</td></tr></table> Method : 1. Dissolve the yeast in lukewarm water, stir in sugar & keep for 10 minutes till frothy. 2. Sieve the flour, add the yeast mixture, oil & salt. Prepare a dough using a little water if required. Knead till it does not stick to the pan/bowl. 3. Cover the dough with a muslin cloth & keep it till it doubles the volume. 4. Knead lightly & roll out thin chapati. 5. Keep on greased tawa. Spread the sauce, sprinkle oregano & chilli flakes, add vegetables & spread grated cheese. Keep aside. 6. Select category & press start. 7. When beeps, keep the tawa on low rack. Keep it inside the microwave oven. Press start.	For	0.3 kg	Pizza base		Dry active yeast	3 g	Water	2 tbsp	Sugar	¼ tsp	Maida	60 g	Salt	¼ tsp	Oil	1 tsp	Topping		Pizza sauce	2 tbsp	Vegetables (sliced mushroom, chopped yellow & red bell pepper)	1 cup	Grated cheese	1 cup	Oregano & chilli flakes	As per taste								
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Oregano & chilli flakes	As per taste																																				

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

#Refer Pg.78 Fig.4

** Refer Pg.78 Fig.1

Category		Weight Limit	Utensil	Instructions	
CF14	Cheese Bread Delight	8 Pc	High rack	For	8 nos.
				Brown bread slice (buttered)	4 nos.
				Cheese slice	4 nos.
				Butter (softened)	2 tbsps
				Chilli flakes	1 tbsps
				Salt (optional)	As per taste
				Cherry tomatoes	20 nos.
				For Dressing	
				Olive oil	3 tbsps
				Vinegar	1 tbsps
				Light soya sauce	½ tsp
				Chopped parsley / coriander leaves	1 tbsps
				Salt, black pepper powder	As per taste
				Method :	
				1. Take bread slices & remove its edges using a sharp bread knife. In a bowl mix together all the ingredients of dressing. 2. Take 2 buttered bread slices. Place a cheese slice on top of a bread & sprinkle some chilli flakes & salt. Cover with the second piece of bread. Press gently to stick them together. Follow same procedure to make more sandwiches like this from rest of the ingredients. 3. Cut each sandwich into 4 quarters/triangles to get 8 quarters/triangles in all. 4. Take a wooden skewer & insert 1 sandwich triangle & followed by a cherry tomato. Repeat the same step in the same skewer. So that 1 skewer has 2 triangles & 2 cherry tomatoes. Make all sandwich in the same way. 5. Brush all skewered sandwiches with the prepared dressing from all sides. Place them on high rack. 6. Keep high rack inside the microwave. Select category and press start. 7. When beeps, turn over the sandwiches carefully & again press start. Serve them hot with tomato ketchup.	
CF15	Noodle Rosti	0.2 kg	Microwave safe (MWS) glass bowl & Multicook tawa & High rack*	For Rosti	
				Boiled whole wheat noodles	¾ cup
				Grated paneer	¼ cup
				Grated mozzarella cheese	¼ cup
				Oil	2 tsp
				Salt & pepper	As per taste
				Coriander (chopped)	2 tbsps
				For Topping	
				Mixed shredded vegetables (carrot, cabbage, capsicum)	½ cup
				Boiled bean sprouts	¼ cup
				Oil	1 tbsps
				Salt & pepper	As per taste
				Tomato ketchup	4 tbsps
				Method :	
				1. In a bowl take all the ingredients for rosti & mix well with hands. Divide the dough into 4 equal parts. 2. In a MWS glass bowl take oil, shredded vegetables, boiled bean sprouts, salt & pepper. Mix well. Select category & press start. 3. When beeps, remove the bowl & mix well & divide the topping into 4 equal parts & keep aside for late use. 4. Take the dough & shape each portion into round flat circles (approx. 2.5"). Keep on tawa. Keep tawa on high rack & press start. 5. When beeps, turn over the rostis & again press start. 6. Place the rostis on a serving plate & top them with a portion of prepared topping & tomato ketchup. Serve immediately.	

* Refer Pg.78 Fig.2

Category	Weight Limit	Utensil	Instructions																								
bA1	Chocolate@ Cake	0.4Kg	Metal Cake Tin & Low rack**																								
			<table><tr><td>For</td><td>0.4Kg</td></tr><tr><td>Refined Wheat flour</td><td>110g</td></tr><tr><td>Powdered Sugar</td><td>120g</td></tr><tr><td>Oil</td><td>¼ cup</td></tr><tr><td>Cocoa powder</td><td>¼ cup</td></tr><tr><td>Baking powder</td><td>1 tsp</td></tr><tr><td>Vanilla essence</td><td>1 tsp</td></tr><tr><td>Eggs</td><td>4 no.</td></tr></table> Method : 1. Grease a metal cake tin. Dust light with flour. 2. Sift flour, baking powder & cocoa powder together. 3. Separate eggs yolk from whites. 4. Beat egg whites in clean & dry bowl till fluffy. 5. Add sugar gradually, beating till thick & retains shape. 6. Beat yolks & essence till thick & fluffy again. 7. Add oil gradually beating till thick again. 8. Fold in flour gently with wooden spoon, by sprinkling evenly in 2-3 batches. 9. Pour the cake batter in cake tin. 10. Meanwhile during batter making, select category & press start. 11. When beeps, keep the cake tin on low rack. Press start	For	0.4Kg	Refined Wheat flour	110g	Powdered Sugar	120g	Oil	¼ cup	Cocoa powder	¼ cup	Baking powder	1 tsp	Vanilla essence	1 tsp	Eggs	4 no.								
For	0.4Kg																										
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Cocoa powder	¼ cup																										
Baking powder	1 tsp																										
Vanilla essence	1 tsp																										
Eggs	4 no.																										
bA2	Lamington@ Cake	0.4 kg	Low rack & Metal cake tin* & Microwave safe (MWS) glass bowl																								
			<table><tr><td>For</td><td>0.4 kg</td></tr><tr><td>Maida</td><td>100 g</td></tr><tr><td>Powdered sugar</td><td>75 g</td></tr><tr><td>Butter</td><td>75 g</td></tr><tr><td>Eggs</td><td>1 No.</td></tr><tr><td>Baking powder</td><td>1 tsp</td></tr><tr><td>Vanilla essence</td><td>1 tsp</td></tr><tr><td>Milk</td><td>75ml</td></tr><tr><td>For Lamington solution - Coco powder</td><td>2 tbsps</td></tr><tr><td>Powdered Sugar</td><td>1tbsp</td></tr><tr><td>Water</td><td>1 cup</td></tr><tr><td>Desiccated coconut</td><td>As required</td></tr></table> Method : 1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs and essence and again beat well. Add maida to this. For spoon dropping consistency add milk. Pour the mixture in a greased cake tin. 2. Select category, press start. When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep. 3. In MWS glass bowl add water and coco powder and put in the microwave. Press start. When it gives a beep remove and cool. Cut the cake in to squares and dip the pieces in the coco solution on all sides. Roll these in the desiccated coconut and serve.	For	0.4 kg	Maida	100 g	Powdered sugar	75 g	Butter	75 g	Eggs	1 No.	Baking powder	1 tsp	Vanilla essence	1 tsp	Milk	75ml	For Lamington solution - Coco powder	2 tbsps	Powdered Sugar	1tbsp	Water	1 cup	Desiccated coconut	As required
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For Lamington solution - Coco powder	2 tbsps																										
Powdered Sugar	1tbsp																										
Water	1 cup																										
Desiccated coconut	As required																										
bA3	Doughnuts@	0.2 kg	Multicook tawa** & Low rack																								
			<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Maida</td><td>200 g</td></tr><tr><td>Yeast</td><td>½ tbsp</td></tr><tr><td>Luke warm milk</td><td>100 ml</td></tr><tr><td>Powdered sugar</td><td>50 g</td></tr><tr><td>Nutmeg powder</td><td>A pinch</td></tr><tr><td>Egg</td><td>½ (beaten)</td></tr><tr><td>Vanilla essence</td><td>¼ tsp</td></tr><tr><td>Butter</td><td>1 tbsp</td></tr></table> Method : 1. Dissolve yeast in milk & set aside for 5 minutes to prepare yeast mixture. 2. Add sugar & butter to milk & dissolve. Add to yeast mixture. 3. Now add maida, egg, vanilla essence & nutmeg powder & make a soft dough. Keep it covered for 1hour. Roll out the dough to ½ inch thickness. Cut it with a doughnut cutter. 4. Select category & press start. When beeps arrange the doughnuts on tawa & keep tawa on low rack & press start. Note : If the dough is too dry add milk & if too soft then add maida.	For	0.2 kg	Maida	200 g	Yeast	½ tbsp	Luke warm milk	100 ml	Powdered sugar	50 g	Nutmeg powder	A pinch	Egg	½ (beaten)	Vanilla essence	¼ tsp	Butter	1 tbsp						
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Nutmeg powder	A pinch																										
Egg	½ (beaten)																										
Vanilla essence	¼ tsp																										
Butter	1 tbsp																										

@ Do not put anything in the oven during the Preheat mode

*Refer Pg.78 Fig.4

**Refer Pg.78 Fig.1

Category		Weight Limit	Utensil	Instructions	
bA4	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.	
bA5	Whole Wheat@ Cookies	0.3 kg	Multicook tawa & Low rack*	For	0.3 kg
				Whole wheat flour	200 g
				Brown sugar	100 g
				Granulated sugar	50 g
				Butter	100 g
				Egg	1 No.
				Vanilla essence	½ tsp
				Baking powder	½ tsp
				Method : 1. In a bowl cream brown sugar, butter, granulated sugar together and beat till fluffy. Add egg, vanilla essence, baking powder. Finally add flour and make a soft dough. 2. Roll out the dough and cut with a cookie cutter. 3. Select category, press start. When beeps, put the cookies on tawa & tawa on low rack. Press start to bake. Remove when it gives a beep.	
bA6	Chena Poda@	0.3 kg	Low rack & Microwave safe (MWS) flat glass dish & High rack	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. 5. When beeps, keep the dish on high rack. Press start.	
				bA7	Vanilla@ Cake
Maida	100 g				
Powdered Sugar	75 g				
Butter	75 g				
Eggs	1 no.				
Baking Powder	1 tsp				
Vanilla essence	1 tsp				
Method : 1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs and essence and again beat well. Add maida to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin. 2. Select category & press start. 3. When beeps, keep the cake tin on low rack & press start.					

@ Do not put anything in the oven during the Preheat mode

*Refer Pg.78 Fig.1

**Refer Pg.78 Fig.4

Category	Weight Limit	Utensil	Instructions																				
bA8	Buns@	4 Pc	Multicook tawa & Low rack*																				
			<table><tr><td>For Dough</td><td></td></tr><tr><td>Maida</td><td>1½ cup</td></tr><tr><td>Salt</td><td>1 tsp</td></tr><tr><td>Sugar</td><td>1 tbsp</td></tr><tr><td>Dry yeast</td><td>1½ tsp</td></tr><tr><td>Beaten egg</td><td>1 no.</td></tr><tr><td>Milk powder</td><td>1 tbsp</td></tr><tr><td>Warm water</td><td>100 ml</td></tr><tr><td>Oil</td><td>1 tbsp</td></tr></table> Method : 1. In a bowl / cup take sugar & warm water and dissolve it. Add dry yeast & stir to dissolve. Cover & keep aside for 5-6 minutes. 2. In another bowl take maida, salt & milk powder. Add beaten egg & mix well with hands to get a crumbly texture. Now add yeast water & knead a soft dough for buns. The dough may be a little sticky at this stage. Add oil & knead the dough again. 3. Take multicook tawa & grease it with little oil & then dust with little flour. Divide the dough into 4 equal parts & make round shape & keep on tawa at equal distance. 4. Cover the tawa with a lid & keep at warm & dark place for atleast 45 minutes to 1 hour. 5. Select category & press start. 6. When beeps, keep tawa with dough balls on low rack & keep both inside the microwave & press start. 7. When beeps, turn over the buns & again press start. Immediately remove the buns from tray & use when cool.	For Dough		Maida	1½ cup	Salt	1 tsp	Sugar	1 tbsp	Dry yeast	1½ tsp	Beaten egg	1 no.	Milk powder	1 tbsp	Warm water	100 ml	Oil	1 tbsp		
For Dough																							
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Dry yeast	1½ tsp																						
Beaten egg	1 no.																						
Milk powder	1 tbsp																						
Warm water	100 ml																						
Oil	1 tbsp																						
bA9	Apple cup cakes@	0.4 kg	Metal muffin tray & Low rack																				
			<table><tr><td>For</td><td>0.4 kg</td></tr><tr><td>Maida</td><td>1 cup</td></tr><tr><td>Apple (peeled & pureed)</td><td>½ cup</td></tr><tr><td>Powdered sugar</td><td>½ cup</td></tr><tr><td>Brown sugar</td><td>¼ cup</td></tr><tr><td>Butter (softened)</td><td>50 g</td></tr><tr><td>Cinnamon powder, clove powder, nutmeg powder</td><td>A pinch (each)</td></tr><tr><td>Eggs</td><td>2 nos.</td></tr><tr><td>Chopped almonds</td><td>2 tbsp</td></tr><tr><td>Baking powder</td><td>½ tsp</td></tr></table> Method : 1. In a dry & clean bowl take maida, baking powder, cinnamon powder, nutmeg powder, salt & mix with a fork & keep aside. 2. In another bowl take softened butter, powdered sugar, brown sugar & beat with a electric beater till light & fluffy. Add one egg at a time & beat. Add apple puree & again mix well. 3. Select category & press start. 4. Softly mix all the dry mixture to the beaten butter & sugar mixture with a wooden spoon. Do not over mix. 5. Pour 2 tbsp batter (for each muffin) in the greased muffin tray. When beeps, keep the low rack & metal tray and press start. Give standing time of 5 minutes.	For	0.4 kg	Maida	1 cup	Apple (peeled & pureed)	½ cup	Powdered sugar	½ cup	Brown sugar	¼ cup	Butter (softened)	50 g	Cinnamon powder, clove powder, nutmeg powder	A pinch (each)	Eggs	2 nos.	Chopped almonds	2 tbsp	Baking powder	½ tsp
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Brown sugar	¼ cup																						
Butter (softened)	50 g																						
Cinnamon powder, clove powder, nutmeg powder	A pinch (each)																						
Eggs	2 nos.																						
Chopped almonds	2 tbsp																						
Baking powder	½ tsp																						
bA10	Eggless Chocolate Cake@	0.5 kg	Metal cake tin & Low rack**																				
			<table><tr><td>For</td><td>0.5 kg</td></tr><tr><td>Maida</td><td>125 g</td></tr><tr><td>Coco powder</td><td>2 tbsp</td></tr><tr><td>Baking powder</td><td>1 tsp</td></tr><tr><td>Soda bi carb</td><td>½ tsp</td></tr><tr><td>Milkmaid</td><td>200 ml</td></tr><tr><td>Water</td><td>100 ml</td></tr><tr><td>Butter (melted)</td><td>60 ml</td></tr></table> Method : 1. Select category & press start for pre-heating. 2. Meanwhile, prepare the cake batter - sieve the maida, coco powder, baking powder, soda bi carb together. 3. Add milkmaid, water & melted butter. Beat the cake batter well. Pour the batter in cake tin lined with greased butter paper. 4. When beeps (pre-heat over), keep the cake tin on low rack & keep in microwave oven. Press start. Allow the cake to cool properly & then serve.	For	0.5 kg	Maida	125 g	Coco powder	2 tbsp	Baking powder	1 tsp	Soda bi carb	½ tsp	Milkmaid	200 ml	Water	100 ml	Butter (melted)	60 ml				
For	0.5 kg																						
Maida	125 g																						
Coco powder	2 tbsp																						
Baking powder	1 tsp																						
Soda bi carb	½ tsp																						
Milkmaid	200 ml																						
Water	100 ml																						
Butter (melted)	60 ml																						

@ Do not put anything in the oven during the Preheat mode

*Refer Pg.78 Fig.1

**Refer Pg.78 Fig.4

Category	Weight Limit	Utensil	Instructions																
bA11	Swiss@ Roll	0.2 kg	Multicook tawa & Low Rack*																
			<table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Maida</td><td>80 gm</td></tr><tr><td>Condensed Milk (Milkmaid)</td><td>100 ml</td></tr><tr><td>Butter</td><td>75 gm</td></tr><tr><td>Soda bicarb</td><td>¼ tsp</td></tr><tr><td>Vanilla essence</td><td>¼ tsp</td></tr><tr><td>Mix fruit jam</td><td>2 tbsp</td></tr></table> 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 inside microwave. Press start. 5. Select category & press start. 6. When beeps, keep tawa with dough balls on low rack & keep both inside the microwave & press start. 7. When beeps, turn over the buns & again press start. Immediately remove the buns from tray & use when cool.	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		
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																		
bA12	Patties@	3 Pc	Multicook tawa & Low rack & High rack																
1 2 3 1 3 Fig. 1 Fig. 2 3  Fig. 3 Fig. 4			<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> 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. Divide the dough into 3 equal portions. 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. 7. When beeps, brush with 2 tsp oil. Keep the tawa on high rack & press start. Note : If the butter gets soft while rolling the dough, keep the rolled dough in freezer.	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																		
bA13	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> 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 on low rack. Keep both inside the microwave & press start to bake. Remove when it gives a beep. Allow them to cool.	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																		

* Refer to Pg.78 Fig. 1

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

Category		Weight Limit	Utensil	Instructions
bb1	Apple Custard	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For
				0.1 kg
				0.2 kg
				0.3 kg
bb2	Fruit Dessert	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For
				0.1 kg
				0.2 kg
				0.3 kg
bb3	Home made Cereal	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For
				0.1 kg
				0.2 kg
				0.3 kg
bb4	Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For
				0.1 kg
				0.2 kg
				0.3 kg
bb5	Raggi Kheer	0.3 kg	Microwave safe (MWS) glass bowl	For
				0.3 kg
				0.3 kg
				0.3 kg

Category	Weight Limit	Utensil	Instructions				
bb6	Vegetable Mix	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Dehusked green gram dal (roasted & ground)	20 g	40 g	60 g
				Carrot (chopped)	20 g	40 g	60 g
				Potato (chopped)	40 g	80 g	120 g
				Spinach (chopped)	20 g	40 g	60 g
				Curd	40 g	80 g	120 g
				Jaggery	50 g	90 g	100 g
Method : 1. In a MWS glass bowl add vegetables, add some water. Select category and weight and press start. 2. When beeps, add the ground dal. Press start. 3. When beeps, remove and allow to cool. Grind all the ingredients adding curd and jaggery. Keep in MWS bowl & again press start.							
bb7	Daliya Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Soaked dalia	¼ cup	½ cup	¾ cup
				Soaked moong dal	¼ cup	½ cup	¾ cup
				Grated carrot	1 no.	2 nos.	3 nos.
				Grated potato	½ no.	1 no.	1 no.
				Spinach (chopped)	½ cup	1 cup	1½ cup
				Desi ghee	1 tbsp	1½ tbsp	2 tbsp
Turmeric powder, salt				As per taste			
Water	300 ml	500 ml	750 ml				
Method : 1. In a MWS bowl take soaked dalia, soaked moong dal, desi ghee, grated potato & grated carrot. Mix very well. Select category & weight and press start. 2. When beeps, add water, chopped spinach, turmeric powder, salt. Mix well & cover. Press start. 3. When beeps, mix well. Add ½ cup water (or more). Press start. Serve with fresh curds.							
bb8	Suji Kheer	0.2 kg	Microwave safe (MWS) glass bowl	For	0.2 kg		
				Moong dal (dehusked)	10 g		
				Suji	20 g		
				Powdered jaggery	30 g		
				Milk	140 ml		
Method : 1. In a MWS glass bowl add moong dal. Select category & press start. 2. When beeps, remove & grind the dal in a grinder. Sieve the dal to get fine powder. 3. In the same MWS glass bowl add dal & suji. Press start. 4. When beeps, add powdered jaggery, milk & mix well. Press start. 5. Add more warm milk to get kheer consistency.							

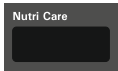
NUTRICARE

In the following example, show you how to cook
0.3Kg of Kala Chana.

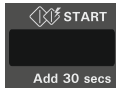
1. Press **STOP/CLEAR**.



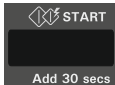
2. Press **NUTRICARE**.



3. Turn **Dial** until display show "**HP2**".
4. *Press **START/Add 30secs** for category confirmation.



5. *Turn **Dial** until display show "**0.3Kg**".
6. Press **START/Add 30secs**
When cooking you can increase or decrease
cooking time by turning **Dial**.



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.

*Note: If the recipe has single weight e.g
"SA5" , do not follow step 4, 5. Directly go to step 6.

Category	Weight Limit	Utensil	Instructions																																								
SA1	Beetroot Salad	0.1 ~ 0.3 Kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish <table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Beetroot (sliced)</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Saunf</td><td>½ tsp</td><td>1 tsp</td><td>1 tsp</td></tr><tr><td>Coriander powder, pepper powder, salt, lemon juice</td><td colspan="3">As per taste</td></tr></table> Method : 1. In MWS bowl add ½ cup water. Keep the sliced beetroot on MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select category & weight and press start. 2. In a bowl take the steamed beetroot add saunf, coriander powder, pepper powder, salt & lemon juice. Toss well. Chill & serve.	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																										
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																																										
SA2	Cous Cous Salad	0.1 ~ 0.3 Kg	Microwave Safe (MWS) bowl <table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Daliya</td><td>100 g</td><td>200 g</td><td>300 g</td></tr><tr><td>Water</td><td>300 ml</td><td>600 ml</td><td>900 ml</td></tr><tr><td>Salt</td><td colspan="3">As per taste</td></tr><tr><td>Oil</td><td colspan="3">Few drops</td></tr><tr><td>Vegetables (Cucumber cubes, chopped tomatoes, broccoli florets, sliced mushrooms)</td><td>2 cups</td><td>2½ cups</td><td>3 cups</td></tr><tr><td>Lettuce leaves</td><td colspan="3">2-3 leaves</td></tr><tr><td>For dressing</td><td></td><td></td><td></td></tr><tr><td>Pudina leaves (finely chopped)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr><tr><td>Lemon juice, pepper powder</td><td colspan="3">As per taste</td></tr></table> Method : 1. In a MWS bowl take daliya (Cous cous), add water & salt & few drops of oil. Select category & weight and press start. 2. When beeps, remove & allow the daliya to cool for sometime so that the grains separate. 3. Now add the vegetables & press start. 4. Mix all the ingredients of dressing in a bowl. 5. When cooking ends, add the cous cous to the dressing bowl. Toss all the ingredients together. 6. Spread the lettuce leaves on a plate. And transfer the cous cous salad to the plate. Chill & serve.	For	0.1 Kg	0.2 Kg	0.3 Kg	Daliya	100 g	200 g	300 g	Water	300 ml	600 ml	900 ml	Salt	As per taste			Oil	Few drops			Vegetables (Cucumber cubes, chopped tomatoes, broccoli florets, sliced mushrooms)	2 cups	2½ cups	3 cups	Lettuce leaves	2-3 leaves			For dressing				Pudina leaves (finely chopped)	¼ cup	½ cup	1 cup	Lemon juice, pepper powder	As per taste		
For	0.1 Kg	0.2 Kg	0.3 Kg																																								
Daliya	100 g	200 g	300 g																																								
Water	300 ml	600 ml	900 ml																																								
Salt	As per taste																																										
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For dressing																																											
Pudina leaves (finely chopped)	¼ cup	½ cup	1 cup																																								
Lemon juice, pepper powder	As per taste																																										
SA3	Pasta Salad	0.2 Kg	Microwave Safe (MWS) bowl <table><tr><td>For</td><td>0.2 Kg</td></tr><tr><td>Penne pasta</td><td>200 g</td></tr><tr><td>Water</td><td>400 ml</td></tr><tr><td>Vegetable (Grated carrot, capsicum, sliced olives, chopped spring onion)</td><td>1½ cup</td></tr><tr><td>Salt, pepper powder</td><td>As per taste</td></tr><tr><td>Olive oil</td><td>2 tsp</td></tr><tr><td>Vinegar</td><td>1 tsp</td></tr><tr><td>Oregano (optional)</td><td>As per taste</td></tr><tr><td>Curd</td><td>2 tbsp</td></tr></table> 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.	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																						
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																																										
SA4	Rice Salad	0.2 Kg	Microwave Safe (MWS) bowl <table><tr><td>For</td><td>0.2 Kg</td></tr><tr><td>Basmati Rice</td><td>200 g</td></tr><tr><td>Water</td><td>400 ml</td></tr><tr><td>Apples (diced)</td><td>1 no.</td></tr><tr><td>Green peas</td><td>½ cup</td></tr><tr><td>Cauliflower florets</td><td>1 cup</td></tr><tr><td>Lemon Juice, salt, pepper</td><td>As per taste</td></tr><tr><td>Lettuce leaves</td><td>2-3 leaves</td></tr><tr><td>Shredded Cabbage leaves Coriander leaves</td><td>For garnishing</td></tr></table> Method : 1. In a MWS bowl add rice & water. Select category & press start. 2. When beeps, remove & in another MWS bowl add peas, Cauliflower florets & ½ cup water. Cover. Press start. 3. In cooled rice add apple, green peas, cauliflower florets, salt & pepper. 4. Now add lemon juice & toss well & transfer to serving dish lined with lettuce leaves. Garnish with shredded cabbage & coriander leaves.	For	0.2 Kg	Basmati Rice	200 g	Water	400 ml	Apples (diced)	1 no.	Green peas	½ cup	Cauliflower florets	1 cup	Lemon Juice, salt, pepper	As per taste	Lettuce leaves	2-3 leaves	Shredded Cabbage leaves Coriander leaves	For garnishing																						
For	0.2 Kg																																										
Basmati Rice	200 g																																										
Water	400 ml																																										
Apples (diced)	1 no.																																										
Green peas	½ cup																																										
Cauliflower florets	1 cup																																										
Lemon Juice, salt, pepper	As per taste																																										
Lettuce leaves	2-3 leaves																																										
Shredded Cabbage leaves Coriander leaves	For garnishing																																										

SALADS

Category		Weight Limit	Utensil	Instructions	
SA5	Chicken in Tomato Towers	0.3 Kg	Microwave safe (MWS) glass bowl & Multicook tawa* & High Rack	For	0.3 kg
				Tomatoes	300 g (3 nos.)
				Chicken Keema	100 g
				Onion (finely chopped)	1 no.
				Salt & pepper	As per taste
Method : 1. Take tomatoes wash & clean them. Cut from top & scoop out the pulp & seeds from tomatoes for the filling. 2. In a MWS glass bowl put chicken keema chopped onion, salt & pepper. Mix well. Select category & press start. 3. When beeps, Remove the bowl from microwave oven. Discard excess water (if present) & adjust the seasoning. Now fill the hollowed tomatoes with chicken mixture. 4. Put the filled tomatoes on multicook tawa in standing position. Place tawa on high rack 5. Press start.					
SA6	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.					
SA7	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. 79) 6. Select category & press start. Serve hot.					

*Refer Pg.78 Fig.2

SALADS

Category		Weight Limit	Utensil	Instructions			
SA8	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. 5. Now keep the marinated boneless chicken pieces on tawa. Keep the tawa on high rack. Select category & press start. 6. When beeps, turn over the side & press start. 7. Line a serving dish with lettuce leaves. 8. Transfer the chicken pieces & vegetable to serving dish. Toss them over. Garnish with slices of boiled eggs & serve.			
SA9	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 babycorn & beans together. Add some water cover. 2. Select category & weight & press start. 3. Add salt, lemon juice, pepper powder. Mix well & serve.			
SA10	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.			
SA11	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.			

Refer Pg.78 Fig.2

SALADS

Category		Weight Limit	Utensil	Instructions			
SA12	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.			
SA13	Bread Salad	0.1 ~ 0.3 Kg	High rack	For	0.1 Kg	0.2 Kg	0.3 Kg
				Whole wheat bread slices	2 nos.	3 nos.	4 nos.
				Tomatoes (seedless & cut in pieces)	¼ cup	½ cup	1 cup
				Cucumber (Cut in pieces)	¼ cup	½ cup	1 cup
				Steamed french beans	¼ cup	½ cup	1 cup
				Fresh basil leaves	A few sprigs		
				For Salad Dressing			
				Olive Oil	1 tbsp	1½ tbsp	2 tbsp
				Vinegar	½ tsp	1 tsp	1½ tsp
				Salt, pepper & Sugar	As per taste		
				Method :			
				1. Take bread slices (0.1kg/0.2kg/0.3kg) & keep on high rack. Select Category & weight. Press start.			
				2. When beeps, turn bread slices. Again press start. Remove from microwave allow to cool. Cut the slices into croutons.			
				3. Put all the ingredients of salad dressing in a bowl cover the bowl & shake well to make the dressing for salad.			
4. In a bowl put cut tomatoes, cucumber, french beans, basil leaves & bread croutons. Pour dressing over the ingredients. Mix well & serve immediately (before the bread croutons gets soggy)							

Category		Weight Limit	Utensil	Instructions									
HP1	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 tsp	1 tsp	1½ tsp	2 tsp	2½ tsp				
				Corn flour	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp				
				Water	½ cup	½ cup	½ cup	1 cup	1 cup				
				Salt, pepper & sugar	As per taste								
				Garlic paste	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp				
				Lemon juice	2 tsp	3 tsp	4 tsp	4 tsp	5 tsp				
				Oil	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp				
				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.									
HP2	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 tsp	2 tsp	3 tsp	3½ tsp	4 tsp				
				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.									
				HP3	Karela Subzi	0.3 kg	Microwave safe (MWS) glass bowl & High rack* & Multicook tawa	Chopped Karela	0.3 kg				
								Oil	2 tsp				
								Chopped Onion	1 cup				
Water	1 cup												
Rai, Jeera, Hing & Haldi	For tempering												
Salt, Sugar, Garam Masala, Dhania, Jeera Powder	As per your taste												
Grated Coconut & Hara Dhania	For garnishing												
Method : 1. In a Microwave safe glass bowl take Oil add Rai, Jeera, Hing, Haldi & Chopped Onion. Select category & weight and press start. 2. When beeps, add Chopped Karela, some water, salt, sugar, masala, dhania-jeera powder & cover. Press start. 3. When beeps, remove the bowl from microwave oven, transfer subzi to a multicook tawa, stir well. Place on High Rack 4. Press start. Note: Before cooking, scrap & rub the karela with salt & keep aside for 2-3 hours.													
HP4	Machi Kali Mirch	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl					Pomfret (fish category)	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
								Salt, Lemon Juice & Kali Mirch Powder	To marinate as per your taste				
				Oil, Chopped Onion, Chopped Tomatoes, Chopped Garlic	As required								
				Method : 1. Take Pomfret Slices as per weight (0.1 kg/ 0.2 kg/ 0.3 kg/ 0.4 kg/ 0.5 kg) and marinate with salt, lemon juice, and kali mirch powder (as per taste) for one hour. 2. In Microwave Safe bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select category & weight and press start. 3. When beeps, open door and add marinated fish, salt to taste and some water. Cover & press start. 4. Give standing time for 5 minutes.									

*Refer Pg.78 Fig.2

Category		Weight Limit	Utensil	Instructions					
HP5	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.									
HP6	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.									
HP7	Curd Brinjal	0.1-0.5Kg	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.					
HP8	Fish Bharta	0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	For	0.3 kg				
				Fish (Fillet)	300 g				
				Mustard oil	1 tbsp				
				Mustard seeds	1 tsp				
				Chopped onion	1 cup				
				Red chilli powder, haldi, garam masala, salt	As per taste				
				Method :					
				1. In a MWS bowl add ½ cup water. Place the fish pieces on the MWS flat glass dish. Cover. Keep the dish in MWS bowl. Select category and press start.					
				2. When beeps, remove & mash the fish. In a MWS bowl, add oil, chopped onions, mashed fish, red chilli powder, garam masala, haldi, salt. Cover and press start.					

Category		Weight Limit	Utensil	Instructions																																																																						
HP9	Soya Idli	4 ~ 8 Pc	Microwave safe (MWS) Idli stand* & Microwave safe (MWS) bowl	<table><tr><td>Rice</td><td colspan="4">100 g</td></tr><tr><td>Urad</td><td colspan="4">4 tbsp</td></tr><tr><td>Soyabean granules</td><td colspan="4">4 tbsp</td></tr><tr><td>Water</td><td colspan="4">As required</td></tr><tr><td>Salt</td><td colspan="4">As per taste</td></tr></table> Method : 1. Wash & soak rice, urad daal & soyabeans granules for 4 hours. 2. Grind, mix & ferment for 8 to 10 hours. Grind the mixture to paste consistency. (You an use the same batter for making 4, 5, 6, 7, 8 idlies) 3. Grease idli in MWS bowl with little oil. Put idli batter in it. Add ½ cup water in MWS bowl. Keep the idli stand in MWS bowl & cover. Select category & number and press start.					Rice	100 g				Urad	4 tbsp				Soyabean granules	4 tbsp				Water	As required				Salt	As per taste																																												
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Soyabean granules	4 tbsp																																																																									
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Salt	As per taste																																																																									
HP10	Bathua Raita	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Chopped bathua</td><td>25 g</td><td>50 g</td><td>75 g</td><td>100 g</td></tr><tr><td>Water</td><td>50 ml</td><td>75 ml</td><td>100 ml</td><td>125 ml</td></tr><tr><td>Beaten curd</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr><tr><td>Salt, roasted cumin seed powder</td><td colspan="4">As per taste</td></tr></table> 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.					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																																												
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Salt, roasted cumin seed powder	As per taste																																																																									
HP11	Spinach Dal	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Dehusked soaked lentils (at least for 2 hours)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Onions chopped</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>2 cups</td></tr><tr><td>Spinach chopped</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2 cup</td><td>2½ cups</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>2½ tbsp</td></tr><tr><td>Cumin seeds</td><td>1 tsp</td><td>1 tsp</td><td>1½ tsp</td><td>1½ tsp</td><td>2 tsp</td></tr><tr><td>Ginger & green chillies (chopped)</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td></tr><tr><td>Water</td><td>300 ml</td><td>500 ml</td><td>700 ml</td><td>800 ml</td><td>900 ml</td></tr><tr><td>Turmeric, salt</td><td colspan="5">As per taste</td></tr><tr><td>Lemon juice</td><td>1 tsp</td><td>2 tsp</td><td>3 tsp</td><td>3½ tsp</td><td>4 tsp</td></tr><tr><td>Coriander leaves</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4½ tbsp</td><td>5 tbsp</td></tr></table> Method : 1. In a MWS bowl put soaked dal (lentils), water, salt, turmeric powder. Select category & weight and press start. 2. When beeps, in another MWS bowl put oil, chopped onions, cumin seeds, chopped ginger & green chillies, chopped spinach. Mix well and press start. 3. When beeps, mix well & add boiled lentils, add some water (if required). Mix again & press start. 4. Garnish with coriander leaves & serve hot.					For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	Dehusked soaked lentils (at least for 2 hours)	100 g	200 g	300 g	400 g	500 g	Onions chopped	½ cup	1 cup	1 cup	1½ cup	2 cups	Spinach chopped	1 cup	1½ cup	2 cup	2 cup	2½ cups	Oil	1 tbsp	2 tbsp	2 tbsp	2½ tbsp	2½ tbsp	Cumin seeds	1 tsp	1 tsp	1½ tsp	1½ tsp	2 tsp	Ginger & green chillies (chopped)	1 tbsp	2 tbsp	3 tbsp	3 tbsp	3½ tbsp	Water	300 ml	500 ml	700 ml	800 ml	900 ml	Turmeric, salt	As per taste					Lemon juice	1 tsp	2 tsp	3 tsp	3½ tsp	4 tsp	Coriander leaves	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp
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Lemon juice	1 tsp	2 tsp	3 tsp	3½ tsp	4 tsp																																																																					
Coriander leaves	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp																																																																					
HP12	Healthy Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 Kg</td><td>0.2 Kg</td><td>0.3 Kg</td></tr><tr><td>Rice (soaked)</td><td>75 g</td><td>150 g</td><td>225 g</td></tr><tr><td>Moong dal, washed (soaked)</td><td>25 g</td><td>50 g</td><td>75 g</td></tr><tr><td>Desi ghee</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td></tr><tr><td>Carrot (grated finely)</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr><tr><td>Soya granules (soaked)</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Salt & pepper</td><td colspan="3">As per taste</td></tr><tr><td>Water</td><td>300 ml</td><td>500 ml</td><td>750 ml</td></tr></table> Method : 1. In a MWS bowl take soaked dal, rice & ghee. Also add grated carrot, soaked & drained soya granules & peas. Mix well. Select category & weight and press start. 2. When beeps, mix, add water & salt. Mix again & press start. 3. When beeps, stir & mash well. Add pepper powder & ½ cup water. Mix & cover and press start. 4. Serve hot with fresh curds.					For	0.1 Kg	0.2 Kg	0.3 Kg	Rice (soaked)	75 g	150 g	225 g	Moong dal, washed (soaked)	25 g	50 g	75 g	Desi ghee	½ tbsp	1 tbsp	1½ tbsp	Carrot (grated finely)	1 no.	2 nos.	2 nos.	Soya granules (soaked)	2 tbsp	3 tbsp	4 tbsp	Salt & pepper	As per taste			Water	300 ml	500 ml	750 ml																																		
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Salt & pepper	As per taste																																																																									
Water	300 ml	500 ml	750 ml																																																																							

*Provided with the Start Up Kit.

HEALTH PLUS

Category		Weight Limit	Utensil	Instructions			
HP13	Leaf Rolls	0.2-0.4Kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat Glass dish	For	0.2 Kg	0.3 Kg	0.4 Kg
				Palak leaves	100 g	150 g	150 g
				Cabbage leaves	100 g	150 g	150 g
				For filling			
				Boiled Veg (Potato, Capsicum, Carrot, French beans, sprouts)	1 cup	1½ cup	1½ cup
				Chopped onion	½ no.	1 no.	1 no.
				As per your taste			
				Method : 1. In a bowl mix boiled vegetables, chopped onions, salt, chaat masala & lemon juice.			
				2. In MWS bowl, add ½ cup water, Keep the leaves in MWS flat glass dish. Keep the dish in MWS bowl. Cover.			
				3. Select category & weight and press start.			
				4. When beeps, remove the leaves from the bowl. Spread the filling on leaves & roll them. Make all the rolls in same way.			

Category		Weight Limit	Utensil	Instructions	
So1	Chicken Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Boneless chicken	300 g
				Oil	½ tbsp
				Chopped garlic	2 tsp
				Salt & pepper powder	As per taste
				Maida	3 tbsp
				Water	600 ml (3 cups)
				Fresh cream	For garnishing
				Method : 1. In a MWS bowl add chicken pieces, chopped garlic and water. Select category and press start.	
				2. When beeps, remove & strain stock. In another MWS glass bowl add oil, cumin seeds and maida and press start.	
3. When beeps, add the chicken stock, salt, pepper and press start. Garnish with fresh cream and serve hot.					
So2	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.					
So3	Sweet Corn Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Sweet Corn	200 g
				Water	600 ml (3 cups)
				Oil	1 tsp
				Cornflour	2 tbsp & ½ cup water
				Salt, Sugar and Kali Mirch and Green Chilli	As per your taste
				Method : 1. Grind sweet corn with water and put in MWS Glass Bowl. Select category & press start.	
				2. When beeps, remove, in another MWS glass bowl put oil, green chilli & press start.	
				3. When beeps, add corn mixture in it. Mix cornflour with ½ cup water and mix with it. Add salt, sugar, kali mirch and press start.	
				So4	Mushroom Soup
Mushroom	120 g				
Potato	1 No.				
Cabbage	50 g				
Onion	1 small				
Water	600 ml (3 cups)				
Salt, Black Pepper	As per your taste				
Oil	1 tsp				
Grated cheese	As per requirement				
Method : 1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion & mushrooms with water. Select category & press start.					
2. When beeps, remove the bowl. Allow to cool & separate the mushrooms & grind the remaining stock & strain it.					
3. In a MWS glass bowl, add oil, chopped mushrooms, salt & pepper and then add the stock & press start. Garnish with grated cheese & serve.					

SOUP

Category		Weight Limit	Utensil	Instructions	
So5	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.	
So6	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, chilli 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.	
So7	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.	

Category	Weight Limit	Utensil	Instructions		
So8	Mulligatwny Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Cooked rice	50 g
				Dehusked lentil	30 g
				Apples (pealed & sliced)	½ no.
				Carrot	50 g
				Onion	50 g
				Veg stock/water	600 ml (3 cups)
				Salt & pepper	To taste
				Butter	1 tsp
				Curry powder	1 tsp
				Lemon juice	1 tsp
				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.	
So9	Tom Yum Kung	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Small sized prawns	10-12 nos.
				Mushrooms (sliced)	5-6 nos.
				Lemon grass stem	4 inch stalk
				Lime leaves	5-6 nos.
				Coriander fresh chopped	A few sprigs
				Fish sauce	2 tbsp
				Thai red curry paste	2 tbsp
				Lemon juice	1 tbsp
				Veg stock/chicken stock	600 ml (3 cups)
				Green/red chillies	3 nos.
				Salt & pepper	To taste
Method : 1. In a MWS glass bowl put head & shells of prawns, green/red chillies (cut into 2), salt, roughly crushed lemon grass, lime leaves & stock. Mix well. Select category & press start. 2. When beeps, strain the stock. Add cleaned prawns, fish sauce, pepper, thai red curry paste. Stir well & press start. 3. Add lemon juice & adjust the seasoning. Serve piping hot.					
So10	Sichuan Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Boneless chicken pieces	100 g
				Carrot (grated)	1 no.
				Capsicum (chopped)	½ no.
				Cabbage (shredded)	½ no.
				Mushrooms (sliced)	4-5 nos.
				Paneer (pieces)	50 g
				Spring onions (bulb & greens)	1-2 nos.
				Peppercorns (freshly crushed)	4-5 nos.
				Chicken stock	600 ml (3 cups)
				Cornflour	3 tbsp & ¼ cup
				Salt & sugar	To taste
Vinegar	2 tbsp				
Red chilli paste	1 tbsp				
Method : 1. Put chicken pieces, cabbage, carrot, capsicum, mushrooms, spring onion bulbs, peppercorns and chicken stock in a MWS glass bowl. Select category and press start. 2. When beeps, take the bowl out & add red chilli paste, vinegar, salt & sugar, cornflour dissolved in ¼ cup cold water & paneer pieces. Stir well & press start. 3. Garnish with greens of spring onions. Adjust seasonings & serve hot.					

SOUP

Category	Weight Limit	Utensil	Instructions				
So11	Palak Makai Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg		
				Palak (chopped)	200 g		
				Water	600 ml (3 cups)		
				Maggie tastemaker	1 cube		
				Corn Niblets	½ cup		
				Chopped onion	½ cup		
				Jeera	1 tsp		
				Butter	1 tbsp		
				Milk	¼ cup		
				Method :		1. In a MWS glass bowl add chopped palak & little water. Select category & press start.	
		2. When beeps, grind the palak,					
		3. In another MWS glass bowl add butter, jeera, chopped onions. Press start.					
		4. When beeps, remove & add palak & water, milk, corn niblets & Maggie tastemaker. Press start.					
So12	Rajma Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg		
				Water	600 ml		
				Rajma (boiled)	1 cup (170 g)		
				Oil	½ tbsp		
				Garlic cloves (chopped)	2 nos.		
				Onion (chopped)	½ cup		
				Tomato (chopped)	½ cup		
				Coriander (chopped)	¼ cup		
				Salt, pepper, red chilli powder	As per taste		
				Lemon juice	1 tbsp		
Method :		1. Grind the boiled rajma. Add water & strain it.					
		2. In a MWS glass bowl add oil, garlic, onion, tomato. Mix well. Select category & press start.					
		3. When beeps, mix well & add salt, pepper, red chilli powder & rajma stock. Mix well & press start.					
		4. Add lemon juice & garnish with coriander leaves & serve hot.					
So13	Shahi Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg		
				Onions (finely chopped)	2 nos.		
				Walnuts (coarsely chopped)	¼ cup		
				Mint paste	1 tbsp		
				Whole wheat flour	2 tbsp		
				Butter	2 tbsp		
				Salt, black pepper powder, garam masala	As per taste		
				Method :		1. In a MWS glass bowl take butter & chopped onion. Mix well. Select category & press start.	
						2. When beeps, stir well. Add whole wheat flour, mint paste, coarsely chopped walnuts & mix well. Press start.	
						3. When beeps, mix and add water. Mix well so that no lumps are formed. Add seasoning. Press start. Serve hot.	

Category	Weight Limit	Utensil	Instructions		
So14	Bombay Curry Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Water	500 ml (2½ cups)
				Soaked masoor dal (dehusked)	200 g
				Chopped tomato	2 nos.
				Chopped onions	1 no.
				Crushed garlic	3-4 cloves
				Oil	1 tbsp
				Curry powder	As per taste
				Salt, red chilli powder	As per taste
				Coriander leaves	For garnishing
Method : 1. In a MWS glass bowl add soaked masoor dal, tomato & water. Select category & press start. 2. When beeps, remove & allow the dal to cool. Grind it in a mixer & strain. 3. In another MWS glass bowl, add oil, crushed garlic, chopped onion. Press start. 4. when beeps, mix & add strained dal stock, salt, chilli powder, curry powder & add 150 ml of water. Mix well & press start. Garnish with coriander leaves & serve hot.					
So15	Badam Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Badam (soaked & blanched)	50 g
				Fresh basil leaves (Tulsi)	8-10 nos.
				Water	3 cups (600 ml)
				Cinnamon	1" stick
				Elaichi (green)	2-3 nos.
				Cloves	2-3 nos.
				Sugar	½ tsp
				Cornflour	½ tbsp
				Salt & pepper powder	As per taste
Method : 1. Grind soaked & blanched badam & basil leaves to a fine paste, adding ½ cup water. Take out in a MWS glass bowl. Add 3 cups water & stir well. Add cinnamon, elaichi & cloves. 2. Select category & press start. 3. When beeps, stir & strain the soup & sieve. Take the strained soup in a MWS glass bowl. Add salt & peppers & cornflour (mixed with ½ cup water) & press start. Serve hot.					
So16	Limbu Dhania Shorba	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Water	600 ml
				Oil	½ tbsp
				Shredded cabbage	1 cup
				Chopped carrot	½ cup
				Celery	½ cup
				Spring onions	½ cup
				Ginger (grated)	1 tsp
				Chopped garlic	3 nos.
				Bayleaf	2 nos.
Cloves	2 nos.				
Pepper corns	3 nos.				
Besan	2 tbsp (dissolved in ¼ cup water)				
Lemon juice	2 tbsp				
Coriander leaves (chopped)	½ cup				
Salt	As per taste				
Method : 1. In a MWS glass bowl add oil, cabbage, carrot, celery, spring onions, ginger, garlic, bayleaves, cloves, peppercorns. Mix well. Select category & press start. 2. When beeps, mix well & add water & press start. When beeps, add besan paste, lemon juice, coriander leaves, salt. Mix well & press start. Garnish with coriander leaves & serve hot.					

Category		Weight Limit	Utensil	Instructions									
Co1	Pasta	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack*	Penne Pasta	0.1 Kg	0.2 Kg	0.3 Kg						
				Butter	1 tbsp	2 tbsp	3 tbsp						
				Onion Chopped	2 tbsp	3 tbsp	4 tbsp						
				Garlic Chopped	1 tsp	2 tsp	3 tsp						
				Chopped Palak leaves	50 g	75 g	100 g						
				Water	400 ml	800 ml	1200 ml						
				Cream	½ cup	1 cup	1½ cup						
				Grated Cheese	4 tbsp	5 tbsp	6 tbsp						
				Nutmeg Powder	1 pinch								
				Oregano	¼ tsp	½ tsp	¾ tsp						
				Salt & Pepper	As per your taste								
				Method :									
				1. In MWS glass bowl take pasta with water & oil drops. Select category & weight press start.									
				2. When beeps, remove the bowl from microwave oven, drain water from pasta. In MWS flat glass dish add butter, onion, garlic & Palak, mix well.									
				3. Press start.									
4. When beeps, add cream, nutmeg powder, oregano, salt & pepper and boiled pasta, mix well & sprinkle grated cheese on the top & keep the vessel on high rack.													
5. Press start.													
Co2	Veg Au Gratin	0.1 ~ 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.									
				Co3	Baked Mushrooms	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
								Mushrooms	100 g	200 g	300 g	400 g	500 g
								White Sauce	50 ml	100 ml	150 ml	200 ml	250 ml
Cheese (grated), Salt, Kali Mirch	As per requirement												
Butter	1 tbsp	1½ tbsp	2 tbsp					2½ tbsp	3 tbsp				
Method :													
1. In MWS flat glass dish put all the ingredients except cheese, mix well. Select category & weight, press start.													
2. When beeps, spread grated cheese on the top of the mixture. Place the MWS flat glass dish on high rack.													
3. Press Start.													
Co4	Potato dumpling	0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish					For	0.3 kg				
								Maida	3-4 tbsp				
								Boiled & grated potato	100 g				
								Grated paneer	75 g				
								Salt, pepper, nutmeg powder	As per taste				
								Finely chopped spinach	1 cup				
				Butter & finely chopped garlic	1 tbsp each								
				Pizza sauce	4 tbsp								
				Method :									
				1. Mix all the ingredients together for making dough for dumplings. Make 9-10 balls out of the dough.									
				2. In the MWS bowl, add ½ cup water. Place the dumplings on the MWS flat glass dish and cover. Select category and press start.									
				3. When beeps, take out the dumplings.									
				4. Allow them to cool. In a microwave safe flat glass dish add butter and put the dumplings in it and press start.									

* Refer Pg. 78 Fig. 5

Category		Weight Limit	Utensil	Instructions								
Co5	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 dishl. 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.								
Co6	Macaroni	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	Macaroni		0.1 Kg	0.2 Kg	0.3 Kg				
				Water		400 ml	800 ml	1200 ml				
				Butter		1 tbsp	2 tbsp	3 tbsp				
				Spring Onion Chopped		2 tbsp	3 tbsp	4 tbsp				
				Garlic Chopped		1 tsp	2 tsp	3 tsp				
				Mushrooms Chopped		3 Nos.	4 Nos.	5 Nos.				
				Tomato Sauce		2 tbsp	3 tbsp	4 tbsp				
				Chilli Sauce		1 tsp	2 tsp	3 tsp				
				Salt, Sugar, Pepper & Oregano		As per your taste						
				Method :				1. In a MWS flat glass dish take butter, milk, vegetables & maida. Mix well. Select category & weight and press start.				
								2. When beeps, mix well & add salt & pepper. Mix well.				
								3. Spread grated cheese on it & keep the MWS flat glass dish on high rack.				
								4. Press start.				
				Co7	Chilli Veg	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For		0.1 Kg	0.2 Kg	0.3 Kg
								Paneer pieces		100 g	200 g	300 g
Chopped Capsicum & onion		½ cup	1 cup					1½ cup				
Chopped green chillies		1 no.	2 nos.					3 nos.				
Ginger garlic paste		½ tbsp	1 tbsp					1½ tbsp				
Oil		½ tsp	1 tsp					1½ tsp				
Soya sauce		1 tsp	1½ tsp					2 tsp				
Cornflour		1 tbsp	1½ tbsp					2 tbsp				
Green chilli sauce		1 tbsp	2 tbsp					3 tbsp				
Salt & Pepper		As per your taste										
Water		½ cup	1 cup					1 cup				
Ajinomoto		A pinch										
Method :								1. In a MWS bowl add oil, onions, green chillies, ginger garlic paste & capsicum. Mix well & cover.				
								2. Select category & weight press start.				
								3. When beeps, mix well & add paneer pieces, soya sauce, chilli sauce, cornflour (mixed with ½ cup water), water, salt, pepper & ajinomoto and press start.				
				4. Mix well & serve.								

* Refer Pg. 78 Fig. 5

CONTINENTAL

Category	Weight Limit	Utensil	Instructions							
Co8	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.						
Co9	Sweet & Sour Veg	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg			
				Cut vegetables (Baby corns cut lengthwise, Broccoli florets, Mushroom pieces, Pineapple slices, Capsicum)	100 g	200 g	300 g			
				Oil	½ tbsp	1 tbsp	1½ tbsp			
				Chopped spring onion & garlic	¼ cup	½ cup	1 cup			
				Red chilli paste	¼ tsp	½ tsp	¾ tsp			
				Tomato Ketchup	¼ cup	¼ cup	½ cup			
				Vinegar	As per taste					
				Sugar	½ tsp	1 tsp	1 tsp			
				Salt	As per taste					
				Ajinomoto	¼ tsp	¼ tsp	½ tsp			
				Soya sauce	1 tsp	1 tsp	1 tsp			
				Pineapple juice	¼ cup	¼ cup	½ cup			
				Water	1 cup	1 cup	1 cup			
				Cornflour	2 tbsp mixed with ½ cup water					
				Method :				1. In a microwave safe bowl add oil, chopped spring onions & garlic, red chilli paste. Select category & weight and press start.		
								2. When beeps, mix well & cut vegetables, tomato ketchup, vinegar, salt, sugar, ajinomoto, soya sauce, pineapple juice, water & cornflour. Mix well, press start. Stand for 5 minutes.		
Co10	Mediterranean Crostini@	0.3 kg.	Low rack	French bread	6 slices					
				Black olives (sliced)	¼ cup					
				Cheese (grated)	½ cup					
				Butter	2 tbsp					
				To be mixed together for the marinated tomatoes :						
				Tomatoes (sliced)	2 nos.					
				Basil leaves (freshly chopped)	1 tsp					
				Garlic (chopped)	1 tsp					
				Olive oil	2 tsp					
				Salt & freshly crushed pepper corns	As per taste					
				Method :				1. In a bowl, put all the ingredients of marinade & mix well. Keep it for 15-20 minutes.		
								2. Butter the bread slices. Top each slice with 2-3 slices of marinated tomatoes. Put chopped olives & sprinkle grated cheese on top.		
								3. Select the category & press start.		
								4. When beeps, keep the bread slices on low rack. Keep the rack in microwave & press start.		

@Do not put anything in the oven during the Preheat mode.

Category		Weight Limit	Utensil	Instructions				
Co11	Risotto Rice	0.1 ~ 0.4 kg.	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg
				Arborio rice (soaked)	100 g	200 g	300 g	400 g
				Water	200 ml	400 ml	600 ml	650 ml
				Chopped carrots	¼ cup	½ cup	1 cup	1½ cup
				Chopped garlic	1 tsp	1½ tsp	2 tsp	2½ tsp
				Peas	¼ cup	½ cup	1 cup	1½ cup
				Sliced mushroom	¼ cup	½ cup	1 cup	1½ cup
				Chopped coriander leaves/parseley	As required			
				Spinach (blended & pureed)	¼ cup	½ cup	1 cup	1 cup
				Tomato puree	½ cup	½ cup	1 cup	1 cup
				Fresh cream	3 tbsp	4 tbsp	5 tbsp	6 tbsp
				Olive oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp
				Grated cheese	As required			
				Salt	As per taste			
				Method : 1. In a MWS bowl add olive oil, garlic, mushrooms, peas, carrots & tomato puree. Mix well. Select category & weight and press start.				
				2. When beeps, mix well & add rice. Mix well and press start.				
				3. When beeps, mix well & add water & salt. Press start.				
				4. Mix well & stand for 5 minutes.				
				5. Add spinach, tomato puree, cream, grated cheese & chopped coriander/parseley & serve.				
Co12	Spaghetti with tomato sauce	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg	
				Spaghetti noodles	100 g	200 g	300 g	
				Water	400 ml	800 ml	1200 ml	
				Olive oil	1 tbsp	1½ tbsp	2 tbsp	
				Chopped garlic	1 tbsp	1½ tbsp	2 tbsp	
				Chopped tomatoes	1 cup	1½ cup	2 cup	
				Chopped mushrooms	¼ cup	½ cup	1 cup	
				Chopped onion	½ cup	1 cup	1½ cup	
				Sliced olives (pitted)	5 nos.	6 nos.	7 nos.	
				Fresh basil	As required			
				Parmesan cheese	As required			
				Salt, pepper, oregano & chilli flakes	As per taste			
				Method : 1. In a MWS bowl add spaghetti noodles, water & few drops of oil. Select category & weight and press start.				
				2. When beeps, remove & drain the water. Wash the noodles under running water to separate.				
				3. In another MWS bowl add olive oil, garlic, olives, onions, mushrooms, chopped tomatoes, salt, peppers, oregano & chilli flakes. Press start.				
				4. When beeps, mix well & add the spaghetti. Mix well & press start. Rip all the basil over it & spread grated parmesan cheese & serve.				

CONTINENTAL

Category		Weight Limit	Utensil	Instructions	
Co13	Cottage Cheese Tortellini	8 Pc	Microwave safe (MWS) bowl	For	Dough
				Maida	1 cup
				Egg	1 no.
				Olive oil	1 tbsp
				Salt	As per taste
				Water (to knead the dough)	As required
				For Stuffing	
				Blanched spinach	½ cup
				Paneer (roughly mashed)	100 g
				Olive oil	1 tbsp
				Garlic (minced)	1 tbsp
				Salt & pepper	As per taste
				For Sauce	
				Blanched tomatoes (skin removed)	5 nos.
				Garlic pods	8-10 nos.
				Coriander leaves (fresh)	1 tbsp
				Olive oil	1 tbsp
				Chilli flakes	1 tsp
				Oregano	½ tsp
				Salt, pepper	As per taste
				Method : Pre-Preparation for Stuffing :	
				1. In a MWS glass bowl take olive oil & minced garlic, mix and microwave 100% for 2 minutes. Add mashed paneer & blanched & chopped spinach, salt & pepper. Mix well & microwave 100 % for 2 minutes.	
				2. In another bowl take maida, salt, beaten egg & olive oil. Mix well & knead a firm dough adding enough water. Cover & keep aside for 10-15 minutes.	
				3. Divide the dough into 5-6 equal sized balls & roll out each ball into a long & rectangular strip (approx. 2.5" broad) & cut into squares.	
				4. Fill each square shape with spinach & cottage cheese stuffing (1 tsp). Wet the edges with little water & cover with another square & seal it by pressing tightly. There should be no air-bubble left within. Make all tortellinis following same procedure.	
				5. Take 500 ml water in a MWS bowl & keep inside the microwave. Select category & press start.	
				6. When beeps, put the tortellinis in the boiling water. Cover & press start.	
				7. When beeps, remove & strain the tortellinis & place in a serving dish & keep aside covered.	
				8. Blend together blanched tomatoes, garlic pods, coriander leaves with a blender. Take this puree in a MWS bowl, add olive oil, salt, pepper oregano & chilli flakes. Mix well & press start.	
				9. When cooking ends, pour this sauce over the cooked tortellini & serve hot.	

Category	Weight Limit	Utensil	Instructions																				
SF1	Fish Cutlet	0.4 kg	Microwave safe (MWS) glass bowl & High rack* & Multicook tawa <table><tr><td>For</td><td>0.4 kg</td></tr><tr><td>Fish fillet</td><td>350 g</td></tr><tr><td>Boiled potato</td><td>2 Nos.</td></tr><tr><td>Bread crumbs</td><td>1 cup</td></tr><tr><td>Oil</td><td>2 tbsp</td></tr><tr><td>Chilli powder, turmeric, ginger garlic paste, salt</td><td>As per taste</td></tr><tr><td>Garam masala powder</td><td>1 tsp</td></tr><tr><td>Coriander leaves</td><td>A few sprigs</td></tr></table> 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.	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				
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																						
SF2	Fish Masala	0.2 kg	Microwave safe (MWS) bowl <table><tr><td>For</td><td>0.2 kg</td></tr><tr><td>Pomphret pieces</td><td>200 g</td></tr><tr><td>Onions</td><td>2 Nos.</td></tr><tr><td>Tomato</td><td>1 No.</td></tr><tr><td>Oil</td><td>2 tbsp</td></tr><tr><td>Chilli powder, turmeric, ginger garlic paste, salt, saunf powder</td><td>As per taste</td></tr><tr><td>Garam masala powder</td><td>1 tsp</td></tr><tr><td>Dhaniya and jeera powder</td><td>2 tsp</td></tr><tr><td>Coriander leaves</td><td>2 tbsp</td></tr></table> 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.	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		
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																						
SF3	Fish Pulusu	0.3 kg	Microwave safe (MWS) glass bowl <table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Koramatta fish pieces</td><td>300 g</td></tr><tr><td>Oil</td><td>1½ tbsp</td></tr><tr><td>Ginger garlic paste</td><td>2 tbsp</td></tr><tr><td>Methi seeds</td><td>1 tsp</td></tr><tr><td>Chopped onion</td><td>1 no.</td></tr><tr><td>Fish masala</td><td>1 tbsp</td></tr><tr><td>Tamarind pulp</td><td>50 g</td></tr><tr><td>Red chilli powder, dhaniya powder, haldi & salt</td><td>As per taste</td></tr><tr><td>Lemon juice</td><td>As per taste</td></tr></table> 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.	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
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																						

*Refer to Pg.78 Fig. 2

SEA FOOD

Category	Weight Limit	Utensil	Instructions				
SF4	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.			
SF5	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.							
SF6	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.							

Category		Weight Limit	Utensil	Instructions			
SF7	Mase Kalavan	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg
				Fish pieces	200 g	300 g	400 g
				Oil	½ tbsp	1 tbsp	1 tbsp
				Ginger-garlic paste	1 tsp	2 tsp	3 tsp
				Tamarind paste	1 tbsp	1½ tbsp	2 tbsp
				Salt, red chilli powder, turmeric powder, coriander powder	As per taste		
				Hing	A pinch		
				Green chilli (chopped)	1 no.	1 no.	2 nos.
				Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp
				Garlic (chopped)	1 tsp	1½ tsp	2 tsp
				Coconut milk	½ cup	1 cup	1½ cup
				Method : 1. Wash, clean & pat dry fish with kitchen towel. In a bowl mix together ginger-garlic paste, tamarind paste, salt, red chilli powder, coriander powder, turmeric powder. Mix & rub this marinade on fish pieces & keep aside for atleast 15 minutes. 2. In a MWS bowl take oil, hing, chopped garlic, coriander & green chilli & mix. Select category & weight and press start. 3. When beeps, add the marinated fish to the MWS bowl. Mix well, sprinkle water on top & cover and press start. 4. When beeps, mix & add coconut milk to the fish. Mix well again and press start. Serve more kalavan hot with steamed rice.			

INDIAN RASOI

In the following example, show you how to cook **0.5Kg Kala Chana**.

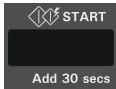
1. Press **STOP/CLEAR**.



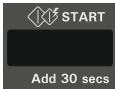
2. Press **INDIAN RASOI**



3. Turn **Dial** until display show "**IC12**".
4. *Press **START/Add 30secs** for category confirmation.



5. *Turn **Dial** until display show "**0.5Kg**".
6. Press **START/Add 30secs**
When cooking you can increase or decrease cooking time by turning **Dial**.



NOTE

- Indian Rasoi 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.

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

INDIAN CUISINE

Category		Weight Limit	Utensil	Instructions																																																
IC1	Mix Veg	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Mix Veg. (Carrot, Cauliflower, peas, beans, potato)</td><td>100 g (Total)</td><td>200 g (Total)</td><td>300 g (Total)</td><td>400 g (Total)</td><td>500 g (Total)</td></tr><tr><td>Oil</td><td>¼ tbsp</td><td>½ tbsp</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr><tr><td>Onion (chopped)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2 cup</td></tr><tr><td>Tomato (chopped)</td><td>¼ cup</td><td>1 cup</td><td>1½ cup</td><td>1½ cup</td><td>1½ cup</td></tr><tr><td>Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder</td><td colspan="5">As per taste</td></tr></table> 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.	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																
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																																																			
IC2	Kadhai Paneer	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	<table><tr><td>Paneer</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Capsicum & Onion (sliced)</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr><tr><td>Onion Paste</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td><td>6 tbsp</td><td>6½ tbsp</td></tr><tr><td>Tomato Puree</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4½ tbsp</td><td>5 tbsp</td></tr><tr><td>Ginger-Garlic Paste, Salt & Sugar</td><td colspan="5">To taste</td></tr><tr><td>Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala</td><td colspan="5">To taste</td></tr><tr><td>Butter</td><td>1½ tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>4 tbsp</td></tr><tr><td>Fresh Cream</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>5 tbsp</td></tr></table> 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.	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
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																																															
IC3	Dal Tadka	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr><tr><td>Dal (soaked for 2 hours)</td><td>200 g</td><td>300 g</td><td>400 g</td></tr><tr><td>Water</td><td>400 ml</td><td>600 ml</td><td>800 ml</td></tr><tr><td>Oil</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch</td><td colspan="3">To taste</td></tr><tr><td>Salt, dhania powder</td><td colspan="3">To taste</td></tr></table> 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.	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																										
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																																																			
IC4	Sambhar	0.2 kg	Microwave safe (MWS) bowl	<table><tr><td>Arhar Dal (Soaked for 2 hrs)</td><td>200 g</td></tr><tr><td>Oil</td><td>2 tbsp</td></tr><tr><td>Onion chopped</td><td>1 medium</td></tr><tr><td>Tomato chopped</td><td>1 medium</td></tr><tr><td>Mixed Vegetables chopped - Drumsticks, ghiya, Brinjals, Red Pumpkin</td><td>1 cup</td></tr><tr><td>Boiled Water</td><td>400 ml</td></tr><tr><td>Imli pulp, Green Chilli, Sambhar Masala, Salt, Gud</td><td>As per your taste</td></tr></table> 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.	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																																		
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																																																			

INDIAN CUISINE

Category		Weight Limit	Utensil	Instructions					
IC5	Dum Aloo	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Boiled Aloo (small)	100 g	200 g	300 g	400 g	500 g
				Oil	2 tbsp	3 tbsp	3 tbsp	3½ tbsp	3½ tbsp
				Jeera, pepper seeds, cloves, hing	As required				
				Onion paste	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp
				Ginger & garlic paste	1 tsp	1½ tsp	1½ tsp	2 tsp	2 tsp
				Tomato puree	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
				Curd	½ cup	1 cup	1 cup	1½ cup	1½ cup
				Turmeric powder, red chilli powder, 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.					
IC6	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.					
				IC7	Baati@	0.4 kg	Multicook tawa & Low rack & High 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, keep the tawa on high rack. Press start. Dip the baati in melted ghee & serve with dal.									

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

INDIAN CUISINE

Category		Weight Limit	Utensil	Instructions							
IC8	Dalma	0.3 kg	Microwave safe (MWS) bowl	For		0.3 kg					
				Moong dal (soaked for 2 hours)		300 g					
				Water		600 ml					
				Chopped vegetables (drumsticks, potato, raw banana, pumpkin, brinjal, tomato)		2 cups					
				For tadka							
				Oil		2 tbsp					
				Bay leaves, jeera, dry chillies, salt, haldi		As per taste					
				Grated coconut		4 tbsp					
				Chopped onion		1 no.					
				Method :				1. In a MWS bowl add soaked moong dal, chopped vegetables & water. Mix well. Select category & press start.			
				2. When beeps, in another MWS bowl add oil, bay leaves, jeera, dry chillies, salt, haldi, grated coconut & chopped onion. Mix well & press start.							
				3. When beeps, mix well add the tadka ingredients to the dal. Mix well & press start.							
IC9	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.							
IC10	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			
IC11	Gujarati Tuvar Dal	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg		
				Tuvar dal / Arhar dal (soaked for 2 hours)	300 g		
				Water	600 ml		
				Oil	1 tbsp		
				Mustard seeds	½ tsp		
				Jeera	½ tsp		
				Finely chopped ginger	1 tbsp		
				Slit green chillies	3 nos.		
				Curry leaves	A few		
				Chopped tomato	2 nos.		
				Chopped onion	1 no.		
				Hing	A pinch		
				Salt, turmeric powder, red chilli powder	As per taste		
				Jaggery (Gud)	As per taste		
				Method :			
1. In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select category & press start.							
2. When beeps, remove the dal.							
3. In another MWS bowl add oil, mustard seeds, jeera, finely chopped ginger, slit green chillies, curry leaves, chopped, onions, red chilli powder. Mix well & press start.							
4. When beeps, remove the bowl & add these ingredients to the dal. Add tomato, jaggery & mix well. Press start. Squeeze lemon juice & serve.							
IC12	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.							
IC13	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.			

INDIAN CUISINE

Category		Weight Limit	Utensil	Instructions			
IC14	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.							
IC15	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.							

INDIAN CUISINE

Category	Weight Limit	Utensil	Instructions						
IC16	Kashmiri Kaju Paneer	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Paneer pieces	100 g	200 g	300 g	400 g	500 g
				Kaju paste	2 tsp	3 tsp	4 tsp	5 tsp	6 tsp
				Sliced onions	½ no.	1 nos.	1½ nos.	1½ nos.	2 nos.
				Chopped ginger	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
				Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
				Chilli powder	As per taste				
				Khus Khus paste	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
				Tomato puree	½ cup	1 cup	1½ cup	2 cup	2 cup
				Milk	¼ cup	½ cup	1 cup	1½ cup	1½ cup
				Garam masala & salt	As per taste				
				Method : 1. In a MWS bowl add oil, onion slices, chopped ginger & garlic. Select category & weight and press start. 2. When beeps, mix well, add khus khus paste, kaju paste, tomato puree, chilli powder, garam masala & salt and press start. 3. When beeps, mix well, add paneer pieces and milk. Press start. Stand for 3 minutes.					
IC17	Kadhai 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
				Oil	1 tbsp	2 tbsp	3 tbsp	3 tbsp	3½ tbsp
				Methidana	¼ tsp	¼ tsp	1 tsp	1 tsp	1 tsp
				Onion slices	1 no.	2 nos.	3 nos.	3 nos.	3½ nos.
				Chopped garlic	1 tsp	2 tsp	3 tsp	4 tsp	5 tsp
				Dhania powder, red chilli powder salt	As per taste				
				Tomato puree	¼ cup	½ cup	1 cup	1½ cup	1½ cup
				Hara dhania	A few sprigs				
				Capsicum	1 no.	1½ nos.	2 nos.	2 nos.	2 nos.
				Ginger (finely sliced)	1 tbsp	2 tbsp	3 tbsp	4 tbsp	4½ tbsp
				Cream	For garnishing				
Method : 1. In Microwave Safe Bowl add oil, methidana, onion slices, garlic, dhania powder, red chilli powder, chicken & salt. Cover. Select category & weight and press start. 2. When beeps, mix well & add tomato puree, hara dhania, capsicum & ginger. Mix well & cover and press start. Stand for 3 minutes. 3. Add cream. Mix well. Serve hot.									
IC18	Baigan Ka Bhartha	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg		
				Baingan (Chopped in big pieces)	300 g	400 g	500 g		
				Oil	1 tbsp	1½ tbsp	2 tbsp		
				Chopped onions	1 cup	1½ cup	2 cup		
				Chopped green chillies	3 nos.	4 nos.	5 nos.		
				Chopped ginger	1 tbsp	1½ tbsp	2 tbsp		
				Chopped tomato	2 nos.	3 nos.	4 nos.		
				Tomato puree	4 tbsp	5 tbsp	6 tbsp		
				Salt, dhania powder, garam masala, red chilli powder, haldi	As per taste				
				Chopped coriander leaves	A few sprigs				
				Method : 1. In a MWS bowl add peeled & chopped baigan. Sprinkle some water. Cover. Select category & weight and press start. 2. When beeps, remove & mash the baigan well. 3. In another MWS bowl add oil, chopped onion, green chillies, ginger, tomato, tomato puree, salt, dhania powder, garam masala, red chilli powder, haldi. Mix well. Cover & press start. 4. When beeps, mix well. Add the mashed baigan & mix well. Press start. Allow to stand for 3 minutes. Garnish with coriander leaves.					

INDIAN CUISINE

Category		Weight Limit	Utensil	Instructions							
IC19	Kofta Curry	0.1-0.3 kg	Microwavesafe (MWS) flat glass dish & Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg				
				Grated Lauki	100 g	200 g	300 g				
				Besan	1 tbsp	2 tbsp	3 tbsp				
				Chopped Onion	½ cup	1 cup	1 cup				
				Tomato puree	¼ cup	½ cup	1 cup				
				Chopped garlic	1 tsp	1½ tsp	2 tsp				
				Chopped Ginger	1 tsp	1½ tsp	2 tsp				
				Coriander power, haldi, garam masala red chilli powder, jeera, salt	As per taste						
				Oil	½ tbsp	1 tbsp	1½ tbsp				
				Water	½ cup	1 cup	1½ cup				
				Lemon juice	As per taste						
Method : 1. In a bowl mix grated lauki, besan, salt & haldi together. Mix well & prepare balls of medium size out of the mixture. 2. Grease a MWS flat glass dish & keep the koftas on it select category & weight & press start. 3. When beeps, remove in a MWS bowl add oil, jeera, onion, garlic & ginger & press start. 4. When beeps, mix well, add tomato puree, coriander power, garam masala, red chilli powder, salt, water. Add koftas & press start. Stand for 5 minutes. Squeeze lemon juice & serve.											
IC20	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.							
				IC21	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.											

INDIAN CUISINE

Category		Weight Limit	Utensil	Instructions			
IC22	Gatte Ki Subzi	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg	0.4 kg	0.5 kg
				For making gattas			
				Besan	100 g	125 g	150 g
				Red chilli powder, haldi, dhania powder, salt	As per taste		
				Water	As required		
				For Subzi			
				Oil	1 tbsp	1½ tbsp	2 tbsp
				Rai, jeera	2 tsp	2 tsp	3 tsp
				Curry leaves	A few		
				Sour curd	1 cup	1 cup	1½ cup
				Red chilli powder, haldi, dhaniya powder, salt	As per taste		
				Tomato puree	¼ cup	½ cup	1 cup
				Method :			
				1. In a bowl mix besan, red chilli powder, haldi, dhania powder, salt. Add water, little oil and make it like a chapati dough. 2. After making the dough break the dough into different pieces and make the rolls out of those pieces. 3. In a MWS bowl add the rolls & water (to cover the rolls completely). Cover. 4. Select category & weight and press start. 5. When beeps, remove. Take out the gattas, allow to cool. Cut them into slices. 6. In a MWS bowl add oil, rai, jeera, curry leaves, tomato puree, red chilli powder, dhaniya powder, haldi, salt. Cover & press start. 7. When beeps, add beaten curd, gattas & haldi. Mix well & press start.			
IC23	Egg Curry	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Boiled eggs	2 nos.	4 nos.	6 nos.
				Onions (chopped)	2 nos.	3 nos.	4 nos.
				Green chilli	1 no.	2 nos.	3 nos.
				Garlic (pods)	6-7 nos.	8-10 nos.	10-12 nos.
				Ginger (chopped)	1 tbsp	1½ tbsp	2 tbsp
				Tomato puree	3 tbsp	5 tbsp	6 tbsp
				Water	½ cup	1 cup	1½ cup
				Green peas (shelled)	¼ cup	½ cup	1 cup
				Salt, red chilli powder, garam masala, turmeric powder, dhania powder	As per taste		
				Oil	2 tbsp	3 tbsp	3 tbsp
				Coriander leaves	A few sprigs		
				Method :			
				1. Put chopped onions, green chilli, garlic, ginger in a spice blender & make paste adding 1 tbsp water. 2. In a MWS bowl take oil & add the paste. Mix well. Select category & weight and press start. 3. When beeps, stir & add tomato puree, peas, water & all the spices. Mix well & press start. 4. When beeps, stir & add boiled eggs (each cut into 2), add some water if required. Mix well & press start. Garnish with fresh coriander leaves & serve hot.			
IC24	Jhinga Matar Curry	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.2 Kg	0.3 Kg	0.4 Kg
				Prawns (deviened & cleaned)	50 g	100 g	150 g
				Peas (shelled)	½ cup	1 cup	1 cup
				Water	¼ cup	½ cup	1 cup
				Salt, red chilli power, garam masala	As per taste		
				Oil	1 tbsp	1½ tbsp	2 tbsp
				For Paste			
				Onions	1 no.	2 nos.	2½ nos.
				Green chilli	1 no.	2 nos.	2 nos.
				Coriander powder, turmeric powder	As per taste		
				Ginger (chopped)	1 tsp	1½ tsp	2 tsp
				Method :			
				1. Grind all together onions, green chilli, ginger, coriander powder & turmeric powder without adding any water & make a paste. 2. In a MWS bowl take oil & paste. Mix well. Select category & weight and press start. 3. When beeps, mix & add shelled peas, prawns, all other spices & water. Mix well & cover and press start. 4. When beeps, remove lid & stir well. Press start. Serve hot with steamed rice.			

Category		Weight Limit	Utensil	Instructions			
SC1	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.							
SC2	Besan Ladoo	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	Besan	0.1 kg	0.2 kg	0.3 kg
				Ghee (melted)	3 tbsp	5 tbsp	7 tbsp
				Powder Sugar	50 g	100 g	150 g
				Elaichi Powder	1/2 tsp	1 tsp	1 tsp
Method : 1. In Microwave safe flat glass dish take besan and ghee. Select category & weight and press start. 2. When beeps, stir it & press start. 3. When beeps, stir it & press start. 4. Allow to cool. Add powdered sugar and elaichi powder. Mix it well and make a ladoo of same size. Note : For binding the ladoo use ghee.							
SC3	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.							
SC4	Payasam	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Broken Rice (soaked for 2 hour)	100 g	200 g	300 g
				Milk & Water	300 ml	500 ml	700 ml
				Sugar	75 g	150 g	200 g
				Kesar, elaichi powder dry fruits	As per taste		
				Ghee	1 tbsp	1½ tbsp	2 tbsp
Method : 1. In a MWS bowl take ghee, soaked rice, milk, sugar & water & cover it. 2. Select category & weight and press start. 3. When beeps, add more milk, dry fruits, kesar, elaichi powder. Mix well & press start. Stand for 5 minutes. Sprinkle kewada jal on it. Serve hot or chilled.							
SC5	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.							

SWEET CORNER

Category		Weight Limit	Utensil	Instructions			
SC6	Nariyal Burfi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Grated coconut	100 g	200 g	300 g
				Milkmaid	½ cup	1 cup	1½ cup
				Milk powder	3 tbsp	4 tbsp	5 tbsp
				Ghee	1 tsp	2 tsp	3 tsp
				Elaichi powder	1 tsp	2 tsp	3 tsp
				Method :			
				1. In a MWS bowl add ghee & fresh grated coconut. Mix well.			
				2. Select category & weight and press start.			
				3. When beeps, add milkmaid, milk powder, elaichi powder & press start.			
4. When beeps, remove & spread the mixture onto a greased thali & allow to set for 1 hour. Cut into rectangles & store in a air tight container							
SC7	Sandesh	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg
				Paneer (grated)	200 g	300 g	400 g
				Milkmaid	50 g	75 g	100 g
				Rose water	1 tbsp	1½ tbsp	2 tbsp
				Elaichi seeds	½ tsp	1 tsp	1½ tsp
				Chopped pista	A few		
				Khoa (mashed)	100 gm	150 gm	200 gm
				Method :			
				1. In a MWS bowl add grated paneer, khoa, rose water & milkmaid. Mix well.			
				2. Select menu & weight and press start.			
3. When beeps, stir well & press start.							
4. Allow to cool. Hang in Muslin cloth for 20 minutes if it is too wet. Make balls out of the mixture & roll them in elaichi powder & chopped pista. Refrigerate till set.							
SC8	Seviyan Zarda	0.2 kg	Microwave safe (MWS) glass bowl	Roasted Seviyan	200 g		
				Sugar	5 tbsp		
				Water	3 cups		
				Rose essence	A few drops		
				Almonds	A few		
				Chopped pista	A few		
				Elaichi powder	½ tsp		
				Ghee	1 ½ tbsp		
				Method :			
				1. In a MWS glass bowl add sugar & water. Select category & press start.			
2. When beeps, add rose essence , cardamom powder, seviyan to the bowl. Press start. Give standing time of 3 minutes. Garnish with almonds & pista & serve.							
SC9	Burfi	0.3 kg	Microwave safe (MWS) flat glass dish	For	0.3 kg		
				Milk powder	100 g		
				Milkmaid	100 ml		
				Cream	100 ml		
				Corn flour	4 tbsp		
				Chopped almonds & pistas	As required		
				Method :			
				1. In a bowl mix milk powder, corn flour, milkmaid & cream. Beat well till smooth.			
				2. Pour the mixture in a MWS flat glass dish. Select category & press start.			
				3. When beeps, mix well (remove lumps if formed). Press start.			
4. When beeps, mix well & press start.							
5. Remove, allow to cool & refrigerate till set. After setting cut into pieces & sprinkle chopped almonds & pistas & serve.							
SC10	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																												
SC11	Shahi Rabdi	0.3 kg	Microwave safe (MWS) bowl																												
			<table><tr><td>For</td><td>0.3 kg</td></tr><tr><td>Milk</td><td>1 cup</td></tr><tr><td>Grated paneer</td><td>1 cup</td></tr><tr><td>Condensed milk</td><td>½ cup</td></tr><tr><td>Deshi ghee</td><td>1 tbsp</td></tr><tr><td>Elaichi powder</td><td>¼ tsp</td></tr><tr><td>Saffron</td><td>A few strands</td></tr><tr><td>Rose essence</td><td>A few drops</td></tr><tr><td>Chopped pistachios</td><td>1 tbsp</td></tr><tr><td>Chopped almonds (skin removed)</td><td>2 tbsp</td></tr></table> Method : 1. Dissolve strands of saffron in 2 tbsp lukewarm milk. 2. In a MWS bowl, put all the ingredients of rabdi except chopped pistachios. Mix well. 3. Keep the bowl in Microwave. Select category & press start. 4. Serve chilled garnished with chopped pistachios.	For	0.3 kg	Milk	1 cup	Grated paneer	1 cup	Condensed milk	½ cup	Deshi ghee	1 tbsp	Elaichi powder	¼ tsp	Saffron	A few strands	Rose essence	A few drops	Chopped pistachios	1 tbsp	Chopped almonds (skin removed)	2 tbsp								
For	0.3 kg																														
Milk	1 cup																														
Grated paneer	1 cup																														
Condensed milk	½ cup																														
Deshi ghee	1 tbsp																														
Elaichi powder	¼ tsp																														
Saffron	A few strands																														
Rose essence	A few drops																														
Chopped pistachios	1 tbsp																														
Chopped almonds (skin removed)	2 tbsp																														
SC12	Shahi Tukda	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish & High Rack																												
			<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr><tr><td>Bread Slices</td><td>1 slice</td><td>2 slices</td><td>3 slices</td></tr><tr><td>Milkmaid</td><td>50 ml</td><td>100 ml</td><td>150 ml</td></tr><tr><td>Milk</td><td>50 ml</td><td>100 ml</td><td>125 ml</td></tr><tr><td>Sugar</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td></tr><tr><td>Badam, Pista Pieces</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td></tr><tr><td>Kesar-Elaichi Powder</td><td colspan="3">As per your taste</td></tr></table> Method : 1. Arrange bread slices on high rack. Select category & weight & press start. 2. When beeps, turn slices press start. 3. When beeps, mix milkmaid, milk, sugar, dry fruits and kesar elaichi powder in Microwave Safe Flat Glass Dish. Pour the mixture on slices and press start. Serve hot.	For	0.1 kg	0.2 kg	0.3 kg	Bread Slices	1 slice	2 slices	3 slices	Milkmaid	50 ml	100 ml	150 ml	Milk	50 ml	100 ml	125 ml	Sugar	1 tbsp	2 tbsp	3 tbsp	Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp	Kesar-Elaichi Powder	As per your taste		
For	0.1 kg	0.2 kg	0.3 kg																												
Bread Slices	1 slice	2 slices	3 slices																												
Milkmaid	50 ml	100 ml	150 ml																												
Milk	50 ml	100 ml	125 ml																												
Sugar	1 tbsp	2 tbsp	3 tbsp																												
Badam, Pista Pieces	2 tbsp	3 tbsp	4 tbsp																												
Kesar-Elaichi Powder	As per your taste																														
SC13	Kaddu Kheer	0.5 kg	Microwave safe (MWS) glass bowl																												
			<table><tr><td>For</td><td>0.5 kg</td></tr><tr><td>Milk</td><td>300 ml</td></tr><tr><td>Grated kaddu</td><td>200 g</td></tr><tr><td>Milkmaid</td><td>150 g</td></tr><tr><td>Dry fruits (Kaju, kishmish, pista)</td><td>As required</td></tr></table> Method : 1. In a MWS glass bowl add milk & milkmaid, grated kaddu. Select category & press start. 2. When beeps, mix well. Press start. 3. When beeps, mix well & add dry fruits. Press start. Serve it chilled or hot.	For	0.5 kg	Milk	300 ml	Grated kaddu	200 g	Milkmaid	150 g	Dry fruits (Kaju, kishmish, pista)	As required																		
For	0.5 kg																														
Milk	300 ml																														
Grated kaddu	200 g																														
Milkmaid	150 g																														
Dry fruits (Kaju, kishmish, pista)	As required																														
SC14	Rava Ladoo	0.5 kg	Microwave safe (MWS) glass bowl																												
			<table><tr><td>For</td><td>0.5 kg</td></tr><tr><td>Roasted rava/sooji</td><td>1 cup</td></tr><tr><td>Grated khoya</td><td>1½ cup</td></tr><tr><td>Sugar</td><td>½ cup</td></tr><tr><td>Milk</td><td>½ cup</td></tr><tr><td>Kishmish</td><td>2 tbsp</td></tr><tr><td>Chopped almonds</td><td>2 tbsp</td></tr><tr><td>Desi ghee</td><td>1 tbsp</td></tr><tr><td>Elaichi powder (optional)</td><td>½ tsp</td></tr></table> Method : 1. In a MWS glass bowl take sugar & milk. Mix & select category and press start. 2. When beeps, add roasted rava/sooji, kishmish & chopped almonds. Sprinkle elaichi powder & mix very well. Press start. 3. When beeps, mix well & add grated khoya. Mix well & again press start. 4. Make equal sized ladoos from the mixture, when it is still warm.	For	0.5 kg	Roasted rava/sooji	1 cup	Grated khoya	1½ cup	Sugar	½ cup	Milk	½ cup	Kishmish	2 tbsp	Chopped almonds	2 tbsp	Desi ghee	1 tbsp	Elaichi powder (optional)	½ tsp										
For	0.5 kg																														
Roasted rava/sooji	1 cup																														
Grated khoya	1½ cup																														
Sugar	½ cup																														
Milk	½ cup																														
Kishmish	2 tbsp																														
Chopped almonds	2 tbsp																														
Desi ghee	1 tbsp																														
Elaichi powder (optional)	½ tsp																														

SWEET CORNER

Category		Weight Limit	Utensil	Instructions			
SC15	Kaju Burfi	0.4 kg	Microwave safe (MWS) glass bowl	For	0.4 kg		
				Kaju	2 cups		
				Powdered sugar	1¼ cup		
				Water	½ cup		
				Method : 1. Take kaju in a spice-grinder & make a fine powder and keep aside. 2. In a MWS glass bowl take powdered sugar & water. Stir very well. Select category & press start. 3. When beeps, stir very well & dissolve all the sugar. Add kaju powder & stir till all the lumps are removed. Keep stirring till the paste becomes like a dough (ball formation stage). 4. Grease the kitchen-slab (marble top) a little with ghee. Take the dough & roll out to 1" thickness carefully. Cut the kaju burfi in desired square or diamond shape & decorate with vark and serve.			
SC16	Badam Halwa	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Badam (soaked in hot water for 1 hour)	½ cup	1 cup	1½ cup
				Milk (for making paste)	½ cup	1 cup	1 cup
				Milk (for cooking)	½ cup	¾ cup	1 cup
				Sugar	3 tbsp	5 tbsp	7 tbsp
				Desi ghee	2 tbsp	3 tbsp	4 tbsp
				Slivered almonds (for garnishing)	A few		
				Method : 1. Remove the skin from badam & grind them to a fine paste adding milk. Take out this paste in a MWS glass bowl. 2. Add desi ghee to the paste & mix well. Select category & weight and press start. 3. When beeps, stir very well & again press start. 4. When beeps, stir very well. Add sugar & milk (for cooking). Again mix well & press start. Give standing time of 5-6 minutes & mix well. Garnish with slivered almonds & serve badam halwa hot.			

RICE DELIGHT

Category	Weight Limit	Utensil	Instructions										
rd1	Chicken Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg				
				Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g				
				Boneless chicken	100 g	200 g	300 g	400 g	500 g				
				For Marinade									
				Hung curd	½ cup	1 cup	1½ cup	2 cup	2½ cup				
				Tomato puree	2 tbsp	3 tbsp	4 tbsp	5 tbsp	6 tbsp				
				Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp	2 tbsp	2 tbsp				
				Salt, garam masala, coriander powder, red chilli powder, turmeric powder	As per taste								
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp				
				Onion	½ cup	1 cup	1 cup	1½ cup	1½ cup				
				Salt	If required								
				Coriander leaves	A few springs								
				Water	200 ml	400 ml	600 ml	650 ml	750 ml				
				Method : 1. Marinade the chicken & keep it in refrigerator for 1 hour. 2. In a MWS bowl add oil, chopped onions & marinated chicken & cover. Select category & weight and press start. 3. When beeps, mix well, add rice, salt (if required), coriander leaves, water. Cover & press start. Stand for 5 minutes. Serve hot.									
				rd2	Gosht Dum Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g					400 g	500 g				
Boneless mutton	100 g	200 g	300 g					400 g	500 g				
Oil	1 tbsp	1½ tbsp	2 tbsp					2½ tbsp	3 tbsp				
Chopped onion	½ cup	1 cup	1 cup					1½ cup	1½ cup				
Ginger garlic paste	1 tbsp	1½ tbsp	1½ tbsp					2 tbsp	2 tbsp				
Jeera, laung, tej patta, salt, red chilli powder, garam masala	As per taste												
Water	200 ml	400 ml	600 ml					650 ml	750 ml				
Method : 1. In a MWS bowl add oil, jeera, laung, tej patta onion, ginger garlic paste, mutton & cover. Select category & weight and press start. 2. When beeps, mix well, add rice, water, salt, red chilli powder, garam masala & cover. Press start. Stand for 5 minutes. Serve hot.													
rd3	Malabar Biryani	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl					For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
								Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
								Boneless chicken	100 g	200 g	300 g	400 g	500 g
								For Marinade					
								Salt, red chilli powder, turmeric powder	As per taste				
								Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Salt, biryani masala	As per taste								
				Curd	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp				
				Sliced tomato	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.				
				Sliced onion	1 No.	1 No.	2 Nos.	2 Nos.	3 Nos.				
				Water	200 ml	400 ml	600 ml	650 ml	750 ml				
				Method : 1. Marinade the chicken & refrigerate it for 1 hour. 2. In a MWS bowl add oil, onion, chopped coriander & mint leaves, biryani masala & salt. Mix, select category & weight & press start. 3. When beeps, remove the bowl & in another MWS bowl add soaked rice, water, tomato, curd, mix & cover. Press start. 4. When beeps, add the marinated chicken to the first bowl. Cover & press start. Stand for 5 minutes. Serve hot.									

RICE DELIGHT

Category	Weight Limit	Utensil	Instructions																																																																																																
rd4	Pineapple Fried Rice 0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Mix veg - Peas, french beans, carrots, capsicum</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr><tr><td>Pineapple (chopped)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td></tr><tr><td>Ajinomoto</td><td colspan="5">A pinch</td></tr><tr><td>Red chilli powder, chilli sauce, soya sauce</td><td colspan="5">As per taste</td></tr><tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr></table> 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.	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g	Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp	Mix veg - Peas, french beans, carrots, capsicum	½ cup	1 cup	1½ cup	2 cup	2½ cup	Pineapple (chopped)	½ cup	1 cup	1 cup	1½ cup	2 cup	Ajinomoto	A pinch					Red chilli powder, chilli sauce, soya sauce	As per taste					Water	200 ml	400 ml	600 ml	650 ml	750 ml																																																
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rd5	Veg Pulao 0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Jeera, laung, tej patta, salt, garam masala, red chilli powder</td><td colspan="5">As per taste</td></tr><tr><td>Mix veg - Gobhi, matar, gajar, french beans etc.</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr></table> 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.	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																																																												
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rd6	Veg Tahiri 0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Basmati rice (soaked for 1 hour)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td></tr><tr><td>Jeera, laung, tej patta, salt, garam masala, haldi, red chilli powder</td><td colspan="5">As per taste</td></tr><tr><td>Mix veg - Gobhi, matar, gajar, tomato, potato etc.</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td><td>2 cup</td><td>2½ cup</td></tr></table> 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.	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g	Water	200 ml	400 ml	600 ml	650 ml	750 ml	Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp	Jeera, laung, tej patta, salt, garam masala, haldi, red chilli powder	As per taste					Mix veg - Gobhi, matar, gajar, tomato, potato etc.	½ cup	1 cup	1½ cup	2 cup	2½ cup																																																												
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rd7	Pepper Rice 0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	<table><tr><td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr><tr><td>Soaked Rice (2 hours)</td><td>100 g</td><td>200 g</td><td>300 g</td><td>400 g</td><td>500 g</td></tr><tr><td>Water</td><td>200 ml</td><td>400 ml</td><td>600 ml</td><td>650 ml</td><td>750 ml</td></tr><tr><td>Dry coconut</td><td>2 tbsp</td><td>3 tbsp</td><td>4 tbsp</td><td>4½ tbsp</td><td>5 tbsp</td></tr><tr><td>Green chilli (Chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td><td>6 nos.</td></tr><tr><td>Garlic (Chopped)</td><td>2 cloves</td><td>3 cloves</td><td>4 cloves</td><td>5 cloves</td><td>6 cloves</td></tr><tr><td>Ghee</td><td>1 tbsp</td><td>2 tbsp</td><td>2½ tbsp</td><td>3 tbsp</td><td>3½ tbsp</td></tr><tr><td>Salt</td><td colspan="5">As per taste</td></tr><tr><td>Black pepper powder</td><td colspan="5">As per taste</td></tr><tr><td>Seasoning</td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>Mustard seeds</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr><tr><td>Black gram dal</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr><tr><td>Bengal gram dal</td><td>½ tsp</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td><td>2½ tsp</td></tr><tr><td>Curry leaves</td><td colspan="5">A few leaves</td></tr><tr><td>Dry Red Chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td><td>5 nos.</td></tr><tr><td>Oil</td><td>1 tbsp</td><td>2 tbsp</td><td>3 tbsp</td><td>3½ tbsp</td><td>4 tbsp</td></tr></table> Method : 1. In a MWS bowl add oil, dry red chilli, green chilli, chopped garlic, mustard seeds, black gram dal, Bengal gram dal, curry leaves. Select category & weight and press start. 2. When beeps, add soaked rice, water, ghee, salt, black pepper powder. Mix well & press start. Stand for 5 minutes. Add grated coconut & serve hot.	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg	Soaked Rice (2 hours)	100 g	200 g	300 g	400 g	500 g	Water	200 ml	400 ml	600 ml	650 ml	750 ml	Dry coconut	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp	Green chilli (Chopped)	2 nos.	3 nos.	4 nos.	5 nos.	6 nos.	Garlic (Chopped)	2 cloves	3 cloves	4 cloves	5 cloves	6 cloves	Ghee	1 tbsp	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp	Salt	As per taste					Black pepper powder	As per taste					Seasoning						Mustard seeds	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp	Black gram dal	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp	Bengal gram dal	½ tsp	1 tsp	1½ tsp	2 tsp	2½ tsp	Curry leaves	A few leaves					Dry Red Chilli	1 no.	2 nos.	3 nos.	4 nos.	5 nos.	Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp
For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg																																																																																														
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Oil	1 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp																																																																																														

RICE DELIGHT

Category		Weight Limit	Utensil	Instructions					
rd8	Zafrani Pulao	01 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati rice	100 g	200 g	300 g	400 g	500 g
				Melted ghee	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
				Nutmeg powder, cardamom powder	As per taste				
				Sugar	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Saffron (Kesar)	A pinch				
				Warm milk	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
				Water	150 ml	300 ml	350 ml	650 ml	750 ml
				Kishmish, Kaju	As per required				
				Method : 1. In a MWS bowl add ghee & rice. Mix well. select category & weight and press start. 2. When beeps, mix well add nutmeg powder, cardamom powder, kishmish, kaju, sugar, saffron mixed with warm milk, water. Press start. Stand for 5 minutes. Garnish with kishmish & kaju and serve.					
rd9	Bengali Biryani	0.1 ~ 0.5 Kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati Rice (Cooked)	100 g	200 g	300 g	400 g	500 g
				Fish (Hilsa)	250 g	350 g	450 g	550 g	650 g
				Desi Ghee	1 tbsp	2 tbsp	2 tbsp	3 tbsp	3 tbsp
				Onion (sliced)	1 no.	2 nos.	2 nos.	3 nos.	3 nos.
				Ginger-garlic paste	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
				Red chilli powder, salt, turmeric powder, cumin powder, garam masala	As per taste				
				Black pepper corns, cloves, cinnamon, bayleaf, cardamom (green)	As per requirement				
				Hung curd	2 tbsp	2½ tbsp	3 tbsp	3½ tbsp	4 tbsp
				Oil	1 tsp	1½ tsp	2 tsp	2½ tsp	3 tsp
Water	200 ml	400 ml	600 ml	650 ml	750 ml				
Method : 1. In a bowl take hung curd, ginger-garlic paste, oil, all the spices, mix well & make a paste for marinade. Apply this marinade on fish pieces evenly keep the marinated fish in refrigerator for atleast 1-1½ hours. 2. In a MWS bowl take soaked rice, water, select category & weight & press start. 3. When beeps remove rice from microwave. In another MWS bowl take sliced onions, desi ghee, black pepper corns, cloves, cinnamon stick, bay leaf, cardamom, mix well. Press start. 4. When beeps add the cooked onions to rice, add marinated fish pieces, salt. Mix well, cover & press start. Allow to stand for 5-10 minutes. 5. Serve hot with curd or gravy of your choice.									
rd10	Khumb Pulao	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati Rice (Soaked)	100 g	200 g	300 g	400 g	500 g
				Sliced mushrooms	50 g	100 g	150 g	200 g	250 g
				Water	100 ml	200 ml	300 ml	325 ml	375 ml
				Milk	100 ml	200 ml	300 ml	325 ml	375 ml
				Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Chopped spring onions	2 nos.	3 nos.	4 nos.	5 nos.	6 nos.
				Chopped garlic	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp
				Salt, pepper	As per taste				
				Method : 1. In a MWS bowl add oil, chopped garlic & spring onions. Select category & weight and press start. 2. When beeps, mix well & add mushrooms. Press start. 3. When beeps, mix well & add rice, milk, water, salt & pepper. Press start. Stand for 3 minutes.					

RICE DELIGHT

Category	Weight Limit	Utensil	Instructions				
rd11	Tiranga Pulao	0.2 ~ 0.4Kg	Microwave safe (MWS) bowl & Microwave safe (MWS) glass bowl	For	0.2 Kg	0.3 Kg	0.4 Kg
				Rice (soaked for 1 hour)	200 g	300 g	400 g
				Water	350 ml	500 ml	650 ml
				Salt	As per taste		
				For Red Mixture			
				Beet root (grated)	½ cup	1 cup	1 cup
				Onion (sliced)	½ nos.	1 no.	1 no.
				Oil / ghee	½ tbsp	1 tbsp	1 tbsp
				Salt	As per taste		
				Laung, dalcini, chhoti elaichi	As requite		
				For White Mixture			
				Cashewnuts (broken into pieces)	1 tbsp	2 tbsp	3 tbsp
				Oil / ghee	½ tbsp	1 tbsp	1½ tbsp
				For Green Mixture			
				Mint leaves	½ cup	1cup	1 cup
				Coriander leaves	½ cup	1cup	1 cup
				Onion	1 no.	2 nos.	3 nos.
				Green chilli	1 no.	2 nos.	3 nos.
				Garlic paste	½ tsp	1 tsp	1 tsp
				Salt	As per taste		
				Method :			
				1. In a spice grinder take mint leaves, coriander leaves, onion (cut into pieces), green chilli & salt. Grind them & make green chutney. Keep aside for late use.			
				2. In a MWS bowl take soaked rice & water. Add ¼ salt. Select category & weight and press start.			
				3. When beeps, remove the MWS bowl & drain excess water from the rice. Divide the cooked rice into 3 equal parts. Cover them.			
				4. In another MWS bowl add oil/ghee, grated beet root, sliced onion, laung, elaichi & salt. Mix well. Press start.			
				5. When beeps, remove the MWS bowl and in a MWS glass bowl add oil/ghee & cashewnuts. Press start.			
				6. Mix one portion of rice to the red mixture with a fork. Do not break the rice. Mix second portion with green chutney & third portion of rice with chashewnuts.			
7. Take square / rectangular dish & arrange the red coloured layer first, white layer in the centre & green layer in the end. Serve them hot.							
rd12	Egg Biryani	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Boiled eggs	2 nos.	3 nos.	4 nos.
				Rice (soaked for 1 hour)	100 g	200 g	300 g
				Water	200 ml	350 ml	500 ml
				Onions (Big sized sliced)	1 no.	2 nos.	2 nos.
				Coriander leaves (chopped)	1 tbsp	2 tbsp	3 tbsp
				Ginger-garlic paste	½ tsp	1 tsp	1 tsp
				Salt, red chilli powder, garam masala, dhania powder, turmeric powder	As per taste		
				Biryani masala	½ tsp	1 tsp	1 tsp
				Slit green chillies	1 no.	2 nos.	2 nos.
				Method :			
				1. In a MWS bowl take soaked rice, water. Select category & weight and press start.			
				2. When beeps, take out the cooked rice & keep aside. In another MWS bowl take oil, chopped coriander leaves, sliced onions, biryani masala, ginger-garlic paste, slit green chillies & all the spices. Mix very well & press start.			
				3. When beeps, add boiled eggs (cut into 2) & boiled rice to the sliced onions. Mix well without breaking the eggs. Press start.			
				4. Serve egg biryani hot with plain curd or raita.			

RICE DELIGHT

Category		Weight Limit	Utensil	Instructions			
rd13	Achari Chana Pulao	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Soaked rice	100 g	200 g	300 g
				Soaked & boiled kabuli chana	½ cup	1 cup	1½ cup
				Sliced onions	½ cup	1 cup	1½ cup
				Water	200 ml	350 ml	500 ml
				Ginger-garlic paste	½ tsp	1 tsp	1½ tsp
				Desi ghee	1 tbsp	1½ tbsp	2 tbsp
				Laung, chhoti elaichi, badi elaichi, saunf, jeera	As per requirement		
				Salt, red chilli powder, garam masala, haldi	As per taste		
				Mango pickle paste	1 tbsp	1½ tbsp	2 tbsp
				Slit green chilli	1 no.	2 nos.	2 nos.
				Method : 1. In a MWS bowl take soaked rice & water. Select category & weight and press start.			
				2. When beeps, remove the rice & keep aside. In another MWS bowl take desi ghee, jeera, saunf, laung, chhoti elaichi, badi elaichi, ginger-garlic paste, sliced onions & slit green chillies. Mix very well & press start.			
				3. When beeps, add onion-mixture to the cooked rice, also add mango pickle paste & all the spices. Mix very well & press start.			
				4. Serve achari chana pulao hot with fresh curd.			
rd14	Methi Rice	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Methi leaves (chopped)	1 cup	1½ cup	2 cup
				Soaked rice	100 g	200 g	300 g
				Water	200 ml	350 ml	500 ml
				Onions (sliced)	1 no.	2 nos.	3 nos.
				Ginger-garlic paste	½ tsp	1 tsp	1½ tsp
				Salt, red chilli powder, garam masala	As per taste		
				Oil / ghee	1½ tbsp	2 tbsp	2½ tbsp
				Method : 1. In a MWS bowl take soaked rice & water. Select category & weight and press start.			
				2. When beeps, remove the rice & keep aside. In another MWS bowl take oil / ghee, chopped methi leaves, sliced onions, ginger-garlic paste. Mix well & press start.			
				3. When beeps, add methi leaves to cooked rice, add all the spices. Mix very well. Press start. Serve rice hot with curd or raita.			
rd15	Coconut Rice	0.1 ~ 0.3Kg	Microwave safe (MWS) bowl	For	0.1 Kg	0.2 Kg	0.3 Kg
				Rice (soaked for 1 hour)	100 g	200 g	1 cup
				Coconut (grated)	¼ cup	½ cup	0.3 Kg
				Coconut milk	100 ml	200 ml	300 ml
				Water	100 ml	150 ml	200 ml
				Oil	1 tbsp	2 tbsp	2 tbsp
				Chopped cashewnuts	1 tbsp	2 tbsp	3 tbsp
				Mustard seeds	½ tsp	1 tsp	1 tsp
				Curry leaves	10 nos.	15 nos.	20 nos.
				Chopped green chilli	2 nos.	3 nos.	3 nos.
				Salt & pepper	As per taste		
				Finely chopped ginger	1 tsp	1½ tsp	2 tsp
				Beaten curd	1 tbsp	2 tbsp	3 tbsp
				Method : 1. In a MWS bowl take soaked rice coconut milk & water. Select category & weight and press start.			
				2. When beeps, remove the rice & separate rice grains using a fork & keep aside. In another MWS bowl take oil, mustard seeds, chopped cashewnuts, curry leaves, chopped ginger, chopped green chilli. Mix well & press start.			
				3. When beeps, add cooked rice to the tadka. Add beaten curd, grated coconut, salt & pepper. Mix very well & press start. Serve coconut rice hot with sambhar.			

RICE DELIGHT

Category		Weight Limit	Utensil	Instructions					
rd16	Curd Rice	0.1 ~ 0.5 Kg	Microwave safe (MWS) glass bowl	For	0.1 Kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Basmati Rice (Soaked)	100 g	200 g	300 g	400 g	500 g
				Water	200 ml	400 ml	600 ml	650 ml	750 ml
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Mustard seeds	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
				Urad dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
				Chana dal	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
				Curry leaves	A few leaves				
				Green chillies (chopped)	2 nos.	2 nos.	3 nos.	3 nos.	3 nos.
				Grated ginger	½ tsp	½ tsp	1 tsp	1 tsp	1½ tsp
				Curd	½ cup	½ cup	1cup	1 cup	1½ cup
				Milk	¼ cup	¼ cup	½ cup	½ cup	1 cup
				Coriander leaves (chopped)	A few sprigs				
				Method :					
				1. In a MWS glass bowl add oil, mustard seeds, urad dal, chana dal. Select category & weight and press start.					
				2. When beeps, mix well & add curry leaves, green chillies, grated ginger. Mix well & press start.					
				3. When beeps, remove the bowl.					
				4. Now in another MWS glass bowl, add rice & water. Press start. Stand for 5 minutes.					
				5. Add cooked rice, curd, milk, chopped coriander leaves to the first MWS glass bowl. Mix well & serve.					

Category		Weight Limit	Utensil	Instructions	
CC1	Apple Tomato Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	Apple pieces	150 g
				Tomato pieces	150 g
				Green chillies, Salt, Sugar	As per your taste
				Oil	2 tbsp
				For Tempering : Rai, Jeera, Hing etc.	
				Method : 1. In a MWS glass bowl put apple, tomato, green chillies, salt and sugar and keep it in Microwave. Select category and press start to cook. 2. When beeps, remove, allow to cool and grind it in a mixer. In another MWS glass bowl add oil and tempering and press start. 3. When beeps, add ground mixture and press start. Garnish with chopped coriander.	
CC2	Lemon Pickle	0.3 kg	Microwave Safe (MWS) Glass Bowl	Lemon pieces	150 g
				Sugar	150 g
				Chilli powder, Salt	As per your taste
				For Tempering : Rai, Jeera, Hing etc.	
				Method : 1. Cut lemon and remove seeds. In MWS glass bowl add lemon pieces, sugar, salt and chilli powder. Select category and press start. Store it in a bottle after it cools.	
CC3	Mix Veg. Pickle	0.3 kg	Microwave Safe (MWS) Glass Bowl	For	0.3 kg
				Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas)	300 g
				Lemon juice	2 tbsp
				Salt, Chilli powder, Sugar, Pickle Masala	As per your taste
				Oil	2 tbsp
				For tempering : Rai, Jeera, Hing etc.	As required
				Method : 1. In a MWS glass bowl put vegetables cut in long strips. Cover and keep it in Microwave. Select category and press start to cook. 2. When it gives a beep, remove. 3. In another MWS glass bowl add oil and tempering and press start. When it gives a beep add masala, sugar, salt & lemon juice. Add vegetables to this when it cools. Mix well and store it in a fridge.	
CC4	Pizza Sauce	0.3 kg	Microwave Safe (MWS) Glass Bowl	Tomato	200 g
				Onion	1 No.
				Salt, Sugar, Ajwain, Oregano, Basil leaves	As per your taste
				Garlic pods	7-8 nos.
				Oil	2 tbsp
				Method : 1. In a MWS glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select category & press start to cook. 2. When beeps, remove, allow to cool and grind it in a mixer. Now add salt, sugar, ajwain, basil leaves. Keep it in Microwave and press start. 3. When cooking ends, the sauce is ready.	
CC5	Tomato Sauce	0.5 kg	Microwave Safe (MWS) Glass Bowl	Tomato	500 g
				Onion	1 No.
				Chilli powder, Salt, Sugar	As per your taste
				Chopped ginger and garlic	2 tbsp
				Garam masala	1 tsp
				Method : 1. In a MWS glass bowl put tomato pieces, cover and keep it in a Microwave. Select category & press start to cook. 2. When beeps, remove, allow to cool and grind it in a mixer. Strain it. Add salt, sugar, garam masala. Mix well. Press start.	

CHATPAT CORNER

Category		Weight Limit	Utensil	Instructions	
CC6	Masala Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	Chana Daal, Urad Daal	100 g each
				Grated dry coconut	100 g
				Sesame, Salt, Sugar, Turmeric, Dhaniya powder, Jeera powder, Curry leaves, Methi seeds	As per your taste
				Oil	1 tsp
				Method : 1. In a MWS bowl put daals and keep it in Microwave. Select category & press start to cook. 2. When beeps, remove. Add the rest of the ingredients and keep it in microwave and press start. 3. Remove, cool it and grind it in a mixer adding required amount of water. This chutney can be served with Idly, Parantha or Rice.	
CC7	Lehsun ki Chutney	0.2 kg	Microwave safe (MWS) bowl	Chopped tomatoes	2 nos.
				Chopped garlic	20 g
				Chopped green chillies	2 nos.
				Chopped onion	½ cup
				Oil	2 tsp
				Jeera	1 tsp
				Haldi, red chilli powder, salt	As per taste
				Water	¼ cup
				Method : 1. In a MWS bowl mix all the ingredients. Select category & press start. 2. Remove when cooking ends. Allow to cool. Grind it & serve as an accompaniment.	
CC8	Manchurian Sauce	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg
				Water	1½ cups (300 ml)
				Vinegar sauce	1 tbsp
				Soya sauce	1 tsp
				Tomato sauce	½ cup
				Ajinomoto	A pinch
				Cornflour	2 tbsp + ½ cup water
				Method : 1. In a MWS bowl add all the ingredients. Select category & press start.	
CC9	Aam Ki Chutney	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg
				Aam (peeled & chopped)	300 g
				Kishmish (seedless & chopped)	25 g
				Chopped ginger & garlic	2 tsp
				Tamarind pulp	1 tbsp
				Salt & sugar	As per taste
				Method : 1. In a MWS bowl mix all the ingredients. Cover. Select category & press start.	
CC10	Coconut Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	For	0.3 kg
				Fresh grated coconut	300 g
				Chopped green chillies	2 nos.
				Chopped ginger	½ tbsp
				Roasted split gram dal (optional)	1 tbsp
				Salt	As per taste
				For tempering	
				Oil	1 tbsp
				Mustard seeds	½ tsp
				Broken dry red chillies	1 no.
				Curry leaves	A few
				Method : 1. Grind grated coconut, chopped green chillies, ginger, roasted split gram dal, salt together in a blender. 2. In a MWS glass bowl add oil, mustard seeds, broken dry red chillies, curry leaves. Select category & press start. 3. Pour the tempering over the chutney & serve.	

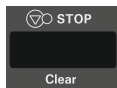
CHATPAT CORNER

Category		Weight Limit	Utensil	Instructions	
CC11	Til Ki Chutney	0.2 kg	Microwave Safe (MWS) Glass Bowl	For	0.2 kg
				Roasted til	½ cup
				Tamarind paste	2 tbsp
				Green chilli	4-5 nos.
				Coriander leaves	2 tbsp
				Mint leaves	1 tbsp
				Water	½ cup
				Garlic pods	2-3 nos.
				Salt	As per taste
				For Tempering	
				Oil	1 tbsp
				Cumin seeds	1 tsp
				Curry leaves	6-7 nos.
				Red chilli (dry)	2 nos.
				Method : 1. Grind together roasted til, tamarind paste, green chilli, coriander leaves, mint leaves, garlic pods, salt & water in spice grinder. Make a rough paste. 2. In a MWS glass bowl take oil, cumin seeds, curry leaves & dried red chilli. Mix well. Select category & press start. 3. When beeps, add the grounded paste to the tempering & mix well.	

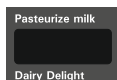
PASTEURIZE MILK/DAIRY DELIGHT

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

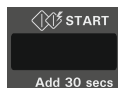
1. Press **STOP/CLEAR**.



2. Press **PASTEURIZE MILK/DAIRY DELIGHT**, the display will show "PS1".



3. Turn Dial until display shows "2.0 L"
4. *Press **START/Add 30secs** for weight confirmation.



5. *Turn **Dial** until display show "25 C".
6. Press **START/Add 30secs**
(Do not increase/decrease cook
time during **PASTEURIZE MILK**)



7. If you want to select **DAIRY DELIGHT**, Press the button twice, the display will show "dd1"
8. Turn the dial to select dd1 to dd3.
9. Press **START/Add 30secs** for category confirmation.
10. Turn dial to select weight.
11. Press **START/Add 30secs**

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



NOTE

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

*Note: If the recipe has single weight e.g
"dd3", do not follow step 9, 10, directly go to step 11.

PASTEURIZE MILK

Category		Weight Limit	Utensil	Instructions			
PS1	Pasteurize Milk	1-2 L	Milk Pasteurization Kit	Milk (Cow, buffalo, Packet etc)	1.0 L	1.5 L	2.0L
				Method : 1. Pour milk to the scale shown in the Milk Pasteurization kit. (Fig.1) 2. Cover with lid & close as per the directions on the kit. (Fig.2) 3. Place the kit in microwave oven. 4. Select the category, weight & temperature. (refrigerated - select 4°C, room temp – select 25°C) 5. Press start. When pasteurization is over, use the milk for drinking, making tea or coffee etc. For opening the lid refer (Fig.3) Tips : 1. Milk Pasteurization kit is only for milk. Do not use for other purpose. 2. Use fresh loose or packet milk. Do not repeat pasteurization. 3. For storage, let the milk stand to cool down after pasteurization, and then keep it in a refrigerator with covered. Do not move to another container. 4. The pasteurized milk can be consumed up to 2-3 days.			

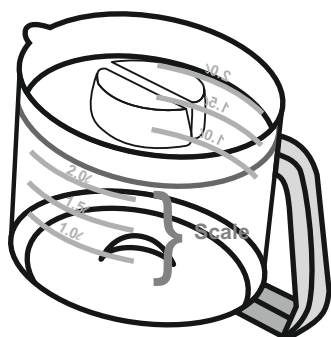


Fig.1

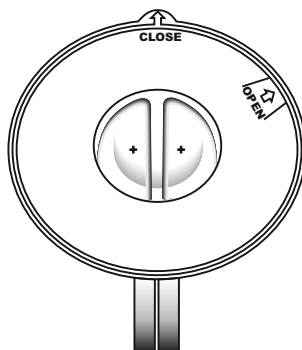


Fig.2

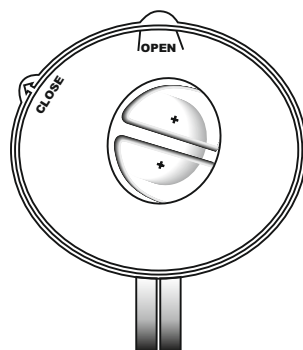


Fig.3

DAIRY DELIGHT

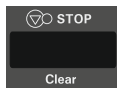
Category		Weight Limit	Utensil	Instructions				
dd1	Tea	1-4 cups	Microwave safe glass bowl	For	1cup	2cups	3cups	4cups
				Water	120ml	240ml	360ml	480ml
				Tea leaves	1tsp	2tsp	3tsp	4tsp
				Milk	120ml	150ml	225ml	300ml
				Sugar	As per taste			
				Ginger/cardamon (crushed)	As per taste(optional)			
				Method : 1. In a MWS glass bowl add water, tea leaves & crushed ginger/cardamom (optional). Select category & weight. Press start.				
				2. When beeps, add milk & sugar. Press start.				
				Serve hot.				
				1 cup tea = 150ml approx				
dd2	Coffee	1-4 cups	Microwave safe glass bowl	For	1cup	2cups	3cups	4cups
				Water	60ml	120ml	180ml	240ml
				Coffee	½ tsp (Each cup)			
				Milk	120ml	150ml	225ml	300ml
				Sugar	As per taste			
				Ginger/cardamon (crushed)	As per taste(optional)			
				Method : 1. In a MWS glass bowl add water. Select category & weight & press start.				
				2. Meanwhile in each cup add 1/2tsp coffee (with few water drops) & sugar. Beat well.				
				3. When beeps, add milk to boiling water. Press start.				
				4. Add milk to each cup & serve hot.				
1 cup coffee = 150ml approx								
dd3	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 refrigerator 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.				

@Do not put anything in the oven during Preheat mode
Refer Pg.78 Fig.3

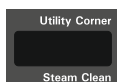
UTILITY CORNER/STEAM CLEAN

In the following example, show you how to cook
0.3Kg of Defrost veg.

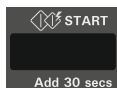
1. Press **STOP/CLEAR**.



2. Press **UTILITY CORNER/STEAM CLEAN**



3. Turn **Dial** until display show "UC2".
4. *Press **START/Add 30secs** for category confirmation.



5. *Turn **Dial** until display show "0.3Kg".
6. Press **START/Add 30secs**
When cooking you can increase or decrease cooking time by turning **Dial**.



7. If you want to select **STEAM CLEAN**, Press the button twice, the display will show "SL1"
8. **START/Add 30secs**

! NOTE

- Utility Corner/Steam Clean menus are programmed.
- Utility Corner/Steam Clean cook allows you to cook most of your favourite food by selecting the food type and the weight of the food.

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

UTILITY CORNER

Category		Weight Limit	Utensil	Instructions
UC1	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. 2. When beeps, mix well & press start. When beeps, mix well & press start.
UC2	Defrost Veg	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	Veg - (Paneer, Green Peas, Corn etc.) Method : 1. Take in Microwave Safe Bowl, select category & weight and press start. 2. When beeps, turn the food. Press start.
UC3	Defrost Non Veg	0.5 ~ 1.0 kg	Microwave safe (MWS) bowl	Non-Veg - (Chicken, Mutton etc.) Method : 1. Take in Microwave Safe Bowl, select category & weight and press start. 2. When beeps, turn the food. Press start.
UC4	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.
UC5	Light Disinfect		Microwave safe (MWS) glass utensil & Empty cavity	Namkin, Biscuits, Bhujia, Papad and Wafers etc. 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.

FERMENTATION

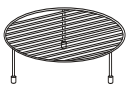
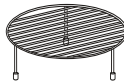
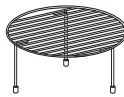
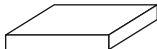
Category		Weight Limit	Utensil	Instructions	
FE1	Pizza base@	0.2 kg	Low rack* & Multicook tawa	For	0.2 kg
				Maida	200 g
				Yeast	1 tbsp
				Salt	1/2 tsp
				Sugar	1 tsp
				Water	As required
				Method : 1. In a bowl add maida, yeast, salt and sugar. Mix well, add water and make a soft dough. Roll out the dough to 6" to 7" & keep on dusted tawa. Prick with a fork. Keep for half to 1 hour in a dark place. 2. Select category & press start. 3. When beeps, keep the tawa on low rack. Press start.	
FE2	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. When beeps, remove and strain and press in a muslin cloth.	
FE3	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.	

STEAM CLEAN

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

*Refer Pg.78 Fig.1

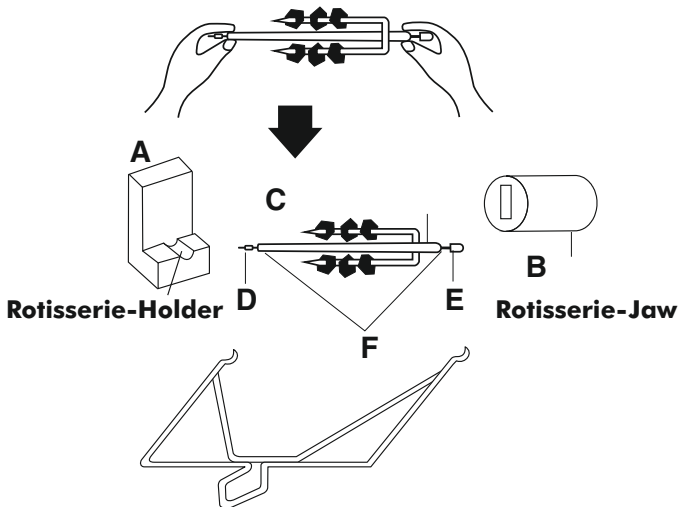
USAGE OF ACCESSORIES/UTENSILS

- 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 combination mode with rotisserie bar (without food). Do not use rotisserie bar in micro mode.

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





MODEL: MC3283FMPG
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