

RECIPE MANUAL

MICROWAVE OVEN

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

MC3283FMPG

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Various Cook Functions

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

Cook Functions	Indian Bread Basket	Diet Fry/ Kids' Delight	Nutri Care	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 Nutri Care	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 menu (br1-br11)	Turn dial to select the menu (dF1-dF12), (CF1-CF15), (bA1-bA13), (bb1-bb8)	Turn dial to select the menu (SA1-SA13), (HP1-HP13), (So1-So16), (Co1-Co13), (SF1-SF7)	Turn dial to select the menu (IC1-IC24), (SC1-SC16), (rd1-rd16), (CC1-CC11)	Turn dial to select the menu (PS1), (dd1-dd3)	Turn dial to select the menu (UC1-UC5), (FE1-FE3), (SL1)
STEP-4	Press START / Add 30 secs	Press START / Add 30 secs	Press START / Add 30 secs	Press START / Add 30 secs	Press START / Add 30 secs	Press START / Add 30 secs
STEP-5	*Turn dial to select the weight	*Turn dial to select the weight	*Turn dial to select the weight	*Turn dial to select the weight	*Turn dial to select the weight	*Turn dial to select the weight
STEP-6	*Press START / Add 30 secs	*Press START / Add 30 secs	*Press START / Add 30 secs	*Press START / Add 30 secs	*Press START / Add 30 sec	*Press START / Add 30 secs

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

201 Recipes List

Indian Bread Basket (Pg. 8 - 13)	
Code No.	Recipe Name
br1	Naan
br2	Lachha Parantha
br3	Appam
br4	Masala Roti
br5	Missi Roti
br6	Stuffed Naan
br7	Khasta Parantha
br8	Pudina Parantha
br9	Rajma Parantha
br10	Paneer Parantha
br11	Kulche
Diet Fry/Kids' Delight (Pg. 14 - 31)	
Diet Fry	
Code No.	Recipe Name
dF1	Chicken Nuggets
dF2	Aloo Chips
dF3	Bread Pakora
dF4	Paneer Pakora
dF5	Gujiya
dF6	Samosa
dF7	Masala Vada
dF8	Chicken 65
dF9	Stuffed Aloo Patties
dF10	Mushroom Rolls
dF11	Sabudana Vada
dF12	Fish Amritsari
Child's Favourite	
CF1	Corn Chaat
CF2	Vermicelli Khichdi
CF3	Omelette
CF4	Pizza
CF5	Garlic Bread

Code No.	Recipe Name
CF6	Bread Pudding
CF7	Cheesy Nachos
CF8	Chocolate Balls
CF9	Strawberry Custard
CF10	Veg Burger
CF11	Choco Bars
CF12	Apple Pie
CF13	Mushroom and Pepper Pizza
CF14	Cheese Bread Delight
CF15	Noodle Rosti
Bakery	
ba1	Chocolate Cake
ba2	Lamington Cake
ba3	Doughnuts
ba4	Nan Khatai
ba5	Whole Wheat Cookies
ba6	Chena Poda
ba7	Vanilla Cake
ba8	Buns
ba9	Apple Cup Cakes
ba10	Eggless Chocolate Cake
ba11	Swiss Roll
ba12	Patties
ba13	Jeera Biscuits
Baby Food	
bb1	Apple Custard
bb2	Fruits Dessert
bb3	Home Made Cereal
bb4	Khichdi
bb5	Raggi Kheer
bb6	Vegetable Mix
bb7	Daliya Khichdi
bb8	Suji Kheer

201 Recipes List

Nutri Care (Pg. 32 - 53)	
Salads	
Code No.	Recipe Name
SA1	Beetroot Salad
SA2	Cous Cous Salad
SA3	Pasta Salad
SA4	Rice Salad
SA5	Chicken in Tomato Towers
SA6	Tiranga Salad
SA7	Hari Seekh Salad
SA8	Crunchy Chicken Salad
SA9	Babycorn and Bean Salad
SA10	Carrot and Peas Salad
SA11	Papaya Lachcha Salad
SA12	Whole Wheat and Mint Salad
SA13	Bread Salad
Health Plus	
HP1	Lemon Chicken
HP2	Kala Chana
HP3	Karela Sabzi
HP4	Machi Kali Mirch
HP5	Nutrinuggets
HP6	Soyabean Curry
HP7	Curd Brinjal
HP8	Fish Bharta
HP9	Soya Idli
HP10	Bathua Raita
HP11	Spinach Dal
HP12	Helathy Khichdi
HP13	Leaf Rolls
Soup	
So1	Chicken Shorba
So2	Tamatar Shorba
So3	Sweet Corn Soup
So4	Mushroom Soup
So5	Rasam

Code No.	Recipe Name
So6	Hot and Sour Soup
So7	Tomato Soup
So8	Mulligatawny Soup
So9	Tom Yum Kung
So10	Sichuan Soup
So11	Palak Makai Shorba
So12	Rajma Soup
So13	Shahi Shorba
So14	Bombay Curry Soup
So15	Badam Soup
So16	Limbu Dhania Shorba
Continental	
Co1	Pasta
Co2	Veg Au Gratin
Co3	Bake Mushrooms
Co4	Potato Dumpling
Co5	Lasaneya
Co6	Macaroni
Co7	Chilli Veg
Co8	Thai Chicken
Co9	Sweet and Sour Veg
Co10	Mediterranean Crostini
Co11	Risotto Rice
Co12	Spaghetti with Tomato Sauce
Co13	Cottage Cheese Tortellini
Sea Food	
SF1	Fish Cutlet
SF2	Fish Masala
SF2	Fish Pulusu
SF4	Coconut Prawns
SF5	Crab Curry
SF6	Shrimps in Garlic Butter
SF7	Mase Kalavan

201 Recipes List

Indian Rasoi (Pg. 54 - 75)	
Indian Cuisine	
Code No.	Recipe Name
IC1	Mix Veg
IC2	Kadhai Paneer
IC3	Dal Tadka
IC4	Sambhar
IC5	Dum Aloo
IC6	Kadhi
IC7	Baati
IC8	Dalma
IC9	Pithla
IC10	Panchmel Ki Sabzi
IC11	Gujarati Tuvar Dal
IC12	Butter Chicken
IC13	Beans Porial
IC14	Goan Potato Curry
IC15	Veg Handva
IC16	Kashmiri Kaju Paneer
IC17	Kadhai Chicken
IC18	Baigan Ka Bharta
IC19	Kofta Curry
IC20	Aloo Gobhi
IC21	Matar Paneer
IC22	Gatte Ki Sabzi
IC23	Egg Curry
IC24	Jhinga Matar Curry
Sweet Corner	
SC1	Suji Halwa
SC2	Besan Ladoo
SC3	Kheer
SC4	Payasam
SC5	Mysore Pak
SC6	Nariyal Burfi
SC7	Sandesh
SC8	Sevian Zarda
SC9	Burfi

Code No.	Recipe Name
SC10	Kalakand
SC11	Shahi Rabdi
SC12	Shahi Tukda
SC13	Kaddu Kheer
SC14	Rava Ladoo
SC15	Kaju Burfi
SC16	Badam Halwa
Rice Delight	
rd1	Chicken Biryani
rd2	Gosht Dum Biryani
rd3	Malabar Biryani
rd4	Pineapple Fried Rice
rd5	Veg Pulao
rd6	Veg Tahiri
rd7	Pepper Rice
rd8	Zafrani Pulao
rd9	Bengali Biryani
rd10	Khumb Pulao
rd11	Tiranga Pulao
rd12	Egg Biryani
rd13	Achari Chana Pulao
rd14	Methi Rice
rd15	Coconut Rice
rd16	Curd Rice
Chatpat Corner	
CC1	Apple Tomato Chutney
CC2	Lemon Pickle
CC3	Mix Veg Pickle
CC4	Pizza Sauce
CC5	Tomato Sauce
CC6	Masala Chutney
CC7	Lehsun Ki Chutney
CC8	Manchurian Sauce
CC9	Aam Ki Chutney
CC10	Coconut Chutney
CC11	Til Ki Chutney

Pasteurize Milk/Dairy Delight (Pg. 76 - 78)	
Code No.	Recipe Name
PS1	Pasteurize Milk
Dairy Delight	
dd1	Tea
dd2	Coffee
dd3	Flavoured Yoghurt
Utility Corner/ Steam Clean (Pg. 79 - 81)	
Utility Corner	
Code No.	Recipe Name
UC1	Keep Warm
UC2	Defrost Veg
UC3	Defrost Non-Veg
UC4	De-humidification
UC5	Light Disinfect
Fermentation	
FE1	Pizza Base
FE2	Masala Paneer
FE3	Yeast Dough
Steam Clean	
SL1	Steam Clean

Indian Bread Basket

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

1. Press STOP/CLEAR



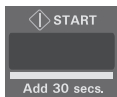
2. Press Indian Bread Basket.



3. Turn dial until display show "br2".



4. Press START/Add 30 secs



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

Menu		Weight Limit	Utensil	Instructions	
br1	Naan	2 Pc	Multicook Tawa & High 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
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 high rack & keep inside the microwave. select menu & press start.(Preheat process)					
3. Divide the dough into 10 equal portions/balls. (approx. of 40 g 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 & High 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 high rack, keep inside the microwave. Select menu & press start.(Preheat process)					
3. Divide the dough into 11-12 equal portion (approx of 45-46 g). 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 menu & press start.(Preheat process)					
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. 82 Fig 2

Indian Bread Basket

Menu		Weight Limit	Utensil	Instructions	
br4	Masala Roti	2 Pc	Multicook Tawa & High 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 : <ol style="list-style-type: none">1. In a bowl combine whole wheat flour, besan, chopped onion, chopped green chillies, coriander leaves & all the spices. Rub in ghee & curd. 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 high rack. Keep inside the microwave Select menu & press start.(Preheat process)3. Divide the dough into 7 equal portions (approx of 60 g 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 : <ol style="list-style-type: none">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 50 g) 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 menu & keep the tawa & low rack inside the microwave & press start.(Preheat process)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. 82 Fig. 2

** Refer Pg. 82 Fig. 1

Indian Bread Basket

Menu		Weight Limit	Utensil	Instructions	
br6	Stuffed Naan	2 Pc	Multicook Tawa & High 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 : <ol style="list-style-type: none"> 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 high rack. Keep inside the microwave. Select menu & press start.(Preheat process) 4. Divide the dough into 10-11 equal portions (approx 40 g 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 Parantha	2 Pc	Multicook Tawa & High Rack*	For dough	
				Whole wheat flour	1½ cup
				Melted butter	1/3 cup
				Salt	As per taste
				Buttermilk	½ cup
Method : <ol style="list-style-type: none"> 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 (45 g). 5. On a lightly floured surface, roll out each portion into 5" diameter rounds. 6. Keep the tawa on high rack & select menu & keep the tawa inside the microwave & press start.(Preheat process) 7. When beeps, put 2 paranthas on tawa & press start. 8. When beeps, smear with ½ tsp oil & turn over & press start. Wrap in foil & store. 					

*Refer Pg.82 Fig.2

Indian Bread Basket

Menu		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 : <ol style="list-style-type: none"> 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 menu & press start.(Preheat process) 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 ½ 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 : <ol style="list-style-type: none"> 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 menu & press start.(Preheat process) 3. Divide the dough into 6-7 equal sized portions (approx of 45 g). 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. 82 Fig. 2

Indian Bread Basket

Menu		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 menu and press start. (Preheat process)	
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 g 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 menu & press start. (Preheat process)	
				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.	

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

**Refer Pg.82 Fig.2

Refer Pg.82 Fig.1

Diet Fry/Kids' Delight

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

1. Press STOP/CLEAR



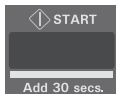
2. Press Diet Fry/Kids' Delight.



3. Turn dial until display show "dF1".



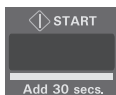
4. *Press START/Add 30 secs for menu confirmation.



5. *Turn dial until display show "0.3 kg".



6. Press START/Add 30 secs



When cooking you can increase or decrease
cooking time by turning dial.



For Kids'/Delight

7. If you want to select Kids' Delight, Press the button twice, the display will show "CF1"
8. Turn the dial to select CF1 to 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.

Menu		Weight Limit	Utensil	Instructions			
dF1	Chicken Nuggets	0.1-0.3 kg	Microwave safe (MWS) glass bowl & Multicook tawa* & High Rack	For	0.1 kg	0.2 kg	0.3 kg
				Boneless Chicken	100 g	150 g	200 g
				Bread slice	1 no.	2 nos.	2 nos.
				Pepper corns	4-5	5-6	6-7
				Cloves	2-3	3-4	4-5
				Garlic paste	½ tsp	1 tsp	1½ tsp
				Olive oil	1 tsp	1½ tsp	2 tsp
				Salt	As per taste		
				Chopped garlic	2 cloves	3 cloves	4 cloves
				Method :			
				1. In a MWS glass bowl put boneless chicken, pepper corns, cloves, olive oil, chopped garlic. Mix well & cover. Select menu & 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 over the nuggets.			
				6. Press start.			
				7. Serve them hot with tomato ketchup & shredded salad.			
				Note: If the mixture of nuggets is too dry, then sprinkle few drops of water to it.			
dF2	Aloo Chips	0.2 kg	Microwave glass tray	For	0.2 kg		
				Potato (very thinly sliced)	200 g		
				Oil	A few drops		
				Salt, Chaat masala (optional)	As per taste		
				Method :			
				1. In a bowl mix very thinly sliced potatoes, salt, chaat masala.			
2. Put few drop of oil on the glass tray of the microwave oven & smear it properly throughout.							
3. Spread the potato slices throughout the glass tray. select menu & press start. Allow the glass tray to cool down. Remove the chips & serve.							
dF3	Bread Pakora	4 Pc	Multicook tawa* & High Rack	For batter			
				Besan	1 cup (130 g)		
				Water	200 mL		
				Salt, Haldi, Garam masala, Red chilli powder,	As per taste		
				For filling			
				Boiled potatoes	2 nos. (medium)		
				Chopped green chillies	2 nos.		
				Chopped coriander	1 tbsp		
				Chopped ginger	1 tsp		
				Salt, Garam masala, Red chilli powder	As per taste		
				Bread slices	4 nos.		
				Oil	2 tsp		
				Method :			
				1. In a bowl put boiled potatoes & mash them. Add chopped green chillies, coriander leaves, ginger, salt, garam masala & red chilli powder & mix well.			
				2. In another bowl put besan & all spices & gradually add water & make a smooth batter for bread pakoras without any lumps.			
3. Take bread slices, cut them half diagonally, spread the filling on one part of the bread slice & cover with the other. Prepare all other slices using same procedure. Grease the tawa with 2-3 drops oil.							
4. Keep the tawa on high rack. Select menu the press start. (Preheat process)							
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.							

*Refer Pg.82 Fig.2

Diet Fry

Menu		Weight Limit	Utensil	Instructions		
dF4	Paneer Pakora	0.4 kg	Multicook tawa* & High rack	For	0.4 kg	
				Paneer (Cut into 1.5" cubes)	400 g	
				For Batter		
				Besan	1 cup (130 g)	
				Water	200 mL	
				Salt, Red chilli powder, Haldi, Garam masala	As per taste	
				Oil	2 tsp	
				Method :		1. In a bowl, add besan, haldi, red chilli powder, garam masala, salt. Mix well. Gradually add water in small amounts to make the batter for pakoras without any lumps. Grease the tawa with 2-3 drops oil.
						2. Keep the tawa on high rack. keep inside microwave. Select menu & press start.(Preheat process)
						3. When beeps, place all paneer pieces evenly coated with the batter on the tawa. Keep tawa on high rack. Press start.
		4. When beeps, turn the pakoras & pour 2 tsp oil on all pakoras & again press start.				
		5. Serve hot with Chutney or Sauce.				
dF5	Gujiya	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 khoa	50 g	
				Dessicated coconut	50 g	
				Powdered sugar	50 g	
				Elaichi powder	1 tsp	
				Kishmish, Chopped, Almonds, Cashewnuts	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 *gujiya mould & fill the centre with stuffing (as required). Close the gujiya mould carefully & press firmly at edges to seal them properly. remove the excess part of the dough bulging out of the mould. Remove the gujiya from the mould. Prepare all the gujias in the similar way. Brush the gujias with 2 tsp oil.				
		4. Grease the tawa with ¼ tsp oil. Keep on low rack. keep in the microwave. Select menu & press start.(Preheat process)				
		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.82 Fig.2

Menu		Weight Limit	Utensil	Instructions	
dF6	Samosa	8 Pc	Multicook tawa & Low rack & High rack	For Dough	
				Wheat flour (Refined)	1 cup
				Melted ghee	½ tbsp
				Oil	for kneading
				Salt	½ tsp
				For stuffing	
				Boiled potatoes	2 cup
				Boiled peas	½ cup
				Ginger-green chilli paste	1 tsp
				Amchoor	1½ tsp
				Red chilli powder	1 tsp
				Finely chopped coriander leaves	2 tbsp
				Jeera	1 tsp
				Oil	2¼ tsp
				Method :	
				1. Preparation for stuffing - In a microwave safe 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 4 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 2 tsp oil.	
				4. Grease the tawa with ¼ tsp oil. Keep on low rack & keep the it inside the microwave. Select menu & press start.(Preheat process)	
				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.	
dF7	Masala Vada	5 Pc	Multicook tawa & Low rack & High rack	Soaked chana dal	1 cup
				Chopped onions, Chopped green chillies	½ cup
				Grated ginger	1 tsp
				Cumin seeds	1 tbsp
				Chopped garlic	1 tbsp
				Chopped coriander leaves	3 tbsp
				Salt	As per taste
				Red chillies	As per taste
				Oil	2 tsp
				Method :	
				1. Soak the chanas for 3-4 hours. Keep 1 tbsp of soaked chanas aside.	
				2. In a blender grind soaked chanas, green chillies, cumin seeds, ginger & salt into a coarse paste. (Don't make it into smooth paste).	
				3. Mix chopped onions, chopped garlic, chopped coriander leaves, soaked chana dal, red chilli powder with the coarse paste.	
				4. Grease the tawa with 1 tsp of oil. Keep the tawa on low rack. Keep both inside the microwave oven. Select menu & press start.(Preheat process)	
				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 & press vadas a bit with spatula. Keep on high rack. Press start. Serve with sambhar or coconut chutney.	

Diet Fry

Menu		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 colspan="4">For Marinade</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 tstp</td><td>1½ tsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">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 menu & 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 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 tstp	1½ tsp
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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 colspan="2">For Stuffing</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> <p>Method :</p> <ol style="list-style-type: none">1. Pre-preparation for stuffing : In a microwave safe 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 menu & 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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* Refer Pg. 82 Fig. 2

Menu		Weight Limit	Utensil	Instructions								
dF10	Mushroom Rolls	16 Pc	Multicook Tawa & High Rack*	For Stuffing								
				Mushroom (finely chopped)	1½ cup							
				Onions (chopped)	4 tbsp							
				Green chilli (chopped)	2 nos.							
				Butter (melted)	2 tbsp							
				Fresh cream	4 tbsp							
				Maida	1 tbsp							
				Boiled peas	½ cup							
				Lemon juice	1 tsp							
				Coriander leaves (chopped)	3 tbsp							
				Garlic paste	½ tsp							
				Salt, Pepper powder	As per taste							
				For Rolls								
				Bread slices (white)	8 nos.							
				Butter / oil	For basting							
				Oil (for greasing)	½ tsp							
				Method :								
				1. Pre-preparation for stuffing : In a microwave safe glass bowl take butter, chopped cumin, green chilli & mushrooms. Mix & microwave 100% for 6 minutes. Add boiled peas, chopped coriander, garlic paste, fresh cream, lemon, salt & black pepper powder. Mix very well & microwave 100% for 3 minutes. Cover & keep aside.								
				2. Trim the sides of the bread slices with a knife. Flatten the bread slices with a rolling pin. Fill one portion of stuffing in the centre of flatten bread slice & roll tightly, covering the mixture. Keep aside for 5-7 minutes.								
				3. Grease the tawa with ½ tsp oil & keep the high rack & tawa inside the microwave. Select menu & press start.(Preheat process)								
				4. When beeps, cut the bread rolls from centre (into 2). Put them carefully on the tawa. Press start. Serve them hot with the chutney of your choice.								
				dF11	Sabudana Vada	0.1 ~ 0.3 kg	Multicook Tawa & High Rack*	For		0.1 kg	0.2 kg	0.3 kg
								Boiled potato		1 no.	2 nos.	3 nos.
Sabudana (soaked for at least 1 hour)		½ cup	¾ cup					1 cup				
Roasted & crushed peanuts		1 tbsp	2 tbsp					3 tbsp				
Chopped green chilli		1 no.	2 nos.					3 nos.				
Finely chopped ginger		¼ tsp	½ tsp					1 tsp				
Fresh curry leaves		As required										
Coriander leaves (chopped)		½ tbsp	1 tbsp					1½ tbsp				
Salt		As per taste										
Method :												
1. In a bowl take all the ingredintgs & 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 menu & 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.												

*Refer Pg.82 Fig.2

Diet Fry

Menu		Weight Limit	Utensil	Instructions	
dF12	Fish Amritsari	0.3 kg	Multicook tawa & High rack*	For	0.3 kg
				Boneless fish (cut into 2" pieces)	300 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 : <ol style="list-style-type: none"> 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 menu & 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.82 Fig.2

Menu		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	100 g	200 g	300 g
				Mix fruits (Pomegranate, Cucumber, Apple)	½ cup	1 cup	1½ cup
				Salt, Red chilli powder, Chaat masala, Lemon juice	As per taste		
				Method : 1. In a MWS bowl add some water & sweet corns. Select menu & 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	100 g	200 g	300 g
				Oil	1 tbsp	1½ tbsp	2 tbsp
				Rai, Urad dal, Curry leaves	As per taste		
				Chopped onion	½ cup	1 cup	1 cup
				Chopped tomato	1 No.	2 Nos.	3 Nos.
				Salt, Red chilli powder, Haldi, Garam masala	As per taste		
				Water	400 mL	800 mL	1200 mL
				Lemon juice	As per taste		
				Method : 1. In a MWS bowl add oil, rai, chana dal, curry leaves, chopped onion. Mix. Select menu & 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.			
CF3	Omelette	0.2 ~ 0.4 kg	Microwave safe (MWS) flat glass dish	For	0.2 kg	0.3 kg	0.4 kg
				Eggs	2 Nos.	3 Nos.	4 Nos.
				Oil	½ tbsp	1 tbsp	1 tbsp
				Chopped onion, Tomato, Coriander leaves	½ cup	1 cup	1 cup
				Salt, Pepper	As per taste		
				Method : 1. Beat the eggs well & add salt, pepper & coriander leaves. 2. Add oil, tomato & onion to MWS flat glass dish. Select menu & 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	For	0.3 kg		
				Pizza base	1 Big pizza base		
				Topping	3 tbsp		
				Mix Vegetables - Tomato, Capsicum, Onion	1 cup		
				Grated Cheese	1/2 cup		
				Oregano & Chilli flakes (Optional)	As per taste		
				Method : 1. Select menu & 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.			

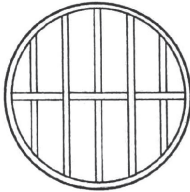
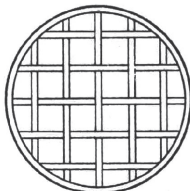
@Do not put anything in the oven during pre-heat mode.

Menu		Weight Limit	Utensil	Instructions			
CF5	Garlic Bread®	0.3 kg	Low Rack	For	0.3 kg		
				Bread slices (French Bread)	3 slices		
				Butter	5 tbsp		
				Garlic paste	2 tbsp		
				Grated cheese	4 tbsp		
				Salt, Pepper, Oregano, Chilli flakes	As per taste		
				Method : 1. Mix butter, garlic paste, grated cheese, salt,pepper and oregano together. Apply this mixture to both sides of bread slices. 2. Select menu & press start.(Preheat process) 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 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 menu and weight. Press start.			
				CF7	Cheesy Nachos	0.3 kg	Microwave safe (MWS) flat glass dish
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 menu & press start.							
CF8	Chocolate balls	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3kg		
				Milkmaid	1 cup		
				Marie biscuit powder	1 cup		
				Milk powder	½ cup		
				Bournvita	½ cup		
				Grated coconut	½ cup		
				Method : 1. In a MWS glass bowl add milkmaid, marie biscuit powder, milk powder, bournvita. Mix well. Select menu & 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 menu & 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

Menu		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 menu & 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	For	0.2 kg		
				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 MWS glass bowl put oats, half amount of butter (4 tbsp), honey and brown sugar, mix well. Select menu 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.82 Fig. 2

Menu		Weight Limit	Utensil	Instructions	
CF12	Apple Pie*	0.6 kg	Metal cake tin* & Low rack	For	0.6 kg
				Apple Filling	
 <p>Fig -1</p>  <p>Fig -2</p>				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)
				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 overburning.	
				7. Select the menu & press start. (Preheat process).	
				8. When beeps, place the cake tin on low rack & press start.	
				Give a standing time of 5-10 minutes. Cool & serve in pieces.	
				Note: If the butter become soft while making pie, keep the rolled dough in freezer.	
CF13	Mushroom and Pepper Pizza*	0.3 kg	Multicook tawa & Low rack**	For	0.3 kg
				Pizza base	
				Dry active yeast	3 g
				Water	2 tbsp
				Sugar	¼ tsp
				Maida	60 g
				Salt	¼ tsp
				Oil	1 tsp
				Topping	
				Pizza sauce	2 tbsp
				Vegetables (Sliced mushroom, chopped yellow & red bell pepper)	1 cup
				Grated cheese	1 cup
				Oregano & chilli flakes	As per taste
				Method :	
				1. Dissolve the yeast in lukewarm water, stir in sugar & keep for 10 minutes till frothy.	
				2. Sieve the flour, add the yeast mixture, oil & salt. Prepare a dough using a little water if required. Knead till it does not stick to the pan/bowl.	
				3. Cover the dough with a muslin cloth & keep it till it doubles the volume.	
				4. Knead lightly & roll out thin chapati.	
				5. Keep on greased tawa. Spread the sauce, sprinkle oregano & chilli flakes, add vegetables & spread grated cheese. Keep aside.	
				6. Select menu & press start. (Preheat process)	
				7. When beeps, keep the tawa on low rack. Keep it inside the microwave oven. Press start.	

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

#Refer Pg.82 Fig.4

** Refer Pg.82 Fig.1

Menu		Weight Limit	Utensil	Instructions	
CF14	Cheese Bread Delight	8 Pc	High rack	For	8 Pc
				Brown bread slice (buttered)	4 nos.
				Cheese slice	4 nos.
				Butter (softened)	2 tbsp
				Chilli flakes	1 tsp
				Salt (optional)	As per taste
				Cherry tomatoes	8 nos.
				For Dressing	
				Olive oil	3 tbsp
				Vinegar	1 tbsp
				Light soya sauce	½ tsp
				Chopped parsley / coriander leaves	1 tbsp
				Salt, Pepper	As per taste
				Method : <ol style="list-style-type: none"> 1. Take bread slices & remove its edges using a sharp bread knife. In a bowl mix together all the ingredients of dressing. 2. Take 2 buttered bread slices. Place a cheese slice on top of a bread & sprinkle some chilli flakes & salt. Cover with the second piece of bread. Press gently to stick them together. Follow same procedure to make more sandwiches like this from rest of the ingredients. 3. Cut each sandwich into 4 quarters/triangles to get 8 quarters/triangles in all. 4. Take a wooden skewer & insert 1 sandwich triangle & followed by a cherry tomato. Repeat the same step in the same skewer. So that 1 skewer has 2 triangles & 2 cherry tomatoes. Make all sandwich in the same way. 5. Brush all skewered sandwiches with the prepared dressing from all sides. Place them on high rack. 6. Keep high rack inside the microwave. Select menu 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 tbsp
				For Topping	
				Mixed shredded vegetables (Carrot, Cabbage, Capsicum)	½ cup
				Boiled bean sprouts	¼ cup
				Oil	1 tbsp
				Salt, Pepper	As per taste
				Tomato ketchup	4 tbsp
				Method : <ol style="list-style-type: none"> 1. In a bowl take all the ingredients for rosti & mix well with hands. Divide the dough into 4 equal parts. 2. In a MWS glass bowl take oil, shredded vegetables, boiled bean sprouts, salt & pepper. Mix well. Select menu & 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.82 Fig.2

Menu	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> <p>Method :</p> <ol style="list-style-type: none">1. Grease a metal cake tin. Dust light with flour.2. Sift flour, baking powder & cocoa powder together.3. Separate eggs yolk from whites.4. Beat egg whites in clean & dry bowl till fluffy.5. Add sugar gradually, beating till thick & retains shape.6. Beat yolks & essence till thick & fluffy again.7. Add oil gradually beating till thick again.8. Fold in flour gently with wooden spoon, by sprinkling evenly in 2-3 batches.9. Pour the cake batter in cake tin.10. Meanwhile during batter making, select menu & press start. (Preheat process)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																									
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.																									
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>For Lamington solution - Coco powder</td><td>2 tbsp</td></tr><tr><td>Water</td><td>1 cup</td></tr><tr><td>Desiccated coconut</td><td>As required</td></tr><tr><td>Cornflour</td><td>1 tbsp</td></tr></table> <p>Method :</p> <ol style="list-style-type: none">1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs and essence and again beat well. Add maida to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin.2. Select menu, press start. (Preheat process).3. When there is a beep put the tin on low rack. Press start to bake. Remove when it gives a beep.4. In MWS glass bowl add water, coco powder and cornflour, 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	For Lamington solution - Coco powder	2 tbsp	Water	1 cup	Desiccated coconut	As required	Cornflour	1 tbsp
For	0.4 kg																									
Maida	100 g																									
Powdered sugar	75 g																									
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For Lamington solution - Coco powder	2 tbsp																									
Water	1 cup																									
Desiccated coconut	As required																									
Cornflour	1 tbsp																									
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> <p>Method :</p> <ol style="list-style-type: none">1. Dissolve yeast in milk & set aside for 5 minutes to prepare yeast mixture.2. Add sugar & butter to milk & dissolve. Add to yeast mixture.3. Now add maida, egg, vanilla essence & nutmeg powder & make a soft dough. Keep it covered for 1hour. Roll out the dough to ½ inch thickness. Cut it with a doughnut cutter.4. Select menu & press start. (Preheat process).When beeps arrange the doughnuts on tawa & keep tawa on low rack & press start. Note : If the dough is too dry add milk & if too soft then add maida.	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				
For	0.2 kg																									
Maida	200 g																									
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Luke warm milk	100 mL																									
Powdered sugar	50 g																									
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.82 Fig.4

**Refer Pg.82 Fig.1

Menu		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 : <ol style="list-style-type: none"> 1. Cream the butter & sugar together till it turns fluffy. 2. Add vanilla essence followed by maida & suji. 3. Make a dough out of this mixture. 4. Make medium sized balls & put cashewnut on the top of each piece. Arrange them on tawa & keep aside. 5. Select menu & press start.(Preheat process). 6. 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 : <ol style="list-style-type: none"> 1. In a bowl cream brown sugar, butter, granulated sugar together and beat till fluffy. Add egg, vanilla essence, baking powder. Finally add flour and make a soft dough. 2. Roll out the dough and cut with a cookie cutter. 3. Select menu, press start. (Preheat process) 4. 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 : <ol style="list-style-type: none"> 1. Mix chena, sugar & suji together adding little water. 2. Transfer this mixture to MWS flat glass dish. 3. Select menu & press start.(Preheat process) 4. When beeps, place the MWS flat glass dish on low rack. Press start. 5. When beeps, keep the dish on high rack. Press start. 					
bA7	Vanilla® Cake	0.4 kg	Metal Cake Tin** & Low Rack	For	0.4 kg
				Maida	100 g
				Powdered Sugar	75 g
				Butter	75 g
				Eggs	1 no.
				Baking Powder	1 tsp
				Vanilla essence	1 tsp
Method : <ol style="list-style-type: none"> 1. Sieve maida, baking powder. In a bowl add powdered sugar and butter and beat well. Add eggs and essence and again beat well. Add maida to this. For spoon dropping consistency add milk or water. Pour the mixture in a greased cake tin. 2. Select menu & press start.(Preheat process) 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.82 Fig.1

**Refer Pg.82 Fig.4

Menu		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> <p>Method :</p> <ol style="list-style-type: none">1. In a bowl / cup take sugar & warm water and dissolve it. Add dry yeast & stir to dissolve. Cover & keep aside for 5-6 minutes.2. In another bowl take maida, salt & milk powder. Add beaten egg & mix well with hands to get a crumbly texture. Now add yeast water & knead a soft dough for buns. The dough may be a little sticky at this stage. Add oil & knead the dough again.3. Take multicook tawa & grease it with little oil & then dust with little flour. Divide the dough into 4 equal parts & make round shape & keep on tawa at equal distance.4. Cover the tawa with a lid & keep at warm & dark place for atleast 45 minutes to 1 hour.5. Select menu & press start. (Preheat process)6. When beeps, keep tawa with dough balls on low rack & keep both inside the microwave & press start.7. When beeps, turn over the buns & again press start. Immediately remove the buns from tray & use when cool.		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																									
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																								
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> <p>Method :</p> <ol style="list-style-type: none">1. In a dry & clean bowl take maida, baking powder, cinnamon powder, nutmeg powder, salt & mix with a fork & keep aside.2. In another bowl take softened butter, powdered sugar, brown sugar & beat with a electric beater till light & fluffy. Add one egg at a time & beat. Add apple puree & again mix well.3. Select menu & press start. (Preheat process)4. Softly mix all the dry mixture to the beaten butter & sugar mixture with a wooden spoon. Do not over mix.5. Pour 2 tbsp batter (for each muffin) in the greased muffin tray. When beeps, keep the low rack & metal tray and press start. Give standing time of 5 minutes.		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
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																								
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> <p>Method :</p> <ol style="list-style-type: none">1. Select menu & press start for pre-heating.2. Meanwhile, prepare the cake batter - sieve the maida, coco powder, baking powder, soda bi carb together.3. In another bowl add milkmaid, water & melted butter. Beat well. Mix all the ingredients together and 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																								
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Water	100 mL																								
Butter (melted)	60 mL																								

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

*Refer Pg.82 Fig.1

**Refer Pg.82 Fig.4

Menu		Weight Limit	Utensil	Instructions	
bA11	Swiss Roll®	0.2 kg	Multicook tawa & Low Rack*	For	0.2 kg
				Maida	80 g
				Condensed Milk (Milkmaid)	100 mL
				Butter	75 g
				Soda bicarb	¼ tsp
				Vanilla essence	¼ tsp
				Mix fruit jam	2 tbsp
Method : <ol style="list-style-type: none"> 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 menu & press start. (Preheat process) 4. When beeps, put the tawa on low rack & keep inside microwave. Press start. 					
bA12	Patties®	3 Pc	Multicook tawa & Low rack & High rack	For	3 Pc
				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
Method : <ol style="list-style-type: none"> 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 menu & press start. (Preheat process). 7. When beeps, arrange the patties on tawa. Keep tawa on low rack & press start. 8. 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. 					
bA13	Jeera Biscuits®	0.2 kg	Low rack & Multi cook tawa*	For	0.2 kg
				Maida	120 g
				Powdered sugar	50 g
				Butter	50 g
				Jeera / Ajwain	As per taste
				Soda bi carb	1 pinch
				Baking powder	1/4 tsp
				Water	As required
Method : <ol style="list-style-type: none"> 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 menu & press start. (Preheat process). 3. 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. 					

* Refer to Pg.82 Fig. 1

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

Menu		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	Fruits 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

Menu		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 menu 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 daliya	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 daliya, soaked moong dal, desi ghee, grated potato & grated carrot. Mix very well. Select menu & 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 curd.			
				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 menu & 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.			

Nutri Care

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

1. Press STOP/CLEAR



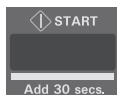
2. Press Nutri Care.



3. Turn dial until display show "HP2".



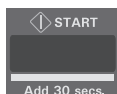
4. *Press START/Add 30 secs for menu confirmation.



5. *Turn dial until display show "0.3kg".



6. Press START/Add 30 secs



When cooking you can increase or decrease cooking time by turning dial.



! NOTE

- Nutri Care cook menus are programmed.
- Nutri Care 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.

Menu		Weight Limit	Utensil	Instructions			
SA1	Beetroot Salad	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl & Microwave safe (MWS) flat glass dish	For	0.1 kg	0.2 kg	0.3 kg
				Beetroot (sliced)	100 g	200 g	300 g
				Saunf	½ tsp	1 tsp	1 tsp
				Coriander powder, Pepper powder, Salt, Lemon juice	As per taste		
				Method : 1. In MWS bowl add ½ cup water. Keep the sliced beetroot on MWS flat glass dish. Keep the dish in MWS bowl. Cover. Select menu & 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.			
SA2	Cous Cous Salad	0.1 ~ 0.3 kg	Microwave Safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Cous Cous	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		
				Method : 1. In a MWS bowl take cous cous, add water & salt & few drops of oil. Select menu & weight and press start. 2. When beeps, remove & allow the cous cous 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.			
SA3	Pasta Salad	0.2 kg	Microwave Safe (MWS) bowl	For	0.2 kg		
				Penne pasta	200 g		
				Water	400 mL		
				Vegetable (Grated carrot, Capsicum, Sliced olives, Chopped spring onion)	1½ cup		
				Salt, Pepper	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	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

Menu		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 : <ol style="list-style-type: none"> 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 menu & 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 : <ol style="list-style-type: none"> 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 menu & 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 & Rotisserie handle	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 : <ol style="list-style-type: none"> 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. 83) 6. Select menu & press start. Serve hot. 7. Use rotisserie handle to take out the rotisserie from the microwave oven. 	

*Refer Pg.82 Fig.2

Menu		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		
				Eggs	2 nos.		
				Lemon juice	2 tbsp		
				Salt	As per taste		
				Poppy seeds	4 tsp		
				Olive oil	1 tbsp		
				Method : <ol style="list-style-type: none">1. In a bowl mix lemon juice, salt & poppy seeds. Now take each piece of boneless chicken & thoroughly coat with poppy seeds.2. In another bowl mix boiled peas sweet corns, chopped tomatoes, add some salt, red chilli powder, lemon juice, olive oil. Adjust the seasoning as per your taste. Mix well.3. Now keep the marinated boneless chicken pieces on tawa. Keep the tawa on high rack. Select category & press start.4. When beeps, turn over the side & press start.5. Line a serving dish with lettuce leaves.6. Transfer the chicken pieces & vegetable to serving dish. Toss them over. Garnish with slices of boiled eggs & serve.			
SA9	Babycom and Bean salad	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Babycom	50 g	100 g	150 g
				Bean	50 g	100 g	150 g
				Salt, Lemon juice, Pepper powder (Optional)	As per taste		
				Method : <ol style="list-style-type: none">1. In a MWS bowl add babycom & beans together. Add some water cover.2. Select menu & 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 : <ol style="list-style-type: none">1. In a MWS bowl add carrot & peas together. Add some water cover.2. Select menu & weight & press start3. 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	Few drops		
				Method : <ol style="list-style-type: none">1. In a MWS bowl add papaya slices, sugar, some water, cardamom essence. Select menu and weight & press start.			

Refer Pg.82 Fig.2

Salads

Menu		Weight Limit	Utensil	Instructions			
SA12	Whole Wheat and 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 MWS bowl put soaked whole wheat & salty water. Select menu & weight. Press start.							
2. When beeps, remove & drain the whole wheat & allow to cool.							
3. In MWS bowl add sprouted chana and water (double the amount of chana), cover. Press start. When beeps, remove & allow to cool.							
4. In a mixer, put clean mint leaves, ginger, green chillies, lemon juice & make a smooth paste.							
5. In a bowl put whole wheat, sprouted chana, mint paste, salt, pepper & lemon-juice. Mix well. Serve chilled.							
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 menu & 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)							

Menu		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 tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp				
				Corn flour	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp				
				Water	½ cup	½ cup	½ cup	1 cup	1 cup				
				Salt, Pepper & Sugar	As per taste								
				Garlic paste	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp				
				Lemon juice	2 tsp	3 tsp	4 tsp	4 tsp	5 tsp				
				Oil	½ tbsp	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp				
				Method : 1. Mix boneless chicken, soya sauce, salt & pepper, garlic paste & lemon juice in a bowl. Refrigerate for ½ hour. 2. In a MWS bowl add oil, marinated chicken pieces, sugar, corn flour mixed with water. Cover. Select menu & 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 tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp				
				Onion chopped	½ cup	1 cup	1½ cup	2 cups	2½ cups				
				Salt, Chaat masala, Red chilli powder, Hara dhania	As per taste								
				Method : 1. Soak chana overnight, in MWS bowl, put soaked chanas and cover. Select menu 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 Sabzi	0.3 kg	Microwave safe (MWS) glass bowl & High rack* & Multicook tawa	For	0.3 kg				
								Chopped karela	300 g				
								Oil	2 tbsp				
Chopped onion	1 cup												
Water	1 cup												
Rai, Jeera, Hing & Haldi	For tempering												
Salt, Sugar, Garam Masala, Dhania powder, Jeera Powder	As per taste												
Grated coconut & Hara dhania	For garnishing												
Method : 1. In a MWS glass bowl take oil add rai, jeera, hing, haldi & chopped onion. Select menu & weight and press start. 2. When beeps, add chopped karela, some water, salt, sugar, masala, dhania powder, jeera powder & cover. Press start. 3. When beeps, remove the bowl from microwave oven, transfer sabzi 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					For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Pomfret fish	100 g	200 g	300 g	400 g	500 g				
				Salt, Lemon juice, Pepper	To marinate as per taste								
				Oil, Chopped onion, Chopped tomatoes, Chopped garlic	As required								
				Method : 1. Take Pomfret Slices as per weight either of (0.1 kg/ 0.2 kg/ 0.3 kg/ 0.4 kg/ 0.5 kg) and marinate with salt, lemon juice, and pepper for one hour. 2. In MWS bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select menu & 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.82 Fig.2

Health Plus

Menu		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 menu and weight and press start. Mix well.					
2. When beeps, add tomato puree, nutrinuggets, potato, salt, red chilli powder, haldi, dhania powder and add ¼ the amount of water mentioned per weight (For eg. For 100 g, 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 menu 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 menu & 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. Keep the dish in MWS bowl. Cover. Select menu 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.									

Menu		Weight Limit	Utensil	Instructions						
HP9	Soya Idli	4 ~ 8	Microwave safe (MWS) Idli stand* & Microwave safe (MWS) bowl	Rice		100 g				
				Urad		4 tbsp				
				Soyabean granules		4 tbsp				
				Water		As required				
				Salt		As per taste				
				Method :						
				1. Wash & soak rice, urad dal & 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 MWS idli stand with little oil. Put idli batter in it. Add ½ cup water in MWS bowl. Keep the idli stand in MWS bowl & cover. Select menu & number and press start.						
HP10	Bathua Raita	0.1 ~ 0.4 kg	Microwave safe (MWS) bowl	For		0.1 kg	0.2 kg	0.3 kg	0.4 kg	
				Chopped bathua		25 g	50 g	75 g	100 g	
				Water		50 mL	75 mL	100 mL	125 mL	
				Beaten curd		3 tbsp	4 tbsp	5 tbsp	6 tbsp	
				Salt, Roasted cumin seed powder		As per taste				
				Method :						
				1. In a MWS bowl add chopped bathua leaves. Sprinkle some water & cover. Select menu & 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.						
HP11	Spinach Dal	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
				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				
Method :										
1. In a MWS bowl put soaked dal (lentils), water, salt, turmeric powder. Select menu & 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.										
HP12	Healthy Khichdi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For		0.1 kg	0.2 kg	0.3 kg		
				Rice (soaked)		75 g	150 g	225 g		
				Moong dal, washed (soaked)		25 g	50 g	75 g		
				Desi ghee		½ tbsp	1 tbsp	1½ tbsp		
				Carrot (grated finely)		1 no.	1 no.	2 nos.		
				Peas		¼ cup	½ cup	1 cup		
				Soya granules (soaked)		2 tbsp	3 tbsp	4 tbsp		
				Salt, Pepper		As per taste				
				Water		300 mL	500 mL	650 mL		
				Method :						
1. In a MWS bowl take soaked dal, rice & ghee. Also add grated carrot, soaked & drained soya granules & peas. Mix well. Select menu & weight and press start.										
2. When beeps, mix, add water & salt. Mix again & press start.										
3. When beeps, stir & mash well. Add pepper & ½ cup water. Mix & cover and press start.										
4. Serve hot with fresh curd.										

*Provided with the Start Up Kit.

Health Plus

Menu		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.
				Salt, Chaat masala, Lemon juice	As per 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 menu & weight and press start. 4. Remove the leaves from the bowl. Spread the filling on leaves & roll them. Make all the rolls in same way.			

Menu		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 tsp
				Chopped garlic	2 tsp
				Salt & Pepper powder	As per taste
				Maida	3 tsp
				Water	600 mL (3 cups)
				Fresh cream	For garnishing
				Method : <ol style="list-style-type: none"> 1. In a MWS bowl add chicken pieces, chopped garlic and water. Select menu 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
				Boneless chicken	300 g
				Oil	½ tsp
				Chopped garlic	2 tsp
				Salt & Pepper powder	As per taste
				Maida	3 tsp
				Water	600 mL (3 cups)
				Fresh cream	For garnishing
				Method : <ol style="list-style-type: none"> 1. In a MWS bowl add chicken pieces, chopped garlic and water. Select menu 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. 	
So3	Sweet Corn Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Chopped tomato	300 g
				Oil	1 tbsp
				Ginger garlic paste	2 tsp
				Jeera, Bay leaf, Salt, Garam masala, Sugar	As per taste
				Water	600 mL (3 cups)
				Coriander leaves	For garnishing
				Method : <ol style="list-style-type: none"> 1. In a MWS glass bowl add tomatoes cut into quarters with water, select menu 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. 	
So4	Mushroom Soup	0.6 kg	Microwave safe (MWS) glass bowl	For	0.6 kg
				Mushroom	120 g
				Potato	1 No.
				Cabbage	50 g
				Onion	1 small
				Water	600 mL (3 cups)
				Salt, Pepper	As per taste
				Oil	1 tsp
				Grated cheese	As per requirement
				Method : <ol style="list-style-type: none"> 1. In MWS glass bowl add potato in small pieces, chopped cabbage, onion & mushrooms with water. Select menu & 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

Menu		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 : <ol style="list-style-type: none"> 1. In a MWS glass bowl add chopped tomato & water. Select menu & 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 and 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	As per taste
				Ajinomoto (optional)	1 pinch
				Paneer	50 g
				Method : <ol style="list-style-type: none"> 1. In a MWS glass bowl add water, chilli sauce, soya sauce, vinegar,salt, pepper powder and ajinomoto. Select menu & 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
				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	As per taste
				Ajinomoto (optional)	1 pinch
				Paneer	50 g
				Method : <ol style="list-style-type: none"> 1. In a MWS glass bowl add water, chilli sauce, soya sauce, vinegar,salt, pepper powder and ajinomoto. Select menu & 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. 	

Menu		Weight Limit	Utensil	Instructions	
So8	Mulligatawny 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	As per 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 menu & 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	As per 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 menu & 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	As per 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 menu 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

Menu		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 menu & 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 (3 cups)
				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 menu & 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
				Water	600 mL (3 cups)
				Salt, Pepper, Garam masala	As per taste
				Method : 1. In a MWS glass bowl take butter & chopped onion. Mix well. Select menu & 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.	

Menu		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 menu & 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	600 mL (3 cups)
				Cinnamon	1" stick
				Elaichi (green)	2-3 nos.
				Cloves	2-3 nos.
				Sugar	½ tsp
				Cornflour	½ tbsp
				Salt & pepper	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 menu & 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 (3 cups)
				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 menu & 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.					

Menu		Weight Limit	Utensil	Instructions							
Co1	Pasta	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl & Microwave safe (MWS) flat glass dish & High rack*	For	0.1 kg	0.2 kg	0.3 kg				
				Penne pasta	100 g	200 g	300 g				
				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 taste						
				Method :							
				1. In MWS glass bowl take pasta with water & oil drops. Select menu & 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 taste						
				Method :							
				1. In a MWS flat glass dish take butter, milk, vegetables & maida. Mix well. Select menu & 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, Pepper	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 menu & 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 menu and press start.											
3. When beeps, take out the dumplings.											
4. Allow them to cool. In a MWS flat glass dish add butter and put the dumplings in it and press start.											

* Refer Pg. 82 Fig. 5

Menu		Weight Limit	Utensil	Instructions							
Co5	Lasaneya	0.3 kg	Microwave safe (MWS) flat glass dish & High Rack*	For	0.3 kg						
				Lasagne sheets (cooked)	150 g						
				White sauce	1 cup						
				Pizza sauce	1/2 cup						
				Mix veg (boiled) - Egg plant, Zucchini, Broccoli, Mushrooms, Sweet corns	2 cups						
				Oil	2 tbsp						
				Oregano, Salt & pepper	As per taste						
				Grated cheese	5 tbsp						
				Method : 1. Except lasagne and cheese add all the ingredients in MWS flat glass dish. Select menu and press start.							
				2. When beeps, remove the ingredients and in same dish arrange lasagne sheets in the bottom. Then spread vegetable mixture on it and make layers of sheets and vegetable mixture. Press start.							
				3. When beeps, spread the grated cheese & keep the glass dish on high rack and press start.							
Co6	Macaroni	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg				
				Macaroni	100 g	200 g	300 g				
				Hot water	400 mL	800 mL	1200 mL				
				Butter	1 tbsp	2 tbsp	3 tbsp				
				Spring onion chopped	1 tbsp	2 tbsp	3 tbsp				
				Garlic chopped	1 tsp	2 tsp	3 tsp				
				Mushroom chopped	3 nos.	4 nos.	5 nos.				
				Tomato sauce	1 tbsp	2 tbsp	3 tbsp				
				Chilli sauce	1 tsp	2 tsp	3 tsp				
				Salt, Pepper & Oregano	As per taste						
				Method : 1. In MWS bowl take macaroni with water. Select menu & weight & press start.							
				2. When beeps, drain water from it. In MWS bowl add all the ingredients with boiled macaroni, mix well and press start.							
				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 taste										
Water	½ cup	1 cup	1 cup								
Ajinomoto(optional)	A pinch										
Method : 1. In a MWS bowl add oil, onions, green chillies, ginger garlic paste & capsicum. Mix well & cover.											
2. Select menu & 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. 82 Fig. 5

Continental

Menu		Weight Limit	Utensil	Instructions							
Co8	Thai Chicken	0.5 kg.	Microwave safe (MWS) bowl	For	0.5 kg						
				Boneless chicken	500 g						
				Red curry paste	2 tbsp						
				Sugar	1 tsp						
				Soya sauce	2 tbsp						
				Salt	As per 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	As per taste						
				Method :							
				1. In a MWS bowl put oil, garlic, sugar, soya sauce, red curry paste, broccoli, chicken pieces, mix well. Select menu and press start.							
				2. When beeps, remove. Add red chilli paste crushed peanuts. Add sauce of milk, maida, butter ,salt and pepper. Mix well press start.							
Co9	Sweet and Sour Veg	0.1 ~ 0.3 kg.	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg				
				Cut vegetables (Baby corns cut lengthwise, Broccoli florets, Mushroom pieces, Pineapple slices, Capsicum)	100 g	200 g	300 g				
				Oil	½ tbsp	1 tbsp	1½ tbsp				
				Chopped spring onion & garlic	¼ cup	½ cup	1 cup				
				Red chilli paste	¼ tsp	¼ tsp	½ tsp				
				Tomato Ketchup	¼ cup	¼ cup	½ cup				
				Vinegar	As per taste						
				Sugar	½ tsp	1 tsp	1 tsp				
				Salt	As per taste						
				Ajinomoto(optional)	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 tsp mixed with ½ cup water						
				Method :							
				1. In a MWS bowl add oil, chopped spring onions & garlic, red chilli paste. Select menu & 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	For	0.3 kg		
								French bread	3 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 menu & press start. (Preheat process)											
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.

Menu		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	¼ 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 menu & 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 menu & weight and press start.				
				2. When beeps, remove & drain the water. Wash the noodles under running water to separate.				
				3. In another MWS bowl add olive oil, garlic, olives, onions, mushrooms, chopped tomatoes, salt, peppers, oregano & chilli flakes. Press start.				
				4. When beeps, mix well & add the spaghetti. Mix well & press start. Rip all the basil over it & spread grated parmesan cheese & serve.				

Menu		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 microwave safe 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 menu & 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.	

Menu		Weight Limit	Utensil	Instructions	
SF1	Fish Cutlet	0.4 kg	Microwave safe (MWS) glass bowl & High rack* & Multicook tawa	For	0.4 kg
				Fish fillet	400 g
				Boiled potato	2 Nos.
				Bread crumbs	1 cup
				Oil	2 tbsps
				Chilli powder, Turmeric, Ginger garlic paste, Salt	As per taste
				Garam masala	1 tsp
				Coriander leaves	A few sprigs
				Method :	
				1. In a MWS glass bowl take fish fillet add 1 cup water. Select menu & 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.					
SF2	Fish Masala	0.2 kg	Microwave safe (MWS) bowl	For	0.2 kg
				Pomphret pieces	200 g
				Onions	2 Nos.
				Tomato	1 No.
				Oil	2 tbsps
				Chilli powder, Turmeric, Ginger garlic paste, Salt, Saunf powder	As per taste
				Garam masala	1 tsp
				Dhania, Jeera powder	2 tsp
				Coriander leaves	2 tbsps
				Method :	
1. In MWS bowl take oil and chopped onion. Select menu 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.					
SF3	Fish Pulusu	0.3 kg	Microwave safe (MWS) glass bowl	For	0.3 kg
				Koramatta fish pieces	300 g
				Oil	1½ tbsps
				Ginger garlic paste	2 tbsps
				Methi seeds	1 tsp
				Chopped onion	1 no.
				Fish masala	1 tbsps
				Tamarind pulp	50 g
				Red chilli powder, Dhania powder, Haldi & Salt	As per taste
				Lemon juice	As per taste
Method :					
1. In a MWS glass bowl add oil, ginger garlic paste, methi seeds, fish pieces, lemon juice & cover. Select menu & 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.					

*Refer to Pg.82 Fig. 2

Sea Food

Menu		Weight Limit	Utensil	Instructions
SF4	Coconut Prawns	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For
				0.1 kg
				0.2 kg
				0.3 kg
				Prawns
				100 g
				200 g
				300 g
				Mustard oil
				½ tbsp
SF5	Crab Curry	0.3 kg	Microwave safe (MWS) glass bowl	1 tbsp
				1½ tbsp
				Rai paste
				½ tbsp
				1 tbsp
				1½ tbsp
				Green chilli paste
				1 tsp
				2 tsp
				3 tsp
SF6	Shrimps in Garlic Butter	0.4 kg	Microwave safe (MWS) bowl	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 menu & weight & press start.
SF5	Crab Curry	0.3 kg	Microwave safe (MWS) glass bowl	For
				0.3 kg
				Crab pieces
				300 g
				Ginger garlic paste
				2 tbsp
				Water
				1 cup
				Salt, Dhania powder, Jeera powder, Garam masala, Red chilli powder, Turmeric
				As per taste
SF6	Shrimps in Garlic Butter	0.4 kg	Microwave safe (MWS) bowl	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 menu 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	For
				0.4 kg
				Shrimps (Small)
				400 g
				Butter
				4 tbsp
				Parsley (chopped)
				A few sprigs
				Garlic paste
				3 tbsp
SF6	Shrimps in Garlic Butter	0.4 kg	Microwave safe (MWS) bowl	Mustard paste
				1 tbsp
				Lemon juice
				1 tbsp
				Pepper corns (Roughly crushed)
				8-10 nos.
				Salt
				As per taste
				Method :
				1. Remove heads and shells of shrimps & clean and drain thoroughly.
SF6	Shrimps in Garlic Butter	0.4 kg	Microwave safe (MWS) bowl	2. In a MWS bowl place shrimps, garlic paste, mustard paste, butter, parsley, lemon juice, pepper corns (crushed) & salt mix well Select Menu & press start.
				3. When beeps. Remove and serve hot.

Menu		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 menu & 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 0.5 kg of Butter Chicken.

1. Press STOP/CLEAR



2. Press Indian Rasoi



3. Turn dial until display show "IC12".



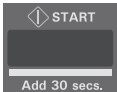
4. *Press START/Add 30 secs for menu confirmation.



5. *Turn dial until display show "0.5 kg".



6. Press START/Add 30 secs



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.

Menu		Weight Limit	Utensil	Instructions					
IC1	Mix Veg	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Mix Veg. (Carrot, Cauliflower, Peas, Beans, Potato)	100 g (Total)	200 g (Total)	300 g (Total)	400 g (Total)	500 g (Total)
				Oil	¼ tbsp	½ tbsp	1 tbsp	1½ tbsp	2 tbsp
				Onion (chopped)	½ cup	1 cup	1½ cup	2 cup	2 cup
				Tomato (chopped)	¼ cup	1 cup	1½ cup	1½ cup	1½ cup
				Salt, Cumin powder, Garam masala, Red Chilli powder, Coriander powder	As per taste				
				Method : 1. In a MWS bowl add oil, onion, tomato & all spices. Mix well, select menu & weight and press start.					
				2. When beeps, remove & mix well. Add vegetable & some water. Cover & press start.					
				3. When beeps, mix well. Cover & press start. Garnish with coriander leaves.					
IC2	Kadhai Paneer	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	Paneer	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
				Capsicum & Onion (sliced)	½ cup	1 cup	1½ cup	2 cup	2½ cup
				Onion Paste	3 tbsp	4 tbsp	5 tbsp	6 tbsp	6½ tbsp
				Tomato Puree	2 tbsp	3 tbsp	4 tbsp	4½ tbsp	5 tbsp
				Ginger-Garlic Paste, Salt	As per taste				
				Red Chilli Powder, Haldi, Kasuri Methi, Garam Masala	As per taste				
				Butter	1½ tbsp	2 tbsp	3 tbsp	3½ tbsp	4 tbsp
				Fresh Cream	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
				Oil	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
				Method : 1. In MWS bowl, add oil, onion paste, ginger-garlic paste, sliced capsicum & onion. Mix well, cover. Select menu & weight and press start.					
2. When beep, add tomato puree, butter, fresh cream, haldi, red chilli powder, garam masala, kasuri methi, salt and paneer cubes, mix well and press start. Stand for 5 minutes. Garnish with hara dhania and serve hot.									
IC3	Dal Tadka	0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	For	0.2 kg	0.3 kg	0.4 kg		
				Dal (soaked for 2 hours)	200 g	300 g	400 g		
				Water	400 mL	600 mL	800 mL		
				Oil	2 tbsp	2½ tbsp	3 tbsp		
				Rai, Jeera, Kasuri methi, Hara dhania, Curry leaves, Hing, Haldi, Hari mirch	To taste				
				Salt, Dhania powder	To taste				
				Method : 1. Take dal in MWS bowl, add water, haldi & hing.					
				2. Select menu & 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.					
IC4	Sambhar	0.2 kg	Microwave safe (MWS) bowl	For	0.2 kg				
				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, Curry leaves Dhania, Red chilli powder, Rai, Hing	As per taste				
				Method : 1. Soak dal for 2 hours, In MWS bowl take dal, haldi, onion, green chilli, tomato, mix vegetables and boiled water. Select menu and press start.					
				2. When beeps, in another MWS bowl take oil, add rai, hing, curry leaves, dhania, red chilli powder. 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 mins. Garnish with coconut and hara dhania and serve with Idli.									

Indian Cuisine

Menu		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 menu & 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 menu & 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 menu & press start. (Preheat process)									
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 Preheat mode.

Menu		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 leaf, 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 menu & press start.			
				2. When beeps, in another MWS bowl add oil, bay leaf, 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 menu & 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 Sabzi	0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg
				Chopped vegetables (Gavar ki fali, 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 menu & 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

Menu		Weight Limit	Utensil	Instructions							
IC11	Gujarati Tuvor Dal	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg						
				Tuvor dal / Arhar dal (soaked for 2 hours)	300 g						
				Water	600 mL						
				Oil	1 tbsp						
				Mustard seeds	½ tsp						
				Jeera	½ tsp						
				Finely chopped ginger	1 tbsp						
				Slit green chillies	3 nos.						
				Curry leaves	A few						
				Chopped tomato	2 nos.						
				Chopped onion	1 no.						
				Hing	A pinch						
				Salt, Turmeric powder, Red chilli powder	As per taste						
				Jaggery (Gud)	As per taste						
				Method : <ol style="list-style-type: none">1. In a MWS bowl add tuvar dal, salt, hing, turmeric powder, water. Mix well. Select menu & 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 : <ol style="list-style-type: none">1. In a MWS bowl add oil, ginger garlic paste, chopped onions, garam masala, dhania powder, jeera powder, salt. Mix well. Select menu & 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 dal	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 : <ol style="list-style-type: none">1. In a MWS bowl add oil, mustard seeds, urad dal, green chillies & salt. Select menu & weight and press start.2. When beeps, add beans, sprinkle little water. Cover & press start.3. Add grated coconut, cover & stand for 3 minutes.											

Menu		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 menu & 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 menu & press start. (Preheat process)											
8. When beeps, keep the MWS flat glass dish on low rack & press start.											
9. When beeps, transfer the MWS flat glass dish to high rack & press start.											

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

Indian Cuisine

Menu		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 menu & 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 MWS Bowl add oil, methidana, onion slices, garlic, dhania powder, red chilli powder, chicken & salt. Cover. Select menu & 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 Bharta	0.3 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.3 kg		0.4 kg		0.5 kg
				Baigan (Chopped in big pieces)	300 g		400 g		500 g
				Oil	1 tbsp		1½ tbsp		2 tbsp
				Chopped onions	1 cup		1½ cup		2 cup
				Chopped green chillies	3 nos.		4 nos.		5 nos.
				Chopped ginger	1 tbsp		1½ tbsp		2 tbsp
				Chopped tomato	2 nos.		3 nos.		4 nos.
				Tomato puree	4 tbsp		5 tbsp		6 tbsp
				Salt, Dhania powder, Garam masala, Red chilli powder, Haldi	As per taste				
				Chopped coriander leaves	A few sprigs				
				Method :					
				1. In a MWS bowl add peeled & chopped baigan. Sprinkle some water. Cover. Select menu & 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.									

Menu		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 menu & 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 Menu & 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 gnion	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 menu & 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

Menu	Weight Limit	Utensil	Instructions																																																
IC22	Gatte Ki Sabzi 0.3 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.3 kg</td><td>0.4 kg</td><td>0.5 kg</td></tr> <tr> <td>For making gattas</td><td></td><td></td><td></td></tr> <tr> <td>Besan</td><td>100 g</td><td>125 g</td><td>150 g</td></tr> <tr> <td>Red chilli powder, Haldi, Dhania powder, Salt</td><td colspan="3">As per taste</td></tr> <tr> <td>Water</td><td colspan="3">As required</td></tr> <tr> <td>For Sabzi</td><td></td><td></td><td></td></tr> <tr> <td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Rai, jeera</td><td>2 tsp</td><td>2 tsp</td><td>3 tsp</td></tr> <tr> <td>Curry leaves</td><td colspan="3">A few</td></tr> <tr> <td>Sour curd</td><td>1 cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr> <td>Red chilli powder, Haldi, Dhania powder, Salt</td><td colspan="3">As per taste</td></tr> <tr> <td>Tomato puree</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 menu & 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, dhania powder, haldi, salt. Cover & press start. 7. When beeps, add beaten curd, gattas & haldi. Mix well & press start. 	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 Sabzi				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, Dhania powder, Salt	As per taste			Tomato puree	¼ cup	½ cup	1 cup
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IC23	Egg Curry 0.1 ~ 0.3 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.1 kg</td><td>0.2 kg</td><td>0.3 kg</td></tr> <tr> <td>Boiled eggs</td><td>2 nos.</td><td>4 nos.</td><td>6 nos.</td></tr> <tr> <td>Onions (chopped)</td><td>2 nos.</td><td>3 nos.</td><td>4 nos.</td></tr> <tr> <td>Green chilli</td><td>1 no.</td><td>2 nos.</td><td>3 nos.</td></tr> <tr> <td>Garlic (pods)</td><td>6-7 nos.</td><td>8-10 nos.</td><td>10-12 nos.</td></tr> <tr> <td>Ginger (chopped)</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>Tomato puree</td><td>3 tbsp</td><td>5 tbsp</td><td>6 tbsp</td></tr> <tr> <td>Water</td><td>½ cup</td><td>1 cup</td><td>1½ cup</td></tr> <tr> <td>Green peas (shelled)</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Salt, Red chilli powder, Garam masala, Turmeric powder, Dhania powder</td><td colspan="3">As per taste</td></tr> <tr> <td>Oil</td><td>2 tbsp</td><td>3 tbsp</td><td>3 tbsp</td></tr> <tr> <td>Coriander leaves</td><td colspan="3">A few sprigs</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 menu & 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. 	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		
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IC24	Jhinga Matar Curry 0.2 ~ 0.4 kg	Microwave safe (MWS) bowl	<table border="1"> <tr> <td>For</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr> <tr> <td>Prawns (deveined & cleaned)</td><td>50 g</td><td>100 g</td><td>150 g</td></tr> <tr> <td>Peas (shelled)</td><td>½ cup</td><td>1 cup</td><td>1 cup</td></tr> <tr> <td>Water</td><td>¼ cup</td><td>½ cup</td><td>1 cup</td></tr> <tr> <td>Salt, Red chilli power, Garam masala</td><td colspan="3">As per taste</td></tr> <tr> <td>Oil</td><td>1 tbsp</td><td>1½ tbsp</td><td>2 tbsp</td></tr> <tr> <td>For Paste</td><td></td><td></td><td></td></tr> <tr> <td>Onions</td><td>1 no.</td><td>2 nos.</td><td>2½ nos.</td></tr> <tr> <td>Green chilli</td><td>1 no.</td><td>2 nos.</td><td>2 nos.</td></tr> <tr> <td>Coriander powder, Turmeric powder</td><td colspan="3">As per taste</td></tr> <tr> <td>Ginger (chopped)</td><td>1 tsp</td><td>1½ tsp</td><td>2 tsp</td></tr> </table> <p>Method :</p> <ol style="list-style-type: none"> 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 menu & 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. 	For	0.2 kg	0.3 kg	0.4 kg	Prawns (deveined & cleaned)	50 g	100 g	150 g	Peas (shelled)	½ cup	1 cup	1 cup	Water	¼ cup	½ cup	1 cup	Salt, Red chilli power, Garam masala	As per taste			Oil	1 tbsp	1½ tbsp	2 tbsp	For Paste				Onions	1 no.	2 nos.	2½ nos.	Green chilli	1 no.	2 nos.	2 nos.	Coriander powder, Turmeric powder	As per taste			Ginger (chopped)	1 tsp	1½ tsp	2 tsp				
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Menu		Weight Limit	Utensil	Instructions			
SC1	Suji Halwa	0.1 ~ 0.3 kg	Microwave safe (MWS) glass bowl	For	0.1 kg	0.2 kg	0.3 kg
				Suji	100 g	200 g	300 g
				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 taste		
				Method : 1. In MWS glass bowl take suji, add ghee, mix it together. Select menu & weight press start. 2. When beeps, stir it. Mix well & press start. 3. When beeps, add water, sugar, cashewnuts, kishmish, kesar, elaichi powder, mix it well and press start. Serve hot.			
SC2	Besan Ladoo	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish	For	0.1 kg	0.2 kg	0.3 kg
				Besan	100 g	200 g	300 g
				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 MWS flat glass dish take besan and ghee. Select menu and press start. 2. When beeps, stir it & press start. 3. When beeps, stir it & press start. 4. Allow to cool. Sieve the mixture. 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
				Seviyan (roasted)	20 g	40 g	60 g
				Badam, Pista pieces	2 tbsp	3 tbsp	4 tbsp
				Kesar , Elaichi powder	As per taste		
				Method : 1. In MWS glass bowl add milk, milkmaid & mix well. Select menu and weight & press start. 2. When beeps, add badam pista pieces, kesar, elaichi powder & seviyan. 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 menu & 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 Menu & 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

Menu		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 menu & 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 g	150 g	200 g
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	For	0.2 kg		
				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 menu & 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 menu & 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	For	0.1 kg	0.2 kg	0.3 kg
				Grated paneer	100 g	200 g	300 g
				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 MWS bowl take grated paneer, milkmaid, milk powder, cornflour, elaichi powder. Mix well, select menu and press start. 2. When beeps, mix it again and press start. 3. When set cut into pieces. Garnish with dry fruits.			

Menu		Weight Limit	Utensil	Instructions							
SC11	Shahi Rabdi	0.3 kg	Microwave safe (MWS) bowl	For	0.3 kg						
				Milk	1 cup						
				Grated paneer	1 cup						
				Condensed milk	½ cup						
				Desi ghee	1 tbsp						
				Elaichi powder	¼ tsp						
				Saffron	A few strands						
				Rose essence	A few drops						
				Chopped pistachios	1 tbsp						
				Chopped almonds (skin removed)	2 tbsp						
Method :				1. Dissolve strands of saffron in 2 tbsp lukewarm milk.							
				2. In a MWS bowl, put all the ingredients of rabdi except chopped pistachios. Mix well.							
				3. Keep the bowl in Microwave. Select menu & press start.							
				4. Serve chilled garnished with chopped pistachios.							
SC12	Shahi Tukda	0.1 ~ 0.3 kg	Microwave safe (MWS) flat glass dish & High Rack	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 taste						
				Method :				1. Arrange bread slices on high rack. Select menu & weight & press start.			
								2. When beeps, turn slices press start.			
								3. When beeps, mix milkmaid, milk, sugar, dry fruits, kesar and elaichi powder in i MWS flat glass dish. Pour the mixture on slices and press start. Serve hot.			
SC13	Kaddu Kheer	0.5 kg	Microwave safe (MWS) glass bowl	For	0.5 kg						
				Milk	300 mL						
				Grated kaddu	200 g						
				Milkmaid	150 g						
				Dry fruits (Kaju, Kishmish, Pista)	As required						
				Method :				1. In a MWS glass bowl add milk & milkmaid, grated kaddu. Select menu & press start.			
				2. When beeps, mix well. Press start.							
				3. When beeps, mix well & add dry fruits. Press start. Serve it chilled or hot.							
SC14	Rava Ladoo	0.5 kg	Microwave safe (MWS) glass bowl	For	0.5 kg						
				Roasted rava/sooji	1 cup						
				Grated khoa	1½ cup						
				Sugar	½ cup						
				Milk	½ cup						
				Kishmish	2 tbsp						
				Chopped almonds	2 tbsp						
				Desi ghee	1 tbsp						
				Elaichi powder (optional)	½ tsp						
				Method :				1. In a MWS glass bowl take sugar & milk. Mix & select menu 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 khoa. Mix well & again press start.							
				4. Make equal sized ladoos from the mixture, when it is still warm.							

Sweet Corner

Menu		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 menu & 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 menu & 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

Menu		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 menu & 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 (20g each piece)	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 menu & weight and press start.					
				2. When beeps, mix well, add rice, water, salt, red chilli powder, garam masala & cover. Press start. Stand in microwave for 20- 25 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 menu & 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

Menu	Weight Limit	Utensil	Instructions										
rd4	Pineapple Fried Rice	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg				
				Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g				
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp				
				Mix veg - Peas, French beans, Carrots capsicum	½ cup	1 cup	1½ cup	2 cup	2½ cup				
				Pineapple (chopped)	½ cup	1 cup	1 cup	1½ cup	2 cup				
				Ajinomoto (optional)	A pinch								
				Red chilli powder, Chilli sauce, Soya sauce	As per taste								
				Water	200 mL	400 mL	600 mL	650 mL	750 mL				
				Method : 1. In a MWS bowl add oil, mix vegetables, ajinomoto, red chilli powder, soy sauce, chilli sauce. Mix & select menu & 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.									
				rd5	Veg Pulao	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
Basmati rice (soaked for 1 hour)	100 g	200 g	300 g					400 g	500 g				
Water	200 mL	400 mL	600 mL					650 mL	750 mL				
Oil	1 tbsp	1½ tbsp	2 tbsp					2½ tbsp	3 tbsp				
Jeera, Laung, Tej patta, Salt, Garam masala, Red chilli powder	As per taste												
Mix veg - Gobhi, Matar, Gajar, French Beans	½ cup	1 cup	1½ cup					2 cup	2½ cup				
Method : 1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables. 2. Select menu & weight and press start. 3. When beeps, mix well & add rice, water, salt, garam masala, red chilli powder. Press start. Mix well. Stand for 5 minutes.													
rd6	Veg Tahiri	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl					For	0.1 kg	0.2 kg	0.3 kg	0.4 kg	0.5 kg
								Basmati rice (soaked for 1 hour)	100 g	200 g	300 g	400 g	500 g
								Water	200 mL	400 mL	600 mL	650 mL	750 mL
				Oil	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp				
				Jeera, Laung, Tej patta, Salt, Garam masala, Haldi, Red chilli powder	As per taste								
				Mix veg - Gobhi, Matar, Gajar, Tomato, Potato	½ cup	1 cup	1½ cup	2 cup	2½ cup				
				Method : 1. In a MWS bowl add oil, jeera, laung, tej patta & mix vegetables. 2. Select menu & weight and press start. 3. When beeps, mix well & add rice, water, salt, garam masala, haldi, red chilli powder. Press start. Mix well. Stand for 5 minutes. Serve hot.									
				rd7	Pepper Rice	0.1 ~ 0.5 kg	Microwave safe (MWS) bowl	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												
Pepper	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				
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 menu & weight and press start. 2. When beeps, add soaked rice, water, ghee, salt, pepper. Mix well & press start. Stand for 5 minutes. Add grated coconut & serve hot.													

Rice Delight

Menu		Weight Limit	Utensil	Instructions					
rd8	Zafrani 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	100 g	200 g	300 g	400 g	500 g
				Melted ghee	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
				Nutmeg powder, Cardamon powder	As per taste				
				Sugar	1 tbsp	1½ tbsp	2 tbsp	2½ tbsp	3 tbsp
				Saffron (Kesar)	A pinch				
				Warm milk	1 tbsp	2 tbsp	3 tbsp	4 tbsp	5 tbsp
				Water	150 mL	300 mL	350 mL	650 mL	750 mL
				Kishmish, Kaju	As per required				
				Method :					
				1. In a MWS bowl add ghee & rice. Mix well. select menu & 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 menu & 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 menu & 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

Menu		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			
				Beat root (grated)	½ cup	1 cup	1 cup
				Onion (sliced)	½ nos.	1 no.	1 no.
				Oil / ghee	½ tbsp	1 tbsp	1 tbsp
				Salt	As per taste		
				Laung, Dalchini, Chhoti elaichi	As require		
				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 salt. Select menu & 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 menu & 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.			

Menu		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 : <ol style="list-style-type: none"> 1. In a MWS bowl take soaked rice & water. Select menu & 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 : <ol style="list-style-type: none"> 1. In a MWS bowl take soaked rice & water. Select menu & 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 : <ol style="list-style-type: none"> 1. In a MWS bowl take soaked rice coconut milk & water. Select menu & 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

Menu		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 menu & 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.									

Menu		Weight Limit	Utensil	Instructions	
CC1	Apple Tomato Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	For	0.3 kg
				Apple pieces	150 g
				Tomato pieces	150 g
				Green chillies, Salt, Sugar	As per 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 menu 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	For	0.3 kg
				Lemon pieces	150 g
				Sugar	150 g
				Chilli powder, Salt	As per 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 menu and press start. Store it in a bottle after it cools.	
				CC3	Mix Veg Pickle
Mix Vegetable (Cauliflower, Carrot, Radish, Shalgam, Green peas)	300 g				
Lemon juice	2 tbsp				
Salt, Chilli powder, Sugar, Pickle Masala	As per taste				
Oil	2 tbsp				
For tempering : Rai, Jeera, Hing etc.					
Method : 1. In a MWS glass bowl put vegetables cut in long strips. Cover and keep it in microwave. Select menu 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	For	0.3 kg
				Tomato	200 g
				Onion	100 g
				Salt, Sugar, Ajwain, Oregano, Basil leaves	As per 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 menu & 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	For	0.5 kg
				Tomato	500 g
				Onion	1 No.
				Chilli powder, Salt, Sugar	As per 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 menu & 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

Menu		Weight Limit	Utensil	Instructions	
CC6	Masala Chutney	0.3 kg	Microwave Safe (MWS) Glass Bowl	For	0.3 kg
				Chana dal, Urad dal	100 g each
				Grated dry coconut	100 g
				Sesame, Salt, Sugar, Turmeric, Dhania powder, Jeera powder, Curry leaves, Methi seeds	As per taste
				Oil	1 tsp
				Method : <ol style="list-style-type: none"> 1. In a MWS bowl put dals and keep it in microwave. Select menu & 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 idli, parantha or rice. 	
CC7	Lehsun Ki Chutney	0.2 kg	Microwave safe (MWS) bowl	For	0.2 kg
				Chopped tomatoes	180 g
				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 : <ol style="list-style-type: none"> 1. In a MWS bowl mix all the ingredients. Select menu & 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 (optional)	A pinch
				Cornflour	2 tbsp + ½ cup water
				Method : <ol style="list-style-type: none"> 1. In a MWS bowl add all the ingredients. Select menu & 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 : <ol style="list-style-type: none"> 1. In a MWS bowl mix all the ingredients. Cover. Select menu & 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 : <ol style="list-style-type: none"> 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 menu & press start. 3. Pour the tempering over the chutney & serve. 	

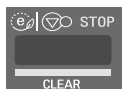
Chatpat Corner

Menu		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 menu & 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 25°C.

1. Press STOP/CLEAR



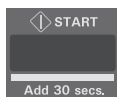
2. Press Pasteurize Milk/Dairy Delight, the display will show "PS1".



3. Turn dial until display shows "2.0 L"



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

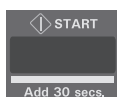


5. *Turn dial until display show "25°C".



6. Press START/Add 30 secs

(Do not increase/decrease cook
time during Pasteurize Milk)



For Dairy Delight

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 30 secs for menu confirmation.
10. Turn dial to select weight.
11. Press START/Add 30 secs

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

Menu		Weight Limit	Utensil	Instructions			
PS1	Pasteurize Milk	1-2 L	Milk Pasteurization Kit	Milk (Cow, buffalo, Packet etc)	2.0 L	1.0 L	1.5L
				Method : <ol style="list-style-type: none">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 menu, 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 : <ol style="list-style-type: none">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.			

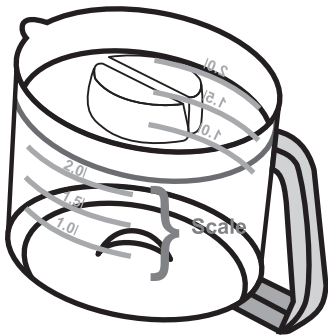


Fig.1

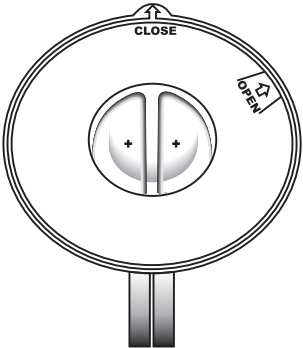


Fig.2

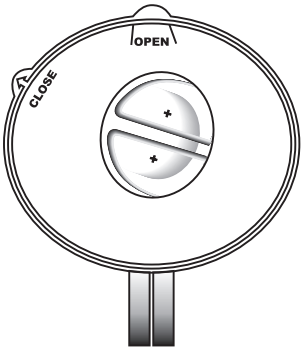


Fig.3

Dairy Delight

Menu		Weight Limit	Utensil	Instructions				
dd1	Tea	1-4	Microwave safe (MWS) 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/cardamon (optional). Select menu & weight. Press start. 2. When beeps, add milk & sugar. Press start. Serve hot. 1 cup tea = 150mL approx 1-4 indicates the number of cup of tea that can be prepared.				
dd2	Coffee	1-4	Microwave safe (MWS) 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 menu & 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 1-4 indicates the number of cup of coffee that can be prepared.				
dd3	Flavoured Yoghurt®	0.6 kg	Microwave safe (MWS) glass bowl & Low rack*	For	0.6 kg			
				Curd	200 mL			
				Milkmaid	100 mL			
				Fresh cream	200 mL			
				Flavours (Vanilla, Strawberry, Pineapple essence)	As per choice (½ tsp)			
				Method : 1. In a MWS glass bowl mix all the ingredients. Beat well till smooth. 2. Select menu & press start.(Preheat process) 3. When beeps, keep the MWS glass bowl on low rack & keep it in microwave. Press start. 4. When cooking ends, take out & allow to come to room temperature. Keep in freezer 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.82 Fig.3

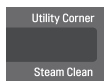
Utility Corner/Steam Clean

In the following example, show you how to cook 0.3 kg of Defrost Veg.

1. Press STOP/CLEAR



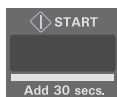
2. Press Utility Corner/Steam Clean



3. Turn dial until display show "UC2".



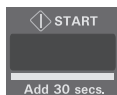
4. *Press START/Add 30 secs for menu confirmation.



5. *Turn dial until display show "0.3 kg".



6. Press START/Add 30 secs



When cooking you can increase or decrease cooking time by turning dial.



For Steam Clean

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



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

Menu		Weight Limit	Utensil	Instructions
UC1	Keep warm	0.3 kg	Microwave safe (MWS) bowl	Method : <ol style="list-style-type: none"> Any cooked food with cover (Rice, Dal, Sabzi, Halwa, Upma etc.) Select menu & press start. When beeps, mix well & press start. When beeps, mix well & press start.
UC2	Defrost Veg	0.2 ~ 0.5 kg	Microwave safe (MWS) bowl	Veg - (Paneer, Green Peas, Corn etc.) Method : <ol style="list-style-type: none"> Take in MWS bowl, select menu & weight and press start. When beeps, turn the food. Press start.
UC3	Defrost Non-Veg	0.5 ~ 1.0 kg	Microwave safe (MWS) bowl	Non-Veg - (Chicken, Mutton etc.) Method : <ol style="list-style-type: none"> Take in MWS bowl, select menu & weight and press start. When beeps, turn the food. Press start.
UC4	De-humidification	0.3 kg	Microwave safe (MWS) bowl	Namkin, Biscuits, Bhujia, Papad and Wafers etc. Method : <ol style="list-style-type: none"> In MWS bowl add the food to be dehumidified. Select menu and press start.
UC5	Light Disinfect	-	Microwave safe (MWS) glass utensil & Empty cavity	Namkin, Biscuits, Bhujia, Papad and Wafers etc. Method : <ol style="list-style-type: none"> Sterilize Microwave safe glass utensil - Keep the empty utensil & select menu & press start. Clean the cavity - Keep the cavity empty. Select menu & 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

Menu		Weight Limit	Utensil	Instructions	
FE1	Pizza base®	0.2 kg	Low rack* & Multicook tawa	For	0.2 kg
				Maida	200 g
				Yeast	1 tsp
				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 menu & press start. (Preheat process) 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 menu 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 tsp
				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 menu and press start. Rest for 3 minutes. Now remove.	

Steam Clean


Menu		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 menu & press start. 2. When beeps, wipe out with clean napkin. Press start. 3. Again wipe out. Take out the plug.	

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

*Refer Pg.82 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

+

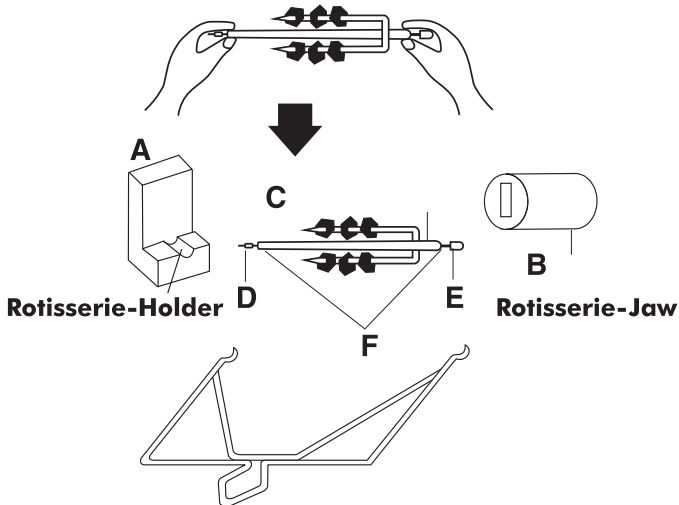


Microwave flat glass dish
(Not provided with LG Kit)

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).



List of Ingredients

Spices

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

Vegetables

English Name	Hindi Name
Amaranth	Chavli
Baby corn	Baby corn
Bittergourd	Karela
Bottlegourd	Ghiya
Brinjal/Eggplant	Baigan
Broccoli	Hari Phool Gobhi
Cabbage	Pata Gobhi/Bandh Gobhi
Capsicum	Shimla Mirch

List of Ingredients

Cauliflower	Phool Gobhi
Carrot	Gajar
Celery	Ajmod
Cluster Beans	Gavar Ki Fali
Coriander leaves	Hara Dhania
Colocasia	Arbi
Cucumber	Kheera
Curry leaves	Curry Patta
Drumsticks	Drumsticks
French beans	France beans
Garlic	Lehsun
Ginger	Adrak
Elephant Foot Yam	Jimikand
Lady Finger	Bhindi
Lemon	Nimbu
Lemon Grass	Lemon Grass
Lettuce	Lettuce
Lime	Nimbu
Mint	Pudina
Mushroom	Kukurmutta
Olives	Jaitun
Onion	Pyaz
Parsley	Ajmoda
Potato	Aloo
Peas	Hari Matar
Radish	Mooli
Red Pumpkin	Lal Kaddu
Snake Gourd	Torai
Spinach	Palak
Spring Onion	Hari Pyaz
Sweet Potato	Shakarkandi
Tomato	Tamatar
Turnip	Shalgam
Chenopodium leaves	Bathua
Zucchini	Torai

List of Ingredients

Fruits

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

Cereals

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

Pulses

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

List of Ingredients

Dry Fruits

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

Fats & oils

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

Miscellaneous

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



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